

2020  
V

HOW TO  
UPCYCLE  
*your lampshade*

HAS YOUR  
HOROSCOPE  
CHANGED?

MARKING 80 YEARS SINCE  
*the Battle of Britain*

Andi  
PETERS

Celebrating decades on the small screen as he turns 50

=====  
S  
=====  
O  
Z  
=====

FREE

Photo credit: Ken McKay/ITV/Shutterstock



www.küchenhaus.co.uk  
The German Kitchen



## Why choose Küchenhaus?

As the largest retailer of quality German engineered kitchens in the UK, we deliver rigid pre-built luxury kitchens manufactured in Germany at direct from the factory prices. View your dream kitchen in the luxurious surroundings of the largest kitchen showrooms in the UK.

- Full installation service or supply only
- 12 months 'buy now' and 'pay later' option
- Kitchens designed and built to order
- Free in-showroom design consultation
- Trade enquiries welcome

**BUY NOW  
PAY 2021**

**10% Deposit Only**

\*Terms & Conditions apply

nobilid

Miele



SIEMENS

BOSCH

AEG

smeg

CORIAN

SILESTONE

DEKTON

Visit our website or showroom

6, The Baytree Shopping Centre, Brentwood, Essex CM14 4BX

**01277 204447**

**www.küchenhaus.co.uk**



- 6 THE KINGS OF TV
- 8 HORROR-SCOPE
- 11 FASHION
- 12 BEAUTY
- 17 HEALTH & FITNESS
- 23 FOOD & DRINK
- 29 TECHNOLOGY
- 30 KIDS
- 32 HISTORY
- 34 HOME & DIY
- 48 ANDI PETERS
- 51 LOCAL NEWS
- 66 PETS
- 69 GARDENING
- 76 TRAVEL
- 78 BUSINESS & PROPERTY
- 87 MOTORING
- 90 SPORT
- 92 THE **VISION** LISTINGS
- 94 PUZZLES

# Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Hornchurch. I hope everyone is doing well and beginning to find their footing in this 'new normal' we're living in. While we're not out of the woods with COVID-19

yet, businesses such as ours are beginning to get back to a place not so far from where we were pre-lockdown. All it takes is a walk down local high streets to see that we're not the only ones getting over the worst of it now; it really is a pleasure to see shops and restaurants lively again. It also means that I'm able to have little trips out with my family from time to time, and to take clients out for lunch again.

I'm finding myself able to focus on the more trivial aspects of my life again - some days, for example, my biggest concern is the weather. I can head out on a sunny morning confidently sporting shorts and a T-shirt, but by midday I'm often wishing I'd worn a jumper instead.

Usually, I'd be sick of all the summer rain we've been having in recent weeks, but since moving into my new home last month, the garden has become a priority for my girlfriend Kirstie and me. When we first moved in and the days were purely hot and sunny, we noticed the garden's grass wasn't turning green at all after being watered. I remember looking up whether rainwater would be better for it and, lo and behold, along it came.

*Brett*

## CONTACT US

www.visionmagessex.com  
hornchurch@visionmag.co.uk | 01708 578049

@visionmagessex @visionmagessex

Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry  
CO-ORDINATORS | Rebecka Fryer, Amy Pollard  
CONTRIBUTORS | Andrew Wilkin, Tabatha Fabray, Tim Green

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

To advertise call Brett on 01708 578049

WORDPLADDER: PREP, PEEP, PEER, PERK, PORK, WORK

National Valuation Week

14<sup>TH</sup> - 21<sup>ST</sup>  
SEPTEMBER

Has your property gone up in price?

WE'RE IN YOUR AREA

Got 20 minutes? Book a free, no obligation valuation from your **local** Hunters agent.

No sale, no let - no fee!

*let's go*

Get in touch

01708 676120

hornchurch@hunters.com

hunters.com

**HUNTERS**<sup>®</sup>

HERE TO GET *you* THERE



\* The commission sale/let fee will become due on exchange of unconditional contracts as detailed in the Terms of Business. Other charges may apply. If you are under contract with another agent you may still be liable also to pay their fee.





# THE KINGS of the castle

Celebrating 30 years together, Ant and Dec remain at the top table of British entertainment... which may come in handy for this year's *I'm A Celebrity... Get Me Out Of Here*.

From spotty lads in Ellesse jumpers, baggy jeans and Fila trainers skulking their way round the streets of Newcastle, Ant and Dec's rise to becoming the modern-day majesties of light entertainment has been unparalleled.

Now, 30 years after Anthony McPartlin and Declan Donnelly first met on the set of kids' BBC drama *Byker Grove* – a series based around a tatty youth club and the life events of its members – the duo are celebrating the three-decade milestone by swapping the Australian jungle for a couple of weeks bolted up in a haunted castle.

The coronavirus outbreak has made even the most basic travel arrangements complicated, and as for transporting a film crew and a selection of celebrities halfway around the world... forget it. So rather than give up entirely on a television experience that is one of the keystones of ITV's autumn output, the show's producers have kept things much closer to home, with Gwrych Castle in Wales providing the base for what will be a unique spin on the *I'm A Celebrity... Get Me Out Of Here* format.

With an experience that will be less bugs and more bumps in the night, the 200-year-old Conwy residence has a chequered history, one that its presenters are certain to work to their advantage in their own inimitable style.

The ghost of Countess of the Dundonald is said to prowl the castle ruins, with reports detailing the outline of an angry woman dressed in white. And during the Second World War, the castle housed 200 Jewish refugee children who had made it to Wales having fled the Nazis.

The much anticipated Bushtucker Trials will find themselves transformed this year, with the as yet unrevealed celebrities undertaking ghastly gothic, mind-bendingly medieval and ruggedly ruined challenges.

For Gwrych Castle, which has regularly been threatened with closure and was saved by the campaigning efforts of a 12-year-old boy back in 1997 when he wrote to then-Prime Minister Tony Blair, it is an incredible rebirth, and one that is hoped will protect its future.

As for what is to come for Britain's favourite presenting duo, anything is possible. Ant and Dec have ridden the waves of success for so long, the spotlight has become second nature. That means when controversy does arrive – notably the playing out of Ant's personal troubles over the past couple of years – the duo have stuck together in much the same way as they did when PJ and Duncan first buddied up way back in 1990.

"I think it's clear now we are going to be side by side until the day we die, like it or not," Declan commented recently. "People look at the shows and the awards, but what we have is friendship, respect and an affection that only comes between two best mates. We both feel very lucky."





# HORROR-scope

IF YOU'RE A SCORPIO, BAD NEWS COULD BE ON THE WAY, WITH A 13TH SIGN OF THE ZODIAC COMING INTO PLAY.

NASA's apparent 'discovery' of a 13th star sign has created furore in the astrology world... if you'll excuse the pun. From way back, 3,000 years ago, when the Babylonians created the zodiac chart, we have always recognised 12 star signs or constellations, representing the 12 months of the calendar.

In recent times – aided by the Twitterati wind-up merchants – a 13th sign has come to the fore: Ophiuchus, the serpent-bearer. Recognising this, with a proposed window of between November 29 and December 17, has meant true Scorpios now have a timeframe of just seven days, beginning on November 23.

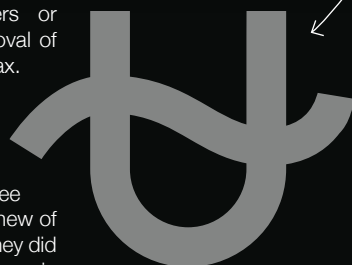
Worse news is to follow, with the revelation that because constellations have shifted so much in the time since the Ancient Greeks first threw together a chart of the skies, the dates of all the other star signs have changed too, as follows:

- CAPRICORN:** January 20 – February 16
- AQUARIUS:** February 16 – March 11
- PISCES:** March 11 – April 18
- ARIES:** April 18 – May 13
- TAURUS:** May 13 – June 21
- GEMINI:** June 21 – July 20
- CANCER:** July 20 – August 10
- LEO:** August 10 – September 16

- VIRGO:** September 16 – October 30
- LIBRA:** October 30 – November 23
- SCORPIO:** November 23 – November 29
- Ophiuchus:** November 29 – December 17
- SAGITTARIUS:** December 17 – January 20

Yet before you rip up your posters or begin laser removal of that tattoo, relax. NASA's 'new discovery' is anything but – even Ancient Greeks from three millennia back knew of Ophiuchus, as they did another eight stars in the sky that could legitimately have been included on the zodiac. Simply, some appear much less prominently in the sky, so only the largest 12 were chosen.

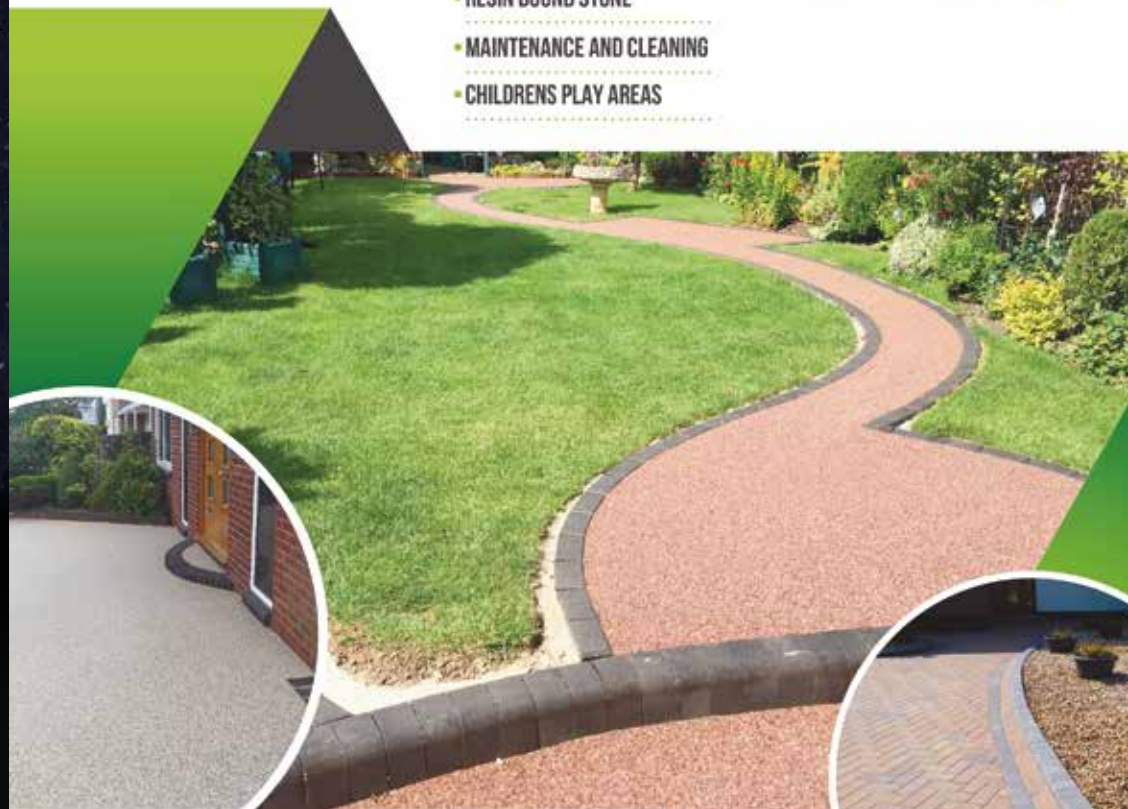
And the shifting of dates? Well, astrology is a very personal thing, and whether we follow a star sign of what we once were or what we are now, it makes little difference – we are all invested in this existence, and no matter what star sign we are, none of us is getting out of here alive!



**Bespoke Surfaces**  
Basin | Paving | Stone

- DRIVEWAYS AND PATIO AREAS
- FOOTPATHS BLOCK PAVING
- NATURAL STONE
- RESIN BOUND STONE
- MAINTENANCE AND CLEANING
- CHILDRENS PLAY AREAS

**FREE ESTIMATES**  
**PROFESSIONAL SERVICE**



**WE SPECIALISE IN ALL TYPES OF OUTSIDE SURFACES**

**OUR TEAM OF SKILLED PROFESSIONALS CARRY OUT ALL ASPECTS OF LANDSCAPING SERVICES**

**CALL OR EMAIL US TODAY**

**01702 541 514**

**INFO@BESPOKE-SURFACES.COM**

**WWW.BESPOKE-SURFACES.COM**





Beauty Box  
SKIN CLINIC  
by Maggie

We offer a full range of services & treatments including:  
Aesthetics, Fillers, Fat Reduction and Tattoo Removal.

“ YOUR ONE STOP SHOP FOR WOMAN'S & MAN'S BEAUTY ”



Phone: 01708 567 200

Address: 14 North Street, RM11 1QX

Web: www.beautyboxskinclinic.co.uk

WALK-INS AVAILABLE

NEW

# PROFESSIONAL PHOTOGRAPHIC STUDIO IN ROMFORD

WE ARE NOW OPEN & TAKING BOOKINGS



Photos you'll love... with memories for life



## Headshots

We also specialise in corporate (and actors) headshots for social media, websites, seminars, conferences and reports

PM PORTRAITS & MORE PHOTOGRAPHY

01708 578053 or 0798 509 3738

www.portraitsandmore.co.uk

Visitors by appointment only please



FASHION

# Dr. Martens

*we love you*

**O**ur long-lasting love affair with Dr. Martens has spanned seven decades and shows no signs of slowing down. They are worn by men, women and kids alike, so let's take a look at what makes this iconic footwear brand so special.

**THEY LAST FOREVER:** Dr. Martens might not be the cheapest boots you have ever bought, but they will offer the best value for money. Unlike other leather that may split or crack, Dr. Martens will last you a lifetime.

**THEY OFFER UNRIVALLED COMFORT:** Although you will need to break them in a bit, Dr. Martens will undoubtedly be the most comfortable boots you ever own. The hard leather has the unique ability to be able to mould perfectly with the shape of your foot, resulting in a feeling of walking on air.

**THEY TRANSCEND TRENDS:** As all other footwear trends come and go, and then come again, Dr. Martens have stuck resolutely to their fundamental USPs, and fashion followers love them for it.

**THEY ARE INCREDIBLY VERSATILE:** There are so many different looks that you can go for with a pair of Dr. Martens:

- > Sophisticated with chinos and chunky knitwear.
- > Street style with cut-offs and a slogan tee.
- > Casual with a simple pair of black trousers and matching jumper.
- > Modern with jeans and a leather jacket.

**CELEBRITIES OF ALL AGES LOVE THEM:** Miley Cyrus, Diane Keaton, Susan Sarandon, Jared Leto and Robert Pattinson have all been papped rocking these vintage and stylish boots.

**THEY COME IN A WIDE VARIETY OF COLOURS AND DESIGNS:**

You can pretty much find a pair of Dr. Martens in every colour you can think of, plus they do some truly unique designs, including one with renaissance art printed all over them. Need a bit of extra height? Yes, Dr. Martens come in heeled versions too.

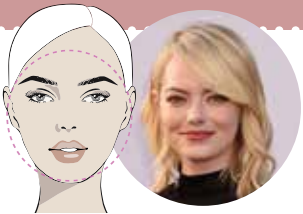


Photo credit: Wozzie/Shutterstock.com, kudryavtsev dmitriy/Shutterstock.com



# Bangs

ON TREND

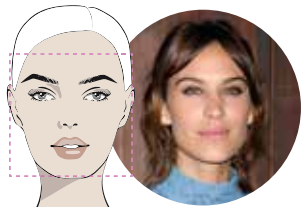


The flexible and fabulous fringe rarely goes out of fashion. Instead, it adapts to the season at hand and offers a simple yet stylish way to update your look. However, to get it right and avoid the common pitfalls of bad bangs, you need to choose the right fringe for your face shape.

### THE SIDE FRINGE

**Best for round face shapes**

Popular with the likes of Mila Kunis, Emma Stone and Renée Zellweger, the side fringe is incredibly flattering for those with more round faces. Opt for a feathered fringe to give your face a more slender look and to draw attention to your eyes and mouth.



### THE A-SHAPED FRINGE

**Best for square and oblong faces**

This face shape tends to be wider at the cheeks and more angular around the jawline. A soft A-shaped fringe can help soften your features and switch the focus to your eyes.



### THE CURTAIN FRINGE

**Best for heart-shaped faces**

A long side fringe, aka the curtain fringe, is ideal for those with a heart face shape as this style will help widen out a narrow chin and highlight both your cheekbones and jawline. Ask for a feathered look to perfectly balance softness and structure.



### THE FULL BLUNT FRINGE

**Best for those with a small forehead**

You may think that having a small forehead means you cannot pull off a fringe, but this is simply not true. A full and blunt fringe will instantly add length to your face and broaden your forehead. This style suits those with poker-straight hair better than those with waves.



### THE FULL CHOPPY FRINGE

**Best for oval face shapes**

With this face shape you want a full fringe that will cover your forehead but not one that will overpower your delicate features. Adding choppiness at the ends will create a softer and more textured feel.

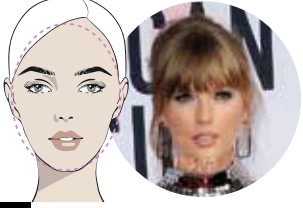


Photo credit: Featureflash Photo Agency/Shutterstock.com, Kathy Hutchins/Shutterstock.com, Tinseltown/Shutterstock.com



SKIN LAB MEDICAL  
AESTHETIC SUPPLIES

## OPEN FOR ALL OF YOUR AESTHETIC SUPPLIES

- Fillers
- Aesthetic Lasers
- Skincare
- Small Devices
- & Much More

LIVE CHAT



+44 17083 61649

@skin\_lab\_medical

www.skinlabmedical.com



# ELLIOTT DEAN SALON

Elliott Dean is a luxury hair salon in Gidea Park Essex

Bringing you hair and lifestyle that reworks  
tradition for a new generation

- Luxury hair salon
- Rated 5 stars
- Free consultations
- Elliott Dean Professional Stockist
- Sebastian Professional Stockist

01708 564350 • www.elliottdean.co.uk

208 Main Road Gidea Park Essex RM2 5HA @elliottdeans Elliott Dean Salon



# 30% OFF YOUR FIRST VISIT



PIN-UPSHAIRANDBEAUTY.CO.UK  
 @PINUPSGIDEAPARK  
 4 BALGORES SQ, GIDEA PARK RM2 6AU  
 01708 721198

CUT & FINISH  
 L'ORÉAL COLOURING SERVICES  
 ADVANCE SKIN CARE TREATMENTS  
 MASSAGE, LYCON WAXING, LASHES & NAILS



## B. F. MULLEY & SON

*incorporating Horace Fry*

**3rd Generation Family Owned Funeral Home**

Chapel Of Rest • Home Arrangements  
 All Areas Covered • Distance No Object  
 Memorials • Ample Client Parking



Golden Charter  
 Funeral Plans

**24 HOUR  
 SERVICE**

254 St. Mary's Lane, Upminster,  
 Essex RM14 3DH  
**Telephone: 01708 220330**

28 High Street, Hornchurch,  
 Essex RM12 4UN  
**Telephone: 01708 442145**

**Email: upminster@bfmulleyson.com • Web: www.bfmulleyson.com**



BEAUTY



# Discover the beauty of NON-COMEDOGENIC Skincare

The latest buzzword in beauty, non-comedogenic, refers to any skincare product that is formulated to not cause blocked pores. It's ideal for those who suffer with acne, blackheads and oily skin. Let's take a closer look at non-comedogenic make-up and skincare products and how they work.

### What are blocked pores?

Comedogenic originates from the word 'comedones', which are the imperfections commonly found in those who experience acne, otherwise known as blocked pores. There are two types of blocked pores:

- > Open comedones, or blackheads, which are caused when sebum reaches the skin's surface, opens and turns black.
- > Closed comedones, whiteheads, where sebum grows beneath the skin surface.

### What causes blocked pores?

There are many factors that contribute to blocked pores, including:  
 Heavy make-up use | Excessive oil production | Hormones | Not having a good skincare routine | Sweating | Sun exposure | Genetics

### Does non-comedogenic make-up work?

Although non-comedogenic make-up and skincare products will not prevent breakouts, what they will do, unlike other beauty products, is not contribute to

any more acne. Not the ideal solution to your stubborn spots, but a helping hand, nonetheless.

### What is the difference between non-comedogenic products and oil-free products?

Those with oily, blemish-prone skin will be all too familiar with oil-free skincare and make-up products that promise to reduce spots and balance out your skin. Oil-free products are free from petrolatum but can contain other oils. However, non-comedogenic products differ in their approach as they are completely free of pore-clogging ingredients.

### Here are a few non-comedogenic skincare products that you can try:

- > Estée Lauder Double Wear Stay-in-Place Make-up Foundation
- > NARS Radiant Creamy Concealer
- > Maybelline New York Shine Free Oil Control Loose Powder
- > Neutrogena Oil-Free Acne Moisturiser
- > Cetaphil Cleansing Lotion for Sensitive Skin
- > Neutrogena Ultra Sheer Dry Touch Sunscreen





# IS CBD ILLEGAL?

## THINGS THEY'LL NEVER TELL YOU ABOUT CBD

- CBD is not an illegal drug - it is a food supplement, just like multivitamins.
- It is from the same plant based family as cannabis; there are several species with different compounds.
- Cannabidiol (CBD) cannot make you high; only Tetrahydrocannabinol (THC), (compound found in cannabis) can. CBD products are legal if they contain less than 0.2% THC.
- Promarvel CBD is isolate based so there is no THC.
- In the UK CBD is classed as a 'novel food' - by March 2021 all CBD retailers must comply with the Food Standards Agency's regulations. Promarvel CBD are ahead of the curve - an application to the FSA regarding our products has already been submitted. Discover our lab tests on our website.

### What will it do for me?

- Ensure your endocannabinoid system (home of the messengers between your brain and body) performs well when fighting imbalances within.
- It may relieve anxiety and reduce pain - two of the most common usage reasons.
- It is not harmful. We recommend you book a consultation with us to see if CBD will meet your needs.

### Which retailer do I buy from?

#### Our deal-breakers:

1. A retailer committed to educating their customers
2. Transparency - look for lab tests, farm and manufacturer details
3. A real company - a registered UK address, company registration number, customer reviews and an actual person to speak to.

## CBD INFUSED EDIBLE GUMMIES & OILS

Kind to you, kind to the earth



Check us out at  
[www.promarvelcbd.co.uk](http://www.promarvelcbd.co.uk)

01708 578 069  
[promarvelcbd@gmail.com](mailto:promarvelcbd@gmail.com)



## ARE YOU AN emotional eater?

Many people have understandably struggled with healthy eating during lockdown, with stress, boredom and increased feelings of wanting to treat ourselves all being contributing factors.

However, now that we have started to return to normality, are you still eating for reasons other than hunger?

### MINDLESS EATING

Do you often find yourself eating for no particular reason? Do you simply take mouthful after mouthful without even registering what the food tastes like or whether or not your appetite has been sated? If yes, you need to stop eating in front of the TV and start appreciating your food more. Ensure you chew your food as many times as you can and listen to your stomach when it tells you that it's full.

### BOREDOM EATING

If you find that you reach for the snacks when you

have nothing else to do, then you are eating out of boredom rather than because your body needs sustenance. Try to find yourself something else to do, such as read a book, phone a friend or go for a walk: any activity that will take your mind off eating.

### STRESS EATING

We've all been there. Perhaps you have an important meeting at work, you are struggling to make ends meet or maybe your relationship is going through a rough patch. Whatever the reason, eating when you are stressed can help to alleviate anxiety, even if only momentarily. The key to avoid stress eating is to know your triggers and to actively try to avoid them.

### EATING TO MASK YOUR FEELINGS

Whether you feel sad, depressed or lonely, eating to try to push down your feelings is never the answer. Instead, try to identify why you are feeling this way and talk to someone if you need to.





THE WORLD OF

# Mr Smith



In the age of Instagram personal trainers, it takes quite something to stand out from the crowd, though British muscleman and health heavyweight James Smith seems to have achieved just that.

James Smith, a personal trainer (PT), body coach, diet expert, life guide and educator, is the perfect foil to all the impossibly toned, happy, talented, loaded influencers that saturate our Instagram feeds.

Sure, the 31-year-old Bondi-based trainer has a physique most of us will never get anywhere near, and if you look at the simply seductive backgrounds on his photo shoots you will get the impression his is a life to be craved. Yet as soon as James begins speaking on health, fitness, well-being and our ability to be better people both physically and mentally, you discover that this is someone not dressed up in the fake realities of so many PTs.

He is self-deprecating, funny and, while a slight upper middle-class twang may tell us more about his background than he would like to give away, his expletive-decorated videos and posts paint someone fully appreciating the fact that inspiring people to be better means being down to earth.

His Instagram feed (@jamesmithpt) has more than 640,000 followers; and in November, his book *Not a Life Coach* hits the shelves, following on from the hugely successful *Not a Diet Book* which, somewhat fortuitously, was released just a month before lockdown.

Whether focusing on diet or self-help, his mode is as the maverick, and someone bringing enjoyment into personal improvement.

"For me, real help must come in the form of true honesty. If you start from a point of wanting to achieve something unrealistic, you will never get there," he says.

"Start low, hit your target, then restart at a higher level. By trying not to change your life so much, you may inadvertently do just that!"

Photo credit: www.jamesmithacademy.com



### Services Offered

- Cataract surgery with multifocal lens implants for reduced dependence on spectacles
- Lens replacement surgery for removal of glasses
- Glaucoma management
- Minor operations for lumps and bumps around eyes
- Correction of droopy and baggy eyelids
- Watering eyes and blocked tear ducts
- Dry eyes and blepharitis
- YAG and Argon laser treatments of eye conditions
- Botox treatments
- Major surgery undertaken at local private hospitals



Mr J S Chawla

Mr J S Chawla is available for private consultations in the eye Clinic at Westland Medical Centre.

This Care Quality Commission approved medical facility is equipped with state of the art diagnostic equipment, minor operation room and lasers.

For appointments, please contact Phillipa Chambers on 07757 605008

Eye Clinic, Westland Medical Centre, Westland Avenue, Hornchurch, Essex, RM11 3SD

[www.facebook.com/ClearvisionMedicare](http://www.facebook.com/ClearvisionMedicare)





# ORGAN DONATION

*awareness*



**D**id you know that there are currently 3,108 people in the UK waiting for a transplant at this exact moment?

Organ Donation Week is designed to encourage people to make a decision about organ donation and to share their choice with their family and friends.

### WHAT IS THE CURRENT LAW REGARDING ORGAN DONATION?

You may not know this, but the English organ donation law has changed to a 'opt out' system rather than an 'opt in' one.

What exactly does this mean? In a nutshell, if you are not in an excluded group and you have not confirmed whether you want to be an organ donor or not, it will be considered that you agree to donate your organs when you die.

### CAN ANYONE REGISTER TO BE AN ORGAN DONOR?

There is no age limit for organ donor registration, and anyone can decide to become an organ donor after death. However, if you

want to add your name to the NHS Organ Donor Register, you will need to live in the UK, Channel Islands or Isle of Man.

### WHAT YOU SHOULD KNOW ABOUT THE ORGAN DONATION PROCESS

- All donors are treated with dignity and respect.
- There are strict regulations in place to help care for the dying, and organs will not be removed until a patient's death has been confirmed in line with these criteria.
- Organs cannot be sold or bought.
- Your body will be returned to your family after donation.
- Families are always consulted before organ donation goes ahead.

### WHAT CAN I DONATE?

If you decide to register as an organ donor, you have the choice to donate organs such as your heart, lungs, kidneys, liver, pancreas and small bowel. You can also choose to donate your tissues, including your bone and corneas.



Spire  
Hartwood Hospital

## See a private GP at a time to suit you

We provide quick and easy access to private GP services – when you need it. There are a range of appointment times available Monday to Saturday at Spire Hartwood Hospital.

### At Spire GP we offer:

- Advice and support for your healthcare needs
- Appointment times to suit you
- Easy access to Spire Healthcare's network of specialists with no waiting time
- Modern, private healthcare settings
- Private prescriptions and referrals for further investigations if needed
- 30 minutes to discuss your concerns with an experienced GP

Spire GP is part of Spire Hartwood Hospital, which means we will help provide you with continuity of care if you need further tests or treatment.

### Book to see an expert today

Search 'Spire Hartwood Hospital'

Call 01277 266 766



*Looking after you.*



# Essex Stairlifts Ltd

Your local stairlift specialist

- Straight Stairlifts
- Curved Stairlifts
- Rental Stairlifts
- New & Used
- Servicing & Repairs
- Home Lifts



For friendly, personal service telephone:

**01708 369062**

**01268 550173**

**01206 231568**



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

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

Breakfast - Coffee & Sandwich Bar

**REFURBISHMENT COMING SOON**

**FREE CAR PARKING**

**OPEN 7 DAYS A WEEK**  
 MON - SAT: 07.00AM TILL 4.00PM  
 SUNDAYS & BANK HOLIDAYS: 08.00AM TILL 4.00PM

**Roast Dinner Available on Sundays**

122 UPMINSTER ROAD, HORNCHURCH RM12 6PL  
**TEL: 01708 456 956**

# Weight WATCHERS

The dream foods that burn more calories than they provide

It seems perverse that the eating of food and quaffing of drink could actually lead you to lose weight, but this is the reality of 'Negative-Calorie' foods, even if their existence has been called into question by some.

Certainly, for dieters or those simply looking to watch their figure, the era of feeling guilty about burgers, sweets, biscuits and more could be over... that is, if you can stomach some of the following:

## CELERY

The go-to choice among Negative-Calorie foods – this peppery stick requires more energy to eat than it gives you in return.

## APPLES

A tough food item that requires a fair amount of mouth-work. Combined with the fact that our favourite fruit is high in water content, it's little surprise that the energy effect is minimal, although the fibre will do you good.

## TOMATOES

Another supermarket favourite that's high in water content. Eating a simple tomato often feels like a waterfall for the mouth. At just 18 calories per 100g there's little to worry about as far as the waistline goes, and the statins present offer a great potential fix for those suffering from high cholesterol or high blood pressure.

## CAULIFLOWER

Tough as old boots and with the aroma of them too, cauliflower is a versatile veg that offers bags of vitamin C and contains absolutely zero fat.

## COFFEE

At just two calories per cup, coffee without the addition of milk, cream, sugar or flavourings is blissfully low, and, as a thermogenic, will actually stimulate the burning of fat for energy.



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

ManorcourtHome



**Manorcourt Homecare**

Part of the Healthcare Homes Group



Together we *respect*, with *compassion* we care, through *commitment* we achieve



Independent Care

Manorcourt Homecare provides tailored support and personal home-based care packages on either a regular or temporary basis, and enable people to continue to live independently in their own homes.



Live In Care

Whether you require assistance on a regular or temporary basis, our flexible range of services means that we can provide as little or as much support as is needed, for as long as required.

We provide anything from ½ hour to 24 hour Live In Care.



Bespoke Private Care



Respite Live In Care

Contact our Hornchurch Branch: 58 Station Lane, Hornchurch, Essex, RM12 6NB.

Tel: 01708 472911. Email: [homecare@manorcourtcare.co.uk](mailto:homecare@manorcourtcare.co.uk)

**LIVE IN CARE** £995 per week

...for new customers, for the first 3 months.





# Shish Meze

SHISH MEZE AT HOME

**FREE DELIVERY**

WITHIN A 5 MILE RADIUS  
OR

**10% OFF CALL  
& COLLECT**

01708 47 58 58

Full menu online: [www.shishmeze.com](http://www.shishmeze.com) - [@shishmeze](https://www.instagram.com/shishmeze)



**HORNCHURCH**  
2 BERTHER ROAD,  
HORNCHURCH RM11 3HS  
01708 47 58 58

**ABRIDGE**  
18 MARKET PLACE, ABRIDGE,  
CHIGWELL RM4 1UA  
01992 94 67 04



FOOD & DRINK

## Sensational SLOW COOKER AUTUMN COCKTAILS

Although traditionally used for stews and soups, slow cookers are now being tested out on a wide variety of dishes, including cooked breakfasts, lasagne and even steaming hot cocktails. What more could you want on a blustery autumn day?

**BUTTERBEER RUM (YES, JUST LIKE IN HARRY POTTER BUT WITH A BOOZY HIT)**

**You will need:** 6 cups water | 2 cans cream soda | 1 cup brown sugar | ½ cup unsalted butter | ½ cup butterscotch syrup | 3 cinnamon sticks | 1 tsp vanilla essence | 1½ tsp salt | 2 cups spiced rum | Whipped cream and golden sparkling sugar crystals for decoration

**How to make:** Put in the water, cream soda, sugar, butter, ¼ cup of butterscotch, cinnamon sticks, vanilla and salt | Cover and cook for 3–3½ hours | Stir in the rum | Use the remaining butterscotch to coat the rims of your glasses | Pour, top with whipped cream and sprinkle with sugar crystals

**INDULGENT HOT CHOCOLATE**

**You will need:** 1 litre milk | 300ml double cream | 200g chopped dark chocolate | 100g chopped milk chocolate | Whipped cream, marshmallows and chocolate shavings to serve | Optional: liqueur or schnapps – coffee, peppermint or cinnamon

**How to make:** Pour the milk and double cream into your slow cooker | Add the chocolate | Cover and cook on low for 2 hours | Remove the lid, give it a good stir, then replace the lid and cook for a further 20 mins | Add 4 shots of your chosen liqueur | Spoon into mugs and top with marshmallows, cream and chocolate shavings

**CARAMEL APPLE CIDER**

**You will need:** 2 cups vodka | 8 cups apple cider | 1 cup caramel syrup | 2 tsp ground cloves | 2 tbs cinnamon | ¼ cup brown sugar | Apples to garnish

**How to make:** Add all the ingredients to your slow cooker | Cook on low for 3 hours | Serve in mulled cups or glasses with sliced apples and cinnamon sticks



Photo credit: realhousemoms.com, amindfullmom.com





# That's salty...

Salt has been used for thousands of years to preserve food and is the most common seasoning that we use today. However, do you know your Kosher from your Celtic? Your Himalayan from your Hawaiian?



**1. Table Salt:** Table salt is typically mined from underground salt deposits and is highly processed, containing additives to prevent clumping. This type of salt dissolves very quickly owing to its small grains and is therefore great for use in baking.

**2. Sea Salt:** Obtained from evaporated seawater, sea salt is typically unrefined and contains minerals including zinc, iron and potassium. Ideal for pairing with delicate foods like fish and shellfish or for sprinkling over salads.

**3. Kosher Salt:** Used for drawing out the moisture in meat, this salt is perfect for use in the koshering process. Once dissolved in food it tastes the same as table salt, but its unique texture sets it apart. Use to season meat and vegetables.

**4. Himalayan Pink Salt:** The purest form of salt in the world, Himalayan pink salt is mined in Pakistan. As well as its distinctive colour, this variety of salt has a much higher nutritional value than table salt. Use as a finishing salt on popcorn, steamed fish or even toast.

**5. Celtic Sea Salt:** Originally popular in France, Celtic salt is distinguishable by its greyish colour and moist texture. Lower in sodium than table salt, Celtic sea salt has many health benefits, including promoting brain function and improving cardiovascular health. Great on fish and meat.

**6. Hawaiian Red Salt:** Also known as Alaea salt, Hawaiian red salt is a type of unrefined sea salt that has been mixed with volcanic clay. It is instantly recognisable by its brick red colour. Discerning palates will be able to identify a slight sweet finish to this salt. Pair with seafood and pork.

## Gastropub



Under New Ownership



Award winning chef • Sunday Roasts • Large garden  
Outside bar with terrace & booths

Call 01277 840201 • Stock Road, Chelmsford, Essex CM2 8LB



## Eggfree Cake Box

Celebration, wedding cakes, slices & other treats ready to go

DELIVERIES AVAILABLE  
Check out our Click & Collect range!

Uber Eats  
JUST EAT deliveroo

# Pick your own CAKE!

Ready to go with a personalised message



Order by phone, in-store or online  
01708 918960 | www.eggfreecake.co.uk  
upminster@eggfreecake.co.uk | @eggfreecakebox  
Cake Box Upminster, 3 Bell Corner, Corbet Tey Rd, RM14 2AT





# Delhi Live...

authentic Indian cuisine  
eat healthy | eat tasty | eat stylish

**RESTAURANT \* BAR \* DELIVERY  
TAKEAWAY \* CATERING**

**SPECIALIST IN ASIAN WEDDING & PRE-WEDDING CATERING**



- ✦ Restaurant & bar available for hire
- ✦ Catering for indoor & outdoor events
- ✦ Live Chef counters available for functions

All kinds of functions catered for – birthday parties, family events, corporate & staff parties, festive celebrations like Diwali, Eid & Christmas. No function is too small & we can take bookings for all events.

**Call to book or order**

**07581 037 514  
01708 725 533  
01708 725 444**

40 Victoria Road, Romford, RM1 2JH

tripadvisor\*



**TAKEAWAY/DELIVERY**

Within 3 mile Radius of the Restaurant

We have our own app called  
**Delhi live London**

for both Apple & Android devices.

We accept orders via our app &  
<https://delhilivelondon.com>

**JUST EAT** **Uber Eats**



# TESCO

## In the Club



TECHNOLOGY

*...a piece of technology that changed our shopping habits forever*

In 1995, a former Tesco shelf-stacker came up with the idea of rewarding customers' loyalty by giving them points that could be redeemed against future purchases. The concept itself wasn't revolutionary, but in a rapidly evolving digital age, the knowledge, insight and trend-tracking the Clubcard scheme offered meant the retailer's understanding of consumer habits had never been so great.

The man behind the idea was Sir Terry Leahy. A Liverpoolian who started on the shop floor, literally, he had risen to CEO level and was already well on the way to rejuvenating Tesco's fortunes; but his adoption of the Clubcard took the supermarket chain from a top three UK retailer (in terms of profit) to a top three global entity.

The introduction of the Clubcard drove both him and the supermarket on to unparalleled heights – the most efficient method ever for analysing consumer spending behaviour. It also sparked ferocious loyalty, and enabled Tesco to

extend into sectors it had never before touched – from tech to travel to insurance – with a certainty of success brought about from truly knowing who their customers were and how they would respond to products and offers.

These days, 17 million of us have a Tesco Clubcard – that's more than one-third of the adult population in the UK. Relunched in 2009 and again last year with Clubcard Plus – which promised to save the average large family £400 a year on their shopping bill – our adoption of the technology has now become part of our daily routine.

Numerous other brands have followed suit and enjoyed the rewards over the past quarter of a century, yet none can boast a loyalty scheme that has had such a profound effect on an already successful business.





KIDS



# NIGHT SQUATTERS

How to keep children in their own rooms – and out of your bed – at night

When your darling daughter or darling son is able to sleep in something that doesn't come with the design feature of prison-like bars as would a cot, it's a monumental moment – your little one's ascent into childhood now means they have their own bed.

Sadly, as many parents have discovered, the lack of those confines means it's effortlessly easy for your young one to embark on night-time expeditions into your bed, something that benefits the sleep patterns of no one.

Here are some tips for ensuring your sneaky non-sleeper stays put:

### Routine

As ever, a solid, settled night-time routine is essential. A set schedule and timing (dinner followed by bath followed by story, etc) will enhance and prolong sleep, as will avoiding 'over-napping' during the day.

### Light and dark

In these brighter, lighter mornings, it's imperative to

have a good blackout blind – there's nothing that lures a child out of bed more than the early rising of the sun... even if that's at 5am!

On the flipside, keep a subtle nightlight nearby. Fear of the dark will always get little ones heading for reassurance and comfort... and big ones too.

### Sound planning

Consider as well soundproofing and ensuring others in the home keep their nocturnal manoeuvres to a minimum, from loud late-night games to simple stuff like not flushing noisy toilets.

### Encouragement

At the age your youngster gets his or her first proper bed, you'll already be working on the greatest sleep stimulator of them all – words. Reaffirming that 'big kids' sleep in their own beds, and stay there, and perhaps a gentle reminder that sleeping in one means not having to go back into a cot, can get your precious cargo journeying off on to a dreamy voyage... speaking of which, you may want to grab a few hours yourself.

INTERESTED IN TRIATHLON OR MULTI-SPORT DISCIPLINES?



HAVERINGTRI.CO.UK



ADULTS LEARN TO SWIM AND IMPROVER LESSONS

KASUK.CO.UK

CONTACT KAY HAMILTON

07957 567915

KEEP YOUR £ LOCAL SUPPORT YOUR LOCAL BUSINESSES.



Your Monthly Lifestyle Magazine VISION Please let your local businesses know that you saw them first in...VISION



THE PERFECT PLACE TO DANCE - SING - ACT Whilst Safely Having Fun

FRIDAY SESSIONS AGES 3-18

RAZZAMATAZ, ST MICHAEL'S CHURCH MAIN ROAD, GIDEA PARK ROMFORD RM2 5EL

SMALL CLASS SIZES IN LINE WITH GOVERNMENT GUIDELINES

Saturday Sessions available in Brentwood

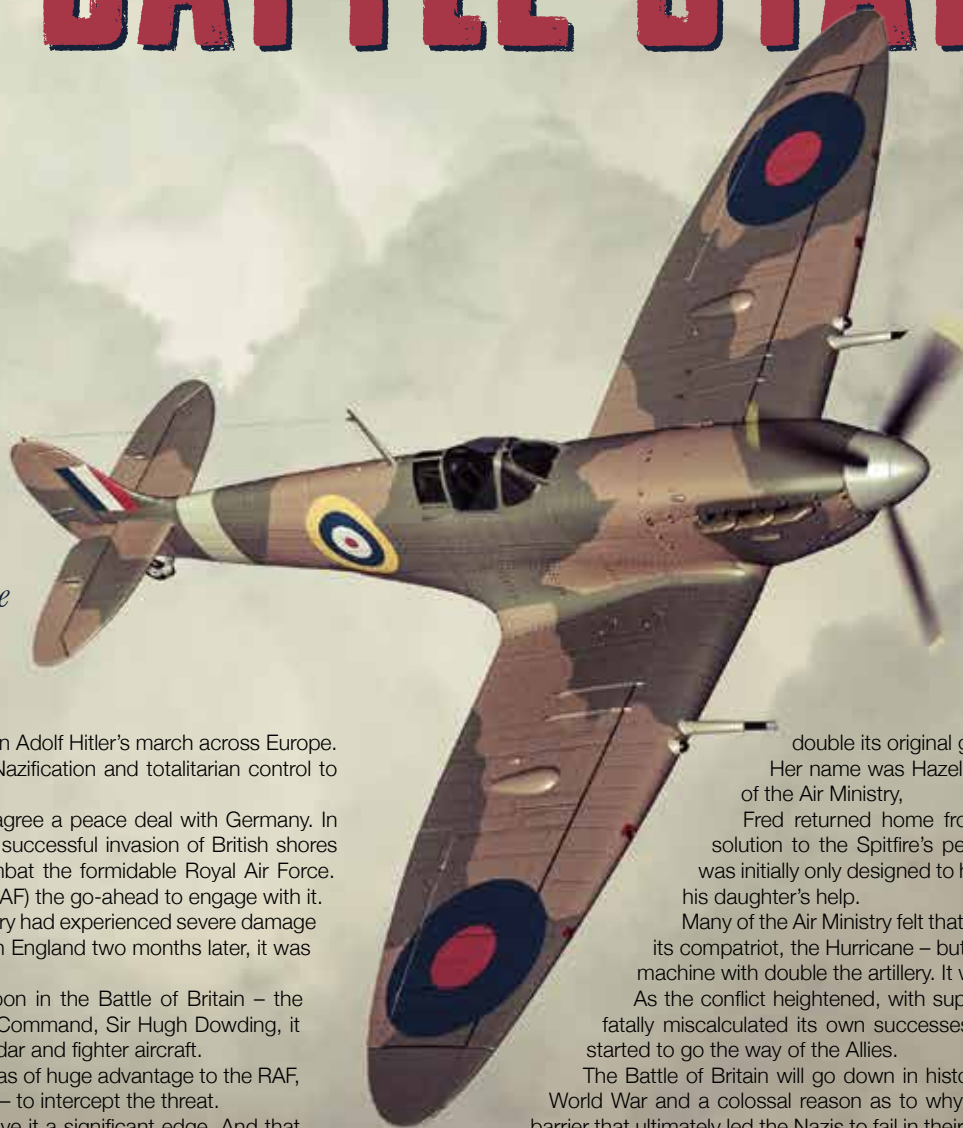
FREE TRIALS FOR LAST FEW AVAILABLE PLACES 11TH OR 18TH OF SEPTEMBER

BOOKING ESSENTIAL - Call Jessica on 07955 29 33 29 Email hornchurch@razzamataz.co.uk Web: brentwoodandhornchurch.razzamataz.co.uk





# BATTLE STATIONS



*This year marks eight decades since one of the most important British victories during the Second World War: the Battle of Britain.*

It's June 1940 and France has been quickly defeated by Germany in Adolf Hitler's march across Europe. His aim: to bring Gleichschaltung (coordination), the process of Nazification and totalitarian control to the continent.

Hitler was expecting the British to also fall into line and to try to agree a peace deal with Germany. In the first instance, he knew that to have any chance of setting up a successful invasion of British shores (which was codenamed Operation Sealion), he would need to combat the formidable Royal Air Force. Subsequently, he gave the Luftwaffe (the German equivalent of the RAF) the go-ahead to engage with it.

Even though the German occupation of France was rapid, the country had experienced severe damage to its air fleet; yet when asked to go to battle in the skies of Southern England two months later, it was ready.

However, the Luftwaffe hadn't reckoned on Britain's secret weapon in the Battle of Britain – the Dowding System. Named after Commander in Chief of the Fighter Command, Sir Hugh Dowding, it was a remarkable network that brought together ground defence, radar and fighter aircraft.

Knowing where and when the Luftwaffe was on its way to Britain was of huge advantage to the RAF, whereby it could then scramble fighters quickly – notably the Spitfire – to intercept the threat.

However, in truth, it was in the way the Spitfire was armed that gave it a significant edge. And that was thanks to a young mathematician, whose brilliant calculations meant it could leave the ground with

double its original gun capacity.

Her name was Hazel Hill, and she was the daughter of Fred, who was part of the Air Ministry,

Fred returned home from work one day and asked for help in providing a solution to the Spitfire's perceived lack of firepower. The iconic British warplane was initially only designed to have four guns on it; he felt it could be more but needed his daughter's help.

Many of the Air Ministry felt that eight guns would be too heavy for the Spitfire – and for its compatriot, the Hurricane – but Fred and his daughter Hazel found a way to equip the machine with double the artillery. It was a significant advancement, and it worked.

As the conflict heightened, with support from Commonwealth pilots, and as the Luftwaffe fatally miscalculated its own successes, a three-month-long skirmish in the skies eventually started to go the way of the Allies.

The Battle of Britain will go down in history as one of the most important parts of the Second World War and a colossal reason as to why Germany was unable to seize Great Britain. It was a barrier that ultimately led the Nazis to fail in their attempt to take control of Europe, and it preserved the freedom that we acknowledge with gratitude and humility today.



# SHOWTIME for your DIY

Gone are the days of cheap interior design shows produced on a shoestring budget – TV DIY these days is big business and even bigger impact.

### INTERIOR DESIGN MASTERS

Fearne Cotton is the perfect foil for a show that delves into the personal stories of the amateur designers featured, even if the end assessments can be brutal. The aim is to win a major design contract, and because of that the tasks are on the edgier side, from minimalism to brutalism to over-the-top floweriness.

### ABSTRACT: THE ART OF DESIGN

An intense watch that really delves into the elements of design and form, this Netflix series tours a number of salubrious destinations (from Soho House to Michelin-starred restaurants) in search of not just the art of design, but also how structure and form works to create something that fulfils a purpose, both in provision and comfort.

### AMAZING INTERIORS

From indoor roller coasters to secret bedrooms and cinemas in the basement, *Amazing Interiors* looks behind the door of supposedly ordinary homes to find inspiring spaces lurking.

### GRAND DESIGNS

Arguably the most popular design programme of the past decade, host Kevin McCloud MBE is the perfect master of ceremonies in overseeing renovations across a lengthy time period that often – though not always – go to plan.

### THE GREAT INTERIOR DESIGN CHALLENGE

While the producers of this show may have been short of a catchy title, they more than make up for it with a vast array of brilliant platforms on which contestant designers work their magic – from 17th-century cottages to seaside villas and Victorian terraces.

### TIDYING UP WITH MARIE KONDO

No matter what style guide you apply to your living space, without tidiness and a desire to remove the clutter, you'll quickly have something resembling chaos. Step in Marie Kondo, the queen of declutter, and a show that offers a bevy of brilliant tips for keeping your home in great shape.



## Maximise your natural light with a beautiful skylight



- ✓ Free survey for roof and room design
- ✓ A wide range of lanterns and skylights available
- ✓ All roof lanterns have an aluminium finish
- ✓ All our skylights are compliant with Building Regulations
- ✓ Pilkington self-clean temperature glass as standard
- ✓ All structural works undertaken by High-Tech
- ✓ All internal works inclusive of new electrics and lighting
- ✓ A complete extension or conservatory thermally efficient transformation
- ✓ All waterproofing products will have our LIFETIME guarantee as standard



Roof lanterns look great inside and out

High-Tech Roofing have installed over 10,000 flat roofs along with 1500 plus skylights and roof lanterns. Every roof installed comes with a LIFETIME guarantee. Let us, a company you can trust, transform your extension or conservatory into a stunning orangery style room.



The Problem



The Solution



Brochure and free sample available on request

For a Free Quotation

Call: 01708 871489 [www.flatroofs.net](http://www.flatroofs.net)

Are you retired? Possible savings now available

\*T&Cs apply. Please see our website for details on Key Worker Discounts. Head Office: Linden House, 30 Linden Road, Benfleet, Essex SS7 4BA

Photo credit: BBC/DSP/Tom Scott, imdb.com, lifestyle.com, netflix.com, idealhome.co.uk, embracinghomemaking.net





**01708 578 079**  
**EMERGENCY SERVICES**  
**& ENQUIRIES**



**TROUBLE WITH DRAINAGE, HEATING OR PLUMBING?**

**WE OFFER THE COMBINED SERVICES OF DRAINAGE CONSULTANTS & PLUMBERS TO DEAL WITH UNEXPECTED LEAKS, BURST PIPES AND BLOCKED DRAINS**



**DRAINAGE SERVICES ✓ PLUMBING & HEATING SERVICES ✓ TANKER SERVICES ✓ INSURANCE CLAIMS**



Contact us: **01708 578 079**  
[www.fcdrainagesolutions.co.uk](http://www.fcdrainagesolutions.co.uk)  
[operations@fcdrainagesolutions.co.uk](mailto:operations@fcdrainagesolutions.co.uk)



**PUT THE SPARKLE BACK INTO YOUR KITCHEN**



**Domestic Oven Cleaning Specialists**

Est. since 2007

**Prices**

Single oven incl. shelves & grill pan.....	£43.00
Double oven incl. shelves & grill pan.....	£54.00
Range incl. shelves & grill pan.....	From £54.00
AGAs.....	From £90.00
Hobs.....	From £14.00
Extractors.....	From £15.00
Microwaves.....	From £20.00

*No VAT to pay*



**BEFORE**



**AFTER**

**PLEASE CALL FOR A FREE QUOTATION**

**01279 432444 \* [www.ovenbright.co.uk](http://www.ovenbright.co.uk)**



HOME & DIY

# SHRED IT or FILE IT?

## Documents: what to keep and what to shred

While moving so much of our lives online means the amount of paper we have to deal with is perhaps not as great as it once was, it's still very easy to get swamped by documents, forms, booklets and more.

Here's a simple guide to what you should be keeping and what can be satisfyingly put through the shredder:

> **Home documents:** This includes everything from your car logbook (V5C) to building and contents insurance printouts, house deeds, mortgage statements, vehicle records and any rental agreements. These should be kept for as long as they are valid. Utility bills should be kept for a year.

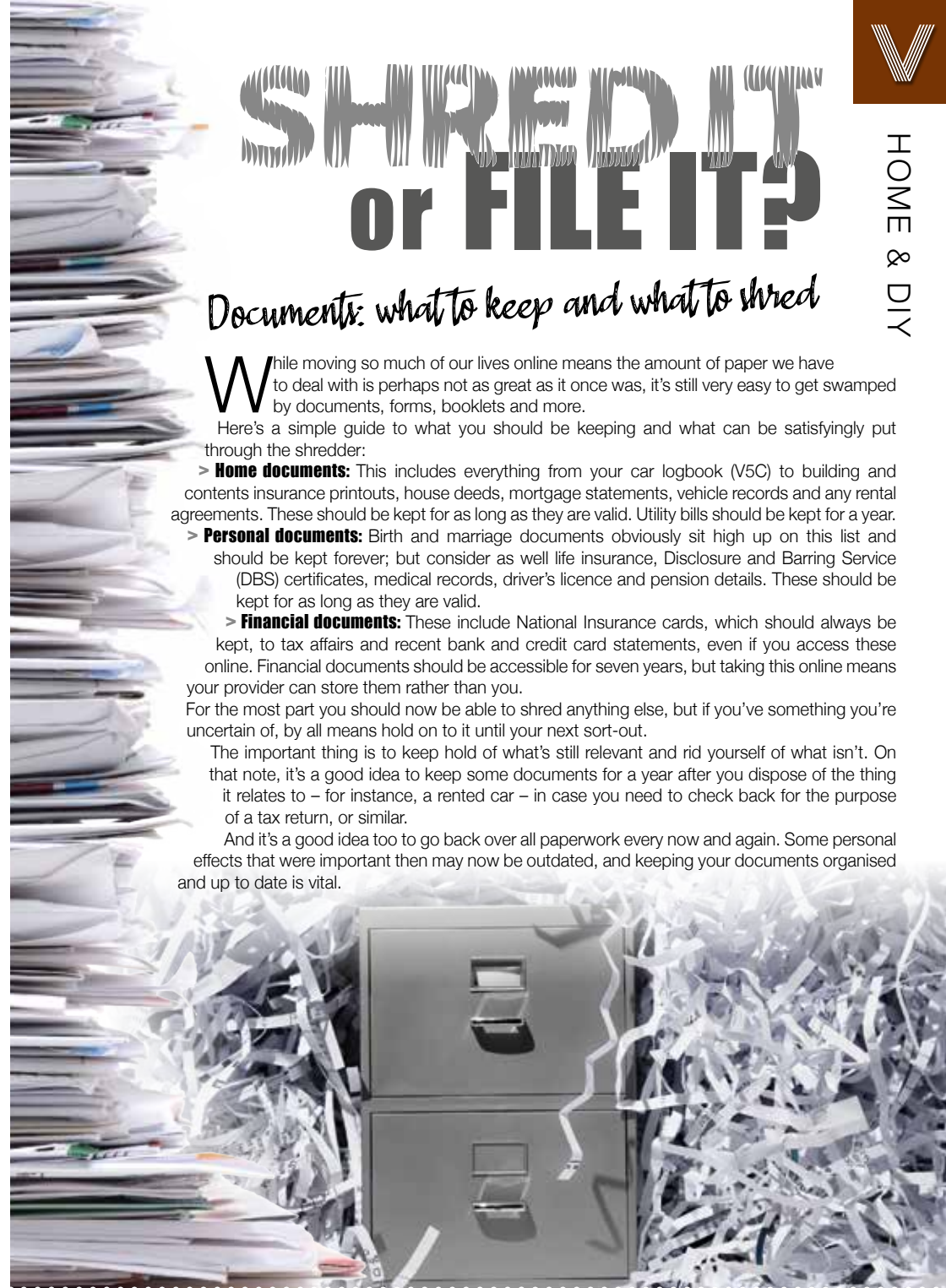
> **Personal documents:** Birth and marriage documents obviously sit high up on this list and should be kept forever; but consider as well life insurance, Disclosure and Barring Service (DBS) certificates, medical records, driver's licence and pension details. These should be kept for as long as they are valid.

> **Financial documents:** These include National Insurance cards, which should always be kept, to tax affairs and recent bank and credit card statements, even if you access these online. Financial documents should be accessible for seven years, but taking this online means your provider can store them rather than you.

For the most part you should now be able to shred anything else, but if you've something you're uncertain of, by all means hold on to it until your next sort-out.

The important thing is to keep hold of what's still relevant and rid yourself of what isn't. On that note, it's a good idea to keep some documents for a year after you dispose of the thing it relates to – for instance, a rented car – in case you need to check back for the purpose of a tax return, or similar.

And it's a good idea too to go back over all paperwork every now and again. Some personal effects that were important then may now be outdated, and keeping your documents organised and up to date is vital.



# SHAPE UP

HOW TO ADD GEOMETRIC SHAPES TO YOUR HOME

**W**hen German astronomer Johannes Kepler said, "Geometry is the archetype of the beauty of the world," the chances are he wasn't referring to that pink lampshade on your bedside table. And yet, where our inspiration from shapes in architecture and interiors is concerned, he might well have been. That's because scientists believe that not only do shapes influence matter around them, but when humans look at a circle, a square, an octagon, a hexagon, a rhombus, a crescent or any other geometric form for that matter, they instantly receive energy from the brain. Here are some classic geometric forms that can inspire not only your home, but your mind as well.



**TILES** – Perhaps the most obvious form, tiles provide lines, patterns and perspectives that the brain understands and loves, be they on the floor or on walls, highly decorated or plain.



**WALLPAPER** – While heavily patterned wallpaper designs had their heyday in the 1970s, there is still a range of subtle patterns that can really inspire a wall. These days, the most popular technique is to be brave and bold on a feature wall.

**WALL FRAMES** – The shape and form of the modern wall frame is almost as important as what's hung inside it, with a cluster of wooden or metal surrounds offering a feature that is as engaging, inspiring and unique as any wall.

**THROWS** – The shabby chic era really brought throws into their own, but a simple geometric pattern across a plain sofa or chair can offer a contrast in style that heightens the senses without complicating things.



**LAMPSHADES** – And finally back to Kepler's lampshade, where the poise and perfection of geometric lighting will complement a variety of living spaces, including kitchen and dining areas. During the day, the contemporary nature of a hanging or grounded lampshade can inspire, while at night when lit up, it takes on a whole new aura.



## STYLISH COOLING SOLUTIONS FOR YOUR HOME

**We provide the highest quality of service from concept through to final handover**

- Installers of Air Conditioning for over 30 years
- Wide Range of Leading Brands
- Approved Daikin & Mitsubishi Installer



Tel: 01708 578 082  
 Mob: 07903 104549  
 Email: [services@pumabuilding.com](mailto:services@pumabuilding.com)  
 Web: [www.pumabuilding.com](http://www.pumabuilding.com)  
 @pumabuilding



ESTABLISHED 1985  
**AIR CONDITIONING SERVICES**



Abbey Group are specialists in creating, repairing and restoring quality furniture and wood surfaces to the highest standard.



From antique to modern we can repair, strip, re-spray, polish, wax, upholster and bring woodwork back to life. We take great pride in our work and clients appreciate our care and attention to detail. We think you will too.  
**01708 741135**

Free quotations and no carriage charges with this advert.

[abbey-group.net](http://abbey-group.net)



# ABC SKIP HIRE

2, 4, 6, 8, 10, 12 yrd Skips

**SAME DAY SERVICE**

**01708 474 940**  
**07831 309 711**

BRIDGE  
BEDDING.com

FREE DELIVERY ON  
ALL ITEMS

0% INTEREST  
FREE CREDIT

MADE TO MEASURE  
SERVICE AVAILABLE



Contact us  
today for  
your FREE  
quote

## YOUR FAMILY RUN BED SPECIALIST

We promise the lowest prices & fast, free delivery on all the UK's top bed brands

BRIDGE  
BEDDING.com

01708 443058 | [www.bridgebedding.com](http://www.bridgebedding.com)



Bridge Bedding Centre, 105-107, Upminster Road, Hornchurch RM11 3XB  
Open Monday-Saturday 9.00 til 5.30 pm Sunday 11-4pm



HOME & DIY



HOW CLEAN

## is your kitchen?

Hand-washing and social distancing have been the buzzwords for 2020 so far, but forget about the enemy outside; it's the humble kitchen that apparently poses one of the greatest everyday threats in our fight against bugs, according to recent research.

### Sponges

The sponge is by far the go-to item for nuisance nasties. It draws in bugs and baddies like no other, and in the study commissioned by Currys PC World and undertaken at the University of Lincoln, scientists found that 35 per cent of kitchen sponges included faecal streptococci (FS) colonies. And if you think that sounds like something you may want to keep strictly in the lavatory... you'd be right. Found in the intestines of humans and animals, contamination can lead to symptoms of food poisoning, such as vomiting, diarrhoea and nausea.

### That sinking feeling

The study revealed that the pathogen *P. aeruginosa* was present in 100 per cent of sinks. Found in soil and vegetation, it sounds harmless enough, but can cause skin irritation, abscesses and wounds.

### This will floor you

And as for our trusty, lovingly maintained wooden, tiled, laminated or concreted flooring, our attention should perhaps be directed a little closer to some decent antiseptic mopping, with both *aeruginosa* and FS found in significant quantities on the floor.

Meanwhile, it appears it's time to debunk the five-second rule, because any contact with a surface will contaminate food. And as for our ovens, only 37 per cent of us clean our oven handles. But it's not all bad news: lead researcher Dr Hughes admitted that our kitchens are not as dirty as they might be. "The good news is surface levels of bacteria are usually well below the levels required for infection of healthy individuals, so are unlikely to lead to illness – unless coupled with a pre-existing health complaint, or if the person infected is immunocompromised."

Even so... who's for a takeaway?



# CurtainWorld Direct

Full Fitting Service  
Tailor Made To  
Your Requirements.

Net Curtains • Heavy Curtains • Swag & Tails • Roman Blinds • Shutter Blinds



If the fabric you like you see elsewhere we can order it for you.

Curtain Track & Fitting Service

We do sell pleated net curtains that don't need hooks wires or rods.

**BEAUTIFUL CURTAINS**



**UNBEATABLE PRICES**



**If you can find a cheaper quote than us we will give you an extra 20% off our price**

Call into our factory / showroom: Unit 8 Vicarage Road (rear) 177 Hornchurch RD RM12 4TE

**01708 473 810**

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

NORMAL OPENING TIMES: 10-5 PM MONDAY - FRIDAY - 11-4 PM SATURDAY - CLOSED THURSDAY

Net Curtains • Heavy Curtains • Swag & Tails • Roman Blinds • Shutter Blinds

## PROFESSIONAL CARPET, RUGS & SOFA CLEANING

USING AN INDUSTRIAL CLEANING MACHINE

(including a pre-spray and agitation)

### CALL GRIME BUSTERS

Carpets | Rugs | Tiled Floors | Stone | Sofas  
Mattresses | End of Tenancy | Fully Insured  
Domestic & Commercial Properties

Lounge £40 | Dining Room £30 | Stairs £30 | Hallway £10 | Landing £10

Double Bedrooms £25 | All other Bedrooms £20

Prices based on a standard 3-bedroomed house/flat | T&Cs apply

Contact Daren Cook 01708 578156 | 07831 428974

[grime.busters@yahoo.com](mailto:grime.busters@yahoo.com) | [grime busters](https://www.facebook.com/grimebusters) | [grime.busters](https://www.instagram.com/grimebusters)

ADVERTORIAL

# Has Your Double Glazing Steamed Up?

Established for over a decade Cloudy2Clear windows have become a leading company for glass replacement. Issues with double glazing can often be gradual and may only be noticed during a clear sunny day or during the winter. A failed glass unit may no longer provide you with the protection you need or be energy efficient. Why not spend a few minutes checking your home to see if you have any failed double glazing? If you act now you can avoid these problems.

Now, you may think you need to replace the

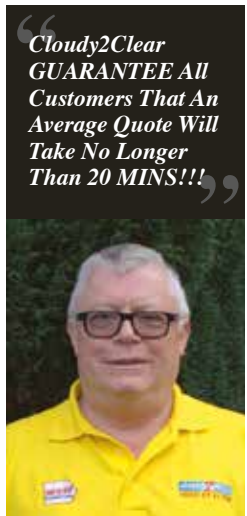
whole window including the frames and all the hardware, however Cloudy2Clear have come up with a simple and cost saving solution... Just replace the glass!!

If you see condensation in your windows just visit our website or give us a call on 0800 61 21 118. We will send out our highly experienced engineers for a free no obligation quote. A Cloudy2Clear quote takes on average no longer than 20 minutes. Once the quote is completed, we will sit down with you and explain the problem and tell you how we can fix it. With

years of experience Cloudy2Clear have a wealth of knowledge and are recognised as a Which Trusted Trader, plus our work is backed by an industry leading 25 year guarantee. Cloudy2Clear also replace faulty locks handles and hinges on all windows and doors.

Your friendly local Cloudy2Clear specialist is Chris Miller and he services the Chelmsford, Brentwood & Basildon areas.

So, if your windows are steamed up, broken or damaged give Chris a call for a free quotation on 0800 61 21 118.



*“Cloudy2Clear GUARANTEE All Customers That An Average Quote Will Take No Longer Than 20 MINS!!!”*

## Cloudy2Clear Windows... Service With A Smile!

Cloudy2Clear Are A...



Which? Trusted Trader

All Glazing Backed By Our

**25 YEAR GUARANTEE**



Priority Freephone

**0800 61 21 118**

[www.cloudy2clear.com](http://www.cloudy2clear.com)

Broken Or Damaged Windows? Faulty Locks, Handles, Hinges? [f](https://www.facebook.com/cloudy2clear) [t](https://www.twitter.com/cloudy2clear)





# Love YOUR LAMP SHADES

If lockdown has unleashed your inner craft fiend, you won't be able to wait to get stuck into the following ideas for transforming any uninspiring and unimaginative lampshades you have lying around the house. Be prepared to be amazed.

### FABULOUS FABRIC

One of the simplest ways to change a lampshade so that it matches the rest of a room's décor is by covering it with fabric. All you need to do is purchase enough fabric in your chosen colour or pattern or, if you are feeling particularly thrifty, you can use a selection of different scrap fabrics that you already have, and then glue it around your shade using an adhesive spray.



### WONDROUS WALLPAPER

If you have recently decorated one of the rooms in your home or added a feature wall and you have some wallpaper left over, instead of throwing it away, why not use it to upcycle a lampshade? In the same way that you can attach fabric, simply use adhesive spray or craft glue to stick the wallpaper around your shade.

### STUNNING STENCILS

For those who are feeling a bit more ambitious, you can transform a dull lampshade into a thing of beauty using just a stencil and a little paint. Simply purchase a stencil design from your local craft shop or make your own using plastic or vinyl and gently dab on your choice of paint.

### GORGEOUS GOLDEN LEAF

Looking for a decadent design? By applying gold leaf, either in a particular pattern using painter's tape or all over, you can create a luxurious and expensive-looking lampshade at a fraction of the cost.

**NB:** Make sure you let all of the above designs dry fully before reattaching your shade to the lamp.



Photo credit: www.thehouseofhatterbuilt.com



## SOUTH EAST HEATING

DOMESTIC AND COMMERCIAL HEATING • PLUMBING

Family Run Experienced Service • Est. in 1998

- Boiler repairs & replacements
- Gas installation
- Central heating installation & maintenance
- Gas servicing
- Landlord safety certificates
- Bathroom installation
- Chemical cleaning
- Solar panel installation
- Domestic & commercial plumbing & heating
- General plumbing work
- Gas appliances
- Gas leaks/safety checks

Mobile: 07956 481 819  
07539 444413

Office: 01708 221500  
southeastheating@btconnect.com

## ATCL LOCKSMITHS

FOR ALL YOUR HOME & BUSINESS SECURITY NEEDS

**YOUR LOCAL MOBILE LOCKSMITHS**



- FREE CALL OUT
- OAP DISCOUNT - 10%
- FIXED PRICING
- NO HIDDEN CHARGES
- 12 MONTH WARRANTY ON ALL WORK









**01708 453 168**  
**07515 519 971**



## Balance & Company

A COMPANY YOU CAN TRUST



## WE CARRY OUT ALL TYPES OF WORK

KITCHENS | BATHROOMS | ELECTRICAL | FLOOR SANDING  
PLASTERING | BRICKWORK | SCAFFOLDING | ROOF REPAIRS  
GUTTERING | WINDOWS & DOORS | UPVC FASCIAS | SOFFITS  
DRAIN WORKS | CHIMNEY STACKS | LINTELS | ALL LOCAL STAFF  
FULLY INSURED COMPANY | ALL WORKS GUARANTEED  
ENDORSED BY WHICH | RECOMMENDED BY CHECK A TRADE

**Call us on 01708 871641**  
email: [balanceandco@aol.com](mailto:balanceandco@aol.com)  
[www.balanceandcoessexltd.com](http://www.balanceandcoessexltd.com)

NO JOBS TOO SMALL | MONDAY TO SATURDAY 7AM TO 8PM










Tel / Fax: 01702 426067

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

132 Kiln Road, Benfleet, Essex, SS7 1TE



## Peaceful PASTELS



HOW USING PEACEFUL PASTELS CAN BE SO GOOD FOR THE MIND

**W**e're all looking for elements of peace in our life – this year more than ever – but forget yoga, hypnosis and pan pipes; it turns out you can attain a heightened sense of calm simply by adding some sympathetic pastel shades to your home.

**BEAUTIFUL BLUE:** Blue offers us echoes of seascaped bliss and sumptuous skies, and provides a haven of calm and escape. Drop a shade of blue in with oranges and yellows to offer a perfect offset, or better still, mingle with whites and greys in throws, across patterns and on floors. There is no colour a pastel blue won't complement.

**GENEROUSLY GREEN:** Green represents freedom, the outdoors and natural harmony, and is the best colour to return your home to a peaceful, relieved, relaxed state of mind. Combined with white it can blow a gentle breeze through even the darkest of spaces.

**PERFECT PINK:** We've come a long way from lazily associating pinks and purples with girls' bedrooms – now pink is regarded as a versatile, seductive shade, and in pastel form limits the sometimes harsh undertones of reds and browns. Pastel pink offers tranquillity and feelings of flowery goodness.

**GRATEFUL GREY:** Contrary to what you might imagine about grey, this is a detailed, intelligent pastel shade that stimulates energy and ideas. For a work room or creative studio, grey can focus and free the mind without bogging it down with darker tones that subconsciously bring on thoughts of sleep and rest.

**MELLOW YELLOW** And finally to yellow – perhaps the least pastel-like of the selection, but a tone that offers warmth, safety, depth and a flourishing of life. For freshness and homeliness wrapped in one, yellow can work with almost any other colour in complement or contrast.



# HANDY ANDI

*The Peter Pan of daytime TV and a career both in and out of the spotlight*

If you're of a certain demographic, you've undoubtedly seen the Twitter posts, Facebook pictures and Instagram uploads detailing the so-called 'golden era' of kids' TV, when terrestrial television was a metaphorical playground for some of the biggest stars of our time.

From the basics of *Blue Peter* and *Grange Hill* in the 1970s through to big-budget kid-themed quiz shows and youth soaps, the presenters were our link between a mind-boggling array of British brilliance that has since gone by the wayside in favour of American imports.

To consider that Andi Peters was at the centre of such an era is remarkable, for two reasons. First, he's still on our screens today, most recently covering for Lorraine Kelly on her eponymous weekday morning chat show. Second, there's the small point that Andi barely looks any older than the bunch of Generation X youngsters currently at the forefront of youth entertainment.

Chelsea-born presenter, journalist and actor is 50. That makes him less Andi Peters and more Peter Pan, though securing both longevity and relevance is no pantomime in the current era where TV producers are even more cut-throat than Captain Hook.

Peters' ability to survive and, indeed, flourish has as much to do with his proficiency behind the camera as in front of it. He started out in the famous CBBC broom cupboard (where he succeeded the likes of Andy Crane and Philip Schofield), and despite retaining presenting duties alongside Emma Forbes in the hugely successful *Live & Kicking*, his skill as commissioning editor, producer and versatile creative is ultimately what has kept him in such high demand.

Always affable and famously clean-living, from continued BBC work with *The O-Zone* and *Top of the Pops* to *The Noise* (ITV), *T4* and *Shipwrecked* (Channel 4), diversity and desire to keep adapting have always been at the forefront for Peters.

And discovering Dermot O'Leary, who introduced him to the world of adult programming (*Dancing on Ice*, *Ant & Dec's Saturday Night Takeaway*), proved a joint enterprise that has garnered more success.

"At the heart of it I am just someone in love with TV," he says. "To bring so much joy, entertainment and fun into people's front rooms has always been a pleasure, and to this day I still get the same thrill at being broadcast live on air that I did all those years ago.

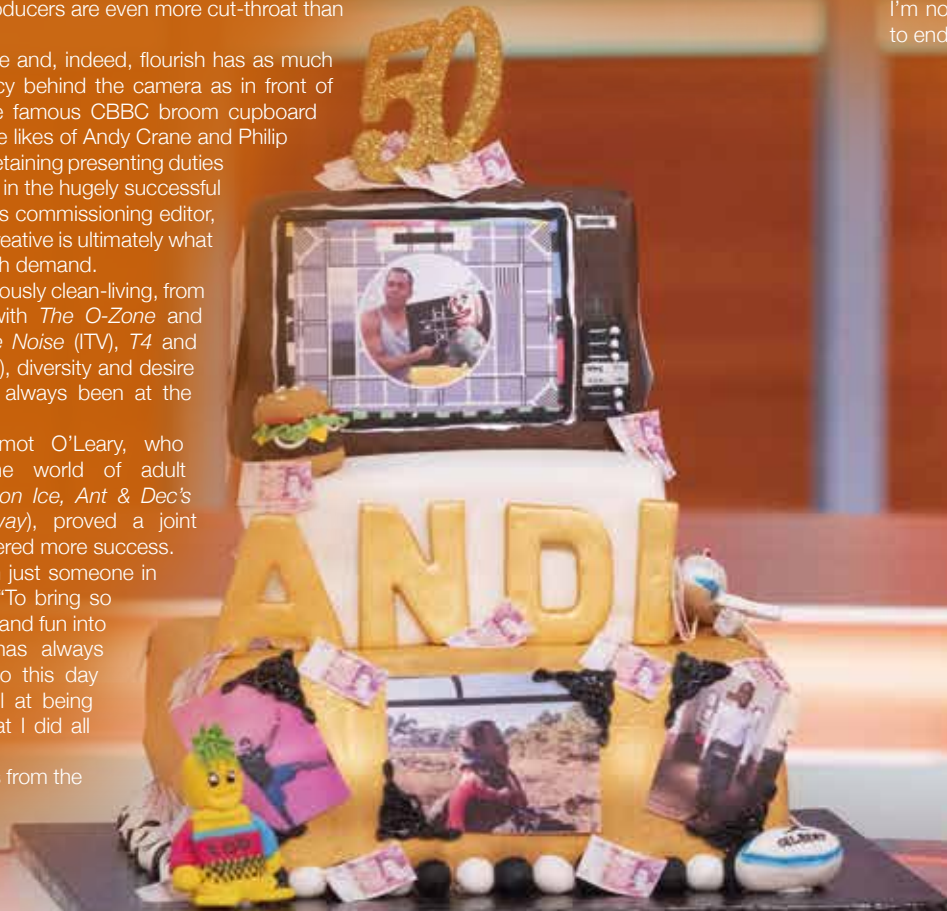
"I have had odd breaks from the cut and thrust of it,

but it is always something I know I will come back to, and of course I count myself very lucky to have been able to sample this from so many different sides."

Being the first man to stand in for Lorraine for more than a decade proves Peters' relevance and ability is still as strong at 50 as it was when he started out on radio way back in the 1980s, on the advice of Schofield.

"If the work keeps coming, I'll keep doing it," he says.

"It's a dream come true, and even at 50 I'm not ready for it to end."





# LOCAL NEWS

*from your neighbourhood*



## Loft Conversion Specialists

Beautiful Lofts, Expertly Built

Extensions ■ Home Improvements ■ Kitchens ■ Bathrooms

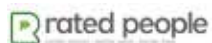


- Over 15 years experience
- Team of highly qualified experts
- Project handling from ideas to completion
- Fully compliant with Building Controls

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



Call us on:  
**01708 578162**  
Chingford London E4



# Name unveiled for new leisure centre

Hornchurch's new leisure centre, currently under construction next to the existing sports centre, has been named Harrow Lodge Leisure Centre.

The centre will replace the existing Hornchurch Sports Centre and is part of the council's drive to provide new and improved sports facilities.

Once open, residents will be able to enjoy a 25m eight-lane swimming pool, a 20m-wide learning and diving pool with movable floor to change the depth, a 100-plus-station health and fitness suite, a sports hall, three exercise studios and top-class changing facilities.

Harrow Lodge Leisure Centre is part of an investment in leisure and sports facilities across the borough by Havering Council.

Previously set to open later this year, Harrow Lodge Leisure Centre will now open in early 2021, subject to further impact from COVID-19.

Councillor Damian White, leader of Havering Council, said: "After what has been a difficult time for our leisure centres, it's great to be able to share this news with the community. Once completed, the centre will offer a whole range of activities and services that residents can get involved in to keep fit and healthy – something that is more important than ever.

"Our leisure centres are very popular with the community, and we are committed to providing the facilities residents need to live happy and healthy lives."

Tom Fletcher, contract manager at Everyone Active, commented: "This is another fantastic step towards welcoming the local community to our new centre. Harrow Lodge Leisure Centre will be pivotal in providing a wide range of facilities to the community and engaging people from all backgrounds in exercise."





# Racing star encouraged by positive start to season

Hornchurch driver Bobby Thompson helped the GKR TradePriceCars.com team make a positive start to the Kwik Fit British Touring Car Championship which got underway recently.

The Donington Park opener saw a solid performance on the track for the two GKR TradePriceCars.com Audi S3s, with Bobby Thompson securing a pair of point-scoring finishes, and series newcomer James Gornall showing impressive pace on his debut.

In the second round, Thompson finished in 14th place after the first race earned him more points.

Race two ended in dramatic fashion for Thompson when he tried to make a move on Michael Crees for twelfth. Going around the outside of his rival on GP

loop, he was the victim of unfortunate contact that saw his Audi spin off into the gravel at Westfield, forcing him into retirement.

His unfortunate race two retirement meant he was forced to start from the back of the grid for the final race, and he finished in 12th place.

Bobby is 13th in the championship after two rounds, with the next event at Oulton Park as VISIONHornchurch went to press.

Thompson said: "Two rounds in I think we're in a decent position as we have shown we can be regular contenders for points, and now we just need to make that next step forward to be regularly inside the top ten rather than on the fringes of it."

# COVID-19 survivor says care staff were 'angels'



A dad-of-two from Hornchurch who spent nearly 100 days in hospital being treated for COVID-19 is enjoying being back home with his family.

Praising the staff who cared for him during his long stay at Queen's Hospital, 67-year-old Muthucumaru Yasocumaran said: "I got the best care from all the nurses and doctors.

"They were like angels sent from heaven to help me."

Muthucumaru, of Wingletye Lane, was admitted to the hospital during the peak of the pandemic. He had been bed-bound for a week and a half before that, however, but as his symptoms were weakness and lack of appetite his family didn't think it could be COVID-19.

His daughter, Vibenche, 32, said: "He had to go into hospital on his own and as it was so sudden, it was really frightening. At one point we were told he only had 24 to 48 hours left, which was devastating."

The family, including Muthucumaru's wife, Marla, 62, and 29-year-old son Sentan, were delighted when he was able to return home.

Devina Ramchurn, deputy matron for intensive care, said: "To see him doing so well now is amazing – he really defied the odds."



## Flooring Centre

- ◆ CARPET ◆ UNDERLAY
- ◆ VINYL ◆ LAMINATE WOOD



- ◆ DOMESTIC & RESIDENTIAL SERVICES
- ◆ ALL FLOORING SUPPLIED & FITTED

### Call or visit us – 01708 472331

[info@rm2flooringcentre.co.uk](mailto:info@rm2flooringcentre.co.uk)

302 Brentwood Road, Hornchurch,  
Romford, Essex RM2 5TA



# Essex Wrought Iron Ltd

FREE QUOTES

Essex Wrought Iron first began at the premises of Dagenham East railway goods yard, a family run business since 1960 we have now become one of the largest gates and railings manufacturers in Dagenham and the surrounding areas.

Now owning two premises in Wantz Road, Dagenham we continue to gain a respected reputation for the quality of our workmanship and customer care.

## Our work includes

Security Doors • Gates • Railings • Staircases  
Fire Escapes • Structural Steel Work

**PLEASE CALL OR EMAIL YOUR ENQUIRY TO OUR SALES TEAM FOR A FREE QUOTATION**

**0208 592 9619**

sales@essexwroughtiron.co.uk | www.essexwroughtiron.co.uk  
Unit 6 Midas Industrial Estate, Wantz Road, Dagenham, Essex RM10 8PS



## WINDOWS, DOORS & CONSERVATORIES



**GUARANTEED TO BEAT ANY QUOTE**



### OUR SERVICES:

- Windows
- Doors
- Conservatories
- Bi-Folding Doors
- Roof Lanterns
- Property Renovations

**GET A FREE QUOTE TODAY**

**07789 795260 01708 375876**

✉ info@perrydaviesinstallations.com 🌐 perrydaviesinstallations.com

📱 @perrydaviesins



LOCAL NEWS

# Appeal for witnesses following fight inside pub

Detectives investigating a fight at The Sutton Arms pub on Station Lane in Hornchurch are appealing for witnesses to come forward.

Police were called at 11.10pm on Friday, July 24, following reports of an altercation inside the pub.

Officers attended but those involved had already left.

One man sustained a minor head injury and was treated at the scene.

Detective constable Daniel Smith is leading the investigation.

He said: "If you were in The Sutton Arms on Friday, July 24 at around 11pm we really need to hear from you. Mobile phone footage of this incident has been widely shared online and in the press. What this

footage shows is that a significant number of people witnessed this altercation and we really need to speak to them to find out exactly what they saw.

"It is really important that we find out what you know as it could be significant to our investigation.

"If you have not already spoken to us, please get in touch with us, or stay anonymous by calling Crimestoppers."

There have been no arrests.

If you have any information that could help police investigate, please call 101 and quote CAD44036/24July. To remain 100 per cent anonymous call the independent charity Crimestoppers on 0800 555 111 or visit crimestoppers-uk.org

# Students celebrate A Level results

Students at Havering Sixth Form College in Hornchurch had much to celebrate when A Level results were announced last month.

Principal Paul Wakeling commented: "We wish to pay tribute to our students and staff for their results, hard work, tenacity and commitment to learning. Most of our students are progressing to fantastic destinations, including top universities, and we are very proud of them.

"We are still waiting on some results to come through and we are actively working with the relevant agencies to ensure that every one of our young people gets the grade they deserve."

Successful A Level students include Nicky Ahadi who

achieved three A\*s in Biology, Maths and Chemistry, despite having only moved to the UK from Iran just before starting the sixth form. She will be going on to study Medicine after taking a gap year.

Ben Clarkson will be off to the University of Nottingham to study for a Degree Apprenticeship with PWC in Accountancy. He achieved an A\* in Maths and two As in Accounting and Business.

Tayla Burt gained two A\*s in Criminology and Sociology and an A grade in Business, despite having to cope with the death of a close friend soon after starting the sixth form. She will be going to the University of Greenwich to study Primary Education with QTS.





## Head of hospice set for charity trek

LOCAL NEWS



The chief executive of a children's hospice from Hornchurch is taking part in an epic fundraising challenge for the charity.

Mike Palfreman set off on a trek from John O'Groats to Land's End to try to raise £100,000 for Haven House Children's Hospice in Woodford Green for children and young people with terminal illnesses.

Mike commented: "We remain uncertain of what the future holds and urgently need you to continue supporting the hospice in whatever way you can as we cope with the current crisis and the difficult times that will follow."

On August 29, Paul Turrell and Simon Fanning set off on the 900-mile trip from John O'Groats to Land's End, aiming to complete the trip in just over a month.

Mike Palfreman, CEO, will join them for half the journey, and at least 40 others will be walking one or more "legs" along the way.

To donate, go to [havenhouse.org.uk/fundraisers/john-ogroats-to-lands-end-walk](http://havenhouse.org.uk/fundraisers/john-ogroats-to-lands-end-walk)

## 'Life-changing' support for girls in abusive relationships

Havering Women's Aid, a charity for victims of domestic violence in Hornchurch and across Havering, has been boosted by more than £100,000 after a donation from the City Bridge Trust, the funding arm of the City of London Corporation.

The donation, £127,500, will be spread over five years to cover the salary of a young persons independentdomestic abuse advisor.

Chief executive Vicki Thomas said: "We often see people come through our doors with no confidence or self-esteem, and being able to tackle the issues they face with the advisor so they will no longer feel alone makes such a difference – it's life changing.

"Young people don't have the same needs as adults and this grant will make a huge difference in helping

us to keep them safe and give them the confidence to make their own decisions and to develop healthy relationships."

For more information on Havering Women's Aid, visit [haveringwomensaid.co.uk](http://haveringwomensaid.co.uk)

The charity also runs a helpline for women on 01708 728759, and for male victims of domestic abuse on 01708 397974.

## Students honoured for their hard work and determination

Six deserving students at Havering Colleges in Hornchurch have received Jack Petchey Awards recognising their hard work, courage and determination during COVID-19.

Staff were asked to nominate students who had achieved high attainment beyond expectations, who had shown determination and resilience, who had been volunteering during lockdown, who had overcome a personal barrier or challenge, or who had supported others above and beyond expectations.

The winners, who will each receive a certificate, a grant to benefit their course and an invitation to the annual awards ceremony in January 2021, included Alfie Martin (pictured creating a patio at home), who joined the college as a 14-16 young learner and has committed to giving 100 per cent on his construction course all year.

During lockdown, Michaela Lee used her Fashion course skills in sewing to make hospital scrubs for the group For The Love of Scrubs.

Joe Woodger worked tirelessly all through lockdown on his work placement at Queen's Hospital.

Harry Mosely has shown great persistence in Music Performance to achieve his goals.

Conor Pocock has overcome many personal challenges to stay on track and encourage others on his course and to never give up.

Pavneet Atwal has overcome personal challenges and has shown resilience and determination to achieve great results.



CENTRAL HEATING

BOILERS

BATHROOMS

WET ROOMS

SHOWERS

*The Boiler & Bathroom People*



CALL FOR A FREE QUOTE 01708 440444

**A1GASLTD**

**WORCESTER**  
Bosch Group  
Accredited Installer



Office: 01708 440444

[www.a1gasltd.co.uk](http://www.a1gasltd.co.uk) ■ [info@a1gasltd.co.uk](mailto:info@a1gasltd.co.uk)  
2 Roneo Corner, Hornchurch, Essex RM12 4TN

**Checkatrade.com**  
Where reputation matters



**EXCLUSIVE**  
WINDOWS & DOORS

CONTACT US FOR YOUR FREE NO OBLIGATION QUOTE



UPVC & Aluminium • Windows • Composite Doors • Bi-fold Doors • Patio Sliding Doors  
Conservatories, Orangeries & Roof Lanterns • Fascia, Soffit & Guttering

Family Run Business • Fully Guaranteed for 10 Years • Transparent Prices • Fully Qualified Staff

**Checkatrade.com**

**0800 246 5572**

[www.exclusivewindows.co.uk](http://www.exclusivewindows.co.uk)  
[Enquiries@exclusivewindows.co.uk](mailto:Enquiries@exclusivewindows.co.uk)

**Assure**

**iwa.biz**  
INDEPENDENT WARRANTY



LOCAL NEWS

# JULIA LOPEZ MP

## Hornchurch and Upminster



This month, our local schools are welcoming the full return of children from all age groups. Over the summer I joined Prime Minister Boris Johnson on a visit to St Joseph's Primary and Sacred Heart of Mary Girls' School in Upminster to see the safety measures they have put in place. It was brilliant to showcase to the PM the hard work of the local school community after such a difficult year. I also welcomed the chance to catch up with St Joseph's head, Mrs Matthews, and to meet incoming Sacred Heart head, Mrs Qurrey, following the retirement of Kim O'Neill after two decades' incredible service.

At last year's election, I promised to increase per-pupil funding for schools across our constituency, and I talked to the PM about the government's recent school funding announcements. Core funding for Hornchurch and Upminster's schools will grow by 4.2 per cent this year, ensuring that every primary receives at least £4,000 per pupil, and every secondary at least £5,150 per pupil.

Ten schools across our constituency have also received Condition Improvement Funds (CIF) to support essential building projects, including Sanders in Hornchurch.

I want to thank all those residents who supported local restaurants, pubs and cafes last month as part of the Eat Out to Help Out scheme. My team had been out in Hornchurch encouraging businesses to sign up to the scheme and surveying them about their experiences during the pandemic. Alongside a cut in VAT for hospitality businesses to five per cent, local restaurateurs told us that Eat Out proved a vital lifeline during this extraordinarily difficult period.

As our minds turn to the autumn and winter months, I know residents will want to be assured that our local health service is prepared for any further coronavirus outbreaks. Last month our NHS Trust, BHRUT, received an additional £4.1million in order to support A&E capacity ahead of the winter months and to put enhanced infection prevention and control measures in place. BHRUT wants to use this time prior to winter to treat as many non-COVID-19 patients as possible.



I would therefore encourage everyone to use our local health services should you need to – it is exceptionally important that residents know that our NHS is open to them.

On policing, I had a very good meeting with Met commissioner Cressida Dick and her team to raise residents' crime concerns, and I shall be meeting our local borough commander, Stephen Clayman, this month as a follow-up.

The Prime Minister's recruitment campaign across the Met is ahead of schedule and the commissioner has been very happy with the quality of those applying to join the police force. I once again made the point that we want to see Havering get its fair share of new recruits. We also discussed the police handling of public order issues over the summer. I am pleased to say that arrests for drugs offences have gone up 40 per cent in recent months and tremendous progress was made during the pandemic to crack a lot of the crime gangs behind the drugs trade. Thanks to extra cash from the Home Office, the Met has managed to close 120 county lines.

I also pressed the Met commissioner on residents' concerns over illegal migration and the extent to which London police are helping the Home Secretary tackle human trafficking and exploitation gangs. I later joined a meeting of MPs with Priti Patel MP to hear about the work underway to stop illegal Channel crossings and to address worries about the number of people making that perilous journey.

# www.julialopez.co.uk



**DR BETTS TILING**

- ◆ Large selection of wall & floor tiles
- ◆ Fitting service
- ◆ Porcelain, Ceramic, Glass & Natural stone
- ◆ Underfloor heating
- ◆ External porcelain slabs 20mm

Showroom opening times:  
Mon - Fri 8am - 5pm Sat 9am - 5pm

The Barn ◆ Church Road ◆ Noak Hill ◆ Romford ◆ RM4 1LD  
t: 01708 381349 ◆ e: sales@drbettstiling.co.uk ◆ www.drbettstiling.co.uk



# DECORATORS

**Interior & Exterior Painting Services**  
Wallpaper Hanging ▲ Plastering Carpentry ▲ Flooring  
Kitchen Fitting ▲ Small Refurbishment Projects

Contact Paul on: 01708 913 852 ▲ 07888 806 787





# CH Electrical Wholesalers Ltd

- Low Cost Electrical Supplies to the Trade Customers and Retail Customers
- We Stock all Major Brands
- Cabling - Lighting indoor and outdoor - LED - Switchgear
- 3 Deliveries Daily - Early Mornings to site - office - home
- Members of a National Buying Group
- Trade accounts available subject to credit checks and references



Call Us 01708 730591

sales@ch-electrical.co.uk

Give us a Like

@chelectricalwholesalers

Essex and East London's Finest Independent Electrical Wholesaler



## BROKEN WASHER OR DRYER? WHO YA GONNA CALL?

**WE CAN WASH, DRY & IRON  
FOR YOU WHILE YOUR  
MACHINE IS FIXED**

*Or pop in & do your own laundry*

**SERVICE WASH/DRY/IRON • SELF SERVICE  
EST NEARLY 30 YEARS • FRIENDLY STAFF**

**Call 01708 447710**

or text Steve on 07983 580325

**THE LAUNDRY MAN  
wet cleaners**

Servicing HORNCHURCH HAVERING & surrounding areas

**OPEN 7  
DAYS A  
WEEK**

**Any size  
duvet for  
£12**  
Offer excludes feather duvets  
£6 extra for feather  
duvets



## New police team hailed a success



A team of five Metropolitan Police officers funded by Havering Council to tackle antisocial behaviour has seized more than £1million worth of stolen vehicles and arrested more than 100 people during its first six months in action.

Named the Havering Joint Task Force and based in Hornchurch, the team is intelligence led and tasked with tackling crime and antisocial behaviour hotspots.

Since its formation, the Task Force has arrested 104 suspects, with 41 arrests being for residential burglaries and 11 for possession of offensive weapons.

During that same time, 45 stolen vehicles across Havering have been recovered by the team, and intelligence has been gathered to help identify offenders for arrest and conviction.

Havering Joint Task Force has also been instrumental in planning and executing Operation Gambler – a cross-border initiative with Metropolitan Police and Essex Police, targeting high-harm offenders such as gang members, robbers, burglars and drug dealers. In total, 269 individuals have been arrested as the result of proactive, intelligence-led policing.

Councillor Damian White, leader of Havering Council, said: "From stopping burglaries to catching car thieves, these police officers, paid by Havering, for Havering, are making a real difference in the local community.

"We will continue to work closely with the Metropolitan and Essex Police to help make our borough an even safer place to live."

## Film-makers make big-screen debut at festival

A movie that was partly shot in Hornchurch has had its big-screen debut at a socially distanced film festival.

*Little Love*, the latest short film from award-winning local film-making group Brentwood Movie Makers, was shown at the Romford Film Festival which ran from August 13 to 19.

Filed entirely in Havering and Essex, it picked up a

nomination as Best Local Film.

The 16-minute film, which contains adult themes and language, tells the uplifting story of an army veteran and an asylum seeker, both damaged by the horrors of war and struggling to find their place in society, whose paths collide in unexpected ways.

The short film has already received critical acclaim from judges for the forthcoming British International Amateur Film Festival, whose prizes have already been announced and where it secured the Cavendish Prize, an accolade bestowed on a four-star film considered worthy of special merit.

Writer and producer, Michelle Devadas, said: "We're really pleased that *Little Love* will have its big-screen debut in Romford.

"It's a gritty, redemptive story, with the importance of community at its core, a theme very relevant to the world in which we now find ourselves."

## Can you help the Hawks fly again?

Inline skating in Hornchurch and Havering could be under threat after the borough's only team had to leave their training venue.

Havering Hawks had been training at the Hornchurch Sports Centre but have had to leave as it is now being used as a gym and a foodbank during the pandemic.

Captain Danny Laird said if a solution cannot be found, the Hawks may have to disband after more than 32 years.

He explained: "We need a sports hall to train. We have goals and the equipment but need a venue now as training is a priority. At the moment, we are training on concrete areas which is no good for the equipment.

"If we don't train, the sport dies. We have good ties with Romford Raiders Ice Hockey, and club legend Danny Marshall is coaching an under-10s side which would have to disband as well."

If you can help, call Anthony on 07732090956 or email ant\_laird@hotmail.com



LOCAL NEWS

# JA HUCKINS Ltd

the home of quality bathrooms

BATHROOMS & WET ROOMS | SHOWERS & SCREENS | BATHROOM ACCESSORIES



## ELEGANT MODERN BATHROOMS

We can help to make your bathroom warm, comfortable and stylish.

PROVIDING HIGH QUALITY BATHS, TAPS, SINKS, SHOWERS, HEATING & PLUMBING EQUIPMENT SINCE 1976

## CALL US TODAY FOR YOUR FREE ESTIMATE

Our team will work to create the bathroom, cloakroom or wet room that best suits your home, your requirements and your budget

**SHOWROOM: 01708 578089**

[www.huckins.co.uk](http://www.huckins.co.uk) | [sales@huckins.co.uk](mailto:sales@huckins.co.uk)

124 - 128 Dagenham Road, Romford, Essex, RM7 0TJ

# ANDREW ROSINDELL



MP for ROMFORD



LOCAL NEWS

Britain's southern coast is currently being flooded by migrants who are crossing the English Channel illegally in order to evade our Border Force.

I am perplexed as to why the Home Office has continued to allow this situation to spiral, seemingly out of its control.

As Romford's MP, I recently wrote to the Home Secretary to forcefully express my frustration, and that of my constituents, about the escalating number of migrants entering our country illegally by crossing the Channel in rubber dinghy boats.

I am absolutely astounded as to how this crisis is being allowed to continue. The figures are shocking – 3,950 migrants (and counting) have already landed illegally on our shores and more continue to do so every day.

It is blindingly clear that, rather than a 'hostile environment', these illegal migrants have been warmly welcomed – some of whom have been

offered immediate access to regular payments while accommodated at taxpayer expense in luxurious hotels. Outrageously, millions are being paid out to failed asylum seekers.

We should instead be prioritising the most vulnerable in our society, such as the homeless, many of whom are ex-armed forces personnel.

As we know nothing about their criminal history or ideological beliefs, the potential threat these illegal migrants pose to ordinary Britons remains unclear.

The Home Office had planned to accommodate illegal migrants at Palms Hotel in Hornchurch, but after Havering Council and I raised our considerable objection, the plan was dropped.

The British people voted in large numbers for the Conservative Party at last year's election and we must uphold our pledge to protect our country's borders.

Migration is completely fine, but people must be required to enter legally.

## Help Ricky make back-to-school magic

As children return to school in these unprecedented times, people in Hornchurch and Havering are being invited to create a magical moment to help them.

PixiePathways Havering Fairyland is the brainchild of Ricky Lennon-Reeve.

He said: "We suggested that people should make and create their own fairy door at home or in school and then leave it outside their front door, front garden wall or fence for children on their walk to school to see something calming."

After the idea proved popular, Ricky teamed up with Havering Mind and started to suggest the fairy doors should be put up in local parks. He has encouraged people to add to them and they've started to appear at parks across the borough, including Harrow Lodge and Hylands Parks in Hornchurch.

Preparations are now underway for the lands to be created at local schools, and Ricky, a teacher himself, said he is confident they will make a difference.

He said: "It is scary for children at the moment. They are in small bubbles and can't play with their friends. We want to let them know the world can still protect



them, care for them, look out for them even in this secluded and distanced time of our lives."

For more, search PixiePathways Havering Fairyland on Facebook.





News from

# Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association

The COVID-19 easing is taking much longer than expected. Some people appear to think that we are in the clear and have returned to an almost normal life.

Please be aware that the virus is still there and spreading; the people who have bravely self-isolated for several months are starting to come out again.

Please bear this in mind and give everyone as much room as possible. You might feel safe; they might not. Respect that.

If you use face masks and gloves, please dispose of them considerately by placing them in a bin; do not just drop them on the floor.

Certain areas around Hornchurch Town Centre have become 'dumping grounds' – be aware that the street cleaning enforcement team will follow up and prosecute if they can prove dumped rubbish belongs to someone.

FYI, leaving bags of rubbish next to a bin is considered fly tipping. If seen you can be fined and, if enforcement opens your rubbish and can identify you, you may be prosecuted.

Around Hornchurch Town Centre an additional 29 'On Street' Pay and Display parking bays have been rushed through the usually convoluted red-tape-filled processes.

The positive is that these 29 spaces come with a one-hour free parking allowance. Want to stay longer? You can pay for the parking via the RingGo app.

The downside is that some of the Pay and Display bays were installed in a road that was previously free



Stock image

for people to park (Fairkytes Avenue). Where there are no bays – double yellow lines were painted. The spin is that we have an hour's free parking.

Where there were around 20 free parking spaces, we now have nine spaces with a free hour. A further 17 spaces were installed next to Fentiman Way Car Park.

This change was rushed through with haste; the residents and ward councillors were not consulted. I am waiting for written explanation and proof as to the urgency for these changes.

The area outside the KFC restaurant will be patrolled by parking enforcement more frequently, as too many people are blocking the pathway with cars and motorbikes. Please consider alternative areas to park while you collect your food.

Many local businesses are struggling; please consider shopping local and use the small shops where you can.

Stay safe, wash your hands regularly and be nice to others.

# Can you help a child in care?

People in Hornchurch are urgently being sought to befriend young people in care who are living outside the borough.

Known as independent visitors, the volunteers act in the interests of children and young people in care and are independent of children's services.

They meet up every three to four weeks to do an activity of the young person's choice.

Councillor Robert Benham, Havering's cabinet member for children, education and families, said:

"Occasionally we have to place children outside the borough and they are located long distances away for a variety of reasons. We are urgently looking for volunteers who will travel to meet these young people, to form consistent relationships and provide the support that they need.

"Experience isn't key, but the right personality and an interest in supporting a young person is."

To discuss the role, contact Alison Day on 01708 434111 or alison.day2@haverling.gov.uk

## NEED A LOCAL ELECTRICIAN?

### Contact Capital Electrical



### Capital Electrical

Design • Install • Maintain

Domestic & Commercial | Repairs & Installation  
Vehicle Charging Points | Portable Appliance Testing  
Fire Alarm Systems | Emergency Lighting Systems  
Installation Condition Reports

**CONTACT US 01708 578038**  
[www.cap-elec.co.uk](http://www.cap-elec.co.uk)



**APPLIANCE REPAIRS AND SALES**

*We repair all makes and models*

Washing Machines • Tumble Dryers  
Dishwashers • Ovens • Hobs • Cookers  
Fridge/Freezers • Extractor Hoods

New appliances in stock for same day delivery & installation

Prices listed on our website

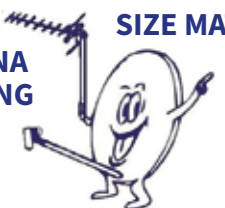
**Call 01279 310793**

Or Book Online

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

### SIZE MATTERS?

ANTENNA ERECTING



## AERIALBASE.COM

**FREEPHONE: 0800 193 0017**  
**OR CALL US ON 01708 547 012**

**Checkatrade.com** 9.96/10  
Where reputation matters

**BOOK ONLINE: AERIALBASE.COM**



**SERVICE TV AERIAL SATELLITE INSTALLATION**

**REPAIRS TV WALL MOUNT FIXED**

**VISA CASH or CHEQUE** GET YOUR FREE QUOTE TODAY!  
**FREE ADVICE/FREE CALLOUT/FREE QUOTE**

Complying with **Government Covid 19** Guidelines

# bedrock

Hospital radio

## YOUR COMMUNITY AND HOSPITAL RADIO STATION

We provide Havering, Barking, Dagenham & Redbridge & Goodmayes with Patient & Community focused radio programmes

**WHY NOT LISTEN LIVE FROM OUR WEBSITE & REMEMBER TO FOLLOW US ON SOCIAL MEDIA**

**Support us by volunteering, donating or listening!**

**01708 503 113**

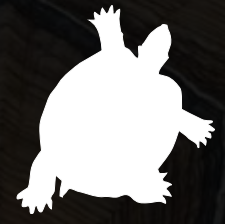
[www.bedrockradio.org.uk](http://www.bedrockradio.org.uk)





PETS

# Captain S L W



Low maintenance, cute, curious and asleep for half the year, a pet tortoise is both intriguing and easy to cater for, which is why this crafty crawler is coming back into fashion.

For those of us of a certain age, tortoises were once all the rage. Right up there with rabbits, guinea pigs and hamsters, these sluggish, shelled reptiles were extremely popular in gardens all across the UK.

Their popularity waned around the turn of the millennium when regulations surrounding their arrival in the UK started to kick in. Too many weren't surviving our frosty winters and their importation – at its peak, 150,000 of them each year – was said to be cruel.

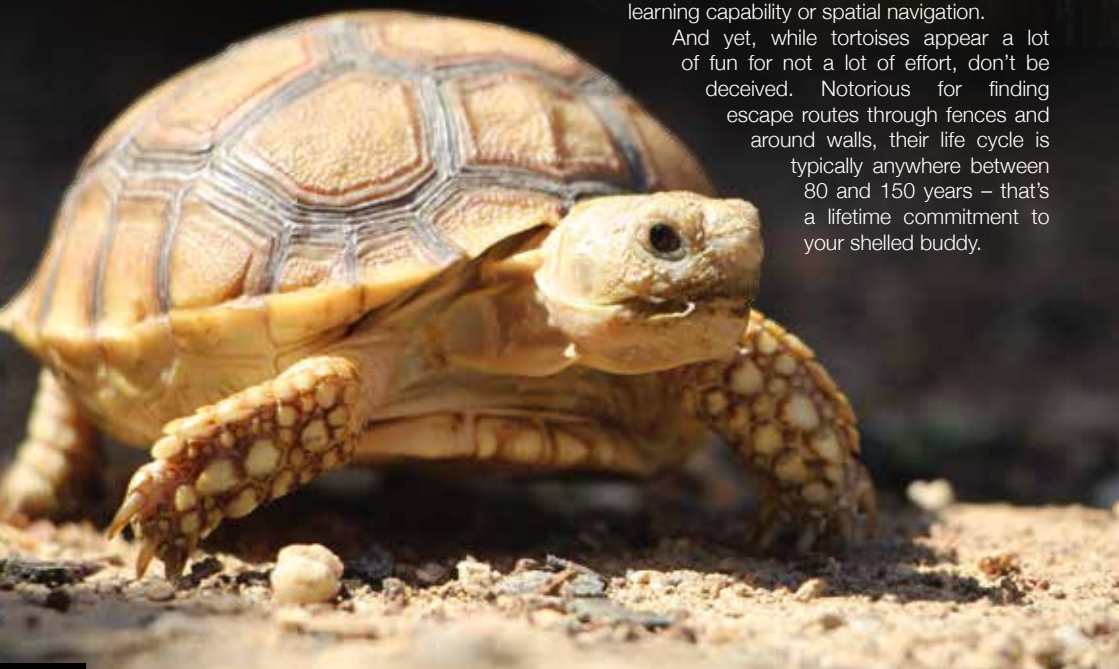
And yet, owning a tortoise bred in captivity in the UK is still perfectly legal. While you may need to 'shell out' (sorry) anything between £50 and £500

for one of these incredible creatures who originate from the Americas and Africa, people find their laid-back, plodding attitude to life as inspiring as it is humorous.

They will generally eat from your garden, with their diet also featuring the likes of cucumber, carrots, lettuce, fruit and flowers; and can be safely tucked up in a hutch overnight, content by themselves or alongside a life partner.

Resilient and tough, curious and playful, cats soon get bored of them, though some breeds of dog are known to pester them and can damage their shells. And you'll struggle to get too much emotion from these garden dwellers – their lack of a hippocampus means tortoises have little emotion, memory, learning capability or spatial navigation.

And yet, while tortoises appear a lot of fun for not a lot of effort, don't be deceived. Notorious for finding escape routes through fences and around walls, their life cycle is typically anywhere between 80 and 150 years – that's a lifetime commitment to your shelled buddy.



**FREE ESTIMATES**

## SID'S LANDSCAPING

GARDEN LANDSCAPING  
BLOCK PAVING • DRIVEWAYS  
PATHS • INDIAN STONE PATIOS  
TURFING & ARTIFICIAL LAWNS  
PLUS MUCH MUCH MORE

**20% DISCOUNT FOR ALL EMERGENCY WORKERS**

Checkatrade.com  
Where reputation matters



**07782 550 684**  
**0800 959 6792**  
sidlandscaper@icloud.com  
sidlandscaping.co.uk

# ADVERTISE

your company here call  
**01708 578049**

ask for Brett



## D&G Fencing

Your Essex Fencing Specialists



**FENCING ■ GATES ■ ACCESSORIES ■ FENCE REPAIRS**

- Made to measure fencing & gates
- Stock fence panels
- Concrete & wooden fence posts
- Gravel boards
- Sheds and gates
- Trellis and decking
- Decorative panels
- Palisade fencing

**YOU ARE WELCOME TO CONTACT US FOR ADVICE, TO PLACE AN ORDER OR TO REQUEST A FREE WRITTEN ESTIMATE ON ANY FENCING PROJECT**

01708 479 129 | 07891 480 807  
www.dg-fencing.co.uk info@dggardenworld.co.uk  
Shop: Rear Yard, 15 Suttons Lane, Hornchurch RM12 6RD



# SPECIALIST IN PRE-CAST BUILDINGS

SINGLE GARAGES ■ DOUBLE GARAGES ■ CONSERVATORIES  
GARDEN ROOMS ■ SHEDS/WORKSHOPS & MORE



- FAMILY RUN BUSINESS ■ 50 YEARS EXPERIENCE
- 5 YEARS GUARANTEE ■ DESIGNS TAILORED FOR YOU
- HIGH QUALITY, LOW MAINTENANCE CONSTRUCTION

CONTACT US ON 020 8590 3701

[www.rpageconcretebuildings.com](http://www.rpageconcretebuildings.com)

[rpageconcretebuildings](https://www.facebook.com/rpageconcretebuildings)

951-953 High Road, Chadwell Heath, Romford, Essex RM6 4HB



**R**  
**PAGE**  
**CONCRETE**  
**BUILDINGS LTD**

**EMERSON**  
LIFTING SAFETY STANDARDS

CRANE HIRE | CONTRACT LIFT  
TRAINING | TRANSPORT



0203 637 0242  
[info@emersoncranes.co.uk](mailto:info@emersoncranes.co.uk)  
[www.emersoncranes.co.uk](http://www.emersoncranes.co.uk)



GARDENING



SEPTEMBER BIRTH FLOWER  
OF THE MONTH

If you were born in September, your birth flower is one of the most colourful flowers of autumn: the aster. Part of the daisy family, this wild flower is known for its tiny flowerheads and long petals. Loved by pollinators, asters are ideal for growing in mixed borders around your garden.

optimist and are devoted to living life to the full. You are also predisposed to good luck.

### HOW DO YOU GROW ASTERS IN YOUR GARDEN?

Asters offer great beauty with little work and are therefore ideal for less-experienced growers. You can either choose to plant them from seed in spring or purchase a potted plant later in the year.

Plant in full to partial sun in loamy, well-drained soil and keep new plants moist until they stop blooming.

### WHAT DO ASTERS SYMBOLISE?

Asters come in a variety of vibrant colours and each one carries a different meaning:

- Purple asters, the most popular colour, symbolise wisdom and royalty.
- White asters represent purity and innocence, as well as new beginnings.
- Red asters can be used to convey undying devotion.
- Pink asters symbolise sensitivity and love.

### WHAT ARE THE MOST COMMON ASTER PESTS AND DISEASES?

Asters attract aphids, spider mites, whiteflies and leafhoppers, all of which can be kept under control with the use of pesticides. They are also prone to stem rot, a fungus that can begin at the start of the germination process. Prevent this by not overwatering and ensuring the soil is well drained.

### WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOU?

If your birth flower is the aster, you feel most at home on the stage and will embrace any opportunity to entertain others. You are an







The battle between gardener and slugs has never been so ferocious, but getting things back in your favour may not be as difficult as you think if you follow these handy tips.

**Objects of desire**  
Slugs love to slither under pots, planks and other objects left lying around. If those bricks serve no purpose, remove them from your garden, otherwise all you're providing is a perfect hiding spot for this gastropod mollusc who will nibble away at your finest crops, herbs and flowers.

**Grass borders**  
Slugs love to conceal themselves in grass. The moisture keeps them happy and the protection of long blades means they can keep themselves hidden until darkness falls, when they'll venture out and demolish your prized produce. Keep your grass short and you take away their hiding place.

**Bramble ramblers**  
A good way to keep slugs away is to build up

bramble borders to your garden. Spiky canes will also work as a barrier to keep these slimy invaders away – they'll take one look at those sharp thorns and unwelcoming lengths of wood and head straight for next door's garden.

**If slugs are already in your garden**  
These tips will be a bit late in the day. In that case, here are a couple of handy tricks to rid yourself of guests who have already taken up residence.

**Back to those objects of desire**  
Use those planks and pots to your benefit by propping them up so slugs crawl underneath – you've created your very own slug trap. Now, regularly, scrape the slugs from the underside and deposit them well away from your garden.

**Night-time nasties**  
For three or four nights in a row, venture out into your garden with a torch, a shovel and a bucket and remove as many unwelcome guests as you can find. You'll find your slug population quickly diminishes.



**LAZYLAWN®**

London's Leading Artificial Grass Installers

BOOK A FREE SITE SURVEY

0208 961 4722  
eastlondon@lazylawn.co.uk  
www.lazylawn.co.uk

Best Buy  
Which?  
Artificial Grass June 2018

Which?  
Trusted trader

Wonder Yarn

**Tisburys AQUATIC CENTRE**

EXPERTS IN KOI, TROPICAL, MARINE, POND FISH AND REPTILES

Specialists in Pond Construction, Filtration and Maintenance  
Suppliers of Pond Pumps, Filters, Aquariums, Vivariums and Accessories

01708 341376 • www.tisburysaquaticcentre.co.uk

Church Road, Noak Hill, Romford, RM4 1LD

Established 1950

Find us on @TisburysAquatics

Large Free Car Park

OPEN 7 DAYS 9AM-5PM





WASTE NOT

# WATER BUTT

If you are looking for something useful to do in the garden this month then look no further than the installation of your very own water butt.  
Did you know that almost 100,000 litres of rainwater falls on our roofs each year in the UK and literally just goes down the drain?

### WHY INSTALL A WATER BUTT?

If every home were to install a water butt in their garden, the UK would save an estimated 30,000 million litres of water each summer. That's enough to fill 12 Olympic swimming pools. Therefore, if a hosepipe ban were to come into effect next year, you would have more than enough clean water to care for your plants and fill a paddling pool or two. Plus, you could save on your water bills.

### HOW TO CHOOSE A WATER BUTT FOR YOUR GARDEN

Simply head to your nearest garden centre or local DIY store for a wide range of water butts, with options to suit all budgets. If you have a small garden, choose a slim, square-edged design that can sit flush against a wall. For those with more space, the bigger the better. You should also purchase a diverter kit.

### HOW TO INSTALL YOUR WATER BUTT

- Choose a suitable location next to a drainpipe.
- Always install a water butt on a firm and flat surface that is strong enough to hold its weight when full.
- Consider investing in a stand so that you can fill your watering can from the tap at the bottom of the butt with ease.
- Follow the instructions on the diverter kit – this will involve cutting through your chosen drainpipe with a hacksaw.
- Cover your water butt with a lid to prevent insects from flying in and to stop children falling in.
- Wait for the rain to fall.



## The first step to a beautiful lawn is to call GreenThumb

Our wonderful customers like our service so much, that over 40% of new customers joined us through their recommendation which, if you think about it, is a recommendation in itself.

So, if you've been thinking about enjoying a great lawn this year – green, lush and weed-free, why not contact us today and let us bring your lawn to life.

We provide four seasonal treatments, as well as beneficial treatments to keep your lawn in tip-top condition - prices start from just £15\*.

Ask us about our annual plans, which allow you to both spread the cost and save up to 25%.

Simply call: 01277 227 988 or visit: [greenthumb.co.uk](http://greenthumb.co.uk)   



PRICES FROM  
**£15\***  
PER TREATMENT

# GreenThumb

## LAWN TREATMENT SERVICE

\*Based on a lawn size up to 40m²





## BUILDING & LANDSCAPE

EXTENSIONS | DRIVEWAYS | PATIOS | FENCING

We carry out all domestic building and landscaping projects.  
Anything from small repairs to complete renovations



Contact Paul Martin on  
**01708 578106**  
[www.pbmartin.co.uk](http://www.pbmartin.co.uk)

**FREE NO  
OBLIGATION  
QUOTATIONS**

## PROFESSIONAL TREE SURGEON SERVICES

CONCERNED ABOUT YOUR  
TREES AFTER HIGH WINDS?  
FREE GROUND TREE CHECK  
& QUOTATION WITH  
THIS ADVERT

TREE PRUNING • TREE REMOVAL • TREE REPORTS  
HEDGE TRIMMING • SITE CLEARANCE  
STUMP GRINDING • EMERGENCIES  
SEASONED HARDWOOD DELIVERY AVAILABLE

WE SERVE ALL OF HAVERING & THROUGHOUT ESSEX

We offer  
**FREE Quotations  
& Expert Advice**  
on ALL aspects of  
Tree Work &  
Arboriculture



**Kings Cuts**  
Tree Services

We provide a huge range of tree services & offer expert arboricultural advice, ensuring your trees are looked after responsibly

ALL OPERATIVES ARE COVID AWARE AND WILL BE TAKING STEPS TO KEEP SOCIAL DISTANCING AT ALL TIMES AND TRAVELLING TO SITE IN SEPARATE VEHICLES TO SITE. PLEASE DON'T BE OFFENDED BUT WE WILL NOT BE ACCEPTING DRINKS FROM CUSTOMERS AT THIS CURRENT TIME

Call us: 01708 578030 Mobile: 07467 944671

[www.kingscutstreeservices.co.uk](http://www.kingscutstreeservices.co.uk) • [info@kingscutstreeservices.co.uk](mailto:info@kingscutstreeservices.co.uk)



GARDENING

# HOLD THE COFFEE



Green-fingered caffeine fiends are quick to extol the virtues of dumping their daily coffee grounds on prized flowerbeds and vegetable patches – but why is coffee considered to be of horticultural benefit? And could it be that the value of coffee has been somewhat exaggerated as a favourite for flora?

What exactly are the benefits of covering your prized plants in coffee remains? Apparently it comes down to the amount of nitrogen contained within this mulch. Nitrogen is touted as beneficial to acid-loving plants, and the acidity of the grounds also offers a strong barrier against common garden pests such as slugs and snails.

Yet for all this positivity, one of coffee's main ingredients – arguably the most important to those who drink it – works against these ideals. While caffeine as a stimulant is great for getting people out of bed, or even being used in shampoo, it has one key factor that makes coffee grounds a poor form of fertilisation: allelopathy. This is the ability to reduce competition from surrounding species by suppressing their growth. Caffeine essentially exists in coffee for the function of quashing the germination rate of other seeds – certainly not something you want to be spreading on your new bulbs and seeds come springtime.

There's also a great deal of information which suggests the application of coffee grounds prevents the water and nutrient uptake in young plants, thereby stalling their root growth, and while some say that applying coffee to the soil boosts the production of bacteria, others conclude coffee grounds have an anti-bacterial effect.

All in all, this coffee craze appears to be a case of working out what's best for your vegetation. Hydrangeas and lilies are acid-loving plants, but tomatoes and rhododendrons are less inclined to grow well with a coffee supplement, so make sure you research the optimum conditions for all your garden's delights so you'll know when to spread the grounds or keep your coffee in the pot.







We've all arrived at a getaway destination to be confronted with that sickening feeling of having left the crimpers at home, and it's not a pleasant one. Well, with the hope and expectation of the travel industry restarting as the weeks go by, it seems pertinent to get some early planning in, so here's our all-encompassing rundown of the travel essentials you really can't leave home without:

1. Currency and cards, ensuring you have enough for both holiday treats and emergencies
2. Documents – printed is still best, from hotel information to outbound and return flights
3. Passport, if travelling abroad
4. Driver's licence – essential for car hire, but good for additional ID
5. Mobile phone and tablet, plus chargers
6. Plug adaptor
7. Daily toiletries, such as toothpaste, toothbrush, travel-size shower items, shaver, hairbrush
8. Paracetamol, ibuprofen and any prescription drugs – better to take from your home country rather than trying new drugs in a foreign country

9. List of emergency contacts to keep about your person
10. Flip-flops, for any shared bathroom space where avoiding contact with icky floors is probably smart
11. Practical essentials, depending on destination – e.g. somewhere warm, sun cream and swimming gear (including goggles); somewhere rugged, walking boots and fleece
12. Spare underwear and socks will always come in handy and weigh very little
13. Deodorant and aftershave/perfume, for basic hygiene and those special nights out
14. Microfibre towel, which takes up less space than its fluffy cousin
15. Mini first aid kit
16. Earplugs – whether for the flight or noisy guests around the hotel, these are essential
17. Glasses, sunglasses, and a protective case
18. Spare shoes, to switch things up and give your feet a break
19. Padlock, for extra security
20. Rain cover, should the heavens open



**DO YOU USE YOUR LOCAL 5★ GOOGLE RATED PRINTING COMPANY?**

essex banners.com  
"WE WILL BEAT ANY QUOTE!"

**Banners ■ Boards ■ Stationery & Merchandise ■ Exhibition & Display**  
**Website Design & Installation ■ Design Services including Logos**  
**Coronavirus Health & Safety ■ Eco Friendly Printing ■ Essex based since 2007**

**CALL US TODAY 01708 200166**  
[info@essexbanners.com](mailto:info@essexbanners.com) ■ [www.essexbanners.com](http://www.essexbanners.com)

**MENTION VISION MAG & GET 10% OFF YOUR 1ST ORDER**

**GET COVID-SECURE! WITH:**

**ENVIRONMENTALLY FRIENDLY 100% PRODUCTS**

**EnviroStatic CLEANERS**

- ☀ Viruses are **continually eliminated** on contact with treated surfaces for up to 28 days\*
- ☀ Quick & effective removal of bacteria and viruses including **CORONAVIRUSES**
- ☀ Electrostatically charged disinfectant particles stick around objects, making them safe to use within **just 5 minutes**.
- ☀ Safe for use anywhere, including schools, offices, cafés, bars, waiting rooms, gyms, vehicle interiors

**NOW AVAILABLE:** Purchase a handheld unit for **£999+VAT** or a backpack unit for **£1,999+VAT**

\*Under laboratory conditions.

**To book a disinfectant clean or purchase a unit call 01708 578051 or visit: [envirostatic.co.uk](http://envirostatic.co.uk)**

[f](#) [in](#) [@](#) /envirostatic





# ENSURE *you* INSURE

## Your home insurance checklist

Insurance is about protecting ourselves and those around us, so here's a handy checklist outlining what you definitely need, and what might be worth considering.

### CONTENTS INSURANCE

In the event of an accident or theft from within your home, it's vital your possessions are covered. Many see paying out for contents insurance as a waste of money, but we will all claim for something at some

point. Knowing you're covered can bring a huge sense of relief in the midst of what is likely to be a disappointing event or episode.

You can also extend your contents insurance to items you take outside the home – consider bikes, watches, phones and more; but read the small print to ensure you're covering what you think you are.

### BUILDINGS INSURANCE

Also known as house insurance, this covers your bricks and mortar, and whilst not a legal stipulation, most mortgage lenders will insist on you taking it out if you are embarking on home ownership.

### LIFE INSURANCE

Purely for the protection of those around you; should the day come when you're not around, you will want to ensure your dependants have enough to get by. For what is often a small amount each month, life insurance can at least mean you are not adding financial loss to the emotional loss experienced by loved ones.

### INCOME PROTECTION

Particularly good for those who are self-employed, income protection means that in the event of illness, bills can still be paid. If 2020 has taught us anything where health is concerned, it's to expect the unexpected!

### CRITICAL COVER

Different from life insurance, critical cover will pay out a lump sum if you are diagnosed with a critical illness during the life of your policy. That means you'll be provided for by the policy to restore some sense of comfort and peace.



Welcome to the Family Law Team at Mullis & Peake LLP, now available in your local high street.

With over 50 years of cumulative experience we can offer advice on all legal aspects of relationship breakdown.

In the last year we have advised on:

- SUCCESSFUL pre-nuptial agreement for a multi-millionaire art collector
- SUCCESSFUL complex financial settlements on divorce
- SUCCESSFUL complex child arrangements
- SUCCESSFULLY mediated disputes between two parties
- SUCCESSFUL emergency freezing application to freeze assets before they could be removed from the jurisdiction



Roisin McCorry  
Head of Family Department  
roisinmccorry@mplaw.co.uk



Jessica Thrower  
Associate Solicitor & Mediator  
jessicathrower@mplaw.co.uk



Ciara Pugh  
Solicitor  
ciarapugh@mplaw.co.uk

If your case is suitable we can offer a 40 minute free consultation with one of the team. Early morning and evening appointments available by arrangement.

**Romford Office**  
8-10 Eastern Road, Romford,  
Essex RM1 3PJ  
t: 01708 784000

**Shenfield Office**  
194 Hutton Road, Shenfield,  
Essex CM15 8NR  
t: 01277 245015



# DON'T JUST TAKE OUR WORD FOR IT...

Dear Brett,

**VISION** magazine has been brilliant for us.

They've helped us increase brand awareness across the whole region and gained us a good few happy customers in the short time we've been with them.

Putting together some brilliant artwork for us. Brett has helped us continue the professional image we're looking for and established us as something of a force locally.

Fulfilling our mission to bring competitively priced home improvements to the local area, realising people's ideal home and helping them achieve their dreams, has been much easier with **VISION** magazine. I foresee our partnership continuing for long into the future.

Many thanks,

Tom & Chris  
New Level Loft Conversions  
01708 578162



Your  
Monthly  
Lifestyle  
Magazine



To advertise call now on

**01708 578049**

or email [hornchurch@visionmag.co.uk](mailto:hornchurch@visionmag.co.uk)

## MAKE YOUR WILL...

...IN THE COMFORT OF YOUR OWN HOME

Do you and your family have the peace of mind of an up-to date Will, or a Power of Attorney for yourself or your parents, or Legal Guardians for your children under 18?

My professional services for arranging personally-tailored Wills, Powers of Attorney, Probate and expert guidance on Inheritance Tax and Care Home Fees, are offered to applicants seven days a week on a fixed fee basis in your own home, regardless of consultation time and number of visits.



**MARTIN ENGLEMAN AIPW AFPC**  
Qualified Member of the Institute of Professional Will Writers – Certificate in Mortgage Practice & Equity Release, Chartered Insurance Institute – Diploma, Personal Finance Society

Please visit [www.businessadvisoressex.co.uk](http://www.businessadvisoressex.co.uk) for more detailed information, then call me for a fixed fee quotation and free advice

Please note that weekend home visit meetings are offered at no extra cost

Office: 01268 761022  
Mobile: 07901 948745  
1 Nesbit Close, Wickford,  
Essex SS12 0PT

**ENGLEMAN WILLS**  
+ POWERS OF ATTORNEY + PROBATE

**bluebaring**  
RECRUITMENT LTD

SCAN QR CODE  
TO VISIT OUR  
WEBSITE



### Construction & Industrial Recruitment Specialists

Established since 2008

- We are a local business and we are looking to work with other local businesses
  - We can supply staff all over Essex & London
- We offer Temporary, Fixed Fee Perm & Temp to Perm (£0 End Fee) options
  - Our core beliefs are Honesty and Transparency

**So if you are looking for staff – look no further  
Get in touch with Bluebaring today!**

**“We recruit so you don’t have to”**

[info@bluebaring.com](mailto:info@bluebaring.com) • 01708 524332 • [www.bluebaring.com](http://www.bluebaring.com) • Follow us on

We are looking for consultants to join our team. If you are looking for a new role in recruitment, email our Director Scott Hart on [scott@bluebaring.com](mailto:scott@bluebaring.com)



## Unlock the money within your home to help you in retirement

If you're over 55 and own your own home, you could be eligible for a **Lifetime Mortgage**

- ✓ Repay your existing mortgage
  - ✓ Home improvements
  - ✓ Holiday of a lifetime
  - ✓ Helping the family
- No monthly repayments

**Call us on 01708 982955 for qualified & impartial advice**  
[www.connectlifetime.co.uk](http://www.connectlifetime.co.uk)

This is a lifetime mortgage. To understand the features and risks please ask for a personalised illustration.

A lifetime mortgage may impact your entitlement to means-tested benefits and the inheritance you may leave.

Connect Lifetime Mortgages is a trading style of Richer Mortgage and Retirement Ltd who are an Appointed Representative of Connect IFA Ltd 441505 which is authorised and regulated by the Financial Conduct Authority. Richer Mortgage and Retirement Ltd is Registered in England and Wales No: 11729284. Registered Address is: The Rivendell, White Horse Lane, Maldon, Essex, CM9 5QP.

## Plan your finances with precision

We provide a comprehensive wealth management service, offering specialist face-to-face advice tailored to you. Our services include:

- Investment Planning
- Retirement Planning
- Protection Planning
- Inheritance Tax Planning
- Intergenerational Planning
- Mortgage Planning

Your home may be repossessed if you do not keep up repayments on your mortgage.

For further details please contact:



Tel: 01708 208885 | Email: [david.bean@sjpg.co.uk](mailto:david.bean@sjpg.co.uk)  
[www.davidbeanwealth.co.uk](http://www.davidbeanwealth.co.uk)

42SP51578 01/19

# SAVE

*yourself the effort?*

It's fair to say savings accounts have probably never seemed less appealing. From buoyant interest rates well into double digits back in the mid-1990s, the Bank of England base rate has plummeted in recent years, dropping to a historic low of 0.1 per cent in March.

The recent lockdown means government initiatives to stimulate spending are additionally affecting the appeal of savings accounts, to the point where the consideration of a negative base rate has come into view... and with it the possibility that savers will actually have to pay to 'store' their money.

But it's not all bad news for savers:

> One-year fixed rates for savings accounts are still tracking considerably above the Bank of England base rate, with rates of around 1 per cent still possible... although in relation to a similar level of inflation, there isn't any real 'gain' to be had; in fact, with most 'everyday' savings accounts you're losing money.

> For those still looking to gain a return on their savings, it could be that switching from a traditional savings account to a Lifetime, Fixed Rate or Easy Access cash ISA is the sensible way forward. The former will give you a 25 per cent return (up to £4,000 only), while a Fixed Rate ISA can still net you up to 1.3 per cent.

> Finally, remember savings aren't all about profit – many people save for security, to have a feelgood 'project', and to put money away for a rainy day. Unlike investments, savings accounts are protected to the hilt, so when you want your money it is protected and will be there.







## CONNECTING YOU TO THE RIGHT TEAM AT THE RIGHT TIME



We currently consist of three teams, an independent Financial Adviser, an Estate Planner and our Chartered Accountant and their support staff who are on hand to help you through all of your financial needs. Our dedicated team are happy to do home meetings at places of your convenience. Our team will work alongside you, to help you get the best advice you need, when you need it most.

**FINANCIAL SERVICES**  
Pre & Post Retirement Planning  
Savings & Investments  
Health and Life insurance

**ESTATE PLANNING**  
Last Will & Testament  
Trust Planning  
Lasting Powers of Attorney

**ACCOUNTING SERVICES**  
Bookkeeping  
Company Accounts &  
Corporation Tax  
Self-Assessment Tax Returns

## ADVICE WHEN YOU NEED IT MOST

- Are you coming up to your retirement age?
- Do you feel unsure as to whether you will have sufficient funds to support you during your retirement?
- Are you concerned about how your savings/investments are performing?

We can help at all stages of your life, whether you are a young family in need of financial protection, or you are already enjoying your retirement, LR Financial Services are on hand to offer advice and help you achieve your financial goals.

Please call our friendly and professional team at LR Financial Services today on 0345 314 5737 to book a financial review meeting with a qualified adviser. The meeting will be at our cost and we will be happy for this to take place at a mutually convenient venue i.e at your home/place of work, our office in Chelmsford, or if you would prefer via a Zoom meeting.



0345 314 5737    [www.lrconnections.co.uk](http://www.lrconnections.co.uk)    [info@lrconnections.co.uk](mailto:info@lrconnections.co.uk)

LR Financial Services Ltd, Suite 76, Waterhouse Business Centre, Chelmsford CM1 2QE



**FIXED FEES AVAILABLE**

LEGAL ADVICE

## THE FAMILY SOLICITORS

118 YEARS IN ROMFORD

### HELP WITH

- Family Breakdown
- Contact with Children
- Wills & Lasting Powers of Attorney
- Buying & Selling your home
- Lease Extensions
- Commercial Property
- Legal Help following the death of a loved one

**SGL** Symons, Gay & Leland LLP Solicitors

**Tel: 01708 744211**

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

[office@symonsgayandleland.co.uk](mailto:office@symonsgayandleland.co.uk)

91a South Street, Romford, Essex RMI IPA



**LUX HOMES**  
ESTATE AGENTS

120 North Street, Hornchurch, RM11 1SU

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

01708 208807

HAVERING'S PREMIUM ESTATE AGENT

**GAROLLA**  
ROLLER SHUTTER DOORS

Great For:  
Space Saving  
Kerb Appeal  
Ease of Use  
0800 468 1982

**THERMALLY INSULATED ELECTRIC GARAGE DOORS**

CE Approved

Acoustic & Thermal Insulation

Brush Sealed Rails

Pay on Completion

Two Remote Controls

18 Colours Available

Free Disposal of your Old Door!

Garolla saves you space inside your garage as the Garage Door rolls vertically into a box. This design requires just 8 inches of headroom and allows you to park closer to the door. Remotely control the Door from the comfort of your car with a hold to run remote.

LIMITED OFFER - was £1354  
**NOW ONLY £895**  
INC. VAT & FULL FITTING

MADE TO MEASURE, CALL US TODAY

Save £459

01277 800 142  
07537 149 128

Phone Lines Open 7 Days a Week

- Offer valid for openings up to 2.6m wide & inc: 2 Remote Keys, 55mm White slats, Internal manual Override -

**GWS BODYSHOP LTD**

- PAINTWORK SPECIALISTS
- ALLOY WHEEL REFURBISHMENT
- DENT AND SMART REPAIRS
- OVER 40 YEARS EXPERIENCE
- COLLECTION/DELIVERY SERVICE \*
- INSURANCE APPROVED

\*Within 15 mile radius

**APPROVED REPAIRERS FOR**

OPEN MON-FRI 8am - 5.30pm

Tel: 01277 230288  
Mob: 07971 272924  
admin@gwsbodyshop.co.uk

UNIT 8 WOODLANDS FARM, FOLKES LANE  
UPMINSTER, ESSEX RM14 1TH




# Motoring Madness

AVOIDING THE PITFALLS OF SELLING YOUR CAR PRIVATELY

Selling your motor privately can be good for a number of reasons. It's the best way to get a high price for your old set of wheels, if organised you may be able to secure a sale quickly, and in most instances you won't even need to leave the comfort of your own home... well, the driveway, at least.

However, if you are keen to strip out the middleman, beware some of the pitfalls that may lie in wait:

## Telephone time-wasters

You may get countless people phoning up asking endless questions - remember, buyers will be as wary about the process as sellers. The best way to avoid this is to make your listing as detailed as possible, adding lots of photos.

## Go-slow no-showers

Ever waited in for a delivery that never arrives? Welcome to the world of private car-selling.

## Part-ex stress

You may find your motor is attracting the interest of

traders who would rather negotiate a part-exchange than an offer of straight cash.

## Larry Hagglers

A huge worry for many vendors is agreeing a price over the phone, only to find someone at your door pressuring you for a discount.

## Comeback Kings

In the event of something going wrong with the car soon after it's bought, you won't have anyone to sort this out but yourself. The buyer will also have your home address so is likely to come knocking if anything seems wrong in those weeks post purchase.

## Not-so-smooth criminals

And of course, the biggest fear for those who sell privately is that someone will run off with your motor. Ensure all monies have been transferred before handing over documentation, be wary over PayPal transactions (which can be refunded) and, if accepting cash, check notes carefully.





MOTORING

# Paint IT BLACK

**A**re you thinking of splashing out on a new set of wheels, but can't quite decide between a blue Beamer or a silver SUV? Well, recent studies suggest your choice of car colour could be saying a lot more about your personality than you may think...

## RED

This classic car colour is usually associated with boy racers and other speedy scoundrels – and perhaps rightly so. Driving a red car is said to show you have high energy and an outgoing personality. With that in mind, it's little wonder red has long been the colour of choice for vibrant Italian vehicles such as the Ferrari.

## BLUE

Owning a blue car doesn't mean you're a downbeat person – instead, it signifies that you like to promote an optimistic and stable image to the world. You might not be flamboyant enough to go for a red or orange roadster, for example, but you're willing to find common ground with your more outlandish automotive associates.

## GREEN

It's easy to assume that driving a green car hints at an environmentally friendly outlook, and whilst it is suggested that those in green will be less inclined to fill up their tank with toxic nasties, the real reason behind picking an emerald automobile is that it reflects a gentle and patient nature. Either that, or

you've just purchased a vintage Jag in beautiful British Racing Green – the iconic motor racing colour commonly associated with the UK.

## SILVER

Silver gives off a light air of wealth, taste and prestige, while the neutrality of the colour and its ability to camouflage dirt points to a busy, work-heavy lifestyle. As of this year, silver is the most common car colour in the UK, with over 22 per cent of British road users opting for an aluminium automobile.

## BLACK

Whether it's an LBD or tuxedo reception, black has long been synonymous with sophistication and luxury. And when it comes to car colour, it tends to suggest in its driver a dignified personality that eschews over-exuberant displays of wealth, whilst still wanting to signal authority to fellow motorists. And just like the *Men in Black*, you don't mind a bit of mystery in your life, either.

## ORANGE

You don't see many orange cars, and that's exactly why a carrot-coloured four-wheeler is representative of a driver who does their best to stand out from the crowd. If you're artistic, eccentric, fun-loving or trendy, an orange car is sure to turn heads... which is maybe why it's more commonly seen adorning futuristic supercars such as Lotuses or Lamborghinis.



# THE MAIN DEALER ALTERNATIVE



## CARING FOR YOU AND YOUR GERMAN CAR

### SPECIALISING IN

- » MERCEDES
- » VOLKSWAGEN
- » BMW
- » AUDI
- » PORSCHE
- » SEAT/SKODA
- » BMW MINI
- » SMART

COURTESY CARS\*  
or  
COLLECTION & DELIVERY\*

*We can also drop you off at a local train station!*



MANUFACTURER'S WARRANTY UNAFFECTED,  
ALL DIGITAL SERVICE BOOKS UPDATED



## SERVICING MOT TESTING CLASSES 4, 5 AND 7 DIAGNOSTICS



### BSI ACCREDITED BODY REPAIR CENTRE

### ALL MAKES VEHICLE LEASING

\* Call for more information



BASILDON  
01268 591558

**MotorAid**  
Driven by Respect.

[www.motoraid.com](http://www.motoraid.com)

HAINAULT  
0208 172 0192







# RED alert

## AFTER 30 YEARS OF HURT, LIVERPOOL FINALLY GOT THEIR HANDS ON THE BIG PRIZE

It's somewhat ironic that for a club who have struggled, grasped and flailed desperately for three decades in their attempts to restore themselves as the best club in English football, their unassailable lead at the top of the Premier League in March almost counted for nothing as a global pandemic swept in. For a couple of months, Jürgen Klopp's side looked

as if they might be denied the prize they have striven for so long to win – through near misses, bad luck and a long duration of underachievement, the Reds have found the likes of Manchester United, Arsenal, Chelsea, Manchester City, Blackburn Rovers and even Leicester City in their way when it came to securing the biggest prize in domestic football.

Yet after Premier League chiefs, fan groups, police forces and local councils approved measures to get the competition restarted on June 17, Liverpool's history-makers were back on track. Predictably, after all the speculation, the hype and a 100-day gap in action – the longest since Second World War – the Merseyside Derby was something of a damp squib as Liverpool and arch rivals Everton played out a goalless draw.

Ultimately, Manchester City's improved form post lockdown saw Liverpool's significant gap at the top narrowed, but when the Merseysiders crushed Crystal Palace 4-0 at home on June 24, they knew that if Chelsea could beat Pep Guardiola's Citizens side 24 hours later, the title would be theirs... and that's just what happened.

True, it may have been seen as a disappointing climax for Liverpool to have had such a season of domestic dominance ended in empty stadiums and without even so much as an open-top bus ride around their famous city to savour. It's a lack of the true adulation deserving of any Premier League

champions, let alone a side who ended the campaign with 99 points and only three league defeats all term.

Yet, the record books will always point to the efforts of captain Jordan Henderson, top scorer Mohamed Salah, the rest of the first-team heavyweights and even the young starlets – Curtis Jones, Harvey Elliott and Neco Williams – who are gradually making their mark in the best club side in world football.

Two seasons ago the Reds finished 25 points behind champions Manchester City. Their winning margin this term confirms a 43-point shift in dominance that will impress Klopp as much as it worries Guardiola and the rest of the chasing pack.

The Anfield club's achievements are monumental – Champions League winners, World Club Championship holders and Premier League victors all at the same time. And yet, as manager Klopp states, defending their title crown is not the Liverpool way – attacking it is, and that's undoubtedly what they'll do.



Photo credit: Paul Ellis/AP/Shutterstock



# THE VISION LISTINGS

# THE VISION LISTINGS

## ACCOUNTANT & TAX ADVISORS

### ALL THINGS ACCOUNTING

Accounting & tax services, we help with self-assessment tax return, corporation tax return, payroll, VAT return, CIS return & bookkeeping. Call 07539 035537 for free initial consultation

## ACUPUNCTURE

### HONG WEI CHINESE MEDICAL

Fully qualified & experienced, specialising in women's health & Fertility. Help with pain relief, emotional disorders, male/female conditions. 01708 454888 | hongweichinesemedicine.co.uk

## AUTO BODY REPAIRS

### SQUIRRELS HEATH AUTOS

Est. Over 30 years taking care of major & minor bumper scuffs, dents, scratches etc. Call for details 01708 437721 | 07745 629957

## BEAUTY & NAILS

### BEAUTY BY NATASHA KATIE

A local, mobile LVL Technician. Fully qualified level 2 and 3 beauty therapist Babcac insured and approved. 07961 462672

### SPECIAL NAILS

Dedicated to provide the best quality nail care for Men & Women. Walk-ins welcome, appointment bookings & gift vouchers available. 01708 442248

### THE NAIL STUDIO

Nail Studio lets you switch off and pamper with highly skilled technicians providing top treatments and nail products to meet your every need. 07572 526519

## CAR & VAN HIRE

### SCENIC SELF DRIVE

Your self drive hire specialists. Whether you require modern cars, motorhomes, vans or minibuses. Rest assured we will provide you a professional service 01708 753461

## CLEANING SERVICES

### SPOTCLEAN LTD

Commercial & Domestic Services Specialising in Office, Shop, New build, Refurbished & Residential Cleaning. We ensure a Clean & hygienic environment 07940 213394

## COMPUTER REPAIR & I.T.

### MAPTEC IT

Your local residential & commercial IT specialists. We can fix your computers, configure email accounts & printers. Setup your Wi-Fi, Internet router & network. 0203 865 7174

## ELECTRICAL & WHOLESALERS

### CH ELECTRICAL WHOLESALERS

Essex & East London's leading electrical wholesalers providing the trade & public a professional service with access to all leading brands. 01708 730591

## ELECTRICIAN

### CAPITAL ELECTRICAL SERVICES LTD

Domestic/Commercial, Repairs/Installation, Vehicle Charging Points, Portable Appliance Testing, Fire Alarms, Emergency Lighting, Installation Condition Reports. Call 01708 578038

## FINANCIAL SERVICES

### PARAGON LEGAL SERVICES LTD

We will write your will for only £49.99+Vat subject to T&Cs. Call FREE on 0800 0747 642 or 01206 544 919 Call us for a FREE home appointment. www.paragonlegal.co.uk

## FLOORING & RESTORATION

### PARNELL FLOORS

We can provide you with the perfect service from the supply, fitting and finishing of new and reclaimed wooden floors including the restoration of existing floors. 07780 671512

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

## FLOWERS & FLORISTRY

### THE PLANTIQUE

Our dedicated team of professional florists are able to assist you with floral gifts for any occasion. We offer good quality floral gifts at competitive prices. 01708 477255

## FRENCH POLISHING

### DC POLISHING

20 Years experience in wood restoration i.e. Furniture, doors, staircases, worktops, minor repairs & FLOOR RESTORATION. 07949 204969 | dcpolishing.church@gmail.com

## FURNITURE RESTORATION

### ABBNEY GROUP

Abbney Group are specialist in creating, repairing & restoring quality furniture & wood surfaces to the highest standard. 01708 741135

### KINGS UPHOLSTERY

Handmade sofas & chairs designed especially for you to your required specifications. Also providing in re-upholstery & repair work. 01708 444125

## GARDEN SERVICES

### JOHN HEARNE

We take care of it all Lawn Mowing, Weeding, Planting, General Tidying, Fence/Shed Painting, Driveway/Patio Pressure Washing and more. Call for details 07908 523101

### KINGS CUTS TREE SERVICES

A Huge range of tree services available & offer expert arboricultural advice, ensuring your trees are looked after responsibly. 01708 578030 | 07467 944671

## GIFTS, BALLOONS & ACCESSORIES

### CLASSIC CARDS

Established for 24 years. Specialising in hand made cards, personalised frames, large variations of gifts, jewellery & balloon displays. Gift wrapping available. 01708 620460

## LAUNDRY & DRY CLEANING

### THE LAUNDRY MAN

From everyday washing, drying & ironing. We can pretty much launder anything & everything. Self service launderette available. 01708 447710

## LOFT CONVERSIONS

### HIGH END LOFTS LTD

Beautiful Lofts, Expertly Built. Our "Hand-Holding" service takes you from ideas, through Plans & Building Control, to make your [home alteration] vision a reality 01708 578162

## MOTORING

### BMS CAR PARTS

For all your motoring requirements inc. Car parts, number plates, key cutting, engine oil, tools, car accessories & servicing. 01708 474187

## PAINTING & DECORATING

### TRADITIONAL DECORATIONS

We are a family run business specialising in turning your house into a home. Giving advice on current decorating trends. 07737 562406

## PLUMBING & HEATING

### CMS PLUMBING HEATING & BATHROOMS

Corgi registered, 20+ years' experience, public liability insurance, offering free quotes. No job too small. Based in Gidea Park. Call Craig 07855 589185

## PROPERTY MAINTENANCE

### D.J. HOME IMPROVEMENT SERVICES

Painting & Decorating & all Home Maintenance & Repairs est. 1986. Cheap Rates for OAPs, Small Jobs Welcome 01708 444611

## ROOFING

### JIM BARR ROOFING

Exterior cleaning & maintenance. Gutters, Paving & UPVC; cleaned, repaired & renewed. 01708 874816 | 07833 572459

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

## SECURITY & ALARMS

### J&L SECURITY

Your local residential & commercial security specialists. Intruder Alarms, CCTV, Safe Fitting, Locksmith Services, Security Lighting & More. 01277 699698

## SHOE REPAIRS & LOCKSMITHS

### ARDLEIGH GREEN SHOE REPAIRS

Quality shoe repairs, key cutting, security locks, stitching & patching, watch batteries, quality straps, engraving & passport photos 01708 458021

## TILING

### DR BETTS TILING

Large selection of floor & wall tiles, fitting service, porcelain, ceramic, glass & natural stone. Specialist in underfloor heating. 01708 381349

## WHITE GOODS & APPLIANCES

### T.E.J. DOMESTIC APPLIANCES

Stockists of all major brands. Installation available, FREE local delivery. Free standing & Built In Appliances. Extensive stock. 01708 447752

## WINDOWS & GLAZING

### MAJOR GLASS & GLAZING

Specialising in all aspects of glass & glazing for both domestic & commercial. UPVC, Conservatories, Bi-Fold Doors, Double Glazing Repairs, Mirrors. 01708 525996

**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**.



# PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

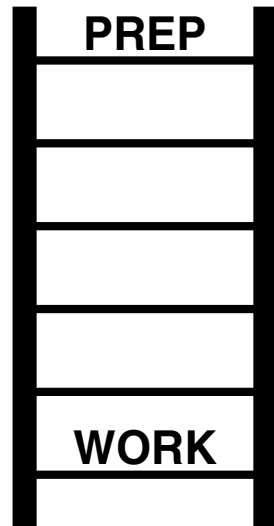
- ▶ ANTLIA
- ▶ AQUILA
- ▶ BOOTES
- ▶ CARINA
- ▶ CASSIOPEIA
- ▶ CENTAURUS
- ▶ COLUMBA
- ▶ CORVUS
- ▶ DELPHINUS
- ▶ ERIDANUS
- ▶ HERCULES
- ▶ HYDRUS
- ▶ LEO MINOR
- ▶ MENSA
- ▶ PEGASUS
- ▶ PHOENIX
- ▶ SAGITTA
- ▶ SCULPTOR
- ▶ SERPENS
- ▶ TUCANA

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

## DID YOU KNOW?

- ▶ Wall-E was named after Walter Elias Disney
- ▶ Disney animators often hide classic characters in scenes of their films
- ▶ There is a tunnel system in Disney World so characters aren't seen in the 'wrong' lands
- ▶ Dumbo is the only lead character in a film who doesn't speak – he only makes a few noises
- ▶ Disney World in Orlando is around the same size as San Francisco
- ▶ The original *The Jungle Book* was the last film to be overseen by Walt Disney before his death in 1966
- ▶ The first animated character to receive a star on the Walk of Fame was Mickey Mouse
- ▶ Mickey Mouse ears are one of the most popular souvenirs bought from Disneyland

## WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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



# MAJOR GLASS AND GLAZING

As a family company, Major Glass and Glazing specialises in all aspects of glass and glazing, both residential and commercial, and prides itself on its ability to deliver quality installations

### Our specialist glazing services include:

- Upvc, Aluminum and Timber Windows & Doors
- Conservatories, Orangeries and Roof Lanterns
- Bi-fold Doors
- Double Glazing Repairs
- Fascia & Soffits
- Architectural Glazing
- Table Tops
- Mirrors
- ...and more



We are based in Hornchurch, Essex, and are dedicated to providing a cost effective service with unrivalled customer satisfaction.

**01708 578056**  
[www.majorglass.co.uk](http://www.majorglass.co.uk)  
[info@majorglass.co.uk](mailto:info@majorglass.co.uk)



AUTHORISED PARTNER





01708 476666



## BURNTWOOD AVENUE, EMERSON PARK £3,695,000

Superbly located within one of the finest addresses on Emerson Park is this stunning home offering around 8000 sq ft of outstanding accommodation set over 3 floors. Magnificent reception hall, 4 spacious reception rooms, bespoke fitted kitchen/breakfast room, laundry room, g/f cloaks, 7 sumptuous bedrooms all with fitted wardrobes or fitted dressing areas, 7 en suite bath or shower rooms. Third of an acre, 90 gated frontage, integral d/w gge, south facing rear garden. Awaiting EPC.



## SHEPHERDS HILL, HAROLD WOOD £1,350,000

Rarely available is this detached character family home set within a superb plot of approx 3/4 of an acre and offering enormous potential to extend or develop (S.T.P.P). 5 double bedrooms, en suite dressing room, en suite bath & luxury family bath/WC, 3 separate reception rooms, re-fitted kitchen, g/f cloaks. In & out driveway, off-road parking for several vehicles, integral garage, stunning rear garden incorporating summerhouse, 2 outbuildings & garden store. Awaiting EPC.

179 Squirrels Heath Lane | Hornchurch | RM11 2DX | [www.davisestates.co.uk](http://www.davisestates.co.uk) | [sales@davisestates.co.uk](mailto:sales@davisestates.co.uk)