

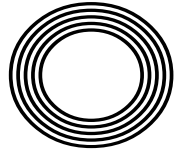


**TOP 7
INTERIOR
TRENDS
FOR 2023**

Relax and unwind
with adult colouring

SAVE MONEY
try no-spend January

Celebrate the creation
OF WINNIE-THE-POOH



FREE

Photo credit: BBC

DANNY DYER

Last orders as Queen Vic landlord leaves Eastenders



Ballingdon Hall

Treatments for Mind, Body and Soul

Ballingdon Hall is a beautiful, Grade 2 listed, Elizabethan mansion, nestled on a hillside just outside the Suffolk town of Sudbury



The house itself has had a rich and interesting history with generations of previous owners linked to the royal courts of Queen Elizabeth I, Mary Queen of Scots and King James I.

It is also the Suffolk home of Harley Street Skin Clinic founders, Dr Aamer Khan and his wife Lesley Reynolds. Their Ballingdon Hall Clinic is part of 21 acres of woodland, meadows, ponds and formal gardens. It is perfect for visitors who want treatments in a relaxed and tranquil setting. There is plenty of parking and is only a few minutes drive from Sudbury.

You will also find The **Super Soft Laser Clinic**, with a large range of services from beauty treatments to cutting edge laser techniques. Top therapist, Danni Cook has a wealth of experience with 10 years in the aesthetics industry and offers a number of treatments including laser hair removal, IPL skin rejuvenation, fat freezing and lash extensions. Come and see her and take advantage of this special offer.

10% off for all new clients if they quote VISION MAGAZINE.

Ballingdon Hall also offers wellness retreats which explore alternative therapies and spiritual practices to help our guests rest, restore and refocus. For instance, if you are interested in Healing, come and see June Hayes who has 30 year's experience in a wide range of healing practices including Spiritual, Theta, Reiki, Crystal and Rahanni Angel Healing.

June teaches Meditation and Mindfulness courses as well as Psychic Development workshops to enhance people's psychic skills including Mediumship, Healing, Tarot, Psychometry, Chakra reading and contacting your Guides. She also offers a luxury LA stone and crystal hot and cold healing Facial. This completely natural rejuvenation therapy is extremely popular and enhances skin renewal and rejuvenation, chakra balancing and emotional healing.

Interested? **June is offering 10% discount on any treatment booked throughout January 2023.**

For our latest day and residential treatments please look at our website.



OUR TREATMENTS

Award winning practitioners dedicated to advanced medical aesthetics

Angel PRP Facial Rejuvenation • Abdominoplasty • Angel PRP Fat Transfer
 Antibody Testing • Allergy Check • Blepharoplasty • Bodylite • Bodyjet
 Brachioplasty • Buccal Fat Removal • Brazilian Butt Lift
 Breast Augmentation • Breast Reduction • Breast Uplift • Cheek Filler
 Chemical peels • Chin Filler • Cinderella Lift • Cosmetic Makeovers • Cryotherapy
 Dimpleplasty • Dermaroller • Earlobe Repair • Ellanse • Facetite Fat Transfer
 Fat Transfer to Breasts • Fibroblast • Food Intolerance Test • Fractora • Fractora Forma
 Goldic • GP Appointments • Gynaecomastia • Hair transplants • Hydrafacial
 Innopen • Instalift • Jawline Filler • Labiaplasty • Lanluma Buttock Lift
 Lanluma Filler • Laser Spot Injection • Lash Lift • Lipogems • Lower Face and Neck Lift
 IPL Mesotherapy • Microdermabrasion • Mole Removal
 Non Surgical Neck Lift • Nose Filler • Otoplasty • PDO Thread Lift • Pelleve
 Photodynamic Therapy • Recell Regenerative Cellular Treatment • Rhinoplasty
 Sclerotherapy • Semi Permanent Makeup • Silhouette Soft Thread Lift • Skin Tag Removal
 Smartxide • Spring Lift • Surgical Brow Lift • Surgical Facelift • Tear Trough Filler
 Thread Lift with PRP • Titefx • Viora Reaction • Vitamin Drips • Wellness Bundle

Ballingdon
Hall



For further information and to book

Tel: 07798 846913 | matt@ballingdonhall.co.uk

Ballingdon Hall, Ballingdon Hill, Sudbury, Suffolk, CO10 7LH

BALLINGDONHALL.CO.UK



Editor's notes...

JANUARY 2023



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Halstead Braintree. If December wasn't busy enough, we had a tremendous World Cup to distract us from the usual Christmas build-up. The lead-up to the event was of course filled with controversy surrounding the hosts, but away from that, they sure did put on a great show for us all back at home. I'm glad we were able to focus on the impressive athletics on display.

I thought England gave a great account for themselves in the tournament, including Gareth Southgate, whom I'm pleased has decided to carry on until after Euro 2024. You can feel this team improving on past

failures and being stronger together, which certainly bodes well for the future. It does feel like real success is closer with Gareth than under previous managers.

The final was one of the greatest we've seen in recent years, with Lionel Messi and Kylian Mbappé showing why they are both considered to be amongst the world's elite. Congratulations to Argentina on a hard-fought and well-earned third World Cup.

I hope you had a wonderful Christmas and spent some quality time with friends and family. Finally, I wish you every success for this new year.

Nik Allen

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 | nik@visionmagessex.com | 01787 339010

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

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Darius Morgan, Megan Milstead, Jacob Collick

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

ARE YOUR NEW HOME ASPIRATIONS MOVING AT A SNAILS PACE? CALL MICHAELS AND SPEED THINGS UP WITH A FREE VALUATION OF YOUR PROPERTY TODAY.

michaels
property consultants
www.michaelsproperty.co.uk

8 Bridge Street, Halstead CO9 1HT
Telephone 01787 322799
6a High Street, Braintree CM7 1JX
Telephone 01376 337400



SPARE?

AMID THE RELEASE OF HARRY AND MEGHAN'S TRIO OF PROJECTS, WE LOOK AT HOW THE 'SPARE' AND HIS WIFE HAVE BEGUN TO TELL THEIR TRUTH

Since their unexpected flight from both British shores and the working Royal Family in January 2020, Prince Harry and his wife Meghan have caused quite the stir, constructing a new narrative that neither they nor the Royal Family can be certain of recovering from.

First came a biography of the pair, *Finding Freedom*, written by close confidante Omid Scobie, which hinted at unease within the royal ranks. Then, in March 2021, their shock interview with TV talk show maven Oprah Winfrey aired to global comment on both sides of the Atlantic.

Since then, things have been reasonably quiet and calm as the Sussexes have settled into their Los Angeles lifestyle and adjusted to family life with their two children, Archie, aged three, and 18-month-old Lilibet. However, as several multimillion-dollar deals reach their point of fruition, our red-headed prince and his raven-maned wife are once again back in the spotlight.

Last month, their six-part Netflix documentary *Harry & Meghan* was released, which saw the Duke and Duchess of Sussex attempt to tell their side of the story. Capturing the couple from their earliest days together right up to the period after Prince Philip's death, the series has certainly split opinion. While some find it to be insightful and informative, others believe it to be shocking and villainous. Or in some cases, opinions have flipped completely, and those who might not have supported them before have now gone to the other side and have begun to empathise with the pair.

'I'VE HAD TO MAKE PEACE WITH THE FACT THAT WE'RE PROBABLY NEVER GOING TO GET GENUINE ACCOUNTABILITY OR A GENUINE APOLOGY'

To add to any nerves the Royal Family may have already been experiencing, Harry's book, *Spare*, was released this month. The title alone conveys the Duke's deep disconnection from his own family, one that doesn't appear as if it will be healed anytime soon.

All things come in threes, and Netflix has announced it is also behind the couple's other new project, entitled *Live to Lead*. It showcases inspirational figures – from climate change activist Greta Thunberg to New Zealand Prime Minister Jacinda Ardern, to South Africa rugby star Siya Kolisi, the first-ever black captain of the side. Harry was inspired by the efforts of Nelson Mandela, and true to the former president's lifelong aspirations, the series of interviews is positioned to offer hope, vision, perspective and understanding... arguably at a time when the world needs it most.

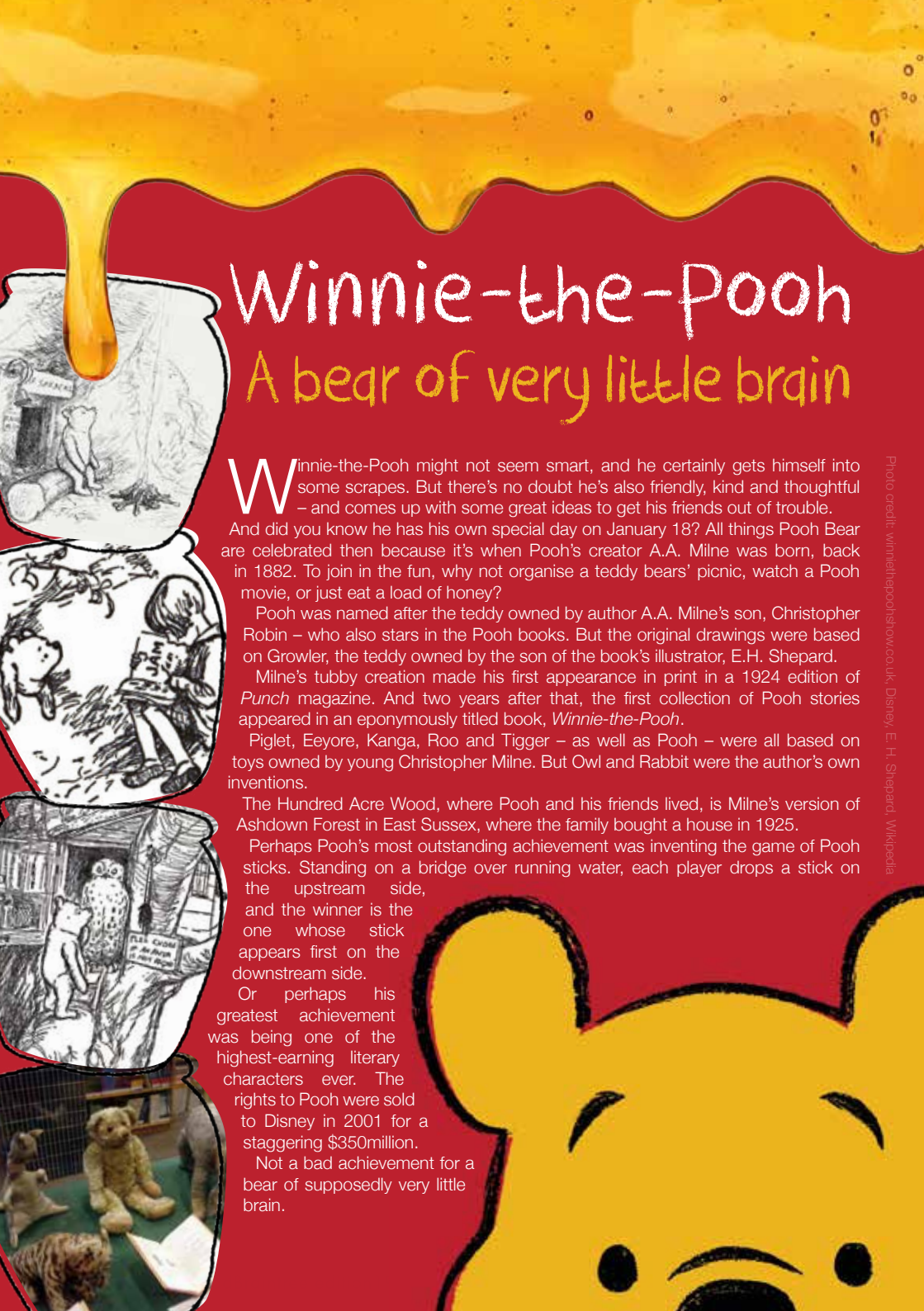
Hopefully Harry himself will find in 2023 ways to reconcile what has been a turbulent and heart-wrenching year for the royals. He and Meghan's latest moves won't have done much to repair relations, but his transparency and clarity over how he feels hard done by may indeed act as a line in the sand, from where a new vista may emerge for the outliers, even if he questions the possibility of that.

"I've had to make peace with the fact that we're probably never going to get genuine accountability or a genuine apology [from my family]," says Harry in the documentary. "My wife and I, we're moving on. We're focused on what's coming next."

Such sentiments have been uttered by many of us regarding our own families, and unequivocally this shows us that when it comes to matters of the heart, the Windsor family, for all their wealth, prestige and glory, really are just like the rest of us. But is this family's broken relationship past the point of repair?

Photo credit: Tim Rooker/ Shutterstock





Winnie-the-Pooh

A bear of very little brain

Winnie-the-Pooh might not seem smart, and he certainly gets himself into some scrapes. But there's no doubt he's also friendly, kind and thoughtful – and comes up with some great ideas to get his friends out of trouble. And did you know he has his own special day on January 18? All things Pooh Bear are celebrated then because it's when Pooh's creator A.A. Milne was born, back in 1882. To join in the fun, why not organise a teddy bears' picnic, watch a Pooh movie, or just eat a load of honey?

Pooh was named after the teddy owned by author A.A. Milne's son, Christopher Robin – who also stars in the Pooh books. But the original drawings were based on Growler, the teddy owned by the son of the book's illustrator, E.H. Shepard.

Milne's tubby creation made his first appearance in print in a 1924 edition of *Punch* magazine. And two years after that, the first collection of Pooh stories appeared in an eponymously titled book, *Winnie-the-Pooh*.

Piglet, Eeyore, Kanga, Roo and Tigger – as well as Pooh – were all based on toys owned by young Christopher Milne. But Owl and Rabbit were the author's own inventions.

The Hundred Acre Wood, where Pooh and his friends lived, is Milne's version of Ashdown Forest in East Sussex, where the family bought a house in 1925.

Perhaps Pooh's most outstanding achievement was inventing the game of Pooh sticks. Standing on a bridge over running water, each player drops a stick on the upstream side, and the winner is the one whose stick appears first on the downstream side.

Or perhaps his greatest achievement was being one of the highest-earning literary characters ever. The rights to Pooh were sold to Disney in 2001 for a staggering \$350million.

Not a bad achievement for a bear of supposedly very little brain.

Photo credit: winniepoohshow.co.uk; Disney; E. H. Shepard; Wikipedia

HATFIELDS
BUDGET & CLEARANCE

WINTER SALE
NOW ON
GREAT SAVINGS!



AVA Sofa collection.
Available in different colourways and many sizes.

Corner Sofa
PP £1755

3 Seat Sofa
PP £1059

Armchair
PP £739

SALE **£1235**

SALE **£749**

SALE **£525**

+ SAVE up to 50% OFF Clearance



NIX/MAEVE



GILTEDGE MELIA

Peartree Road, Stanway, Colchester, Essex CO3 0JS
01206 731222 www.hatfieldsoutlet.com

*Whilst Stocks Last. PP - Previous Price.

Tag us on Social Media
#HatfieldsAtHome



MOTORING



THE CLAIM GAME

VEHICLE INSURANCE CLAIMS

While no one expects to be involved in a car accident, these types of incidents can happen in the blink of an eye and, if you don't know what to do next, can cause you untold stress and expense.

Here's everything you need to know about making a claim following an accident.

WHAT INFORMATION DO I NEED TO MAKE A CLAIM?

If you are involved in a motoring incident with another person, you should do your best to obtain the below information on the scene:

- > Their full name
- > Their vehicle registration
- > A contact telephone number

It can also be a good idea to find out their address and details of their insurance provider. If there are any witnesses, try to get their details as well. When you phone your insurance company, they are likely to ask you for your policy number, so make sure you have this to hand.

WHEN DO I NEED TO MAKE A CLAIM?

Although it can vary from one insurance provider to the next, typically you have 24 to 48 hours to inform them if you are involved in a motoring

accident. This is regardless of whether the incident was your fault or caused by another party. Where possible, you should call them while still at the scene.

DO I HAVE TO MAKE A CLAIM AFTER AN ACCIDENT?

There is no rule that says you have to make a claim after a road accident, but you are required by law to tell your insurer about what has happened.

DO I NEED TO CALL THE POLICE AFTER A CAR ACCIDENT?

According to the Road Traffic Act, you must report a car accident to a local police station within 24 hours. You can do this using the non-emergency number 101. If there is an injury or the road is blocked, call 999 immediately.

WHAT HAPPENS IF I DON'T WANT TO MAKE A CLAIM?

You may choose not to make a claim. This will allow you to keep your no-claims discount intact, although you will have to pay for any necessary repairs to your vehicle yourself. It is worth knowing that, even if you do not make a claim, the other driver involved may still do so.



IF YOU HAVE A PROBLEM WITH YOUR CAR WE CAN HELP

CALL NOW FOR A QUOTE

01787 479956



BOOK YOUR MOT TODAY



JUST £50

COMPLETE AUTO REPAIR COMPLETE CAR SERVICING

VEHICLE REPAIRS ALL MAKES & MODELS

- MOT Tests (By Appointment) • Diagnostic Equipment Fault Finding
- Servicing & all Repairs • Clutches • Brakes • MOT Failures • Air Conditioning
- Welding, Mechanical & Electrical Work • Over 25 years experience

TEL: 01787 479956

www.gb-autos.co.uk admin@gb-autos.co.uk

Unit 46 Broton Drive, Halstead Essex CO9 1HB





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

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 consumer units
- 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

Designer HOME TRENDS



HOME & DIY

THE SMALL DÉCOR CHANGES YOU CAN MAKE TO YOUR HOME FOR 2023

Outdoor indoor: With all the stresses of modern life, the natural hues of the great outdoors are a perfect way to de-stress. So bring the outside in with wood, lush plant life and a colour scheme rooted in nature.

Aqua calm: Similarly, anything reminiscent of the sea works to ground those of us who are in thrall to modern life. Turquoise, tranquil blue and anything suggestive of the azure depths will soothe and calm the busy mind.

Homely habitat: Another trend expected to be prevalent in 2023 is being sympathetic to your local community. So rugs shorn from local sheep, furniture crafted from upcycled wood and art, and sculptures from resident artists.

Gorgeous gold: Neither garish nor flashy, this trend is warm, earthy and classy. Think gilded mirrors, glowing lanterns and burnished

candlestick holders. Anything that exudes warmth will work.

Largesse lampshades: Does anything tie a room together quite like a lampshade? Looming over us in all their glory, larger lampshades are having a moment. Beautiful brass or the purest paper, some are even crafted from nothing but feathers, and yet the impression they leave endures.

Craving curves: Sensuous, soft and languid, straight lines are eschewed in 2023 and replaced by curves. Sofas, tables, chairs and mirrors – everything needs to have that gentle touch and slightly out-of-focus edge.

Lavender love: According to predictions, the Colour of the Year in 2023 is going to be Digital Lavender. This is a light shade of violet which expresses two sets of emotions: cheerfulness and calmness. By applying this colour to the home, you can create a relaxing yet mood-lifting ambience.





Snuggly as a BUG

In light of the huge rise in energy bills, households up and down the country are being more frugal with their central heating and looking for more creative ways to stay warm.

WHAT ARE THE DIFFERENT TYPES OF HEATED BLANKETS?
Unlike electric blankets, which operate much like mattress toppers and come with elasticated straps or as a fitted sheet, heated blankets are designed for you to curl up under. Much more versatile and visually appealing, heated blankets can be used on the sofa, on the bed or even at your desk.

WHAT ARE THE BENEFITS OF HEATED BLANKETS?
There are many reasons why you may want to invest in a heated blanket, such as the fact that they are comfy, can be carried from room to room, and come in a variety of colours and designs. However, it is the cost-cutting aspect that is the most attractive element.

HOW MUCH MONEY CAN YOU SAVE?
Both heated blankets and electric blankets are highly cost-effective and cost only pennies to run. In fact, if you choose to invest in a heated blanket, it can cost you as little as 1p for around seven hours on the minimum heat setting. To put this into perspective, it costs on average of £2.76 per hour to run your central heating based on a 24kW boiler. Plus, you can control how much electric you use by adjusting the various heat and timer settings and the automatic shut-off function.

- BEST HEATED BLANKETS ON THE MARKET**
- > Best for wearing around the house: Lakeland Electric Heated Poncho
 - > Best for energy efficiency: Dreamland Velvety Electric Throw
 - > Best budget buy: Silentnight Luxury Heated Throw
 - > Best for ease of use and convenience: Homefront Electric Heated Throw



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
Find us on A G Glass & Windows

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**



<p>Friday 3 Feb Fisherman's Friend - One and All (12) £7.50 7.45pm Open to everyone</p> 	<p>Saturday 4 Feb KIDS SATURDAY CINEMA Entry £3.00 10.30 for 11.00am</p> 	<p>Thursday 16 Feb DEMENTIA FRIENDLY CINEMA Free Entry 1.45 for 2.30pm</p> 	<p>Thurs 17 Feb TICKET PARADISE</p> 
<p>Dementia Friendly Choir Every Wednesday 11am til 12.30pm FREE TO EVERYONE Meet new people, have some fun!</p> 	<p>Live Stream Othello</p> 	<p>Wed 15 Feb, 7.15pm THE BARBER OF SEVILLE</p> 	<p>Thurs 23 Feb National Theatre</p> 
<p>the KILLERS Sat 25 Feb, £18.50 The best tribute to The Killers</p> 	<p>WRONG JOVI Sat 4 Mar, £16.50</p> 	<p>Films for Kids Dementia Friendly Autism Friendly Comedy Nights Live Theatre Royal Opera House National Theatre</p> 	

Empire Theatre, Halstead · www.empire-theatre.co.uk

01376 343455

Open from 7:30-4:30 Mon-Fri
8:00-3:00 Sat

Closed Sundays & Bank Holidays

HUGE STOCKS TO TAKE AWAY TODAY!

With tonnes of tiles kept on site to take home the same day, or have them delivered locally for free



4 Springwood Drive, Springwood Industrial Estate
Braintree Essex CM7 2YN

- ✓ Re-branded showroom for both public and trade
- ✓ New trade accounts welcome
- ✓ Underfloor heating systems in stock
- ✓ Tiles starting from as little as £7.95 m2 + VAT
- ✓ 2cm outdoor porcelain
- ✓ Adhesives, Grouts, Silicones and Trims
- ✓ Tool selection in stock
- ✓ FREE SAMPLES OF ALL TILES
- ✓ Knowledgeable and helpful staff

20% OFF CURRENT STOCK WITH THIS VOUCHER!

Simply cut out and bring this voucher with you to receive a 20% discount on tiles for your next tiling project!

LOCAL NEWS

from your neighbourhood



Push for 20mph limit

Halstead Town Council (HTC) has written to Essex County Council (ECC) in a bid to implement a town-wide 20mph speed limit.

At a full council meeting on December 14, a motion by councillor Malcolm Fincken, seconded by councillor Garry Warren, proposed that Halstead should join the 20's Plenty for Us campaign. This was unanimously agreed by those present.

The campaign aims to make areas safer by making 20mph the norm on residential streets and in town and village centres.

HTC sent a letter to ECC on December 19, laying out its request for ECC to adopt 20mph as the default

speed limit for urban and village roads.

In the letter, HTC wrote: "The benefits of 20mph are clear: better for children, better for the elderly, better for pedestrians, better for cyclists and better for the disabled. 20mph reduces road casualties and emissions, makes it more likely that people will walk or cycle, and has almost no effect on journey times for those in motor vehicles."

In a number of surveys, around seven in 10 people said they support 20mph speed limits, with 28 million people in the UK living in local authorities that have committed to a 20mph speed limit on most roads.

ECC has been contacted for comment.

Stolen dog reunited with owner after break-in

Officers from Essex Police's Operational Support Group (OSG) have arrested a woman on suspicion of burglary following a break-in in Halstead.

Officers were tasked with finding the woman in Wickford on the morning of Wednesday, December 21. Shortly before 10am, they located a vehicle belonging to a burglary suspect.

A woman, aged in her 20s, was arrested on suspicion of burglary. The alleged offence took place

in Halstead on December 3, during which a dog was taken. The dog was found during further searches of an address linked to the woman and has now been reunited with its owner.

The woman has been released on bail pending the police investigation.

Chief Inspector Richard Baxter said: "The fact that officers were also able to locate a dog which had been taken during a burglary is really good news."



Photo credit: Halstead FC



Gosfield School

NURSERY ■ PREP ■ SENIOR ■ SIXTH FORM

A CO-EDUCATIONAL INDEPENDENT THROUGH SCHOOL

Icy pitches cause new year fixture congestion

January and February will be busy months for Halstead Town FC, as matches that were postponed owing to icy conditions in December have been rescheduled.

Last month was disappointing in terms of matches played, as only one match was possible as freezing conditions lingered for weeks.

This match was the Humbugs' first draw of the season, a 0-0 score line away at Sawbridgeworth. This left the team going into the Christmas period in 16th position with 19 points from 19 games – a decent

return back at Step 5.

However, December did bring some good news for the club, as their efforts to collect much-needed donations for the local food bank proved to be a great success.

They began the new year with a match against Enfield FC on January 3, which they lost 0-3, followed by a 3-0 win against Southend Manor on January 7.

You can keep up to date with all the club's upcoming fixtures, as well as news and events, at www.halsteadtownfc.com



Council offers funds for community projects

Local community groups are being encouraged to bid for funding, with Braintree District Council's (BDC) cabinet agreeing to allocate £600,000 to benefit the Halstead community.

At a BDC cabinet meeting on December 6, it was agreed that funds would be allocated to support local groups with the creation and development of new community assets in Halstead.

The fund had previously been earmarked to support a new Halstead Community Centre. However, it was agreed to not ringfence the money to one project, instead to open it up to all groups and projects that

may benefit the wider Halstead community.

Applications to bid for the funding are open until Monday, February 20.

Councillor Frankie Ricci, BDC's cabinet member for communities, said: "This fund will be a vital tool to support groups and organisations that are well placed to take on projects that will benefit Halstead residents.

"We're keen to ensure the funding is invested in the area to support the delivery of new and improved local services to meet the needs of the whole community."

To find out more, visit www.braintree.gov.uk/community/halstead-community-fund

Your Journey Starts Here

Open Morning: Saturday 18th March 2023
PRIVATE TOURS AVAILABLE ON REQUEST

01787 474040

admissions@gosfieldschool.org.uk

www.gosfieldschool.org.uk

MILLINGTON PLACE
 GOSFIELD
 MEADWAY, GOSFIELD CO9 1TG



An opportunity to save up to £20,000 on a new home at Millington Place, Gosfield.

Michaels are delighted to present to the market **Millington Place, Gosfield**, an exclusive collection of 2, 3, and 4 bedroom properties created by **Abbey New Homes**, enviably located in a secluded setting just a short stroll away from the many village facilities.

The Abbey Saving Solution

We're doubly delighted to now offer prospective purchasers **The Abbey Saving Solution**, giving you the opportunity to save **up to £20,000** when buying an Abbey New Home at Millington Place.

The **Abbey Saving Solution*** scheme includes:

- Energy efficiency of new homes and contributions towards energy bills
- Stamp Duty contributions
- Mortgage subsidies
- Deposit contributions
- Legal fee and estate agent contributions
- Contributions towards service charges



For full details of this fabulous offer and availability, visit us at the Millington Place showhome, pop into our Bridge Street Halstead office or simply call our Millington Place hotline on **01787 322020** today.



*This scheme is subject to conditions and eligibility.



LOCAL NEWS

from your neighbourhood

LOCAL NEWS BRAINTREE



Photo credit: Braintree Village



Four women arrested

Essex Police's Operational Police Command (OPC) arrested eight people in a 24-hour period, including four women linked to a theft in Braintree Village.

Four females from London, aged 16, 25, 29 and 59, were arrested on suspicion of theft of goods from a shop and handling stolen goods on December 17.

Officers received information about a car being linked to a theft from a shop in Braintree Village. They stopped the Citroën Grand Picasso in Harlow. Enquiries at the scene established the car was on false plates, and upon searching the car officers found goods valued at £300 believed to be stolen.

The 59-year-old woman was further arrested on suspicion of driving without a licence and without insurance, and the uninsured car was seized.

Four other people were arrested on the same night, three of whom were arrested on suspicion of grievous bodily harm in two separate incidents, and one on suspicion of rape.

Superintendent Philip Stinger, OPC leader, said: "Last night, there was variety in our work, from officers helping a person requiring medical assistance get to hospital, to issuing a fixed penalty notice for someone using a mobile phone while driving."

Smoke alarm saves woman from dryer fire



Photo credit: Essex Fire

A woman was woken in the night by her smoke alarm after her tumble dryer caught fire in her Braintree home.

Fire crews were called to a property in Cornwall Gardens on Friday, December 16, and extinguished the fire by 11.50pm.

The woman suffered some smoke inhalation and was left in the care of the ambulance service. The incident caused fire and smoke damage in her kitchen.

Watch manager Gary Shinn said: "This woman's smoke alarms may have saved her life. I would urge people not to run appliances such as tumble dryers while they are sleeping. You're much more likely to be injured or worse if a fire starts while you're sleeping."



Photo credit: Braintree Town FC

Club's matches could be streamed online

Braintree Town FC fans may have the chance to watch full matches online following the announcement of a new football streaming service.

The National League Board (NLB) has previously come under criticism for not allowing its matches to be streamed. Actor Ryan Reynolds, who owns National League side Wrexham with fellow star Rob McElhenney, has previously spoken out about the issue.

He tweeted: "To not allow streaming of matches of Wrexham and the other clubs in the league is baffling.

[It deprives] every team in our league the chance to expand the fanbase while adding to league revenue."

As 2022 drew to a close, it was announced that the implementation of a streaming platform was underway. The first phase will only include National League (tier 5) clubs, so Braintree, who are in National League South (tier 6), will have to wait a little longer.

In a statement, a spokesperson for the NLB said: "We will work with North and South clubs running pilot events in the second half of the season to ensure logistically it can be delivered for the 2023/24 season."

Police called to search converted drug house

Police were called to a house in Braintree this month that had been converted to grow cannabis.

Officers arrived at the scene in the early hours of Tuesday, January 3. As well as cannabis plants, they found that the electricity in the building had been tampered with.

The house was cleared and made safe again.

Essex Police - Braintree District wrote on Facebook: "Setups like these are usually run by organised crime groups who exploit vulnerable people in our community to do the dirty work.

"If you [have] any information or have concerns, you can pass details to the police without giving your name at crimestoppers-uk.org"



Photo credit: Facebook, EP Braintree

JACKSON ELECTRICS LTD

ELECTRICAL CONTRACTORS

DOMESTIC ■ COMMERCIAL ■ LANDLORD

Repairs ■ Maintenance ■ Installations
 Rewiring ■ Additional Sockets & Switches
 Internal & External Lighting
 Periodic Inspecting & Testing
 Accredited Car Charger Installer

**Based in Essex
 Covering 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 ELEC Approved ELEC Approved ELEC Approved ELEC Approved

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

Member No: 1027

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

safe Approved Optec

10% DISCOUNT FOR OAPs

£10 discount if we are late for an appointment

MARKSHALL
ESTATE
SNOWDROPS

Discover a snowdrop carpet in Robin's Grove

Coggeshall, Essex • www.markshall.org.uk



SUPPORT LOCAL BUSINESSES



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

KISS A Ginger

CELEBRATE KISS A GINGER DAY THIS MONTH

On January 12, it's Kiss A Ginger Day – the perfect time to show redheads some love. But you might need to take a good look around – because red hair is rare. Only two in every 100 people are natural redheads, making it the rarest hair colour in the world. And the rarest people of all are redheads with blue eyes.

The genes responsible for red hair are recessive. This means that to have a red-haired baby, both parents must carry a red-haired gene. If both parents carry the gene but don't have red hair themselves, they'll have around a one in four chance of having a red-haired baby. If one of the parents is a redhead and the other is a carrier of the gene but doesn't have red hair, the chances go up to around one in two. And if both parents have ginger locks, chances are that all their children will have red hair too.

Hundreds of years ago, redheads were thought

to be witches and were shunned by society. These days, things have thankfully improved – although some people still think natural gingers are brash and hot-headed. That's not true, of course. But recent studies have shown that redheads require more anaesthetic than people with other hair colours. Their response to painkillers is also different – for the medication to work, they need more of some types of painkillers and less of others.

So how are you going to celebrate on January 12? If you've got a natural ginger among your family and friends, show them how much you appreciate their extraordinary tresses. And if you're not that lucky, listen to some music by redheads – Ed Sheeran or Florence and the Machine, anyone? Or how about a film starring Julianne Moore or Jessica Chastain? The choice is yours.



DYER STRAITS

DANNY DYER'S EXIT FROM *EASTENDERS* MARKS ALMOST A DECADE OF THRILLING DRAMA IN THE SQUARE

That Danny Dyer evolved so admirably from regal cockney to Queen Vic landlord Mick Carter is one of the more celebrated evolutions of British celebrity culture.

The East London-born West Ham United superfan has waved goodbye after almost a decade on Albert Square – a solid commitment to E20 and the drinks industry that has seen the once-derided actor and presenter rise to the cream of the soap opera fraternity.

Dyer emerged as a spiky, punchy, salt-of-the-Earth type who passed up an interest in usual working-class opportunities to embark on acting classes. Bullied at school for his passion for drama, Dyer soon had the last laugh, appearing in *Prime Suspect 3* at the age of 16.

Terrestrial gigs in *Cadfael*, *A Touch of Frost*, *Loved Up*, *Highlander*, *Soldier Soldier* and *Skins* followed, before his big film break came in *Human Traffic*, an iconic coming-of-age clubbing movie that also saw the emergence of John Simm.

Soon after, he was asked to front Bravo documentary series *The Real Football Factories* (a real-life take on *The Football Factory* movie he had previously starred in), which proved to be a big hit in an era where terrace casuals were still prevalent in the Premier League and beyond (as the subsequent *The Real Football Factories International* proved).

This was followed by *Danny Dyer's Deadliest Men*, in which he interviewed Britain's most notorious gangsters.

He turned down the chance to join the cast in Walford in 2009, citing fears of being too exposed in the public eye, but having experimented with a number of low-budget film projects, was lured to *EastEnders* in 2013 as Queen Vic landlord Mick Carter.

Enjoying a bevy of controversial storylines, he has clinched three awards in the role, including Best Serial Drama Performance at the National Television Awards. Along the way, he has made the change from the rough and ready hard man of the Square to someone capable of carrying through a wealth of poignant and emotive storylines. Having spent years developing his skills, he now looks to take that forward with other projects.

"*EastEnders* has been amazing for me," says Dyer. "I'm grateful for the beautiful years I've had there. I'm going to miss the people massively."

Talking about what comes next, the 45 year old says: "I know the landscape has changed slightly, but I want to go out there and have another go, and the only way I can do that is if I decide to walk away from the job."

Dyer will next be seen in a four-part Channel 5 drama called *Heat*, for which filming is to begin shortly in Australia.

Ahead of his Albert Square exit, executives were tight-lipped on how the storyline would develop, but there was all the drama expected of an *EastEnders* Christmas special – including a car chase, a cliff-top brawl, and ultimately tragedy as Mick met his watery end.

Perhaps the true tragedy is that one of the true mainstays of the British landscape is gone... for now, but maybe not forever.

Photo credit: BBC/Jack Barnes/Kieron McCarron

PRUNED TO *perfection*

If you want to enjoy a good fruit cycle, you need to prune your apple and pear trees over the winter. For those who are new to fruit pruning, this step-by-step guide tells you all you need to know.

GET THE RIGHT TOOLS

You need to have clean, sharp tools that are designed for pruning, such as secateurs, loppers or a pruning saw if you have a larger pear or apple tree. Make sure you sharpen them before use.

CUT BACK SUCKERS AND LOWER BRANCHES

Use secateurs to cut back any suckers. These are unwanted shoots that grow near the base of the trunk. Also, cut back lower branches as these do not get sufficient light to bear good fruit.

REMOVE DEAD OR DISEASED WOOD

Remove all branches with discoloured or flaking bark towards the base of the branch by making a cut above an outward-facing bud (one that is on the opposite side of the stem to the main trunk). If there are no buds, remove the entire branch.

CREATE A VASE SHAPE FRAMEWORK

Ideally, you want four or five main branches that help

to create an open vase shape. If you have more than five, remove some at the base by cutting 6mm from the branch collar – this refers to the bulbous area that is attached to the trunk.

Avoid removing more than 25 per cent of the branches in one go as this can affect the tree's health and fruit production.

REMOVE CROSSING OR RUBBING BRANCHES

Remove any branches that are growing into the centre of the tree as this will allow for better air circulation. If two branches are crossing, keep the one that best retains the vase shape of the tree and remove the other one.

SHORTEN THE PREVIOUS YEAR'S GROWTH ON EACH BRANCH BY ONE-THIRD

Cut just above an outward-facing bud on each main branch so that new branches grow outwards. This will help the tree to develop into a healthy shape and prevent congestion.




ARBOR-ELITE

• TREE SURGERY •

SPECIALISTS IN ALL ASPECTS OF TREE CARE

FULLY INSURED

07850 877 828 01787 323 505
 arbor.elite@yahoo.com www.arbor-elite.co.uk

Follow us @arbor.elite

City & Guilds | NPTC



CE APPROVED

From £895*
 for a fully fitted electric garage door.

Gotta get a Garolla.

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

Give us a call today and we'll come and measure up FREE of charge.

GAROLLA
 ROLLER SHUTTER DOORS

www.garolla.co.uk

CALL US TODAY ON:
01787 860 046
 MOBILE:
07537 149 128

LINES OPEN 7 DAYS A WEEK

Trustpilot
 4.8 out of 5 | Over 3,500+ reviews

*Offer valid for openings up to 2.4m wide & including 2 remote controls, 55mm white slats, internal manual override.



First Fix Installations
CONTACT 01268530360
US TODAY 07810634705
 Email: info@steelbuildingsandcladding.co.uk

Customised Steel buildings for agricultural, industrial or domestic usage



Single Garage
with roller door

Double Garage
with 2 roller doors

Open Barn
3 bays

www.steelbuildingsandcladdings.co.uk

- Best value and quality steel buildings on the market
- Maintenance free fully galvanised structures
- Delivered as a kit or assembled by professional installers
- Cladding supplier warranty up to 25 years
- All buildings engineered to British Standards
- Products with ISO 9001:2008 accreditation
- Secured payment option available to all customers



WINTER Wonderland

HOW TO GET THE BEST OUT OF YOUR GARDEN IN THE COLD WINTER MONTHS

Some of us may regard winter as the season when our desire to venture out into the garden wanes completely. Yet whether we're negotiating a path across a frosty lawn, or simply viewing nature from the warmth and comfort of the indoors, making your garden into a winter wonderland is a rewarding task.

So while you may not have the summer sorcery of flower sprays, sun loungers and an abundance of fruit and produce, these tips will help keep your outside space special even in the depths of winter.

beautiful – consider the pinky purple of dogwood, evergreen rhododendrons and the shining white trunks of a birch tree.

TAKE FORWARD TRADITION
 Planting a number of hardy winter varieties will give your garden presence as well as helping to carry forward the legacy of a traditional English garden. Use hellebores and snowdrops to create a classic, elegant effect.

STRUCTURAL STATEMENTS
 A winter garden is one that's lighter on detail, so create new space and interest with some cool man-made structures. From trellises to metalwork, benches to rockeries, winter provides a great opportunity for man-made materials to enter the fray.

TREMENDOUS TREES
 Stripped of their summer decoration, let skeletal trees stand out against a snowy backdrop. Mixed up with evergreens, you can create a brilliant contrast.

CALL FOR COLOUR
 The assumption that the colour drains out of our gardens in winter is, ultimately, wrong. There are many stem-like winter plants that are radiant and

FANTASTIC FEASTS
 Finally, don't assume your winter garden can't put produce on the table. Carrots and fava beans will still thrive throughout the winter, and you can extend the growing period of a number of other varieties of fruit and veg if you keep your greenhouse operational throughout the cold months.



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

- ▶ AGATE
- ▶ AMETHYST
- ▶ AQUAMARINE
- ▶ DIAMOND
- ▶ FELDSPAR
- ▶ JADE
- ▶ JASPER
- ▶ LAPIS LAZULI
- ▶ MALACHITE
- ▶ MOONSTONE
- ▶ OBSIDIAN
- ▶ OLIVINE
- ▶ OPAL
- ▶ QUARTZ
- ▶ RUBY
- ▶ SAPPHIRE
- ▶ TANZANITE
- ▶ TOPAZ
- ▶ TOURMALINE
- ▶ TURQUOISE

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

DID YOU KNOW?

- ▶ More than one million animal species have been identified on Earth.
- ▶ There is only one species of koala in the world.
- ▶ In the wild, red pandas are mainly active during the twilight period and until the early hours of the morning. Otherwise, they are usually found resting.
- ▶ Like domestic cats, giant panda bears have vertical slits for pupils.
- ▶ It's thought there are more tigers in captivity than are left in the wild.
- ▶ Lions can eat up to 40kg of meat in a single meal. That's around a quarter of their body weight.
- ▶ You can tell the species of an elephant by the shape of its ears.

WORD LADDER

MAKE
ROTA

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.

CALL FOR YOUR FREE NO OBLIGATION QUOTE

ESR | www.essexandsuffolkroofing.co.uk

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

[f](#) [i](#)

Please contact us today
07795 554442
essexandsuffolkroofing@gmail.com

MAKE YOUR CHILD'S DEVELOPMENT MORE FUN!

TRY RUGBYTOTS

A fun way to develop social & physical skills

- Weekly play sessions
- For boys & girls
- Ages 2-7 years

For more details:
0345 313 0422
adrian@rugbytots.co.uk

AS SEEN ON

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

St. Margaret's
Preparatory School

Come along to our
FREE parent & toddler sessions
9-10am
Friday 20th January
Friday 3rd February
Friday 3rd March

Suitable for pre-school children.
Free to attend but please book your place.

☎ 01787 273 050
✉ admissions@stmargaretsprep.com
w: stmargaretsprep.com

Gosfield Hall Park, Gosfield, Halstead CO9 1SE

Chinese New Year LANTERNS

This year, Chinese New Year falls on January 22, marking the beginning of the Year of the Rabbit. Chinese communities throughout the world celebrate the New Year with family meals and outdoor events featuring firecrackers, fireworks and dragon puppets. And at the end of the festivities, there's a lantern festival to welcome the full moon.

To mark the occasion, why not create some beautiful paper lanterns? Plain ones can look gorgeous, but choose rabbit-printed paper or add some decorations for a bit of extra festive fun. You could even adorn your lanterns with homemade bunny features, such as ears, eyes and noses.

YOU WILL NEED:

- > Some sheets of paper (A4 paper makes a lantern about 20cm tall, and A5 paper makes a lantern about 14cm tall). You can use different coloured or patterned paper
- > A ruler, pencil and eraser
- > A glue stick
- > Scissors
- > Extra decorations such as stick-on shapes, sequins, braid or ribbon (optional)

HOW TO MAKE:

1. Fold your paper in half lengthways so you have a long, slim rectangle.
2. Draw a line parallel with the long edge, where the two sides of the paper meet. This line should be about 2.5cm away from the edge.
3. Starting about 2.5cm in from one of the short edges, draw a series of parallel lines across the rectangle, from the folded edge up to the long line you've just drawn. These lines should be about 2.5cm apart.
4. Cut along each of the short lines.
5. Erase any noticeable pencil marks, then unfold the paper.

6. Run your glue stick along one short side of the lantern. Form the paper into a tube shape, then glue the two short sides together.
7. If you like, decorate your lantern or add a ribbon or paper handle.

The lanterns look great strung along a piece of ribbon or string!



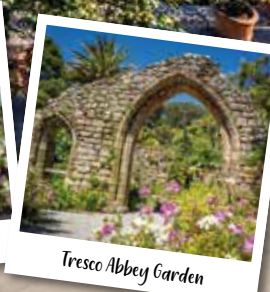
Hama-rikyu Gardens



Hestercombe House



Flower Festival



Tresco Abbey Garden

GARDEN GETAWAYS

If you love gardening, then you are going to love our suggested destinations that are just perfect for green-fingered travellers.

Whether you want to explore gardens in the UK or go further afield, here's something for every gardening enthusiast.

Italy: Whether you choose to explore its formal gardens or simply enjoy the abundance of breathtaking blooms around the country, Italy is a great destination for garden enthusiasts. The gardens that overlook the Italian lakes are a must-see, with the botanical gardens of Villa Taranto overflowing with azaleas and rhododendrons.

Japan: This East Asian country is renowned for its pink cherry blossom and Zen gardens which have to be seen first-hand to be believed. Head to the Hama-rikyu Gardens in Tokyo in March, and don't forget to also schedule a trip to Japan's most popular Zen garden at the Ryōan-ji Temple.

Somerset: If you are looking for a gardening getaway that is closer to home, Somerset is the perfect choice. Visit country houses such as Hestercombe House, Kilver Court and Lytes Cary Manor and marvel at their impeccable grounds and stunning natural surroundings.

Madeira: Boasting a sub-tropical climate, Madeira is a haven for a whole host of rare species that guarantee to impress. From North American sequoia trees to pretty ponds filled with koi carp, there are many colourful sights for you to enjoy. Don't miss the Flower Festival in April 2023, where you can see some of Madeira's finest gardens and landscapes.

Isles of Scilly: The Isles are famous for their unspoilt natural beauty, with an abundance of beaches, rugged landscapes and wildlife. Head to Tresco Abbey Garden, where you can marvel at 20,000 plants from more than 80 different countries.

Photo credit: Francesco Bonino, Christian Mueller, Castro Cicero all via Shutterstock.com



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



www.blackwellsfarmproduce.co.uk



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



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

Yes please TO CHEESE

JANUARY 20, IS NATIONAL CHEESE LOVER'S DAY – HERE'S HOW TO CELEBRATE

Feeling a little cheesed off? Well don't despair, for Friday, January 20, is National Cheese Lover's Day, giving you carte blanche to celebrate and indulge in all your favourite dairy delights.

Not surprisingly, Britain is a nation of cheese lovers. Whether it's a humble cheddar sarnie, a saucy slice of Welsh rarebit or a fancy fondue dip, the average Brit eats 30g of cheese a day and there are more than 700 cheeses produced in the UK.

Around half of sales are cheddar – named after the famed Cheddar Gorge caves in Somerset where the cheese was once stored to ripen – but we're still partial to more exotic fromages such as mozzarella, parmesan and feta.

HOW TO CELEBRATE

With such a thriving cheese industry in this country, it couldn't be easier to indulge in this Wookey Hole-iest of days. Most major supermarkets now boast English-made gems such as Wensleydale Blue and Red Leicester, but it's also worth seeking out some lesser-known treats from your nearest speciality cheesemonger. Or, if you're really enthusiastic, you can head to your local dairy farm where they will likely have a shop selling their creations.

Not only is cheese incredibly tasty and diverse, it's also highly nutritious. A great source of protein, it contains vitamin B12 (which is vital for red blood formation), and a matchbox-sized slice provides one-third of an adult's daily calcium requirement.

So don't be sheepish – make like a mouse and treat yourself to a little of what you fancy. Whether red, yellow or blue, in moderation, cheese is very good for you.

BRITAIN'S TOP 10 CHEESES*:

1. Cheddar
2. Red Leicester
3. Brie
4. Mozzarella
5. Parmesan
6. Stilton
7. Cream cheese
8. Wensleydale
9. Camembert
10. Feta

*According to a study by Branston Pickle in 2017.



FAST, EFFECTIVE & PROVEN

ESSEX BASED LEAFLET, PRINTING & DISTRIBUTION SERVICE

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

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

CONTACT US

01277 554045 ● www.flyerdistributionessex.co.uk



BURN, baby, BURN

We know sport is great for reducing stress and boosting confidence, but let's be honest: for most of us, the biggest lure of exercise is to get fit and trim some fat.

With that in mind, here are the seven sports that burn the most calories per minute. Calorie expenditure is based on a healthy, able-bodied person of average build.

▲ RUNNING (UP TO 1,000 CALORIES/HOUR)

Running is great for burning calories, and even those hitting the pavements at a slow pace can burn around 700 calories per hour. And as logic dictates, the faster you run, the more calories you vanquish.

▲ SQUASH (UP TO 900 CALORIES/HOUR)

The best all-round sport of them all, squash combines energy bursts with stamina, power, competitive spirit and mental awareness, and is great for burning fat.

▲ CYCLING (UP TO 700 CALORIES/HOUR)

Despite the fact that cycling affords you the chance to step off the gas, it remains an excellent exercise for burning calories.

▲ BOXING (UP TO 700 CALORIES/HOUR)

It's quick bursts of energy that make boxing such a great exercise, with power, constant motion and the need to stay aware all combined in this fun, fast-paced workout.

▲ SWIMMING (UP TO 600 CALORIES/HOUR)

Not only is swimming excellent for putting every part of your body to use, but the continued resistance against water means additional calorie burn.

▲ ROWING (UP TO 600 CALORIES/HOUR)

While some may assume rowing is primarily a strength challenge for the arms, this exercise also requires leg flexibility and movement. The more muscles being used, the more calories you'll burn.

▲ AEROBIC DANCE (UP TO 550 CALORIES/HOUR)

Aerobic dance is not only a fun way to exercise, but is also effective at improving your fitness.



Spa Offer
"Couples Spa"
£165 for two

The Perfect Gift!
Available to purchase as a voucher for a loved one this Valentines!
All vouchers valid for 12 months from point of purchase.



What's Included:

Full day use of the Gym. Pool, Sauna, Steam room, Jacuzzi, and Relaxation Lounge with complimentary herbal teas. Robe and towel hire • Welcome drink.

Treatment included:

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 25 minute treatment
• Espa Radiant Facial • Inner Calm Back Massage
• Hot Stone Back Massage • Scalp Massage
• Foot and Leg Massage

Food included:

Afternoon Tea for two

📞 CONTACT US 01787 279009

🌐 WWW.THEGAINSBOROUGH.CO.UK

You've popped the cork, now light the wick!

Treat yourself to one of our candles, upcycled from champagne and liquor bottles to add a bit of luxury to your happy place

Scan the QR code and visit our website or go to www.wickinc.co.uk
Make sure you use our special VISION discount code for 10% off your first order - WICKVISION22



colour me calm

Are you looking for a new hobby? Sales of adult colouring books have surged since the pandemic as people look for ways to relax, de-stress and enjoy some much needed me-time. Not convinced that colouring should be your new pastime? Discover five benefits of picking up pens and pencils below.

Colouring relaxes your brain

Does your brain often feel frazzled by the end of the day? As colouring is a focused activity, it can help to relax your mind and keep worries at bay. It has also been shown to improve brain function as it activates the creative part of your mind.

Colouring improves your motor skills

Adult colouring books often feature complex designs which require you to hone your hand-eye coordination and motor skills. This can be particularly beneficial if you spend a lot of time looking at screens.

Colouring aids sleep

As many as one in three people suffer with insomnia, which is characterised as not being able to get to sleep or not staying asleep for a sufficient amount of time. Colouring before bed, rather than being exposed to blue light from your phone or tablet, can help to release melatonin and enable you to easily drift off to sleep.

Colouring reduces anxiety

Studies have shown that colouring can help to reduce anxiety in adults. Simply by colouring for 20 minutes a day, you can lower your heart rate and decrease feelings of stress or anxiety. Colouring can also help to improve your mood.

Colouring can be therapeutic

Similar to art therapy, colouring can be therapeutic as it helps to put your mind into a meditative state. This enables you to focus purely on the present and remove any negative thoughts from your mind.



MEN'S HAIR TRENDS

FOR WINTER 2023

TOP TIPS FROM AWARD-WINNING MEN'S HAIRDRESSER AND OWNER OF TONI&GUY BILLERICAY, JIM SHAW

There will be one stand-out hair colour trend for men this winter – bleached hair. Men will look to lighten their hair and have it toned for a clean, platinum hue or an icy white/grey tone that's fitting for the season.

We will also see cooler-toned brights becoming popular, such as dark greens, blues and purples for men who want to add a pop of colour to their look.

Disconnected cuts have been in and out of fashion over recent years, and this season they're back on trend. This means we'll see men requesting their hair to be super short on the sides with longer length on top.

The military-inspired regulation cut will also be popular. This is a very sharp and fresh style whereby the hair is trimmed down on the top but kept longer than the sides, which are tapered and gradually cut shorter before reaching the nape of the neck, where the hair can be shaved off completely to help reflect a true regulation cut.

For those looking for a haircut that's longer in length, mullets will be the textured haircut of the season. Hair should usually be cut shorter and choppier towards the front and sides and left longer at the back. However, for 2023, we will see a more modern take on this trend, with men looking for the

gradation of different lengths to be a lot softer.

In terms of styling for winter 2023, this all depends on the cut you have. If you have a shorter haircut, sleek styles will be very on trend. Incorporate a pomade with a shine finish, gel or wax into your styling routine to give your hair a neater, more polished appearance.



Photo credit: Tony Le Britton



YOU'RE NOT ALONE



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

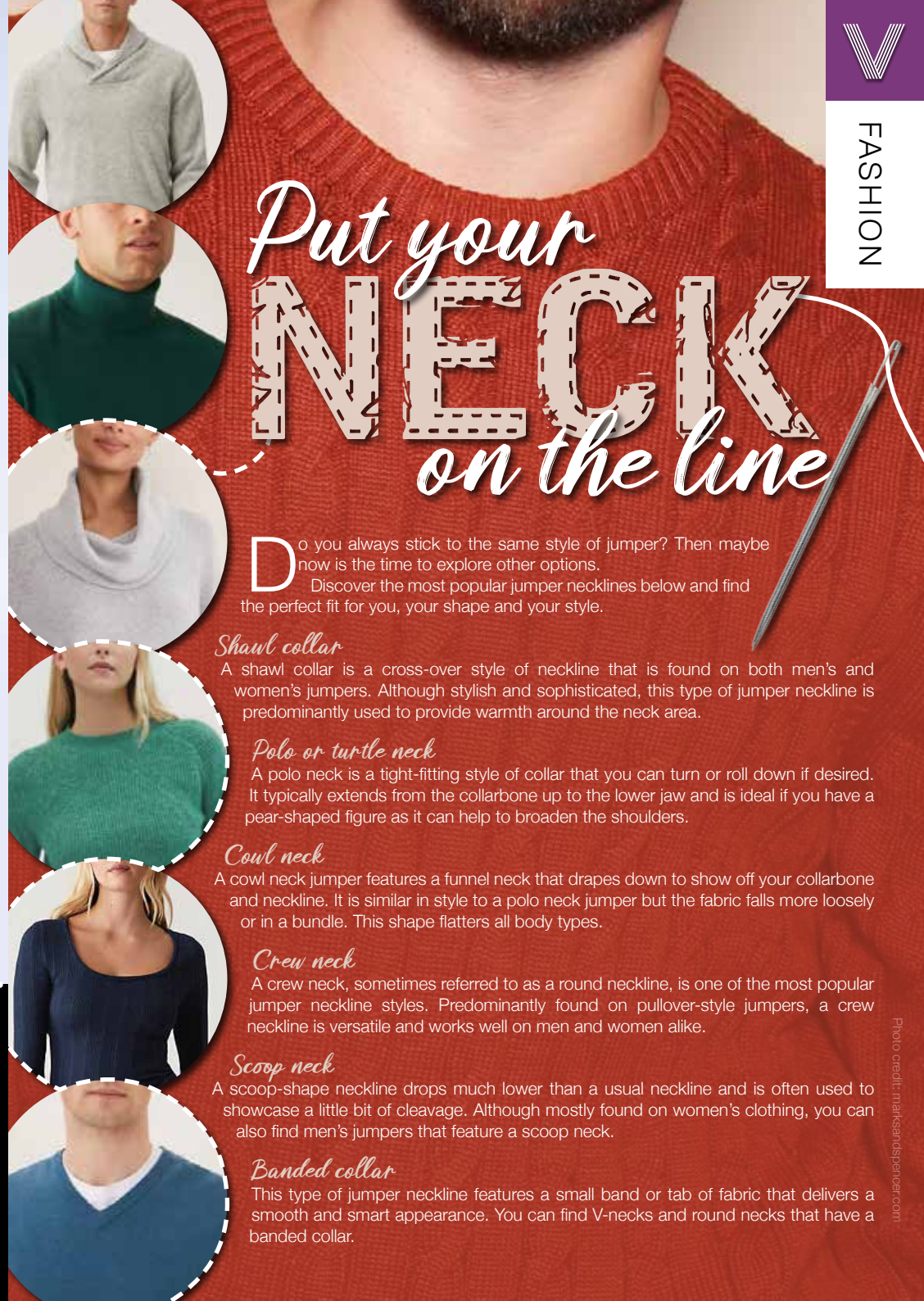
**CONTACT US TODAY TO GET YOUR
BUSINESS SEEN BY OUR READERS**

Your
Monthly
Lifestyle
Magazine



See all our magazines at www.visionmagessex.com

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



Put your **NECK** on the line

Do you always stick to the same style of jumper? Then maybe now is the time to explore other options. Discover the most popular jumper necklines below and find the perfect fit for you, your shape and your style.

Shawl collar

A shawl collar is a cross-over style of neckline that is found on both men's and women's jumpers. Although stylish and sophisticated, this type of jumper neckline is predominantly used to provide warmth around the neck area.

Polo or turtle neck

A polo neck is a tight-fitting style of collar that you can turn or roll down if desired. It typically extends from the collarbone up to the lower jaw and is ideal if you have a pear-shaped figure as it can help to broaden the shoulders.

Cowl neck

A cowl neck jumper features a funnel neck that drapes down to show off your collarbone and neckline. It is similar in style to a polo neck jumper but the fabric falls more loosely or in a bundle. This shape flatters all body types.

Crew neck

A crew neck, sometimes referred to as a round neckline, is one of the most popular jumper neckline styles. Predominantly found on pullover-style jumpers, a crew neckline is versatile and works well on men and women alike.

Scoop neck

A scoop-shape neckline drops much lower than a usual neckline and is often used to showcase a little bit of cleavage. Although mostly found on women's clothing, you can also find men's jumpers that feature a scoop neck.

Banded collar

This type of jumper neckline features a small band or tab of fabric that delivers a smooth and smart appearance. You can find V-necks and round necks that have a banded collar.



National Eye Care Month



January is National Eye Care Month, so what better time to learn how to take care of your pet's eyesight? Sight is an essential sense that enables your pet to navigate their environment, communicate with other animals and even express emotion, so find out how to look after your pet's vision below.

WHAT CAUSES EYE PROBLEMS IN PETS?

Sadly, eye problems are relatively common in pets and can be caused by many different things such as exposure to chlorinated water or saltwater, fungal infections from a change in climate or humidity, genetics, and ageing. Some breeds are also more susceptible to certain eye conditions than others.

HOW TO LOOK AFTER YOUR PET'S EYE HEALTH

1. Regular maintenance

One of the easiest and most effective ways to keep your pet's eyes in good condition is by preventing any issues before they occur. You can do this by periodically cleaning their eyes with a soft, damp cloth or a specially formulated rinse and regularly trimming the hair around their eyes. Also check for any debris or contaminants in and around the eyes.

2. Purchase eye vitamins

You can help to support your pet's eye health by giving them eye vitamins. A more long-term approach to eye health, these are packed with antioxidants that work hard to fight harmful free radicals. Research shows that these can help to prevent the onset of age-related and hereditary macular degeneration.

3. Use gentle grooming products

While it is important that you keep your pet clean and well groomed, some grooming products can irritate their eyes. Use chemical-free shampoos and soaps and avoid air fresheners in the home if your pet has sensitive eyes.

4. Be vigilant

Many eye problems cause watery or mucus discharge, so make sure that you look out for this as well as any swelling or redness. Sensitivity to light, rubbing at the eye and holding the eye closed are also signs of a potential infection or issue.



HOW TO CHOOSE THE PERFECT OFFICE



Whether you're on the hunt for your first office for a new start-up or you have an established enterprise needing to relocate or upsize, we can help you to find the perfect commercial property for your business.

TRANSPORT AND PARKING: Is the office located in an area that boasts good transport links? Is it convenient for you, your employees and your clients? Do you need office parking? If yes, how many spaces do you need? Is it included in the price or available at an additional cost?

VISIBILITY AND PASSING TRADE: Is the office easy to find? How much foot traffic does it get? Depending on the nature of your business, you may need an office space that offers both visibility and passing trade.

REPUTATION OF THE AREA: Although you may want to try to cut costs, if your chosen office space is in an area that is not considered to be attractive or safe, this could have a detrimental effect on your business.

LOCAL AMENITIES: It is unlikely that you want an office space that is in the middle of nowhere with no local amenities such as cafés, restaurants and shops – especially if you love to wine and dine your clients.

SQUARE FOOTAGE: Another crucial factor is the size of the office space. You need to think not only about how many employees you have but also whether or not you need to store supplies on site. Remember to consider the long-term as well as the immediate future.

OFFICE FACILITIES: Make sure you know what is included in your rental agreement. For example, will the space be fully furnished? Is there a reliable and fast internet connection? Are utility bills and business rates included?

CONTRACT LENGTH: Are you looking for a long-term lease or a more flexible, short-term contract? Long rentals often work out cheaper, but only if you are able to commit to the agreed length of time.

Photo credit: William Pengjinh/Shutterstock.com



NO-SPEND JANUARY

Did you overspend during the festive period? Is your bank balance looking a little bleak? Then no-spend January could be just what you need to get your finances back on track for 2023 and beyond.

WHAT IS NO-SPEND JANUARY?

No-spend January is a money-saving challenge that is designed to help people get their finances back in order after splurging over Christmas. It can also help you to reset your budget, reassess where your money is going and break bad spending habits. Although called no-spend January, you are allowed to cover the cost of essentials.

WHAT YOU CAN SPEND MONEY ON:

Mortgage/rent | Credit card repayments | Utilities such as gas, electricity and water | Urgent maintenance costs for your home or car | Food shopping | Pet supplies

WHAT YOU CANNOT SPEND MONEY ON:

Takeaways/eating out | Clothes shopping | Entertainment such as the cinema or bowling | Beauty expenses such as the nail salon or hairdressers

OUR TOP TIPS FOR NO-SPEND JANUARY:

1. Cut down on non-essential food and drink items such as alcohol and treats
2. Use up store cupboard and freezer food before going to the supermarket
3. Don't use your credit or debit card; instead, use cash only
4. Visit your local library for free books
5. Consider a car share to cut down on petrol costs
6. Declutter your home and see if there are any items you can sell
7. Ask family and friends to participate
8. Visit free local attractions such as museums and parks
9. Organise a clothes swap with friends

HOW TO MOVE ON FROM NO-SPEND JANUARY:

If you don't want to revert back to unhealthy spending once January is over, it can be a good idea to introduce a no-spend week or no-spend day once a month. Also, avoid rushing out to buy new things right away as this can undo all your hard work – wait until the sales instead.



Holmes & Hills

New divorce laws: what separating couples need to know

Since April 2022, separating married couples have been able to divorce without one party having to allege fault. The timescales for divorcing a spouse and the ability for one spouse to obstruct a divorce has changed.

Previously, for a couple to divorce, one person was required to accept responsibility for the relationship breaking down. Or, if neither person was willing to accept responsibility, they must have been separated for a period of two years (where both individuals agree to the divorce) or five years (where one spouse does not agree to the divorce). Other than in the event of extended separation, this means one party accepting that they have committed adultery, behaved unreasonably, or have deserted the other.

Campaigning for change

For many years campaigners have demanded changes to Divorce Law, recognising that many couples simply drift apart; that no one party is to blame for the relationship breaking down, or that both spouses mutually and amicably want to separate.

Change to Divorce Law removes blame

With the introduction of 'no-fault' divorce, divorcing couples are not required to apportion blame or wait a period of two or five years of separation to pass to be able to commence divorce proceedings. Under the changes, couples can apply for a divorce simply because their marriage has broken down, paving the way for a mutually agreed and amicable divorce process.

Removal of the ability for one party to prevent divorce

In situations where the divorce is not amicable or mutually agreed, the new legislation removes the ability for one spouse (who does not wish to divorce or who wishes to obstruct it) to prevent the other from divorcing them. In these and other cases, April's change to Divorce Law is helping to reduce the time it takes to formally divorce, making the process more cost-effective also.

Get Expert Legal Advice

If you are considering separating from your partner, have made a full and final decision on separating from your spouse, or have delayed commencing proceedings due to not previously having grounds to divorce from your spouse, call Holmes & Hills Solicitors for initial advice and guidance. Your options may have changed.

When you contact Holmes & Hills, you can speak with an expert Family Law solicitor who will help you to understand your options and legal position when considering separating from a spouse. This specialist advice will be aimed at protecting your interests both now and in the future.

Call Holmes & Hills on 01787 475312 (Halstead office) / 01376 320456 (Braintree office) or email advice@holmes-hills.co.uk.

Holmes & Hills can offer initial advice via in-person appointment, video conference or telephone call. Initial advice appointments are offered a discounted fee rate.



BRITISH BUSINESS SURVIVORS



FIVE AGE-OLD BRITISH COMPANIES STILL WITH US TODAY

Staggeringly, between 350,000 and 400,000 British businesses close their doors for good every year. But some companies have been up and running for centuries.

The oldest surviving British company is The Royal Mint. It opened in 1279 and, for several hundred years, was based at the Tower of London. In the early 1800s, it moved over the road. But by 1975, it had completed its move to its current home in Llantrisant, Wales. The Mint makes more than 3.3 billion coins and blanks yearly – for the UK and more than 30 other countries.

With the dwindling use of cash, the Mint has expanded into other areas, including precious metals investment, historic coins and luxury collectibles. And it's doing pretty well.

Cambridge University Press, the world's first publishing company, was founded in 1534 and publishes academic and educational texts.

Moving down the years, Royal Mail, as it's now known, was founded in 1586. For almost 500 years, it was owned by the state. But by 2015, it was fully privatised. At one stage in the early 20th century, the company had 22,000 pigeons. And someone's gone to the trouble of counting how many elastic bands it currently uses to bundle mail – apparently 342 million a year.

Barclays Bank was founded in London in 1690. The institution's long history is contained in an archive of photos, letters and curiosities housed in the Barclays Group Archives in Manchester.

In 1706, Thomas Twining bought a coffee shop in London's Strand and began to sell tea. Back then, tea was very costly. But Twining spotted a trend. And when he started selling loose tea leaves, as well as cups of the beverage itself, business boomed. By 1717, he'd bought additional space next door – and the shop's still open for business today.



Photo credit: Shutterstock.com, Chrispictures/Shutterstock.com



ENGLAND'S FINEST?



BEN STOKES OBE HAS TRANSFORMED HIMSELF AND THE GAME OF CRICKET

It's only five years since Ben Stokes OBE found himself facing not just exclusion from the sport he loved, but also potentially a prison sentence, having been charged with affray outside a Bristol nightclub.

The incident – in which the brilliant all-rounder was defending a homosexual couple – cost Stokes his place in the 2017/18 Ashes team, and sent the Durham cricketer on a journey of self-discovery that, ultimately, has led him to the heights he finds himself at now.

Stokes roared back from the Bristol incident, inspiring England's 2019 World Cup win, batting sensationally at Headingley in that year's Ashes to win the third Test when all seemed lost, and being named Player of the Series in South Africa that winter.

Last year, Stokes was instrumental in bringing England T20 World Cup glory, yet it is his ascent as Test captain that is truly captivating a nation at the moment.

England clinched an away Test series in Pakistan – a country in which they had only ever won two matches in their entire history – yet it is the manner of the cricket being played that truly reflects a new dawn for the sport.

'Bazball', as it is referred to, is a driven, dynamic and outlandishly positive method of playing the game, the like of which five-day Test cricket has never seen. This cricket revolution epitomises not just Stokes' captaincy, but also his approach to life itself.

As inspirational English sportspeople go, there are few who can rival Stokes' efforts.

Further proof of this was offered when Stokes was named as runner-up in the 2022 BBC Sports Personality of the Year Award. Though he didn't win, his nomination is evidence enough of his incredible success.

Photo credit: Adrian Newstead/ArtShutterstock

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

BEAUTY CLINIC

SUPER SOFT LASER TREATMENT

Effective, Affordable and Pain Free Hair Removal. 07985 606294 | www.supersoftlaserclinic.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

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

BLACKTHORNS CARE HOME

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

CHILDREN & EDUCATION

RUGBY TOTS

A fun way to develop social & physical skills for ages 2 - 7 years. The worlds favourite rugby play programme. 03453 130422 | 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

ELECTRICAL SERVICES

JACKSONS ELECTRICS

Domestic, Commercial, internal and external, repairs, maintenance, rewiring, additional sockets and switches. 07789 954376 | enquiries@jacksonselectrics.co.uk

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

FARM SHOP

BLACKWELLS FARM SHOP

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

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

LEISURE VEHICLES

PULLINGERS MOTORHOMES

Family run business established in 1993, convenient location, heated showroom for comfortable viewing of any motorhome of your choice | www.pullingers.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

EMAIL TODAY TO JOIN THE LISTINGS HALSTEAD@VISIONMAG.CO.UK

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

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

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

JOIN THE LISTINGS...

for just **£15** +VAT per month

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

SCHOOLS

ST MARGARET'S PREPARATORY SCHOOL

Prepare your child for a Bright future. 01787 273050

GOSFIELD INDEPENDENT SCHOOL

Experience the Gosfield Difference. gosfieldschool.org.uk | admissions@gosfieldschool.org.uk

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

THEATRES

EMPIRE THEATRE

Films for kids, Dementia Friendly, Autism Friendly, Comedy nights and Live Theatre | www.empire-theatre.co.uk

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

FROM ACCOUNTANTS TO ZUMBA TEACHERS
You'll find them and everything inbetween...



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

To advertise call Nik on 01787 339010

Your partner in divorce and separation

Speak to Carol Toulson, independently
recognised as one of the leading
Family Law solicitors in the region



Holmes & Hills provides a discounted initial
appointment to advise on your options.

www.holmes-hills.co.uk

Halstead | 01787 475312

Braintree | 01376 320456

