

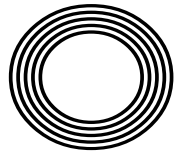
**HOW TO
BUILD A
COLD
FRAME**

Subscription gifts
The perfect present this Christmas

PRINCE CHARLES'
Aston Martin runs on cheese and wine

Ramesh
RANGANATHAN

Crawley-born comedian celebrating 10 years on the circuit




FREE

Photo credit: Matt Frost/ITV/Shutterstock


THE **B7** MEDIA GROUP

PRINTING • BUSINESS CARDS • LEAFLETS
DISTRIBUTION • SIGNAGE • MENUS & BROCHURES
EXHIBITION BOARDS & BANNERS
RETAIL PACKAGING • WINDOW VINYLs
LOGO DESIGN • BRAND ALIGNMENT
VEHICLE WRAPPING • CARBON PADS • WORKWEAR
WEBSITES • SOCIAL MEDIA • I.T. SOLUTIONS

 ENQUIRIES@B7MEDIAGROUP.COM

 01708 578049

 ENQUIRIES@B7MEDIAGROUP.COM

 01708 578049





Editor's notes...

NOVEMBER 2021



Brett Shohet, Editor

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

After being forced to navigate ever-changing lockdown restrictions last year, we can (hopefully) now look forward to enjoying the party season.

By the time you read this, Halloween will be over, but as I write, my home has been taken over by an explosion of spooky decorations. It used to be that very few people in the UK bothered to celebrate Halloween, but it's a habit we seem to have now borrowed from our friends in America. Maybe it's because we've been cooped up for so long that we're eager to grasp any opportunity to go big with our celebrations.

If that's the case, I can't wait to see what Christmas will bring. Here's hoping we're able to meet up with friends and family face-to-face once again.

At **VISION**, we've recently grown our team, welcoming new member of staff, Nadine Stevenson, as our key account manager. We're very glad to have her on board.

Finally, all our thoughts are with the family and friends of Sir David Amess MP, who was killed during a meeting with his constituents last month. Sir David was a welcome contributor to **VISION**LeighThorpeBay, and we will miss his kindness and dedication to his role.

Brett Shohet

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

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

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

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

CONTRIBUTORS | Tabatha Fabray, Christina Pantelly, Jake Levison

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

home hub group

NOW OPEN ON
EPPING HIGH STREET



We supply and install windows and doors.

01992 276 046
essex@homehubgroup.co.uk

homehubgroup.co.uk

[f](https://www.facebook.com/HomeHubGroup) [@HomeHubGroup](https://www.instagram.com/HomeHubGroup)

Windows | Doors | Porches | Conservatories | Fascias & Guttering



www.conceptwindows.co.uk
Trading Standards Approved



HIGH SECURITY WINDOWS



HIGH SECURITY DOORS

COMPOSITE DOORS

BI-FOLD DOORS



WHETHER YOU'RE LOOKING FOR A NEW CONSERVATORY OR TO REFURBISH YOUR EXISTING ONE...

FROM START TO FINISH WE TAKE CARE OF EVERYTHING

Concept House,
Billet Lane, (Opposite Sainsbury's)
Hornchurch, Essex RM11 1XP

FREE CUSTOMER
PARKING

EVERYTHING ON DISPLAY AT YOUR LOCAL SHOWROOM

96%
of customers
would
RECOMMEND

CONCEPT
to friends

For Your FREE QUOTE call 01708 463526



ASTON *marvelling*

HOW HRH PRINCE CHARLES, SOME LEFTOVER WINE AND A CONSTITUENT OF CHEESE ARE HELPING THE PURSUIT OF ECO TRAVEL

It's a fine line between innovation and eccentricity, but HRH Prince Charles appears to have landed the right side of it... just.

The Prince of Wales, who turned 73 in November and is first in line to the throne, has converted his cherished Aston Martin DB6 so that it can run on cheese waste and surplus white wine. His move to decarbonise fits perfectly with a modern revolution in motoring, where electric cars, the future ban of the sale of petrol and diesel vehicles, and various road taxes designed to keep gas-guzzlers out of our city centre spaces are giving our roads a green makeover.

Charles revealed in a recent interview that he was offered the conversion some time ago and did not hesitate to accept.

"I think when opportunities and ideas come your

way, you need to judge them on their own merits," he says.

"Certainly, where classic cars are concerned, there is the temptation to leave them as they are and not tinker with them, but if we all thought like that, we wouldn't make the strides we have, and the strides we need to."

It was Gloucestershire-based firm Green Fuels – the company has since earned a Royal Warrant of Appointment – which suggested it could supply bioethanol produced from a combination of wine and cheese (whey).

Blending the fuel then adding 15 per cent unleaded petrol meant the car was more powerful than before, yet significantly greener.

Of course, this isn't

the first time Prince Charles has taken the lead where green and eco matters are concerned. He established The Prince's Trust and The Prince's Rainforests Project and has always been a passionate advocate for initiatives that put the planet's needs first. He became the first member of the royal family to adopt electric cars for official duties in 2018, and has rallied behind his son William's successful efforts with The Earthshot Prize, with its £1million bounty awarded to fund solutions to help tackle climate change.

However, Charles believes there is much still to be done. He says the world's leaders are big on environmental talk, but rarely take the actions required to back up the platitudes.

"It is time for a lot of

people, influential people, to stand up and make real decisions," he says. "They have the expertise, they have the wherewithal and they have the resources, so there is no reason why we can't be moving forward much quicker than we are."

"Green initiatives in the past always seemed to come with some sort of cost or inconvenience. A lot of those I see today have no such thing – look at my DB6, it is a better vehicle than it was before."

The classic Aston Martin emerged in 1969 and has been one of Charles's true joys. He even enlisted the services of two-time Formula One world champion, Graham Hill, to teach him how to drive the car to its maximum potential.

He added: "It gives me great pleasure every time I drive it – and to know I can do that while limiting harm to the environment is a wonderful feeling."



Photo credit: David Hartley/Shutterstock



THE CHRISTMAS GIFT IDEAS THAT KEEP ON GIVING

A gift isn't just for Christmas, so treat your loved ones to a subscription box this festive season and leave it to the postman to deliver the perfect package to your friend or family member's doorstep each month.

Flower and plant subscription service – If you have a green-fingered friend, what better gift than a new potted plant or bunch of flowers each month? Also suited to remote workers who could do with freshening up their home working environment. You can even find sustainable providers who only work with Fairtrade growers.

Cocktail subscription service – For your boozy bestie or a mum who loves a mojito, a cocktail subscription service makes the perfect gift. Depending on the service you select, the recipient can expect to receive ingredients and instructions to make a new cocktail each month.

Food subscription service – Whether you know someone who is a real foodie or your loved one could do with a helping hand in the kitchen, a weekly delivery of high-quality, fresh ingredients is just what they need. Choose the size of the box depending on how many people they cook for. Subscriptions are available to cater for all dietary requirements.

Gadget subscription service – Being a tech enthusiast can be expensive, but what if you could enable your gadget-loving friend to try out a new device every month? Pick between health and fitness gadgets, entertainment devices and even relationship tech.

Craft subscription service – If you are looking for a subscription service for children, then a monthly craft box is a great idea. With subscriptions available for all ages, you can find boxes that contain a range of fun science, technology, engineering, art and maths activities.

Other subscription services include...

Coffee and book club subscription | Beer subscription | Sock subscription | Friday night curry subscription



YOUR VISION IS OUR VISION

NOW OPEN ON EPPING HIGH STREET



Home Hub Group is now open on Epping High Street. We supply and install windows, doors, bifold doors, sliding doors and rooflights.

137-139 High St
Epping CM16 4BD
essex@homehubgroup.co.uk
homehubgroup.co.uk

01992 276 046



CALL US TO BOOK AN APPOINTMENT AT OUR STUNNING NEW LIFESTYLE SHOWROOM.



@HomeHubGroup



Flooring Centre

- ◆ CARPET ◆ UNDERLAY
- ◆ VINYL ◆ LAMINATE WOOD



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

Call or visit us – 01708 472331

info@rm2flooringcentre.co.uk

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

Odd SOCKS



THE LATEST FOOTWEAR TREND

Who says that your socks have to match? Showcase what makes you unique and support Anti-Bullying Week 2021 by rocking odd socks on November 15 and beyond.

No longer a fashion faux pas, odd socks may be brazen and bold, but they can also be chic and stylish.

WHAT IS ODD SOCKS DAY?

Launched in 2017, Odd Socks Day was created to deter bullying in schools. With the aim of showing children that it is okay to stand out from the crowd and to embrace what makes you different, children and adults alike are being asked to rock odd socks and to appreciate the odd socks worn by others.

HOW TO CELEBRATE ODD SOCKS DAY

Wear your oddest pair of socks. These can be colourful and bright, mismatched or have a wacky pattern. Be sure to wear them proudly and invite your friends and family to join you in your support against bullying.

HOW TO WEAR ODD SOCKS

Seen on the likes of Ant and Dec, Emma Willis and

Craig David, there are many different ways to wear this fun and frivolous trend. Check out the below top tips which should help you rock this look with confidence:

- > Embrace bold colours and prints
- > Don't be afraid to wear your odd socks with sandals or sliders
- > Wear long odd socks pulled up to your knees with boots and a statement skirt
- > Mix stripes and spots
- > Layer up two pairs of socks with two different colours, one on top of the other
- > Pair neon socks with white trainers
- > Wear clashing colours with skyscraper heels.

POST YOUR SOCKS ON SOCIAL MEDIA

Boost awareness by posting photos of your odd socks on social media with the hashtags #OddSocks and #AntiBullyingWeek.

LEARN MORE ABOUT ANTI-BULLYING CAMPAIGNS

To find out more, explore the many online resources on anti-bullying at www.anti-bullyingalliance.org.uk and share your knowledge with others.





WHERE TRADITION MEETS THE MODERN LOOK

£2 OFF ANY SERVICE
MENTION CODE NOV2

GENTLE TOUCH BARBERS

AUTHENTIC TURKISH BARBER

We are master barbers and style consultants that have highly experienced staff and are committed to provide our clients with a first-rate service in a calm and affectionate environment.

Our services includes the sharpest haircuts, relaxing hot towels, finest traditional wet shaves and beard trims.

It's an experience that seamlessly blends traditional and contemporary styles with excellence.

Complimentary Drinks: still water, sparkling water, Turkish coffee, Turkish tea, beer

160 Heath Park Road, Romford RM2 5XL

@gentletouchbarbers

Opening hours: Mon - Sat 9.00am to 7.00pm | Sun 10.00am - 4.00pm

BROKEN WASHER OR DRYER? WHO YA GONNA CALL?

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

CURTAIN CLEANING SERVICE

- COLLECTION & DELIVERING SERVICE
- EST OVER 30 YEARS • FRIENDLY STAFF

Call 01708 447710

or text Steve on 07983 580325

THE LAUNDRY MAN wet cleaners

OPEN 7 DAYS A WEEK

Any size duvet for £14

Quote Vision to receive this offer

Servicing HORNCHURCH HAVERING & surrounding areas



BEAUTY

Hairband

HEROES



Does your hair always fall out when you tie it up? Or perhaps you spend more time detangling your locks than enjoying your updo?

If the answer is yes, you could be using the wrong hairband for your hair type.

For thin hair

Thin hair that is prone to breakage needs a hairband that is gentle on your delicate locks. Opt for a silk hairband that will protect your hair and help to keep flyaway strands in check. When removing a silk hairband, you should notice significantly less pulling on the roots.

For thick hair

If you have thick hair, you are likely to experience both tangles and a struggle to keep your voluminous hair contained. Look for spiral plastic hairbands that are specifically designed for thick heads of hair, as these are easy to use and remove without your hair becoming tangled in the tie.

For wavy hair

Do you feel like no hairband can hold back your big mane of wavy hair? Forget elastic bands and scrunchies and, instead, invest in a hair bungee. Boasting a hook on each end, a hair bungee can be easily wrapped around your hair to keep it in place all day.

For short hair

People with short hairstyles are always going to struggle to pulling their hair back into a ponytail. However, there is a solution. Polybands are great at gripping short hair and staying in place. Small and often clear, they will simply disappear into your hairstyle.

For straightened hair

Bringing back a blast from the past, if you want to tie your straightened hair back without causing kinks, you need a scrunchie. These hairbands work best directly after a blow-dry to help maintain a smooth and straight look. However, they are also effective at keeping your hair in place while you sleep.



Home Spa TREATMENTS

Winter can be harsh on your skin and hair and leave them feeling dry and undernourished. Our DIY treatments, suitable for both men and women, are the ideal remedy for the cold weeks ahead.

Cinnamon Face Mask

Honey is the ideal natural ingredient to remedy dry skin during the winter and the cinnamon has antibacterial properties which help skin complaints.

- > Mix 1 tablespoon of cinnamon with 3 tablespoons of honey
- > Whip into a thick paste
- > Apply to your face
- > Rinse with warm water after 10 minutes



Vanilla Hair Treatment

If your hair is looking lacklustre, essence of vanilla can make it appear shinier and healthier, as well as helping to promote hair growth. Coconut milk offers a hydrating effect.

- > Add 18 drops of vanilla extract to 1 cup of coconut milk
- > Apply to clean, wet hair
- > Rinse after 15 minutes



Peppermint Foot Exfoliator

This simple foot scrub works in three ways; the brown sugar helps to exfoliate any dead or dry skin, the peppermint offers an instant pick-me-up for tired feet and the coconut oil acts as a hydrating moisturiser.

- > Mix ½ cup of coconut oil with 1 cup of brown sugar
- > Add 3-4 drops of peppermint oil
- > Massage the mixture into your feet weekly for best results



Coconut Body Butter

For anyone wanting super soft skin, shea butter should be your go-to product. This miracle ingredient contains high levels of fatty acids and vitamins which both help soften your skin.

- > Melt 1 cup of shea butter with ½ cup of coconut oil
- > Cool for 30 minutes
- > Add ½ cup of almond oil and 30 drops of an essential oil. Sandalwood or bergamot work well for men or lavender for women.
- > Freeze for 30 minutes
- > Whip to a butter consistency



High Quality Education Guarantee

As a Trainee practitioner you will want assurance that you are receiving the highest standard of training and professionalism from our team of Qualified Practitioners.



SKIN LAB MEDICAL — ACADEMY —



Scan Me

Some of the Courses We Offer:

- Fast Track to All Aesthetics
- Fast Track to Anti-Wrinkle Level 3 Beauty
- Anatomy & Physiology
- Foundation Anti-Wrinkle
- Advanced Anti-Wrinkle
- Microneedling
- Dermaplaning
- Chemical Peel
- B12 Injections
- PRP Vampire Facial
- Advanced Skin Boosting
- Plasma Fibroblast
- Microblading
- Carbon Laser
- Business & Marketing and much more...



Skin Lab Medical Academy | 128a High Street | Hornchurch | Essex | RM12 4UH

Tel: 01708 952 855 | Email: info@skinlabmedicalacademy.com



VICKS VapoRub

7 ALTERNATIVE USES

Known for its ability to effectively manage cold symptoms, most households have a tub or two of this mentholated ointment in their medicine cupboard. However, you may be surprised to discover what else you can use Vicks VapoRub for.

1. TO BANISH HEADACHES: When applied to the base of the skull, Vicks VapoRub has proved highly effective at relieving headaches, especially sinus headaches.

2. TO SOOTHE SORE MUSCLES: Two key ingredients in Vicks, camphor and menthol, are topical analgesics, which means they can be used to relieve pain when rubbed on to the skin. Creating a powerful cooling sensation – although the pain relief will be temporary – it can help you to get on with your day.

3. TO HEAL YOUR FEET: Vicks VapoRub is a popular home remedy for several foot conditions, including athlete's foot and fungal nail infections. The combination of its antimicrobial ingredients and the inclusion of petroleum jelly helps fight bacteria and lock in moisture.

4. TO TREAT SKIN CONDITIONS: If you suffer with either acne or eczema, Vicks VapoRub can be used to calm the skin and clear up your complexion. This is owing to its ingredients like camphor and eucalyptus.

5. TO FADE BRUISES: For minor bruises, Vicks can be used to reduce inflammation and cool the skin. The menthol can also help to reduce any pain you are experiencing.

6. TO HEAL SCRAPES AND BURNS: When applied twice a day, the petroleum in Vicks VapoRub can help to create a thick barrier on your skin so that any cuts or burns can heal. Its anti-inflammatory properties can also promote healing.

7. TO EASE EARACHE: If you are suffering with a mild earache, rub a small amount of VapoRub onto a cotton ball and gently place in your ear. This can help to reduce any pain, but will not clear up an infection.



Photo credit: pxlinov/Shutterstock.com, ashok/India/Shutterstock.com



Introducing EverWell Supplements



EverWell vitamin and mineral supplements are designed for the over 65+, offering clever combinations of key ingredients, carefully chosen to support your needs.

EverWell supplements are made in the UK and produced to the highest standard, for those wanting to enjoy their golden years!

NO CONTRACTS so order when you need!

Call us today for a free EverWell Supplements leaflet on **01708 688 644**. Or visit Oakhousefoods.co.uk, who supply EverWell Supplements.



- Expert Hands-On Treatment From Head to Toe
- Latest Therapy Equipment

Emerson Park Clinic
128 North Street
RM11 1SU
Call: **01708 578072**
www.spineplus.co.uk



Dental Care



JUST breathe

Show us your smile Hornchurch

Welcoming new private patients.

We offer a full range of dental treatments, including:

- Invisalign • Implants • Sedation • Composite bonding
- Facial aesthetics • Smile makeover • Whitening

Call 01708 878 697 to book today.*

*Terms and conditions: 1. A new private patient check-up fee is £74 and a COVID-19 safety tariff will apply. 2. Appointments subject to availability.

Bupa Dental Care is a trading name of Oasis Dental Care Limited. Registered in England & Wales no: 00478127. Registered office: Bupa Dental Care, Vantage Office Park, Old Gloucester Road, Hambrook, Bristol, United Kingdom, BS16 1GW.

IMPROVE YOUR QUALITY OF LIFE WITH THREE EASY BREATHING TIPS

You don't need to be a philosopher to know that people can spend their days navigating between a negative inner critic and a more positive and less apparent inner believer. Allowing the latter to express itself more is a key part of healthy living, positive self-image and good self-esteem.

Well, imagine if something as simple as breathing could be the key to being more positive, more confident, less stressed and more physically strong to boot.

Check out these three easy ideas and get started today.

Five deep breaths

If you are feeling stressed or self-critical, take five deep inhalations and exhalations through the nose. Clear your mind and focus on the sensation of breathing. This is part of breaking the negative inner dialogue. Closing your eyes can also help. When ready, you can go back to what you were doing.

Diaphragmatic breathing

Another easy win is to breathe diaphragmatically. This means using the belly muscles to fully fill and empty the lungs with each breath. As well as being calming, this can help with public speaking, as it allows you to control your breath and voice far more effectively.

This breathing also helps the body discharge waste and take in more oxygen, which boosts brain activity.

Quick energy

For a short, sharp boost that will make you feel up for anything, take a deep breath and hold for a second or two, then make a loud 'hmm' sound on breathing out. Not only does this break negative thought patterns, but it will also provide you with a welcome mental lift.

Breathing is something we do every minute of the day – it's time to make it work for us more than ever before.



**'Big enough to cope,
small enough to care'**

Prior Care Limited is a successful family run business that provides a range of professional, reliable and quality services to adults living in their own homes within Havering and Barking and Dagenham.



Services that we are able to support you with:

- Long term care ■ Short term care – reablement
- 24 hour care ■ Dementia care ■ Personal care and hygiene
- Medication ■ Nutrition and hydration ■ Shopping services
- House work ■ Deep cleans/Blitz cleans/House clearances
- Sitting service

Tel: 01708 446690

priorcare@priorcare.co.uk ■ www.priorcare.co.uk

75 Park Lane, Hornchurch, RM11 1BH

Authentic Thai Therapy in Far East London



If you have visited Thailand, one of the things you are unlikely to have missed, is getting a massage.

By coming to see us, here in far east London, we are confident that your experience will be the same as if you were on holiday in the 'Land of Smiles'. We provide the best relaxing massage treatment with hygiene being our number one priority.

Visit www.lavenderthaitherapy.co.uk or call 01708 477505 to book an appointment.



Lavender

16 Station Parade, Elm Park, RM12 5AB.



HEALTH & FITNESS

Self-care *is not selfish*

To celebrate National Spa Week, which takes place from November 4-9, we thought we would share with you our top self-care practices that promise to leave you feeling physically and mentally rejuvenated. Plus, discover why you need to make time for self-care.

- > Lower your risk of mental health conditions, such as anxiety and depression
- > Increase your overall energy levels
- > Boost your self-esteem
- > Improve your relationships.

Ten simple ways to practise self-care

1. Get a good night's sleep – ideally between seven and eight hours per night.
2. Drink lots of water – up to eight glasses a day.
3. Go for a daily brisk walk – at least 30 minutes.
4. Take a relaxing bath using essential oils.
5. Say no to something you don't have time to do or don't want to do.
6. Listen to your favourite music.
7. Watch your favourite film.
8. Indulge in a massage.
9. Make something healthy and delicious for dinner.
10. Make a list of five things you like about yourself.

What is self-care?

While many believe that self-care is self-indulgent or even selfish, it is in fact a crucial process that allows you to tend to your physical and emotional needs. Essentially, it involves making the time to take care of yourself.

There are said to be eight main areas of self-care that you should focus on:

- Physical | Psychological | Emotional | Social | Professional | Environmental | Spiritual | Financial

What are the mental health benefits of self-care?

According to recent data from the Office for National Statistics, depression rates have doubled during the COVID-19 pandemic, with concerns growing over a nationwide mental health crisis.

When it comes to looking after your mental health, self-care has the unique ability to:

- > Manage your stress levels

If you are struggling with your mental health, there are several UK charities that can help, including Mind and YoungMinds, which is aimed at children, young people and their parents. To find out more, visit www.mind.org.uk or www.youngminds.org.uk



Whether you want to give the gift of gin this Christmas or your motives are a little more self-focused, making your own flavoured gin is simple to do – and it can save you money.

How to make flavoured gin

Step 1: Choose your gin

If you want to create a high-quality flavoured gin, you need to pick one that is both clean-tasting and uncomplicated. Any gin that already has a flavour will not mix well, so try to stick with a classic London dry variety.

Step 2: Pick your flavours

As Christmas is fast approaching, you may want to choose a seasonal flavour such as cinnamon, nutmeg or cloves. However, you can pick pretty much any fruit, vegetable or herb that takes your fancy, such as strawberries, damsons, rhubarb, chilli, mint or elderflower.

Step 3: Bottle your gin

Pour your gin into a sterile sealable container, such as a Kilner jar, and then add your chosen infusing ingredient. You can sterilise your glass container either on a hot rinse cycle in the dishwasher or in the oven for 15 minutes at 160°C. Use around 300g of produce per litre of gin.

Step 4: Leave to infuse

Depending on the potency of the fruit or herb you choose to add, you can leave your infusing ingredient in for anywhere from one day to one month.

- > Strong flavours such as chilli, vanilla and citrus = less than one day
- > Hardy herbs and strong-flavoured fruit such as rhubarb and lavender = five to seven days
- > Berries and other potent fruits = three to four weeks
- > Milder ingredients like apple or pear = up to one month

Step 5: Strain and store your gin

Once you are happy with the intensity of your gin, strain it through a filter or muslin cloth. Pour into a well-sealed bottle and store for up to one year in a cool, dark place.



URBAN REFORMER PILATES

BENEFITS OF REFORMER PILATES

- Builds Strength & Stamina | Increases Flexibility
- Improves Stability & Balance | Development of Good Alignment & Posture
- Increases Core Strength & Muscle Tone
- Prevents Injury Decreases Back Pain
- High Intensity, Low Impact



BREATHE & BELIEVE

121 URBAN HOT YOGA HOT YOGA & REFORMER PILATES STUDIO

BASEMENT STUDIOS, SCOTTISH MUTUAL HOUSE
27-29 NORTH STREET, HORNCHURCH, ESSEX, RM11 1RS

01708 479631 / INFO@121URBANHOTYOGA.CO.UK / WWW.121URBANHOTYOGA.CLUB

KORAT

THAI CUISINE



DELICIOUS THAI FOOD,
FRESHLY COOKED FOR YOU

AUTHENTIC THAI DINING,
TAKEAWAY & DELIVERY

- ❁ Classic dishes cooked by experience Thai chefs
- ❁ Fresh, healthy locally sourced ingredients
- ❁ Good selection of vegetarian & vegan dishes
- ❁ Most dietary requirements catered for

TO BOOK OR ORDER

Telephone: 01708 251109

Web: www.korat-thai.co.uk

Email: eat@korat-thai.co.uk

Visit: 32 Corbets Tey Road, Upminster, RM14 2AD

MONDAY – THURSDAY: Lunch: 12 – 3pm Dinner: 5 – 10pm

FRIDAY – SATURDAY 12 – 11pm **SUNDAY** 12 – 10pm

HOW TO SAVE MONEY ON YOUR

Christmas shop

While you may have had the best intentions to save all year for Christmas, unfortunately, real life often scuppers our plans. If you haven't yet managed to put aside some extra cash for your Christmas food shop, the below tips will help you to save big on all those tasty festive treats.

STOCK UP EARLY

Rather than leaving everything to the last minute, why not start stocking up on items such as chocolates, savoury snacks and Christmas liqueurs from now and spread the cost of your food shop over two months rather than one?

GET SOCIAL

If you have a few favourite food brands, now is the perfect time to start following them on social media so that you can pounce on any early Christmas offers as soon as they become available. Don't forget to also sign up to their email newsletters for possible discounts.

MAKE YOUR OWN

While some items are cheaper to buy in store – such as a Christmas pudding, which can be purchased for as little as 99p – there are some foods that are cheaper to make yourself. These include canapés, side dishes such as pigs in blankets, and even mince pies.

SHARE THE BURDEN

If you are hosting Christmas dinner this year and are concerned about the cost, there is no reason why you shouldn't ask family members to help out. Rather than demand cash, ask each person to bring a different dish or drink.

USE COMPARISON SITES

Simply type into Google 'cheapest supermarket for your Christmas food shop' and you will be met with a whole host of sources that can save you money. Compare turkey costs, Christmas pudding prices, and so much more. Plus, find out about home delivery and click-and-collect slots.



FOOD & DRINK



Understanding Natasha's Law



Following the tragic death of Natasha Ednan-Laperouse, who died after suffering an allergic reaction to an undeclared ingredient in a prepacked meal, and relentless campaigning by her family, Natasha's Law came into effect on October 1.

Almost one in five people in the UK suffers from an allergy. Natasha's Law was created to protect allergy sufferers and give them confidence in buying prepacked food.

What exactly is Natasha's Law?

Natasha's Law requires all food businesses to provide full ingredient lists and allergen labelling on foods that are prepacked for direct sale on their premises. According to the new regulations, Prepacked for Direct Sale (PPDS) foods must clearly display the following information:

- > The name of the food
- > A full ingredient list with allergenic ingredients emphasised. For example, in **bold**, *italic* or a different colour.

How did Natasha's Law come about?

Natasha's Law, also known as the UK Food Information Amendment, was introduced as a result of the actions of a lobbying group led by Tanya, Nadim and Alex Ednan-Laperouse, the family of Natasha, a teenager who died after suffering an allergic reaction to an undeclared ingredient in a prepacked meal.

What allergens need to be declared?

Food businesses are required by this law to tell customers if any food they provide contains any of the below listed allergens as an ingredient:

- > Celery
- > Eggs
- > Fish
- > Lupin
- > Milk
- > Mustard
- > Peanuts
- > Sesame
- > Soybeans
- > Cereals containing gluten, such as barley or oats
- > Crustaceans such as prawns, crabs and lobsters
- > Molluscs such as mussels or oysters
- > Sulphur dioxides and sulphites if they are at a concentration of more than 10 parts per million
- > Tree nuts such as almonds, hazelnuts, Brazil nuts, etc.

Where to find further guidance on Natasha's Law

If your business sells or supplies PPDS food, you can use the Food Standards Agency's online food labelling tool to help you to identify the type of food your business provides and the allergen labelling requirements. This information can be found at www.food.gov.uk



Natasha's family Tanya, Alex + Nadim



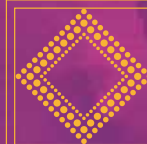
Thai Restaurant & Thai Tapas

GIGGLING GREETINGS

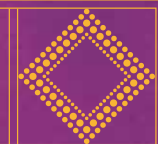
WE'RE NOW OPEN AND CAN'T WAIT TO WELCOME YOU.

Luscious curries, sizzling stir fries and plentiful dishes to share including our popular lunchtime tapas sets from £9.95.

VEGAN AND KIDS' MENUS AVAILABLE plus outdoor seating when the British weather allows.



www.gigglingssquid.com
hornchurch@gigglingssquid.com, 01708 208883
Unit 2, 168 High Street, Hornchurch, RM12 6QU



@gigglingssquid

CELEBRATE A GREAT BRITISH TRADITION!

AT OUR HERITAGE ENGLISH PUB – EST. 1879
SERVING THE BEST OF BRITISH FOOD




DARTS BOARD & AREA • PROJECTOR SCREEN – SKYSPORTS, BT SPORTS & MORE
• INDOOR & OUTDOOR SEATING WITH BARS IN BOTH LOCATIONS

CALL OR WHATSAPP US ON
07903 789974
www.thechequers.pub.com
121 North St, Hornchurch RM11 1ST

DISCOUNT VOUCHER
15% OFF
with this voucher @The Chequers, Hornchurch

YOUR HOT LOCAL EATERIE




■ PERI PERI GRILLED CHICKEN ■ LAMB CHOPS ■ PLATTERS
■ BURGERS/WRAPPS ■ CHEESY FRIES ■ CREPES

01708 300 786
YOU CALL - WE DELIVER
FOLLOW US ON   @FRENCHOSUK
WWW.FRENCHOS.CO.UK
DINE-IN 163 HIGH ST, HORNCHURCH RM11 3XS

SCAN FOR MENU



All meat products are 100% HALAL | Call for allergy information

  **JUST EAT**



TRAVEL

PARK LIFE

Made famous by Disney World, Orlando is much more than that – it's the theme park capital of the world, bringing in more than 75 million holidaymakers each year. Here's our five-day guide to the ultimate thrill-seeker vacation:

DAY 1 – UNIVERSAL ORLANDO – Most people migrate towards Universal Orlando, one of the biggest theme parks in the world. Here, it's all action, adventure and showbiz, with rides and attractions focused on your favourite TV shows and movies.

DAY 2 – ISLANDS OF ADVENTURE – Universal's Islands of Adventure Theme Park – with combined tickets available for around £275 per person – showcases Hogsmeade and Diagon Alley (connected by a ride on the Hogwarts Express), plus everything from *Jurassic Park* to the Hulk. The £265million project is an escape among beloved fantasy characters.

DAY 3 – LEGOLAND/DISCOVERY COVE – This one depends on whether you're a bit of a daredevil or more the chilled-out type. If you're the latter, a semi-rest day at Legoland with the familiarity of some block brilliance is probably the way to go. Thrill-seekers may prefer Discovery Cove, where diving, snorkeling and sub-aqua pursuits invite visitors to literally immerse themselves in the action.

DAY 4 – MAGIC KINGDOM PARK – Yes, Orlando is more than Disney World, but that doesn't mean its aptly named Magic Kingdom should be ignored. The theme park, which has more than 40 attractions, is divided into six themed lands, each with a different focus, but all catering to visitors of any age. After arriving at the park by your choice of ferry or monorail, you'll stroll through the gates into Main Street, USA. From there, the majestic land is your oyster – just be sure to head back to Main Street for the iconic fireworks display.

DAY 5 – BUSCH GARDENS – Finally, wrap things up with a trip to Tampa, 90 minutes away. Busch Gardens is a safari wonderland that feels straight out of Africa, yet with that unique Florida twist. It's bigger, better and more pumped up than any animal park you've been to before, with plentiful rollercoasters and rides.

DURATION – Park-to-park passes are available from some agents and can save you money as well as helping you stay organised. Rest time is recommended, as long days in the parks can be tiring.

WHERE TO STAY – Downtown Orlando is a good place to base yourself, combining great hotels with nightlife and shopping. It's also safe, making it suitable for families.

Photo credit: Chansak Joe/Shutterstock.com, Spinel/Shutterstock.com, Rob Hainer/Shutterstock.com, trailfinders.com, uk.hotels.com



TIME TO APPLY

for schools

WHAT TO CONSIDER WHEN APPLYING FOR A SCHOOL PLACE

Applying for a school place can be a stressful time for parents, filled with worry and apprehension. While the criteria will be different depending on whether you're looking for a primary or a secondary school, what should remain the same are the checks and investigations you undertake before cementing your choices.

CHECK OFSTED RATINGS: Ofsted ratings exist to help schools to improve, while also enabling parents a full view of what level an institution is at. Although inspections are irregular, reports are always full and detailed and often provide a good read, so check them out.

CHECK YOUR SCHOOL RUN: Have a look at the distance and route your child will be taking to school each day – is it practical, are there any hazards, does it fit in with your other morning commitments? Remember, for primary school children, proximity is the lead criteria.

CHECK NUMBERS: Being realistic about getting a place also means knowing the school's capacity, so have a look at last year's intake figures in order to give you a better idea of success rates.

SPEAK TO PARENTS: There's nothing quite like the experience of others, so chat to people locally whose kids already attend and gain a first-hand picture of what the school is really like.

CONSIDER SECOND CHOICES: If the worst thing happens and, for whatever reason, you don't land your first choice, look at and imagine your child attending an alternative school. Consider the positives, embrace the opportunity to go somewhere different and convey any optimism you have to your child – it will be vital should things not go to plan.

DO NOT BE LATE: Applying for a school place is essential parenting, so when the process opens, don't delay – get your application in well before the deadline.



Harlequin
Fancy Dress Shop

masses of COSTUMES AND PROPS
IN STORE TO BUY · ESTABLISHED OVER 25 YEARS

DON'T FORGET YOUR CHRISTMAS & NEW YEAR COSTUMES & ACCESSORIES AVAILABLE NOW!

ONLINE SALES AVAILABLE
WWW.HARLEQUINFANCYDRESSESSEX.CO.UK
INFO@HARLEQUINFANCYDRESSESSEX.CO.UK

WE ARE NOW WARHAMMER STOCKISTS

01708 733 469
71 Park Lane, Hornchurch, ROMFORD, RM11 1BH

SHOW THIS ADVERT FOR **10% OFF**
ALL PACKET COSTUMES IN STORE

INTERESTED IN TRIATHLON OR MULTI-SPORT DISCIPLINES?

HAVERING TRI

HAVERINGTRI.CO.UK

K.A.S.

ADULTS LEARN TO SWIM AND IMPROVER LESSONS

KASUK.CO.UK

CONTACT KAY HAMILTON

07957 567915

RAZZAMATAZ THEATRE SCHOOLS

#MoreThanJustATheatreSchool

Because confidence now is more important than ever...

FRIDAY SESSIONS AT ST EDWARDS PRIMARY AND BENHURST PRIMARY SCHOOL OR SATURDAY SESSION AT THE CAMPION SECONDARY SCHOOL

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

FREE TRIALS FOR LAST FEW AVAILABLE PLACES
ROMFORD & HORNCHURCH:
FRIDAY 12th, 19th OR SATURDAY 13th, 20th

contact Jessica on 07710 595070
romfordandhornchurch@razzamataz.co.uk

THE WATCH CENTRE ROMFORD

Est. in 1992



Watch Repair Centre

Large selection of
fashion watches at
discounted prices

BATTERIES & STRAPS
FITTED WHILE YOU WAIT

ALL OUR REPAIRS CARRY A GUARANTEE

PULSAR EMPORIO ARMANI
DIESEL BOSS
HENLEY SEKONDA MICHAEL KORS

01708 578067

1st Floor, The Mall Romford
(Opp. Wilkinson),
Mercury Gardens,
Romford RM1 3EE

@thewatchcentre.romford



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

www.essexstairlifts.co.uk

Potato Stamp Wrapping paper



KIDS

Christmas is one of the best times of year to get crafty. This year, instead of buying wrapping paper, why not create your own? All you will need is some brown paper for the base, some good-sized potatoes (yes, potatoes), paint, a paint brush and a knife.

Step one: Cut your potato in half ensuring you get a clean cut.

Step two: Using a knife, slice in the shape for your stamp making sure you only go part of the way down. Roll the knife around the edge of the potato where the slices end and lift out the pieces you don't want.

Step three: Paint your potato stamp.

Step four: Stamp your potato onto the paper.

Leave for a few hours to dry to ensure that it doesn't smudge when you wrap your presents.

For Christmas...our favourite Christmas stamps include Christmas trees, stars, stockings, candy canes, snowflakes and holly. You could also create snowmen and baubles and once dried, decorate them with felt tip pens.



DISCOUNT DIY & HARDWARE SUPPLIES

FREE LOCAL
DELIVERY

Your Local Independent Hardware & DIY Store

FULL RANGE
OF CALOR GAS
BOTTLES
AVAILABLE



The products we sell include

- Calor Gas for BBQs & Heaters
- Hand Tools
- Electrical Supplies
- Plumbing Supplies
- Decorating Supplies
- Ladders ■ Pest Control
- Gardening Tools & Accessories

TOP QUALITY
NON-DROP
3FT - 10FT
CHRISTMAS TREES
IN STOCK



COME & SEE US AT
49, Butts Green Road,
Emerson Park RM1 2JS
CALL 01708 440151



WARDROBES ■ BUILT IN WARDROBES ■ FITTED KITCHENS ■ SLIDING WARDROBES

LUXURY BESPOKE WARDROBES & KITCHENS

Made to order in the UK ■ 10 Year Product Guarantee

Soft Close Doors As Standard ■ We fit wardrobes in less than 2-3 weeks

CONTACT US

01708 578073 ■ 07961 070327

www.bestfittedwardrobe.co.uk

info@bestfittedwardrobe.co.uk  



BEST FITTED
WARDROBE

IS YOUR CONSERVATORY TOO HOT IN THE SUMMER AND TOO COLD IN THE WINTER?

Insulate your conservatory with Apex Conservatory Insulation, and turn it into a bright and airy space you can use all year round.

Insulating your conservatory delivers stunning and immediate benefits, keeping it warmer in winter and cooler in summer, as well as reducing your homes carbon emissions, cost savings on your energy bills and reducing the outside noise levels when raining.



For an **instant quote** or to arrange a **survey** on your existing conservatory, visit our website www.apexconservatoryinsulation.co.uk or call us on **01708 578086**



APEX CONSERVATORY
INSULATION



HOME & DIY

Brake cleaner isn't just for vehicle maintenance. It can also be used in several household applications, with unbelievable results.

How to use brake cleaner

If you have used brake cleaner on your car, then you won't have any problems using brake cleaner in your home as the application process is the same. However, if you haven't used brake cleaner before, simply follow the below steps:

- > Shake the can thoroughly to activate the formula.
- > Hold the can about 30cm away from the surface and apply.
- > Allow the brake cleaner to soak in and evaporate.
- > Reapply to stubborn areas and wipe away any excess dirt with a clean cloth before it evaporates.

Always wear gloves and use in well-ventilated areas. Do not allow brake cleaner to come into contact with plastic or rubber, and keep away from any open flames.

To clean windows: With the ability to cut through grease without leaving any residue, apply sparingly when using brake cleaner to achieve streak-free

windows. Wipe with a microfibre cloth for optimum results.

To remove stains from a driveway: Unsightly oil stains can ruin the look of your concrete driveway, but can be easily removed by throwing down some cat litter or sawdust to get rid of the worst of the spill and then applying brake cleaner.

To remove ink and paint: Brake cleaner can effectively remove stains made by permanent markers, paint and nail polish on surfaces such as walls, tables and countertops.

To remove stains from fabrics such as tablecloths: Perchloroethylene, a chemical that is commonly used in chlorinated brake cleaners, is also used by professional dry cleaners to remove food and oil stains. Always test in a non-conspicuous spot first and wash the fabric as usual after application.

DULUX COLOUR OF THE YEAR

Bright Skies

OPEN YOUR EYES TO BRIGHT SKIES



It's perhaps peculiar that Dulux waits for the time of year when the summer skies begin to seep away, and the radiant, elegant blueness of those warm months is dissipating, to name its much-heralded Colour of the Year... as blue.

The reveal of Bright Skies as a shade that is set to transform our homes for the next 12 months coincides with an autumnal browning and greying of life outside our windows. Yet the paint expert's choice has been met with approval for its ability to extend our elevated, enlightened view on the year for just a little bit longer, as winter gradually approaches.

Dulux's choice has much to do with the brightness and optimism that is being felt in the wake of the end of lockdown. The brand speaks of uplift and progression, with the colour working as an alternative to the mass of light grey shades that have

been so prevalent in offices.

The ability of Bright Skies to blend with all manner of other tones makes it stand up to scrutiny. Its pastel essence draws in other colours instead of repelling them, so use it in living spaces, against light or medium woods, and even on ceilings. Alternatively, pick out the colour on cushions or fabrics.

In the kitchen, a Blue Skies splashback can offer incredible contrast to silver or copper pots and pans; while in the bathroom, ditching formal white for this breathless, brilliant blue will give 'big sky' thinking to every groggy winter morning.

Where, in the past, light blue could feel cold and frosty, particularly when temperatures begin to drop in the winter months, Dulux is asking us to view it from a new angle, accompanying it with textures and tones to help us decorate even the gloomiest of days with bright, sunny, uplifting moments.

Photo credit: dulux.co.uk

THE SOUTH EAST'S FINEST INDEPENDENT ELECTRICAL SUPPLIER



Electrical Wholesalers Ltd

Discounted Electrical Supplies to all Customers

- Huge stocks available - If we don't have it, we will try and get it for next day delivery
- Deliveries available from 7.30am to 5pm
- Members of a National Buying Group
- Trade accounts available (subject to credit check)



Call us 01708 730591 ■ www.ch-electrical.co.uk ■ Email: sales@ch-electrical.co.uk

Find us at 134 Park Lane, Hornchurch, Essex RM11 1BE

Give us a like ■ @chelectricalwholesalers

Abbey group

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



WE OFFER VERY COMPETITIVE PRICES & WILL BEAT ANY GENUINE WRITTEN ESTIMATE

CELEBRATING OVER 46 YEARS OF TRADING WITH THE ORIGINAL COMPANY NAME & PHONE NUMBER!

- Roof Repair Specialists, All Leaks Cured
- New Tiled Roofs & Velux Windows
- High Performance Felt Flat Roofs
- EPDM Firestone Rubber Flat Roofs
- uPVC Guttering, Fascias & Roofline
- Storm Damage & Insurance Work
- Chimney Stacks Repaired & Removed
- Leadwork, Pointing & Rendering
- Replacement Roof Valleys & Bays
- Roof Overhauls & Maintenance
- Asbestos Removal & Garage Roofs
- Pigeon / solar panel guards
- The Best Quality Materials Used
- 24 Hour Emergency Repairs, 7 Days



**A UNIQUE FAMILY RUN BUSINESS BUILT ON REPUTATION, HONESTY & KNOWLEDGE!
OVER 500 GENUINE REVIEWS ON 'TRUSTIST' & OVER 20,000 HAPPY LOCAL CUSTOMERS!
ALL WORK GUARANTEED - FREE ESTIMATES - NO DEPOSITS TAKEN - NO SUB CONTRACTORS USED!**

01708 551714 | 07743 406418

www.sr-roofers.co.uk | rosseldridge84@hotmail.co.uk

41a Sunningdale Road, Rainham, Essex, RM13 7BD



We are still open for business and practising safe distancing according to government guidelines.

BRIDGE BEDDING

Over 70 beds on Display

Largest independent bed specialist in Essex

ESTABLISHED FOR OVER 40 YEARS



60
NIGHT SLEEP TRIAL
NOW AVAILABLE



Best Buy
Which?

UPTO 25% CHEAPER THAN THE BIG RETAIL STORES

0% INTEREST FREE CREDIT
BUY WITH CONFIDENCE

FREE DELIVERY
ON ALL ITEMS

The biggest Bed Brands at low low prices...

Divan Sets – Mattresses – Ottomans – Adjustable beds

105 - 107 UPMINSTER RD, HORNCHURCH RM11 3XB

Tel: 01708 443058 WWW.bridgebedding.com

Cloudy2Clear, A Local Service With A Smile.

I think we can all agree that the sooner we see the back of 2020 and this dreadful corona virus the better. That said, there are also some heart warming positives that we can take out of this situation. It has often been said that we can only really get to know one another and realise what is truly important in times of crisis. I think few would argue that in this case what has proven to be important is local community spirit.

When talking to the Manager of Cloudy2Clear windows Chris Miller it became clear that these values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have lived up to their core values of

supporting the local community by providing a service that saves the public money.

The Cloudy2Clear service only requires the glass to be replaced and not the whole window once the unit has failed. Chris commented "Cloudy2Clear were able to assist our community through the last financial crisis in 2008 due to the savings that can be made in using our service. Unfortunately we might be going through something similar again soon and the public can rest assured that we will be there to help again".

For a free quotation please call **0800 61 21 118** or visit **cloudy2clear.co.uk**.

All C2C employees operate a strict social distancing policy.



Have Your Windows Steamed Up?

Replace the pane, not the frame!

All glazing backed by our

25
YEAR
GUARANTEE

"I really liked the fact that they were a local community run business"

Janet Beard



We are a Which? Trusted Trader

Social distancing in operation

Faulty locks, handles or hinges?



Priority freephone
0800 61 21 118

www.cloudy2clear.co.uk

Love Your Home - Protect Your Windows - Save Money





How to clean a COOKER HOOD FILTER

Can you remember the last time you checked underneath your cooker's hood to see if the exhaust fan filter needed a good clean? If it's been a while, we warn you, this is not going to be a pretty sight.

Fortunately, you can get your filter looking squeaky clean and grease-free in just eight simple steps.

WHAT YOU NEED:

Boiling water | Washing-up liquid | Baking soda | A non-abrasive scrubbing brush | Paper towels or a tea towel

HOW TO CLEAN:

- > **Step 1: REMOVE THE FILTER FROM THE HOOD**
The filter should easily slide or pop out from underneath the hood.
- > **Step 2: FILL A BUCKET WITH BOILING WATER**
You can use hot water from the tap, but boiling water is more effective.
- > **Step 3: ADD BAKING SODA AND WASHING-UP LIQUID**
Pour ¼ cup of baking soda and a good squirt

of washing up liquid into your bucket of boiling water and swirl around with a brush. Be careful not to place your hands directly into the water, to prevent burns.

- > **Step 4: SUBMERGE YOUR FILTER IN THE WATER**
Make sure the filter is completely covered by the boiling water.
- > **Step 5: LEAVE IT TO SOAK**
Allow the filter to soak for a minimum of 10 minutes, longer if possible.
- > **Step 6: SCRUB THE FILTER**
Once the filter has finished soaking, take it out of the water and scrub with a non-abrasive brush. Add more washing-up liquid to your brush if needed.
- > **Step 7: RINSE AND DRY YOUR FILTER**
Rinse the filter in hot water and dry with paper towels or a tea towel.
- > **Step 8: REPLACE THE FILTER**
Put the clean filter back into the hood and repeat as and when needed. It is recommended to clean your hood filter once a month to keep it working properly.



specialising
in luxury
residential interiors
throughout the UK &
overseas for both
private clients &
developers

interest
FREE
FINANCE
available

- | | | |
|-------------------|----------|------------------------|
| bespoke kitchens | lighting | cad 3d visuals |
| bedrooms | artwork | wall coverings |
| dressing rooms | flooring | carpets & tiles |
| bathrooms | fabrics | upholstery service |
| bespoke furniture | paint | curtain & blind making |

www.insidejob.ltd



visit our London based showroom from Monday to Saturday
472 Larkshall Road Highams Park London E4 9HH | 020 8504 7171

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



LEADING CONTRACTORS FOR THE DESIGN, INSTALLATION AND MAINTENANCE OF ALL TYPES OF AIR CONDITIONING SYSTEMS FOR:

DOMESTIC • OFFICE • RETAIL • LEISURE

FOR FRIENDLY CUSTOMER ADVICE OR A FREE SURVEY PLEASE CONTACT

01708 732700

www.mastercool.co.uk

Nigel@mastercool.co.uk



MASTERCOOL

AIR CONDITIONING LIMITED

Showroom @ 220 Main Road Romford RM2 5HA

10% VISION DISCOUNT – Code MC/VIS 009

LITTLE BIG BELL

ARE YOU IN NEED OF A COLOUR BOOST IN YOUR INTERIORS? LOOK TO BRIGHT AND BEAUTIFUL BLOG **LITTLE BIG BELL**

The world can be a little bleak sometimes; the last year has shown us that. Therefore, it's refreshing when a ray of sunshine comes into our lives that lifts our spirits and puts a smile on our faces. And that ray of sunshine is Little Big Bell.

Little Big Bell is the interiors blog of Dr Geraldine Tan, whose passion for design is clear to see. Little Big Bell is where Geraldine shares her incredible style, but by day, she's an NHS doctor based in London.

So what makes Little Big Bell's style so popular, and how can you get the look in your own home? Some of the most popular interiors trends at the moment favour muted colours and neutrals – a classic choice, but not everyone's cup of tea. So it's exciting to stumble across a style like Geraldine's. It's fresh, colourful and full of beautiful ideas. Her style is like pop art brought to life, and it's impossible not to smile when you browse through her incredible photos.

HOW TO STYLE YOUR HOME THE LITTLE BIG BELL WAY

- Don't be afraid of colour. Geraldine uses all the colours of the rainbow for her interiors, creating a look that's light, energetic and so much fun.
- Use bold prints to brighten up your walls. Even if you're not confident enough to go for full-on colour, prints can be a subtle way to add colour to the most neutral of spaces.
- Go for the mix and match approach. Not everything has to be matchy-matchy – mix up your accessories to create a more interesting look. Geraldine's kitchen is the perfect example of how different types of vases and dinnerware can complement each other, even when they're all different. Using display cabinets can add colour and interest in your kitchen.
- Geraldine uses accessories such as cushions and rugs to inject some colour while bringing looks together. She uses cushions of the same shape and size in different colour and pattern variations, as well as rugs with complementary colours and patterns, to create a look that is cute and colourful but doesn't look over-the-top or gauche.
- In the bedrooms, Geraldine mixes muted colours with bolder hues that keep the room looking airy and spacious. A colour block wall is all you need as a starting point, and you can add furniture and accessories in different colours to create a similar look.
- Many people shy away from colour in the bathroom, but Geraldine's style provides the perfect inspiration for how pastel shades can make your bathroom look fun and interesting – a space that makes getting ready for the day all the more enjoyable.



Photo credit: littlebigbell.com



HOME & DIY





Trendsetting TERRARIUMS

Embrace the green interiors trend and bring a bit of nature indoors with our DIY guide to making your own terrarium.

Essentially a miniature glass plant display, a terrarium is simple to make and easy to look after, and each creation is 100 per cent unique.

YOU WILL NEED:

A glass container such as a jam jar or a large pasta container – with or without a lid | Small stones or pebbles | Gravel | Potting soil – a small handful | Activated charcoal – you can buy this online and at some garden centres | Decorative items such as moss or marbles | Your chosen plants | A selection of small tools, including a little trowel and a pencil or chopstick.

HOW TO PICK PLANTS:

Ideally, you should choose a slow-growing and small plant for your terrarium. You can consider a range of leafy plants, succulents and cacti depending on whether you are planning on having an open or closed ecosystem. Examples include:
Air plant | Nerve plant | Meadow spikemoss | Polka dot plant | Inch plant | Sweet woodruff | Earth Star bromeliad

HOW TO SET UP YOUR TERRARIUM:

1. Add 2-3cm of pebbles to a dry and clean glass container. You could vary your design by turning the container on its side.
2. Add a scattering of activated charcoal. This will keep the water fresh and prevent bacteria from growing.
3. Layer on the potting soil. You need enough to comfortably cover the plant's roots.
4. Select your biggest plant first and then make a hole in the soil. Gently place the plant in and fill around it with soil.
5. Add any smaller plants that you want to feature in your terrarium.
6. Place in some more stones, pebbles, sand or moss.
7. Add any finishing touches.

OUR TOP TERRARIUM DESIGN IDEAS:

- > Use a mini glass geometric terrarium container.
- > Create a hanging terrarium wall.
- > Make a miniature waterfall terrarium.
- > Design a lightbulb terrarium.
- > Add candles or fairy lights instead of plants to your container.



the **FLOORINGcentre**
59 Crow Lane
Romford RM7 0EP
01708 578063



Independent Flooring Specialists



- Carpet • Laminate • Design Floors
- Vinyl • Engineered Wood



Free Estimates • Family Run Business
www.**THEFLOORINGCENTRE**.net • info@theflooringcentre.net

FIND US ON FACEBOOK, TWITTER & INSTAGRAM



AS SEEN ON TV*

Transform your old conservatory!

...into a beautiful, all year-round living space!

WE ARE THE UK's leading specialist in conservatory roof replacements!

In a short space of time we will replace your old conservatory roof with a with a LEKA ultra insulated tiled roof. Your conservatory will now be warm in the winter, cool in the summer and quieter when it rains allowing you to enjoy your new extension in an ambient temperature 365 days of the year.

- Fully Insulated to meet latest building regulations
- 80% lighter than other replacement roof systems
- Local area building control certified
- Internal and external lighting options



NO PLANNING PERMISSION REQUIRED

20% OFF WINTER SALE!



CALL TODAY

01708 578 053

or email for details
Steve@cool-roofs.com

www.cool-roofs.com

*WATCH OUR VIDEO NOW!

SOFA, *so good*



From striking shades to fabulous fluting, tactile textures to durable designs, these five sofa trends for 2022 are anything but boring.

Bold colours: Moving away from more muted shades such as grey and dark slate blue, 2022 sofas are unabashedly bold and beautiful. Think bright blue and ruby red, as well as more subdued, warm colours such as paprika. Keep your walls neutral and let your sofas do the talking.

Curves and fluting: A key sofa trend that emerged in 2020 and is still going strong as we move into 2022, expect to see more intricate pleating combined with chunky quilting for a cosy yet stylish look. For an added sense of luxury, opt for velvets that perfectly complement the curves of the flutes.

Raw materials: Arguably one of the biggest sofa trends for 2022, the appearance of sofas will become more natural and pared back as people strive to embrace a more simplistic lifestyle. Look out for heavy textures such as bouclé which add softness, and more earthy tones like rust and green that simply scream 'au naturel'.

Sustainability: With consumers becoming increasingly interested in how their goods are made and how it affects the world they live in, ethical sofa designs are becoming much more mainstream. From sofas that are made using 100 per cent recycled fabric to styles that are designed with durability in mind, it has never been easier to buy a stylish sofa that also helps to reduce your carbon footprint.

Mismatched sets: Say goodbye to three-piece suites and hello to more eclectic, mismatched sofa arrangements. With spaces in the home now needing to be both versatile and tactile, regimented furniture schemes are no longer relevant. Instead, embrace different shapes, sizes, colours and patterns in your living room.

Photo credit: cloud-interiors.com, cocorepublic.com.au, heels.com, Studio McGee via thespruce.com



HOME & DIY



PUZZLES & TRIVIA

PUZZLES

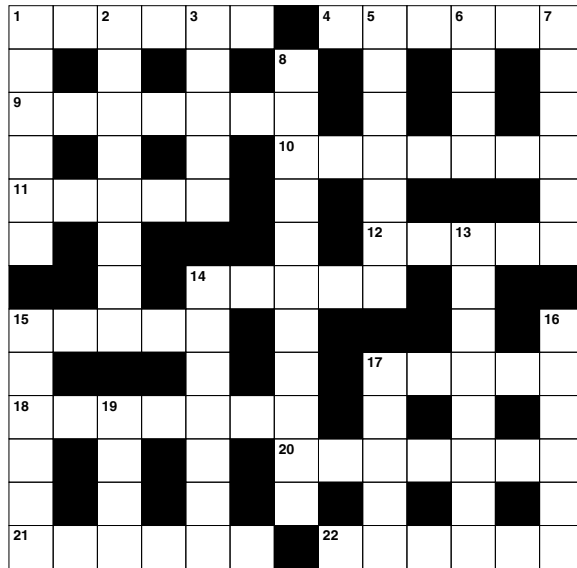
Answers can be found on the Contents Page 4

ACROSS

- Stage plays (6)
- Informal chatter (6)
- Type of vermouth (7)
- Planned one's actions (7)
- Rope used to catch cattle (5)
- Natural elevation (5)
- Change (5)
- Brown nut (5)
- Strange and mysterious (5)
- Nerve impulses (7)
- One's savings for the future (4,3)
- Flower arrangements (6)
- Rejoices (6)

DOWN

- Indentation (6)
- Type of word puzzle (8)
- Friend (Spanish) (5)
- Land with fruit trees (7)
- Fraud (4)
- Hawk (6)
- Annoying (11)
- Push button by a house (8)
- Overtakes (6)
- County of SE England (5)



- Sum of money paid to someone regularly (7)
- Shelves (6)
- ___ Novello: Welsh composer and actor (4)

DID YOU KNOW

- ▶ It is considered an act of treason to put a postage stamp with the queen's head upside down on an envelope.
- ▶ The British eat over 11.5 billion (1,500,000,000) sandwiches every year
- ▶ England's first telephone directory was published in 1880 and had only 248 names and addresses (there were no telephone numbers as you had to call the operator and ask for someone's name to get connected)
- ▶ Nowhere in the UK is more than 70 miles (113km) from the sea
- ▶ Our wonderful city London has not always had this name. In the past it has been called Londinium, Ludenwic, and Ludenburg
- ▶ On average, 488 people are injured by zips and 3,078 people are injured by slippers every year in the UK

SUDOKU

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



www.küchenhaus.co.uk
The German Kitchen

Why choose Küchenhaus luxury German kitchens?

- Beautiful kitchen showrooms across the UK
- Direct from the factory prices
- Full installation service or supply only
- Kitchens designed and built to order
- Free in-showroom design consultation
- Finance options available

SIEMENS

nobilia



AEG

SILESTONE

BOSCH

Miele

smeg

DEKTON

CORIAN

VISIT OUR WEBSITE OR SHOWROOM
6, The Baytree Shopping Centre,
Brentwood, Essex CM14 4BX

01277 204447
www.küchenhaus.co.uk

Credit is subject to status and affordability. Terms and Conditions apply. German Kitchens Limited trading as Küchenhaus, 1007 London Road, Leigh-on-Sea, Essex SS9 3JY (Register no. 811494) is a credit broker and is authorised and regulated by the Financial Conduct Authority. Credit provided by Hitachi Personal Finance, a trading style of Hitachi Capital (UK) PLC, authorised and regulated by the Financial Conduct Authority (Register no. 704348)



ROMESH RANGANATHAN

CELEBRATES 10 YEARS ON THE COMEDY CIRCUIT

Romesh Ranganathan is evidence personified that it's never too late to change direction in life. The 43 year old is a regular on the live circuit, on chat and panel shows and, from the end of this year, will take on the role of host of *The Weakest Link*. He is vastly experienced, wholly respected and has within his armoury the poise and potential to become one of this generation's stars of modern entertainment.

And yet, little more than 10 years ago, the Crawley-born-and-raised comedian was still a maths teacher. While his stock on the stand-up circuit was rising all the time, Ranganathan was another year away from turning professional. Instead, he was teaching at The Beacon School in Banbury and Hazelwick School in his home town, where he was once a student.

Indeed, Romesh – real name Jonathan – owes a lot to the West Sussex town. Rarely has Crawley found itself so namechecked in popular culture, yet Ranganathan has a peculiar affinity with it.

"I've just never seen the point in leaving," he says. "It's where I grew up, it's where my family are, it has a League Two football team. What more can you really ask for?"

The dad-of-three also launched a career as a rapper, under the name Ranga, and made it all the way to the finals of a UK freestyle competition.

The double BAFTA-winning star of his own series *The Ranganation*, *The Misadventures of Romesh Ranganathan* and *The Reluctant Landlord*, to name but three, Romesh's appeal is in his irreverent, somewhat sneering take on the world. In a world of increasing wokery, he's unafraid to examine and celebrate racial and societal differences, always with an undercurrent of self-deprecation.

Yet this is nothing new, nor an act. At school, he was the same, happy to deliver put-downs (or "slap downs" as he would call them), yet just as willing to accept them back from classmates.

"We've got to be able to take the mickey out of ourselves first and foremost," he says. "I think when you meet people who do that, you realise that the conversation is only ever going to be good."

"I often tell people who are easily offended not to come to my gigs. I don't set out to insult people, but I will highlight our failings as human beings – all of us."

"We need to get away from this veil of perfection, or the insinuation that if anyone pokes fun at us they must be racist or sexist or mentally damaged."

"I want us all to get back to having a laugh at ourselves and each other – I'm like a schizophrenic, Asian Jerry Springer. We should all have a set of put-downs ready to fire off at any moment."

There appears little danger that Romesh's refreshing brand of comedy is going to fall by the wayside. As he prepares to celebrate a decade in his entertainment career, his first move into quiz show hosting is an interesting diversion, with *The Weakest Link* returning to our screens after a 10-year absence.

"Obviously I've done stuff like *8 out of 10 Cats* and a couple of one-off projects such as *Have I Got News for You*, but this is the big one," he says. "I'm watching old shows with Anne Robinson wondering how I can possibly emulate this institution of TV."

"She's certainly much better than me at put-downs."

ARE YOU
HAVING
A
LAUGH?



BATHROOM STUDIO PLUMBING & HEATING SUPPLIES

For Bathroom Inspiration Visit
APCO Bathroom Studio
52 Victoria Road, Romford,
Essex, RM1 2LA
Tel: 01708 578093
apcoplumbing@gmail.com

For all your Plumbing & Heating Supplies
Visit APCO Trade Centre
66 Victoria Road, Romford,
Essex, RM1 2LA
Tel: 01708 740055
apcotrade@gmail.com

BATHROOM CAD DESIGN SERVICE AVAILABLE



crosswater^x



Burlington

ROPER RHODES

FLOVA



SHOWROOM 9am - 5pm MON -FRI SAT 9am-4pm | TRADE CENTRE 7am -5pm MON- FRI SAT 8am -12pm

LOCAL NEWS

from your neighbourhood



LOCAL NEWS



New museum exploring aerodrome's history opens to public

A new museum commemorating the history of the former Hornchurch Aerodrome has now opened.

Air Chief Marshal Sir Michael Graydon GCB CBE cut the ribbon and gave a speech at the RAF Hornchurch Heritage Centre's recent opening event.

The centre is located at the former Suttons House, which was donated to Hornchurch Aerodrome Historical Trust (HAHT) by Bellway Thames Gateway. It displays memorabilia from the First World War, Second World War and post-war period.

Tony Philpot, chairman of HAHT, said: "The history of Hornchurch Aerodrome can live."

The centre's mission is to educate organisations and schools about the history of the base in Hornchurch up until its closure in 1962.

Tony continued: "The donation of Suttons House from Bellway has gone a long way in ensuring a

permanent home for future generations to learn from.

"We were privileged to have Air Chief Marshal Sir Michael Graydon GCB CBE officially open the RAF Hornchurch Heritage Centre. We would like to thank our president, Sir Iain Duncan Smith MP, and vice president, Brendan Finucane QC, along with our patrons and dignitaries, relatives of those who once graced this airfield, along with all of the volunteers.

"I was proud to have the family of the late Ted Exall here to formally open the Ted Exall Education Suite. Ted originally founded the RAF Hornchurch Association and conceived the idea for a dedicated museum all those years ago back in 1980. Sadly, he did not see this project come to fruition, as he passed away in 2004. This day, for me, was about Ted and his dream of seeing a place where RAF Hornchurch could be remembered."



Primary school raises more than £2,000 for hospice

Children from St Mary's Catholic Primary School in Hornchurch have raised money for Saint Francis Hospice by swimming 3,373 lengths.

The primary school "pulled together" for the charity, raising a total of £1,593 to add to the £860 raised by swimming teacher at the school, Catherine Ellett, who ran the London Marathon on October 3 in memory of her late father.

Children and staff collectively swam the distance of

the marathon in lengths to raise money for the charity, which has struggled during the last 18 months owing to the cancellation of many of its fundraising events.

Catherine said: "It was a brilliant whole team effort from children and staff. Teachers jumped in who have never been in the pool before.

"I would like to thank everyone for participating."

To donate, visit www.justgiving.com/fundraising/catherine-ellett

Plans to replace ambulance stations halted

Plans to close four ambulance stations in East London and build a single hub have been brought to a halt.

The plans included the removal of four East London stations – Hornchurch, Romford, Ilford and Becontree – and replacing them with a new hub or ambulance deployment centre in Dagenham.

The ideas were "closed down" by Daniel Elkeles, the new chief executive of the London Ambulance Service (LAS), to focus on what is likely to be the most difficult winter in the service's history.

Daniel Elkeles said: "While we must upgrade our ageing estate because so much of it is not fit for purpose, we are now going to be able to keep using Romford ambulance station until 2023 at the earliest.

"As we prepare for winter, pausing our plans will also help us cope with the challenging seasonal pressure ahead.

"We will not make any changes to our services which impact on the quality of care we provide to our patients and will ensure the public and other partners get a chance to have a say as we develop our plans."



Photo credit: Google Maps

Celebrate in Style at FACES

After undergoing a huge £1 million transformation, the exclusive Faces in Gants Hill is now fully open and ready to indulge your senses.

Expect immersive entertainment and DJs playing your best loved rhythms. It's a great way to socialise with friends as we pull out all the stops to make your visit special, from signature cocktails made by our mixologists and delicious sharing style food to must-see live entertainment.

Book one of our booths and enjoy true VIP treatment with your very own host serving you the finest selection of your favourite premium bottled refreshments.

FOR BOOTH BOOKINGS AND BIRTHDAY PARTIES WITH VARIOUS PACKAGES TO SUIT ALL, PLEASE VISIT WWW.FACESLEISURE.CO.UK OR CALL US ON 07982 686 733



458 - 462
Cranbrook Road
Gants Hill
Essex
IG2 6LE





Domestic Services

Fuse Board Up Grades | Re-wires | Garden Lighting Design
Mains Smoke Alarms | Landlord Reports | LED Lighting

Commercial Services

Emergency Lighting | Shop Fits | School Electrical Works
Office Electrical Works | Lock Down Services | Fire Alarms

Testing Services

Emergency Condition Reports | Landlord Reports
Emergency Lighting | Planned Maintenance | Electrical Surveys

✉ jason@jgelectricalforce.co.uk
@ www.jgelectricalforce.co.uk
☎ 01708 578 057



JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS

As the MP for Hornchurch and Upminster, I was incredibly saddened to hear of the death of my predecessor, James Brokenshire, who served the communities of Hornchurch, Elm Park, Wennington and Rainham from 2005 until the Hornchurch constituency was dissolved in 2010. He was kind, good-natured and generous with his time and Hornchurch residents spoke highly of the service he gave the community.

Unfortunately, the loss of James was followed by the fatal stabbing of Sir David Amess MP, who represented the nearby Essex constituency of Southend West. Sir David was a superb public servant and a thoroughly decent man. Both James and Sir David leave proud legacies of public service and will be sorely missed in parliament.

The security of our community continues to be a top priority for me and my team, and we caught up with Inspector Rob McElroy and his officers at Hornchurch Police Station recently to discuss neighbourhood policing. With the drive for 20,000 new police officers, our neighbourhood teams are now fully staffed. Initiatives like Operation Gambler on vehicle theft and burglary have been getting very good results. I have written to the Mayor of London and Met Commissioner, Cressida Dick, to raise my concerns about facilities available to officers in the east and south of the borough, the number of ward teams being diverted to policing central London protests, and the allocation of officers to Havering town centres when compared to other boroughs.

I have had another meeting with local councillors, Thames Water, Havering Council, Transport for London and Network Rail about Abbs Cross Lane flooding problems. Since we first met over the summer, a number of assets have been investigated and cleared, but there is more work to do, and a reporting system for residents has been devised to help get to the bottom of the problem.

In September, I attended the formal opening ceremony of the new RAF Hornchurch Heritage Centre along with Sir Iain Duncan Smith MP, whose father, Wilfred, served at the base, and Air Chief Marshal Sir



Michael Graydon GCB CBE. I would encourage local residents to visit the museum as it is packed full of beautifully told stories.

After Havering College's Harold Hill Quarles site closed, I wanted to check out the new Rainham campus. There is now a fantastic new facility to teach local people in-demand skills like plumbing, electrical installation and construction to fill the thousands of job vacancies in the industry.

I had my second meeting with the new chair and CEO of our local hospital trust, Barking, Havering and Redbridge University Hospitals NHS Trust, which is now collaborating closely with Barts Health Trust to improve care across North East London. I am keen to work with them on improving maternity care and community treatment, particularly as we anticipate the building of the St George's Health and Wellbeing Hub in Hornchurch.

Finally, following my ministerial promotion to the Department of Digital, Culture, Media and Sport, I have been meeting Havering organisations in receipt of Arts Council funding, including Lee Giles (pictured) of the Habbit Factory, whose incredible local theatre company does fantastic work across Hornchurch and Harold Hill to make the arts accessible to people of every age, ability and background. I also visited Queen's Theatre in Hornchurch to see the investment it has made to improve community facilities.

If you need help from me and my team, please do get in contact at julia.lopez.mp@parliament.uk

www.julialopez.co.uk



**NOBODY DOES IT
BETTER THAN
BODYWASH**



Visit our showroom which is open Monday to Friday 9am to 5:30pm and Saturday 9am to 5pm. We close on Sunday's.

Bring along your room dimensions and let us help you plan your new luxurious bathroom.

01708 736700

www.bodywash.uk

sales@bodywash.uk

A12 Eastern Avenue, Romford, RM5 3AL



LOCAL NEWS

ANDREW ROSINDELL



MP for ROMFORD



It was a true privilege to have known Sir David Amess MP. He was simply one of the best people I've known in my entire life. He was a true friend. He had time for all of us. He looked down on no one; he was everyone's equal. He was kind, generous and sincere. He was a man of principle and courage. He was uncompromising in what he believed to be right.

I knew him for around 40 years. We became friends instantly because we shared the same political views, but also because we came from the same background. I am from Essex – some say East London, but I say Essex – and he knew that our instincts, coming from that neck of the woods, were the same.

We hit it off instantly. Like me, he was a passionate believer in Britain. He was a royalist who was never

afraid to fly the flag and to champion our values. He was a Christian and was proud to uphold our Christian heritage. He also loved animals, as I do.

My heart goes out to Julia and their five children, who are wonderful people. He had a fantastic family and he was dedicated to his constituencies, Basildon and Southend West. He lived for them and sacrificed everything else to put his constituency first.

We must not let our democracy be undermined by such evil. We must stand up to evil, defend our democracy and cherish the freedoms and the liberties that have held our country together for generations.

David was a fine example of a parliamentarian, a magnificent constituency MP, a true friend and a truly wonderful human being. We're going to miss him, but I feel privileged to have known him.

Fond tributes paid to Tory MP

Fellow politicians have paid tribute to Conservative MP for Old Bexley and Sidcup and former cabinet minister, James Brokenshire, who died of cancer last month.

The MP, who served Hornchurch between 2005 and 2010, was diagnosed with lung cancer three years ago and passed away on October 7, 2021, aged 53.

The highly respected Conservative politician served in Theresa May's cabinet as Secretary of State for Northern Ireland from 2016 to 2018, and then as Secretary of State for Housing, Communities and Local Government from 2018 to 2019.

His political career was cut short when he was diagnosed with lung cancer.

On October 8, his family said: "It is with deep sadness that we announce the death of James Brokenshire MP at the age of 53.

"James died peacefully at Darent Valley Hospital yesterday evening, with family members by his bedside. He had been in hospital since Sunday after his condition rapidly deteriorated."

Former Prime Minister Theresa May tweeted: "Truly saddened by the death of James Brokenshire. He was an outstanding public servant, a talented minister and



Photo credit: Bart Lanoir/Shutterstock

a loyal friend."

Prime Minister Boris Johnson tweeted: "James was the nicest, kindest and most unassuming of politicians, but also extraordinarily effective."

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

BEAUTIFUL CURTAINS

UNBEATABLE PRICES

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

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

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

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

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

**R
PAGE
CONCRETE
BUILDINGS LTD**

CONTACT US ON 020 8590 3701

www.rpageconcretebuildings.com

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

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



SPIN DOCTOR
DOMESTIC APPLIANCE REPAIRS

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


STOW
Air Conditioning Services

KEEP COOL AND CARRY ON

DESIGN, INSTALL, SERVICE & MAINTAIN ALL ASPECTS OF AIR CONDITIONING & HEATING



We can supply any air conditioning & heating system to suit your budget

We offer built-in residential & commercial purification systems for 99% inhibition of COVID, viruses, bacteria, odours & pollen.



See our work at [f stow air conditioning services](https://www.facebook.com/stowairconditioningservices)

Read our testimonials www.trustatrader.com

 **07446 884330** 
jimmy@stowacs.co.uk



Mum accepts late son's posthumous university award

A mum from Hornchurch has collected a posthumous award for her son, who died at the age of 22 while playing hockey.

Lisa Wilson attended Nottingham Trent University recently to collect the posthumous award for Services and Outstanding Contribution to Society for her son, Tom Wilson.

She said: "He would be humbled by the recognition." While collecting the award, Lisa talked to an audience of more than 1,000 graduates and their families and stressed the importance of organ donation and of knowing your next of kin's wishes.

Following Tom's accidental death playing hockey, his

parents discovered that he had signed up to organ donation at a fresher's fair.

Lisa said it brings her "comfort" knowing Tom gave a second chance at life to those who were ill.

Lisa became an ambassador and advocate for organ donation after losing her husband Graham, two months after Tom.

She said: "You hope it will never be a situation you find yourself in, but if you do, it is so important you know what your loved one wants. When faced with important decisions about organ donation, it could be difficult if wishes haven't been shared. So sign the register, but also share your wishes."

 **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 10am - 4pm

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

Pub application rejected for disorder concerns

Having Council has rejected a Hornchurch pub's application for a rear lounge with bar, outside toilet and smoking area.

The council's Licensing Sub-Committee met on September 28 to consider The Rising Sun pub's application for permission to build a separate lounge area at its site on High Street, Hornchurch.

Saint Andrews Ward councillor Paul Middleton voiced objections on the grounds of the prevention of crime and disorder and public nuisance.

Cllr Middleton informed committee members that allowing patrons to enter and exit the premises from the rear, allowing smoking at the rear and providing toilet facilities at the rear would cause noise pollution.

The premises is situated within a Cumulative Impact Zone, which was implemented to limit the growth of licensed facilities in a problem area.



Unless the applicant could demonstrate that granting the changes would not contribute to existing difficulties, the application wouldn't be considered.

The Licensing Sub-Committee was not satisfied that the proposal would not have a damaging effect and so rejected the application.

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 | sales@huckins.co.uk

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

Photo credit: Hornchurch FC



LOCAL NEWS

Urchins suffer slender defeat after missed chances

Hornchurch FC were left to rue missed chances as they slipped to a 1-0 away defeat at Corinthian-Casuals, continuing their run of poor form.

The loss on Saturday, October 23, was the Urchins' third in four games, leaving them 15th in the Isthmian Premier League with 13 points.

The Urchins squandered numerous first-half chances and were made to pay 10 minutes from time when the hosts were awarded a penalty, which Kieron Cadogan converted.

It wasn't until the half-hour mark that Hornchurch managed to threaten again, when Jili Buyabu sent a

fine through ball to Nash, whose shot from a narrow angle was well saved by Bracken.

It was Hornchurch who threatened early in the second half as well, but Casuals were quick to reply, Joe Wright tipping a Ben Cheklit shot over the bar, and Wasiri Williams found space from the corner, but directed his header over the bar.

With 79 minutes on the clock, Jili Buyabu conceded a penalty, and Kieron Cadogan scored the only goal of the game from the 12-yard mark.

The result followed on from Hornchurch's 1-1 draw with Leatherhead the previous weekend (pictured).

Community backs COVID-19 memorial plans

Havering Council has received strong public support for its memorial plans to honour those who died as a result of COVID-19. An online survey asked residents for their opinions on plans for a new memorial garden at Hornchurch Country Park, with 85 per cent of respondents supporting the proposal.

The garden is intended to be a living testament to those who lost their lives, family members or loved ones. It will also pay tribute to the significant efforts made by key workers and residents to keep the borough safe during the pandemic.

The council confirmed the memorial garden will include more than 1,000 trees leading from a central memorial stone. It will also include paths to provide accessibility for elderly and disabled residents.

Eighty-nine per cent of respondents to the online survey also supported a series of local individual tree plantings across the borough.

Leader of Havering Council, Damian White, said: "The support for a lasting COVID-19 memorial is really positive. We want to create a number of memorial sites across the borough where our residents will be able to reflect and remember those lost during this awful pandemic."





WINDOW DRESSING & DESIGN ■ UPHOLSTERY ■ FURNITURE
WALLPAPER ■ ACCESSORIES

Care company receives the highest rating by the CQC

A Hornchurch, Romford, Rainham and Dagenham care company has received an outstanding rating from the Care Quality Commission (CQC).

Home Instead was rated outstanding – the highest rating available – by CQC, the independent regulator of health and social care services in England.

Home Instead owner, Kiran Agrawal, said: “To get a CQC outstanding rating is an absolute honour.

“Our caregivers have certainly been put through their paces during the pandemic – dealing with PPE and reassuring clients at this worrying time are just two challenges that they’ve had to contend with.

“I am incredibly proud of the hard work and resilience they have shown throughout the pandemic. We are

incredibly lucky to have a team full of compassionate and caring individuals who provide the most wonderful care for older people.

“I can’t wait to continue leading our fantastic team and providing quality care across Romford and surrounding areas.

“Seeing the difference we make to older people’s lives is truly rewarding, and to be recognised as an outstanding care provider means so much to the whole team.”

Home Instead has previously won a number of awards, including three top accolades at the 2020 Home Care Awards and The Queen’s Awards for Enterprise.

Unregistered dentist fined for procedure

A Hornchurch man has been found guilty of charges of teeth whitening without being a qualified dentist.

George Patel, formerly of Suttons Avenue, Hornchurch, was convicted for the illegal practice of dentistry at Romford Magistrates’ Court on October 5.

The 62 year old was fined £6,900 in total after being convicted of performing a teeth whitening procedure in July 2020 at the Revive Teeth Whitening facility on Western Road, Romford.

It is illegal for non-registered dentists or dental care practitioners to perform any dental treatment.

General Dental Council principal advisory lawyer, Shaun Round, said: “As this case illustrates, the illegal practice of dentistry represents a real risk of harm.

“The clear message to anyone looking to get their teeth whitened is to go and see their dentist in the first instance. They are professionally qualified to correctly assess suitability for treatment and to intervene should an emergency arise.”



WITH ONE OF THE LARGEST WALLPAPER AND FABRIC LIBRARIES IN ESSEX

Visit our showroom for inspiration and meet the team who will help you with all aspects of interior design

01708 458256
143 Heath Park Road, Romford, Essex RM2 5XJ

[f @iddesignlondon](#) [@iddesignessex](#)



News from

Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association

We are fast approaching Christmas

By the time you read this, the clocks will have gone back an hour, the mornings are slightly lighter, and the evenings are dark earlier.

Consider a few precautions to take if you are out or not home from work by the time it gets dark. A smart plug or a timer on a couple of lights and a radio in your home can give the impression that someone is home, whereas curtains open, no lights and no noise can be a good indication that the property is empty. This can attract unwanted attention.

As the temperature gets colder, we often hear about frozen and burst pipes. If you were to have a burst water pipe or a water leak, do you know where your stopcock is for your home? Have you tested the stopcock to make sure it works? The external stopcock to your home usually only needs a half-turn to cut off the water.

Finally, if you are fit and healthy, consider talking to an elderly neighbour in your street. Ask if there is anything you can do to help them. It is a good way to meet the neighbours. You might find out something interesting

and you could make a whole heap of difference to someone's life.

London in Bloom

Both Langtons Gardens and Elm Park won gold awards from the London in Bloom judges this year. For Elm Park, this was the fourth year in a row.

For Langtons Gardens, this will be down to the hard work of the volunteers, the two dedicated gardeners and the Friends group. Langtons Gardens was also awarded a Green Flag – well done, all.

Abbs Cross Lane flooding

Councillor Gerry O'Sullivan, of the Hornchurch Residents' Association, enlisted the support of our MP, Julia Lopez. Between them they managed to get a working party together from Transport for London, Highways and London Underground, who have been looking into the flooding that occurs near the bridge in Abbs Cross Lane. The drains from the road area pass through at least three different jurisdictions. Let us hope that we can lessen – if not remove – the issues from the future.

Charity challenge raises £5k

An epic sports challenge raised thousands for a Hornchurch-based charity.

Participants in the Million Metre Row helped raise £5,200 by rowing more than 1.3 million metres for charity, Communi-Tea Circle.

The rowing machines did not stop for a complete 24 hours, starting on September 24.

Communi-Tea Circle aims to tackle loneliness among the elderly and those who live alone through social interaction within the local community. The charity was set up just before lockdown, with subsequent restrictions meaning that raising money became almost impossible.

But the Million Metre Row event has given it a welcome boost, raising an impressive £5,251.

Claire, Hilary and Phil, of Communi-Tea Circle, said: "We were delighted to have RAW, one of our local gyms, support our charity and to see its teams work so hard to raise all that money on our behalf.

"The funds raised have made a huge difference to us



and will enable us to help many more elderly members reconnect with the community."

Tom White, RAW Inc Training owner, said: "This was a real team effort, with local businesses, including Sharp Skips, Costa Coffee Upminster, Joe&Jam Doughnuts, Tesco, and Sherry Makeswell, contributing prizes to the charity auction, and the RAW community digging deep to smash the million-metre goal."



Exquisitely crafted kitchens expertly tailored to your home.

f t i n s k kubekitchens.co.uk

Leigh on Sea
1518 – 1520 London Road
Leigh on Sea, Essex, SS9 2UR
t 01702 826878
e info@kubekitchens.co.uk

Upminster
38 Station Road
Upminster, RM14 2TR
t 01708 227396
e info@kubekitchens.co.uk



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

M&J Window Cleaning Services



MAKE A CLEAN DIFFERENCE

Windows • Fascias & Soffits
Gutters • Conservatory Roofs
25 Years Experience



WE OFFER FREE NO OBLIGATION QUOTES

CONTACT ANDY DIRECT 01708 578071



PROFESSIONAL TREE SURGEON SERVICES

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

WE SERVE ALL OF HAVERING & THROUGHOUT ESSEX

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

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

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

Kings Cuts
Tree Services

Call us: 01708 578030 Mobile: 07467 944671
www.kingscuttreeservices.co.uk • info@kingscuttreeservices.co.uk



Following last month's article on "How to build a raised bed garden", in this edition we are going to show you how to turn your raised bed into a cold frame. Ideal for hardening off seedlings, growing cool-weather crops and protecting tender perennials, a cold frame can extend your gardening season well into the winter months.

WHAT IS A COLD FRAME?

Essentially, a cold frame is a removable glass or plastic-covered frame that fits over the ground or over a raised bed garden. It is predominantly used to protect plants from the elements by keeping them warm using natural heat sources.

> **Step 3:** Affix a handle to the opposite edge so that you can easily open and close the frame. You can find handles for this in your local kitchen design department.

TOP TIPS:

- > Choose a salvaged window that has small panes rather than one large pane if possible, as these are less likely to break.
- > Regularly check your cold frame over winter. If it snows, remove any build-up of snow straight away.
- > Keep a brick or stick nearby for hot days so that you can prop the lid open and prevent your plants from becoming overheated.
- > Remember to water your plants as they will not receive any rainwater.

HOW TO ADD A COLD FRAME TO A RAISED BED

- > **Step 1:** Find a salvaged window frame that is roughly the same size as your raised bed. If it is slightly bigger, this is fine, but it cannot be smaller. Wooden frames work best as these provide ample space to affix the hinges.
- > **Step 2:** Drill holes into the window frame and the edge of the raised bed to match the holes on the hinge. Affix either one large hinge or two smaller hinges to the edge.

Light up!

Who doesn't love going to see a wondrous winter light display in the run-up to Christmas?

If you're looking for the most dazzling lights and winter trails the UK has to offer, here we've gathered the best and the brightest.

WADDESON MANOR, BUCKINGHAMSHIRE

Enjoy a fun-filled, festive day out for all the family at Waddesdon Manor, with a Christmas fair, winter light trail, manor illuminations and an exhibition in the Coach House. Plus, for the first time ever, see the parterre illuminated by a dazzling light show.

From November 13 to December 23 and December 27 to January 3.

DUNHAM MASSEY, GREATER MANCHESTER

If you are willing to travel a bit further afield, the after-dark illuminated trail through the festive gardens at Dunham Massey is not to be missed. Marvel at the glittering deer, the gleaming waterside reflections and the multicoloured trees.

Plus, fill your belly with tasty treats from a vast array of seasonal food and drink chalets or toast some marshmallows at one of the purpose-built fire pits.

From November 19 to January 2.

WIMPOLE ESTATE, CAMBRIDGESHIRE

Set to be Wimpole Estate's biggest Christmas extravaganza to date, take the kids to Percy the Park Keeper's winter wander trail by day, and enjoy a mesmerising walk through the estate's gardens by night. Expect sparkling lights, giant baubles and illuminated trees.

From November 26 to January 2.

LIGHTOPIA, CRYSTAL PALACE PARK, LONDON

An award-winning light festival, Lightopia is an annual Christmas event that takes place in Crystal Palace Park. Featuring handmade Chinese lanterns, multi-sensory interactive lights and breathtaking illustrations that tell a story of wonder and rebirth, book your tickets fast as this is one winter light display that is guaranteed to sell out.

From November 19 to January 2.



EMERGENCY PLUMBING, HEATING & DRAINAGE



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

SENIOR CITIZEN & NHS DISCOUNTS

BLOCKED DRAINS CLEARED FAST

CALL OUR FRIENDLY TEAM 24/7
01708 609885

NO1PHD  **Trustpilot**
Rated: Excellent

FREE QUOTES & ADVICE

PLUMBING HEATING & DRAINAGE



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



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

FREE NO OBLIGATION QUOTATIONS

Photo credit: waddesdon.org, nationaltrust.org.uk, london.lightopiafestival.com

**FULLY FITTED
ROLLER
GARAGE
DOORS**

FROM **£895** WAS **£1,354**
INC VAT

* Offer Valid For Openings Up To 3.4m Wide & In-
2 Remote Controls, Silver White Slats,
Internal Manual Override



WHATS INCLUDED:

- ACOUSTIC & THERMAL INSULATION
- TWO REMOTE CONTROLS
- EXPERT MEASURING & FITTING
- 24 COLOURS AVAILABLE

GAROLLA
ROLLER SHUTTER DOORS
www.garolla.co.uk

Made To Measure...
ROLLER GARAGE DOORS

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

CALL US TODAY
Phone: **01708 545 099**
Mobile: **07537 149 128**

CE Approved

f t b p



AIR™ Eco-Friendly Artificial Grass

1m² is comparable to the air purifying effects of one mature tree

LAZYLAWN®

Which? Trusted trader

PET FRIENDLY HYGENIC SELF-CLEANING AIR PURIFYING

Contact London's Leading Artificial Grass Installers

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



HORTICULTURAL HEROES:
Monty Don

Even after almost four decades studying the flora and fauna of our gardens, green-fingered expert Monty Don's passion shows little sign of waning.

A love affair with the outdoors that has lasted a lifetime might be taking its toll physically on the 66-year-old broadcaster and writer Monty Don OBE, who suffered a bout of peritonitis in 2007 and a stroke that could have killed him a year later. But the everyday rigours of flowering and weeding, pruning and digging have left his body

"happily weathered", as he puts it.

"It comes with the territory when you get to my age," he says matter-of-factly. "I'm not going to start complaining – by the very nature of gardening, you are outdoors, filling the lungs up with oxygen and experiencing what it is to be around plants and trees and flowers. If that isn't good for the soul, I don't know what is."

Monty's garden at Longmeadow in Herefordshire has undoubtedly provided an antidote to seasonal depression, which the presenter has battled with for a long time.

"It's tremendous for clearing away the debris in my mind," he explains. "There is nothing better."

Monty has published 26 books during his career and still pens a number of popular newspaper columns. He became the welcoming, enthusiastic, all-knowing expert on BBC's *Gardeners' World* between 2003 and 2008, returning again in 2011, and is now completing a full decade of stewardship. He also took on lead presenting duties for the flagship Chelsea Flower Show in 2014.

Well dressed in his 'painterly' style and with a sparkling demeanour, Monty's delivery to camera is composed and natural, charismatic yet down to earth, knowledgeable yet easy-going – through to the fact that he refuses to call himself a professional gardener.

"I'm an amateur gardener, that's the truth," he says. "I taught myself how to garden. That's why I say to people, 'Don't worry about the process – do it your way, try it out; just make sure you enjoy yourself'."

Photo credit: BBC/Glenn Dearing



PETS

Peculiar PET LAWS



We are a nation of pet lovers, so we think you need to know about the following pet laws in the UK. Some are common sense, some are a bit weird, and others are just plain hilarious.

1. NOT HAVING POO BAGS

In Daventry, Northamptonshire, you can be issued a £100 fine for not having a spare poo bag, regardless of whether your dog has fouled or not.

2. BURYING YOUR PET IN THE WRONG PLACE

It is illegal to bury your pet anywhere other than the grounds of the home that they lived in. You need to own your home, not just rent it. If you plan to sell, it is not a legal requirement to tell buyers about the burial, but you may want to mention it as a courtesy.

3. NOT SECURING YOUR PET WHEN DRIVING

You can be fined up to £5,000 and have your insurance invalidated if you fail to buckle up your pet when driving. This law applies to all pets, as not only can they act as a distraction, but their wellbeing is also at risk without suitable restraint.

4. RIDING A HORSE OR CATTLE WHILE UNDER THE INFLUENCE

Everyone knows it's illegal to drink and drive, but did you know that this law extends to horses? Yes, under the Licensing Act 1872, it is illegal to be drunk and in charge on any highway or other public place of any carriage, horse or cattle.

5. MATING WITH A ROYAL DOG

Although we admit this scenario is unlikely, if you do stumble upon one of Her Majesty's corgis while walking your dog, it is illegal for your pet to mate with it without seeking permission first.

OTHER UNUSUAL PET LAWS IN THE UK:

- > You are not allowed a pigsty in front of your house unless it is appropriately hidden
- > It is illegal to run cows through the street during the daytime, although after 7pm is fine
- > In the Lancashire coast area, it is illegal to encourage your dog to bark.

THE CITY PAVILION

Christmas

NIGHTS 2021

TICKETS
£49.95

10% OFF
for bookings
before 31st OCT
T&C apply

ATTIRE
LADIES & GENTS, SLEEK AND GLAMOROUS THE ATTIRE MUST BE ADHERED TO IN ORDER TO GAIN ENTRY TO THE EVENT

DJ TILL LATE

TRIBUTE NIGHT
BRUNO MARS



TAKE THAT & BRUNO MARS
SATURDAY
27TH NOVEMBER 2021

MAXIMUM
CHICK FLICKS



MAXIMUM CHICK FLICKS
FRIDAY
3RD DECEMBER 2021

FAYE HORNE
Divas Show



SATURDAY
4TH DECEMBER 2021

THE MOTOWN SISTERS



MOTOWN NIGHT
LUTHER & FRIENDS
WITH THE MOTOWN SISTERS
FRIDAY
10TH DECEMBER 2021

TRIBUTE NIGHT
NAVI



TRIBUTE NIGHT
NAVI
MICHAEL JACKSON
SATURDAY
11TH DECEMBER 2021

Blues and Soul



FRIDAY
17TH DECEMBER 2021

INCLUDES

• 4 COURSE MEAL • SOFT DRINKS • HOSTED IN OUR BEAUTIFUL SUITES • LIVE ENTERTAINMENT

LOTS OF SURPRISES | COME AND MAKE YOUR CHRISTMAS A MEMORABLE ONE!!

• Age limit 18+ only • Full payment required before event date • Prices include VAT @20%

FOR TICKETS OR MORE INFORMATION PLEASE CONTACT OUR EVENTS TEAM ON: **020 8088 2812**

COLLIER ROW | ROMFORD | RM5 2BH | WWW.THECITYPAVILION.CO.UK OR WWW.MYTICKETGURU.COM



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
High End Lofts
0208 088 2805



Your Monthly Lifestyle Magazine



To advertise call now on

01708 578049

or email hornchurch@visionmag.co.uk



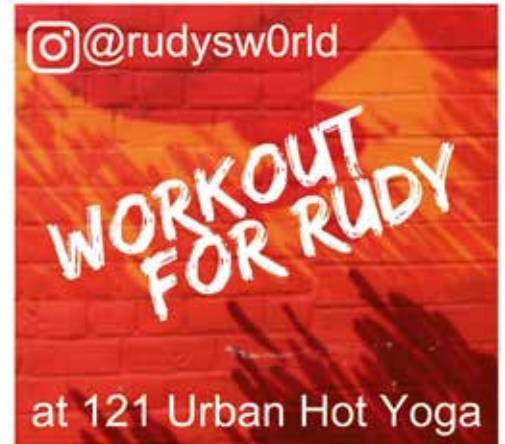
CHARITY EVENT

**Saturday
20th Nov**



FOR MORE INFO

WWW.121URBANHOTYOGA.CLUB/CLASSES-EVENTS



**CLASSES: Hot Yoga • Hot Fitness
Hot Rocket • Inferno Pilates
Raffle Prizes**



TTS



SOLICITORS

YOUR PERSONAL
CONVEYANCING
SOLICITORS

We are on 60 lender panels including most high street banks, building societies and first tier lenders

We are CQS accredited and offer outstanding one-on-one service for

- Sales and Purchases – both leasehold & freehold
- Shared Ownership Right to Buys
- Affordable Housing
- Remortgages & Transfer of Equity
- Auction Sales and Purchases
- Lease extensions

RESIDENTIAL &
COMMERCIAL
CONVEYANCING
CORPORATE
ACQUISITIONS
GENERAL LITIGATION
FAMILY
WILLS &
PROBATE



01708 578052 | www.ttslegal.com | info@ttslegal.com

1-4 The Parade, Monarch Way, Ilford, Essex IG2 7HT

CITY OFFICE: 2nd Floor, Mezzanine, 53 New Oxford Street, London, WC1A 1BL

Protecting those that matter



We know that family is the most important thing in your life. So it's good to know that, with the right advice, protecting your loved ones should the unthinkable happen can be extremely easy – as well as immensely reassuring.

We offer a friendly and approachable service backed by the strength and security of a FTSE 100 company, St. James's Place Wealth Management. And being local means we're here whenever you need us. Together we can identify your protection needs, introduce you to the full range of options, and most importantly, create a tailored solution specifically for you.

We can't prevent the unexpected from happening, but we can help ensure you are fully prepared to face the future if it does.

DAVID BEAN DipFA Cert CH (MP & ER)
Director

DAVID BEAN WEALTH MANAGEMENT LTD

Partner Practice of St. James's Place Wealth Management

01708 20 88 85 | 07584 551 659

david.bean@sjpp.co.uk

www.davidbeanwealth.co.uk



DB | **DAVID BEAN**
WEALTH MANAGEMENT

The Partner Practice is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the group's wealth management products and services, more details of which are set out on the group's website www.sjp.co.uk/products.



BRUCE KING

on how to sell yourself and what you do



BUSINESS & PROPERTY



Sales mentor and personal growth coach, Bruce King, begins an exclusive monthly column designed to help you organise, improve and maximise everyday life.

It's often said that people do business with people they like and trust, and that's most certainly true.

Let's face it, if you look scruffy and unprofessional, have poor body language, won't make eye contact and look suspicious, it's unlikely anyone will want to talk about doing business with you.

But if you do exhibit any of those characteristics and you want to sell something to somebody, those are fairly easy to fix.

From there on, successful selling is nothing about you personally. In fact, most people have no interest in you whatsoever. The only thing they really care about is what the product or service you are selling can do for them.

Let's focus on what you sell and how to sell it. Here's a definition of selling I wrote many years ago: selling is the process of identifying problems

individuals and companies are suffering from – some of which they may not have known existed – and opportunities they could exploit, and showing them how your product or service can help them solve the problems and take advantage of the opportunities.

Therefore, we need to ask as many questions as possible to identify those problems and opportunities before presenting our products and services.

Even if they come to you with a problem and ask you to solve it, still question them further. It's likely you can discover other problems and be of even greater benefit to them.

This is called consultative selling. It's the best and easiest way to sell.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk



If you are thinking about buying a new build, you may be excited at the prospect of moving into a never-been-lived-in blank canvas that you can style into your perfect home. However, these types of properties are not without their pitfalls. Here are things to consider before committing to a new build.

NEGATIVE EQUITY: Make sure you do not pay over the odds for your new build. Although you may have seen the price of your preferred property plastered on hoardings around the development site, this is only the asking price, and you can and should negotiate before signing on the dotted line, because your extra costs will not be included.

DELAYS AND EXTRA COSTS: New build properties are often not completed on time, and if there is a hold-up during the construction of your future home, your mortgage offer could expire. You may also have to pay for essentials such as carpets, garden fences and even grass.

SIZE: New build homes are known for having smaller rooms than those in older properties, so you need to make sure that all your furniture and belongings will fit into your new space. Look out for (and avoid) 'micro homes', which have a total area of less than 37 square metres.

SNAGGING: Snagging refers to teething problems in a new build, such as cracks appearing in the walls or loose guttering. Eighty-seven per cent of new build homeowners in the UK have reported snagging issues. Therefore, conduct a snagging survey to ensure everything is fixed ahead of moving in.

LEASEHOLD OR FREEHOLD: Many new build properties are sold as leasehold rather than freehold, although the government is planning to ban the sale of these types of houses (not flats). Leaseholders face maintenance fees, ground rent, annual service charges, a share of the building's insurance and restrictions on renovations.

FIXED FEES AVAILABLE



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

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

01708 208807

HAVERING'S PREMIUM ESTATE AGENT





Aces Accounts and Taxation Ltd



- Tax Returns
- HMRC Registrations
- Ltd Company Accounts
- VAT Returns
- Partnership Accounts
- Payroll Services
- Capital Gains Tax
- Bookkeeping

AA&T Ltd, Church Lane, Doddinghurst, Brentwood, Essex. CM15 0NG

WWW.ACESACCOUNTSANDTAXATION.CO.UK

01277 295009 ... 07840226977 ... acestaxation@hotmail.com



Kim Wheatley
Business Coach & Mentor
www.kimwheatleymentoring.co.uk

How To Quickly Grow & Scale Your Business With One Of The World's Most Successful Business Growth Systems

If you're serious about growing and scaling your business, I have good news...I help my clients transform their businesses using a proven business building system called 'The FORMULA'. Over 100,000 businesses worldwide are benefiting from it right now.

20% off first 5 new clients (code kw2)

Growing a business can be hard, often our business determines the lifestyle we lead, however, with planning, preparation and some 'know how' our business can support the lifestyle we want.

What people say
I recently actioned one of the points I learnt and this secured a £70k project that we have now started.
Martyn Guest, Ivel Group

GUARANTEE
If not satisfied after 2 sessions free to leave

Call me on **01708 578 061** or email kim@kimwheatleymentoring.co.uk to book your **FREE BUSINESS GROWTH ACCELERATOR** Zoom meeting and begin the journey to your success.

Support

Who motivates the motivator, it can be lonely as a business owner

Encouraging voice to support growth

Bespoke

My service is tailored to your needs, you are an individual. We all need something different

Your personal goals achieved

Target Market

Find potential clients who you would like to work with and who value your worth, time and skills

Calm, enjoyable & profitable business

Mind Set

As a business owner who challenges our complacency, keeps us on track?

Consistent growth with good habits

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

Dear Brett,

We would like to take this opportunity to thank you and your team at **VISION** for the expert way you have promoted our business over the past two years.

When Major Glass was started in 2008 our main aim was to give a fantastic service to our local community whether it be a pane of glass to replace or an entire new conservatory. We have achieved that target and with the help of **VISION** have been able to expand our business within the local community.

The advert in **VISION** magazine circulates to 30,000 readers in Hornchurch, Loughton and the surrounding area. The results of this advertising are extremely encouraging and we are now receiving enquiries and business from many new customers.

We would have no hesitation in recommending **VISION** Magazine to any person or company wishing to expand their business by reaching that local community.

Many thanks,

Barry
Major Glass
01708 525996



Your Monthly Lifestyle Magazine **VISION**

To advertise call now on

01708 578049

or email hornchurch@visionmag.co.uk



SPORT

THE BOXING

King



Photo credit: Chase Stevens/AP/Shutterstock

TYSON FURY TAKES ANOTHER MAJOR STEP TOWARDS THE ULTIMATE PRIZE

Many judge Tyson Fury as the best British fighter we have, even as the tormentingly long wait for him to prove that – when he steps into the ring with Anthony Joshua – goes on.

And yet, across two weekends, the armchair experts who decreed the Gypsy King as the ultimate number one added considerable weight to their argument.

First, on September 25, at the Tottenham Hotspur Stadium, Anthony Joshua lost his multiple heavyweight belts to Ukrainian Oleksandr Usyk. The manner of the defeat had echoes of Andy Ruiz Jr all over again, with Joshua looking unthreatening, hesitant and stuck in first gear. Subsequently, he lost to a unanimous points decision to take a major step back.

Then, just 14 days later, Tyson Fury stepped up once more against Deontay Wilder. After a draw in the first epic against the brazen American and a comprehensive victory in the first rematch, the

33-year-old Brit was looking to cement his reputation as the leader of the pack. And while, by his own admission, he was “rusty”, Fury again showed power, guile, craft and the ability to pick himself up off the canvas as he despatched Wilder, finally seeing off his opponent in the 11th round with a devastating blow.

So over the course of a couple of weekends, we learned a bit more about how the heavyweight division would play out. We also have a new champion in Usyk, although many will speculate his victory had as much to do with the poor performance of Anthony Joshua.

As far as the prospect of a Fury v Joshua fight goes, we still seem some distance away. The most anticipated British heavyweight boxing bout of all time slipped through the promoters’ fingers against Usyk.

Joshua will need to get past his dogged, clever and unrelenting opponent in the rematch for serious talk of the all-British showdown to restart.

MAKING AN INSURANCE CLAIM?

Oakleafe CLAIMS

Having to make an Insurance Claim can often be a complicated and time consuming process. Once a claim is lodged with an Insurer they will appoint a **LOSS ADJUSTER** to represent them. But did you know you can also appoint your very own Loss Adjuster, known as a **LOSS ASSESSOR**.

Oakleafe Claims **Loss Assessors** are local professionals who specialise in Insurance Claims Management and only represent you-the policyholder. We have extensive experience in all types of claims and values covering the entire U.K. As **Loss Assessors** our mandate is to ensure the policyholder receives their full entitlement after we settle their Insurance Claim.



Storm



Fire & Smoke



Leaks & Floods



Impact



Theft



Business Interruption

Oakleafe Claims **Loss Assessors** are the proud award winning recipients of **Loss Assessor** of the year at the U.K British Claims awards and have been helping people and businesses with Insurance Claims since the Second World War. We operate 24/7 throughout the UK with our head office in Gidea Park and supporting offices in London, Brighton, Manchester, Cardiff & Glasgow.



Email: Office@Oakleafe.com Web: www.oakleafe.claims

Special Service Agents



As estate agents encounter fierce competition from faceless online facilities, **Kingsmarq Real Estate** are taking the opposite approach, providing friendly, personal service to a limited number of clients

The days when those looking for an estate agent to sell their house had only one local option to choose are long gone. Today's sellers, buyers and landlords have a wide range of choices, from high street chains to local stalwarts, and an increasing number of online agencies. Launching into the Essex area, Kingsmarq Real Estate was created to offer a fresh way of handling properties with a boutique level of service.

Kingsmarq saw how often homeowners were passed between team members who did not know their property and how this left them feeling unsupported, without experienced advice when they needed it most. There was a gap to launch an agency who could offer a bespoke service level and consistent contact.

Too many houses are on the market for much longer than they should be, owing to a lack of focus on each property that can leave them incorrectly priced and no longer front-of-mind when an agent meets a potential buyer. In response, Kingsmarq founder Sandeep Chana, sought to create an offering with lower client numbers to ensure faster transactions, with greater care and attention.

By limiting the number of properties on their books, Kingsmarq can ensure every client gets focused, boutique-style service in a friendly and knowledgeable style. Working across Essex, Kingsmarq offers a tailored service, taking the time to understand the needs of landlords, the motivations for sellers and the desires of buyers and renters. The aim is to move a small portfolio of properties along at a quick pace, while creating an experience all clients will remember and share with others.

"I truly care for my clients and am driven to achieve the best outcome." Says Kingsmarq founder Sandeep, "Whether you are buying your first home, selling a house you have lived in and loved, letting your property for the first time, or looking for a smooth transition when your previous tenant moves on, it can be daunting. I don't just handle the sales and paperwork; I offer guidance and support through the process."

With excellent customer service at the heart of Kingsmarq Real Estate's ethos, you can be assured of a warm welcome from the very first call to discuss your property needs.



Buy, Sell or Let, **Kingsmarq is your best bet**

KINGSMARQ
REAL ESTATE

kingsmarq.co.uk | 01708 578029 | info@kingsmarq.co.uk

 Powered by **KELLERWILLIAMS**

BRITAIN'S GREATEST SPORTING MOMENTS...

DENNIS TAYLOR

We celebrate 50 years of the Crucible Theatre in Sheffield by remembering one of world snooker's greatest ever matches. To many, he was the quirky, pint-sized Irishman with glasses you'd more readily expect to see on Dame Edna Everage or Sir Elton John, yet Dennis Taylor's doubters were to be silenced on the night of April 28, 1985, when he completed one of the most dramatic fightbacks in sport to defeat Steve Davis and win the Embassy World Snooker Championship.

With a final stretched out over two days and four sessions, Englishman Davis strode into a commanding lead in the "best of 35 frames" match. The defending champion, who was looking for his fourth world title in five years, found himself 8-0 up and coasting. Taylor fought back in the second session to trail 9-7 overnight.

The following day's play saw a cat and mouse battle, with Taylor level at 11-11 and 15-15, but never ahead. When Davis won the next two frames, he required only one more to win the match, but Taylor again responded to level matters, and in the final frame was left needing to pot the black to win. After Davis's thin cut missed, Taylor seized the advantage to clinch the title.

A colossal audience of 18.5 million viewers watched the drama unfold on BBC Two, with the match finally finishing at 12.23am.

Taylor's achievement was made all the more remarkable after his mother's death the previous year had left him unable to muster up the enthusiasm to play.

The Crucible Theatre has hosted championship snooker since 1977 and celebrates its half-century in 2021. Its unique acoustics give even the most hushed matches a tension that other venues cannot replicate, although few kept quiet as Taylor grabbed the most sensational finish in snooker history.



SPORT

SELL YOUR HOME

Any Home. Any size



£2400
inc. vat

Offer available until
January 1st 2022

WHAT'S INCLUDED

- ✓ High definition video tour
- ✓ Professional level photography
- ✓ Professional floor plans and measurements
- ✓ Advertising on property portals inc. Rightmove
- ✓ Social Media advertising
- ✓ Viewings tailored to suit your requirements
- ✓ Professional guidance throughout the sale
- ✓ Offer negotiations ✓ Sale of memorandum
- ✓ Dedicated service with one point of contact
- ✓ Liaising with buyer and seller throughout the sale
- ✓ Fees payable upon completion



OAKMONT
PROPERTY CONSULTANTS

YOUR LOCAL AGENT COVERING HORNCHURCH & SURROUNDING AREAS

01708 223 344

www.oakmontpropertyconsultants.co.uk

30 years since the death of the icon FREDDIE MERCURY

It's somewhat peculiar that Freddie Mercury's only solo UK number one hit was in 1993, two years after his death – a remix of his track, *Living on My Own*, originally recorded eight years previously.

And yet, in many ways, with its choral line, "I don't have no time for no monkey business", it provided the perfect posthumous legacy for a man who lived, created and inspired like every day was his last.

Naturally, solo work wasn't ever at the crux of what made Freddie Mercury great. As a founding member of rock bastion Queen, he was a singer, songwriter and producer with a four-octave range, a breathless flamboyance and a creative lit that put him in the same bracket as David Bowie, Sir Elton

John, Sir Paul McCartney and others.

Born in Zanzibar as Farrokh Bulsara, to Parsi-Indian parents, Freddie spent his early life in India. Having moved back to his place of birth, the family fled Africa when he was 18 as political violence erupted. His arrival in Feltham and subsequent commencement of his studies at Ealing Art College saw him meet bandmates, Brian May and Roger Taylor. Very quickly, an iconic sound was born.

From prog-rock masterpieces such as *Bohemian Rhapsody* and *Killer Queen*, to perfect pop songs *Bicycle Race* and *Somebody to*

Love, through cross-genre experimentation – think the Elvis sound of *Crazy Little Thing Called Love* and the electronic essence of *Radio Ga Ga* – Freddie pushed the boundaries of Queen's sound across two and a half decades, 15 albums and 23 Top 10 hits.

While flamboyant on stage, the singer was shy and sometimes even reclusive off it, and never more so than when discussing his homosexuality and life partner, Jim Hutton.

Freddie Mercury died of bronchitis resulting from AIDS on November 24, 1991. He was just 45, yet the legacy, influence and admiration that follows his work has never waned.



HISTORY

Photo credit: Alan Davison / iStock



WIKI-WONDER

Celebrating 20 years of Wikipedia



In theory, it just shouldn't work. A global online encyclopaedia created by people who voluntarily update and moderate on every subject imaginable, and in many cases in real time. It is a network for information that's almost unmanageable in its size, and roundly open to the publishing of errors, be they accidental or on the part of pranksters.

And yet, somehow, Wikipedia works. The site has 18 billion web views per month, sees almost 400,000 new topics and articles added each year, and is a resource so drenched in information on, seemingly, every topic imaginable, that many of us automatically make it a first choice for research.

The site's ubiquitous popularity across different generations, different demographics and the most extreme geographical expanses the world over has even given rise to the 'wiki' prefix becoming embedded in everyday language. The exact definition of 'wiki' is a database for creating, browsing and searching through information, but its usage goes well beyond that.

Wikipedia launched on January 15, 2001, and over the past two decades has worked to deflect countless rumours that the site is dying. After all, it is a non-profit-making entity that relies on the word of its users for factual accuracy and, in a lot of cases, it does get things wrong. Yet it has never been more popular, and in an online world where nothing can truly be regulated, its worth is impossible to calculate.

Perhaps it seems perverse that the site's founder, Jimmy Wales, is rumoured to have a net worth that doesn't even make him a millionaire; or perhaps, across 20 years and almost half a trillion web impressions, he has fulfilled perfectly the idea of a website updated for the people, by the people.



Photo credit: iB Photography/Shutterstock.com



Suffering with blocked ears?

GPs are not contracted to provide ear wax removal resulting in long NHS waiting times.

We offer microsuction ear wax removal which is one of the safest and most effective methods, with minimal waiting times.

Suffering with...	AT HOME PRICE	IN CLINIC PRICE
<ul style="list-style-type: none"> • Hearing Loss • Tinnitus • Ear Pain • Dizziness • Ear Infection • Itchiness • Blocked Sensation • Ear Odour 	£70 for 1 or both ears	£45 for 1 or both ears

Have you got an appointment with an audiologist? We can ensure your ears are clear before your appointment.

Contact Us On: 07833 013865 or 07958 436156
Make an appointment on our website at www.earwaxremovalssex.co.uk



IMPERIALS

Celebrating over 35 years in prestige car retail

www.imperials.co.uk

WE WANT TO BUY YOUR CARS

WE ARE CURRENTLY LOOKING FOR STOCK TO BUY OR S.O.R.

ROLLS ROYCE | BENTLEY | MCLAREN, AMG | M, ETC...

IF YOU ARE LOOKING TO RELEASE SOME EQUITY PLEASE CONTACT US

For more information contact

email: mason@imperials.co.uk | Tel/WhatsApp: 0208 548 7830



FED UP WITH STANDARD LOOKING CARS?

WANT TO MAKE YOUR CAR OR VAN

1 of 1

CONTACT US FOR A QUOTE TO CHANGE YOUR VEHICLES APPEARANCE

01708 578051

info@tommytintsltd.co.uk
www.tommytintsltd.co.uk



12 MONTHS CAR DEEP CLEANS
£550 FOR 10 MONTHS
LAST 2 MONTHS FREE

£150 FOR 1ST DEEP CLEAN WASH
THEN £50 PER MONTH
Ts&Cs Apply

DesignEast

SURFACE DESIGN / PRINT / SIGNAGE / INSTALL

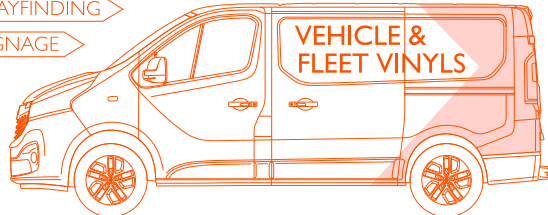
LETTERING BRANDING

PRINTED WALLPAPERS

PULL UPS & EXHIBITION BITS
POSTERS
EVENT SIGNAGE
PVC FREE VINYL
BROCHURES
BESPOKE DESIGN
SITE BOARDS
HOARDINGS
VINYL STICKERS

SELF ADHESIVE VINYL

WAYFINDING
SIGNAGE



FROSTED FILM
WINDOW GRAPHICS & DISPLAYS

BANNERS

NEON SIGNS & LIGHTBOXES

SHOP FASCIAS

020 3026 6689
hello@designeast.co.uk
www.designeast.co.uk



MOTORING



Photo credit: Chris Lawrence Travel/Shutterstock.com

Electric dream

LEGISLATION ANNOUNCED TO HAVE CHARGING POINTS IN ALL NEW BUILDS

The UK government recently cemented legislation that will make our rapid adoption of electric and hybrid cars all the more attractive, with new builds now bound by law to provide electric charging points for vehicles.

While the charging of a car by use of a lead from a ground-floor home or office is straightforward, the government realises access is more complicated for those living in flats or working in office blocks with no private charging point access. As a result, it is moving forward with the Department of Transport's guidance that states any new work or residential construction projects must have built-in charging points. These directives could come into force as early as 2022.

As it stands, there are almost 26,000 electric charging points in the UK. Yet the number of electric and hybrid cars on our roads is doubling every six

months and an estimated 10 times the number of current charging points will be required by 2030, the target date for when petrol and diesel cars will stop being sold in the UK.

In the UK, the cost of charging an electric car from flat battery to full is around £7 (depending on your supplier). For an average vehicle, this would produce a range of around 180 miles. The equivalent petrol or diesel cost would be around two and a half times that amount.

Despite the challenges ahead, the UK is still one of the countries leading the way in the adoption of electric cars. As well as a rapid increase in charger provision, it is investigating moves to make night-time charging a preferred option for cars – this will ensure users don't overload the grid, and also means they can take advantage of cheaper electricity prices.

LEXUS RELAX

12 MONTH MANUFACTURER
WARRANTY WITH EVERY SERVICE

FOR VEHICLES UNDER 10 YEARS AND 100,000 MILES*



LEXUS HAINAULT
2a Beaver Road, Hainault, IG6 3UT
020 3727 7620

www.lexus.co.uk/hainault/

*Every new Lexus, is eligible to be covered by up to 10 years' manufacturer warranty through Lexus Relax. This is provided through an initial 3 years manufacturer warranty that can be extended with regular servicing at a Lexus Centre. A 12 months' warranty is included with every Lexus Service, up to 100,000 miles or 10 years, whichever comes first, giving you a chance to relax in the knowledge that you and your vehicle are in safe hands. Terms and conditions apply. For full details, please ask your official Lexus Centre, visit lexus.co.uk/lexus-relax/terms or search Lexus Relax.

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

BALLOON DECOR

THE BALLOON SQUAD EVENTS

I offer bespoke decorations for any family celebration or occasion at home or venue. For a no obligation quote contact 07958 586501

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

CLEARANCE & WASTE

THE CLEARANCE TEAM

From clearing a room, house or garden to clearing an entire office block. Fast, reliable and affordable. Working 24/7 so you can book us at your convenience 0207 101 3387

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

DRIVING LESSONS - AUTOMATIC

NV DRIVE

Lady instructor. Discount available on prepaid courses. Brand new vehicle June 21 - NV Drive school of motoring: call 07554 634183

ELECTRICAL & WHOLESALE

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

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

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

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

ABBEY GROUP

Abbey 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

HARDWARE & DIY SUPPLIES

DISCOUNT DIY & HARDWARE

Top quality non-drop Christmas trees, FREE delivery. Full range calor gas bottles available. 49 Butts Green Road, Emerson Park RM1 2JS. 01708 440151

LAUNDRY & DRY CLEANING

THE LAUNDRY MAN

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

MASTICS AND SEALANTS

QUALITY MASTICS LTD

Bathroom and shower mastic joint sealing. Kitchens, windows, floors, external seals around windows. For information. Call 01245 520981

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

ROOFING

JIM BARR ROOFING

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

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

BOOK VIA HORNCHURCH@VISIONMAG.CO.UK

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: see end of The VISION Listings

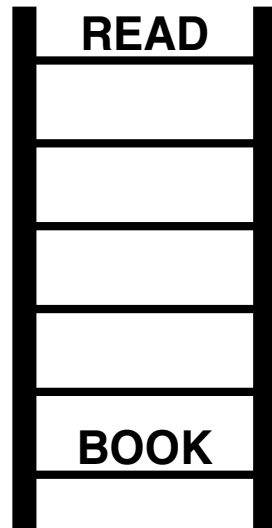
- ▶ ALMOND
- ▶ BACON
- ▶ BANANA
- ▶ BLUEBERRY
- ▶ CARAMEL
- ▶ CHEESE
- ▶ CHOCOLATE
- ▶ CINNAMON
- ▶ CREAM
- ▶ HONEY
- ▶ LEMON
- ▶ MUSHROOM
- ▶ PEANUT BUTTER
- ▶ RASPBERRY
- ▶ SPINACH
- ▶ STRAWBERRY
- ▶ SUGAR
- ▶ SYRUP
- ▶ THYME
- ▶ TOMATO

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

DID YOU KNOW?

- ▶ The acronym ISS stands for International Space Station
- ▶ Before applying to be an astronaut, a pilot must have completed 1,000 hours of flying time in a jet aircraft
- ▶ Neil Armstrong was the first human to walk on the surface of the moon
- ▶ According to NASA, the Space Shuttle travels around 17,600 miles per hour when orbiting the earth
- ▶ Most of the elements found in the human body originated in stars that have gone supernova
- ▶ The Space Shuttle makes one complete orbit around the earth approximately every 90 minutes
- ▶ Alan Shepard hit a golf ball on the moon during the Apollo 14 mission

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
info@majorglass.co.uk



AUTHORISED PARTNER



Checkatrade.com

A selection of properties currently available



Apollo Close, Hornchurch
2 Bedroom Home
£375,000 – £400,000



Brent Court, Gidea Park
2 Bedroom Ground Floor Flat
£280,000



Goodwood Avenue, Hornchurch
3 Bedroom Semi-detached
£500,000 – £525,000



Harlow Road, Rainham
2 Bedroom Maisonette
£280,000 – £300,000



Glanville Drive, Hornchurch
2 Bedroom bungalow
£500,000 – £525,000



Chestnut Avenue, Hornchurch
5 Bedroom Home
£2,100 PCM

Noble Residential, we focus on helping our customers Move Home, not just selling houses.

168-170 Hornchurch Road,
Hornchurch, Essex,
RM11 1QH

Find us on:   

Sales • Lettings • New Homes • Mortgages

rightmove
find your happy

Zoopla
Smarter about property

onTheMarket