

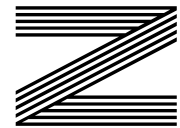
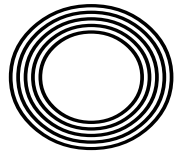


**IT'S
BROAD
BEAN
SEASON**

TOP TIPS
For cleaning Converse

10,000 STEPS
How to reach that magic number

COLOUR DRENCHING
The latest interiors trend



FREE

Photo credit: David Fisher/Shutterstock

JODIE COMER

One-woman winning machine celebrates her latest award

LOVE WHERE YOU LIVE!

The seaside has always been a dream destination for many. The sound of waves crashing against the shore, the fresh sea breeze, and the sun shining down on you as you relax on the sand - it's the ultimate summer experience. And if you've been dreaming of living by the seaside, now is the time to make that dream a reality.

Sandpiper Gardens, a brand new development of 104 homes in Clacton-on-Sea, Essex offers the perfect opportunity to live by the sea and enjoy all the benefits of coastal living. With views over the open countryside and just a few minutes' drive from the sea, this development is the ideal



place to escape the hustle and bustle of the city and enjoy a more relaxed pace of life.

But it's not just the stunning location that makes Sandpiper Gardens so appealing. The development offers a range of amenities and opportunities that make life in Clacton-on-Sea less ordinary. From the traditional charm of the town to the contemporary amenities on offer, there really is something for everyone.



Can't wait to start your dream retirement lifestyle at Sandpiper Gardens? We have taken care of every detail to ensure a seamless transition for you. With four move-in ready and meticulously furnished homes available that cater to your needs and preferences, all you have to do is bring your personal belongings and start enjoying your new abode.

To find out more visit: www.tingdene-parks.net or speak to our friendly advisors on 01933 422471



IT'S TIME TO FOCUS ON LIFE NOT THE COST OF LIVING

Retire to a dream location
the easy way



OPEN DAYS

Friday, 14th - Saturday, 15th July | 10:00 - 16:00
Come and take a look around

Freedom to live life to the full. Modern comforts and community spirit on the Essex Sunshine Coast.

Do you dream of living on the coast? Relaxed days of fresh air, seaside walks and beach picnics? It's all there for you when you move to a brand new, fully furnished home, exclusively for the over 45s, at Sandpiper Gardens, Clacton on Sea. You could also free up cash, save on bills and have less home maintenance to worry about. Whether you're retiring or semi-retiring, it's time to get more out of life.

- ✓ High-quality, low-maintenance, single-storey homes
- ✓ Safe, secure community of like-minded residents
- ✓ Private garden and parking
- ✓ No stamp duty
- ✓ Part exchange and assisted move options available



Move in ready homes available from £219,950



Get in touch to find out more or arrange a park visit:

www.tingdene-parks.net | 01933 422471 | info@tingdene.net



Editor's notes...

JULY 2023



Brett Shohet, Editor

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

There's no denying that the world is rapidly changing, but whether those changes are for the better remains up for debate. I recently looked into buying a new vehicle ahead of the expansion of the Ultra Low Emission Zone in August. I went to a local dealership and, when I struggled to find it, gave them a call. They told me they hold their vehicles in a warehouse; you choose the car online and they deliver it to you.

While the convenience of this is undeniable, I'd much rather see the car in person, have the chance to play with the gadgets and take it for a test drive. After all, it's one of people's top purchases, so attention to detail is important.

Sometimes change is necessary, but that doesn't mean we have to completely reinvent the market. There's still space to do things the old-fashioned way. Consider print, for example. While many say digital is the way forward, that doesn't mean print doesn't still have its place.

With prices continuing to rise, we are all looking to cut back on unnecessary spending. Many businesses will reduce their advertising, but I'd argue that now is the time to continue investing to make sure you stand out from the crowd. Get in touch today to find out more about our current advertising deals.

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:



hornchurch@visionmag.co.uk | 01708 578049

www.visionmagessex.com | www.visionmagherts.com

@visionmagessex | @visionherts | @visionmagessex | @visionmageastherts

Vision Magazine Essex | Vision Magazine East Herts

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Holly Bullen

All pages are 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
@HomeHubGroup



Windows | Doors | Porches | Conservatories | Fascias & Guttering

CONCEPT
Windows and
Conservatories

www.conceptwindows.co.uk
Trading Standards Approved



96%
of customers
would
RECOMMEND
CONCEPT
to friends



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



For Your FREE QUOTE Call **01708 463526**

MARTIN TYLER'S fantastic finish

Celebrating both the career and the caressing tones of Martin Tyler, one of the most revered and celebrated football commentators of the modern era, who has left Sky Sports after 33 years of service.

"Manchester City are still alive here... Balotelli... AGUERROOOO! I swear you'll never see anything like this again. So, watch it. Drink it in."

Martin Tyler's almost indelible words that accompanied Manchester City's first Premier League title in 2011/12 came more than two decades into his service as lead commentator for Sky Sports, the leading UK broadcaster of the English top-flight since its inception in 1992.

To link the Chester-born wordsmith with the pioneering, game-changing nature of Rupert Murdoch's pay TV revolution is an appropriate fit. Both supported each other in the growth of a football product that, rightfully, was to present our domestic league as the very best in the world.

That piece of iconic commentary came on a day when the blue half of Manchester scored two injury-time goals against QPR to wrestle the title away from their city rivals United. Many regard it as being right up there with the sport's other legendary narratives – from Kenneth Wolstenholme's "They think it's all over... it is now" in the 1966 World Cup Final, to Brian Moore's "It's up for grabs now" as Arsenal won the league title with virtually the last kick of the 1988/89 season at Anfield.

Indeed, that spine-tingling commentary is held so dear by the club's fans that many have it painted on walls, or inscribed on body parts – a goal and a string of words that kicked off a football revolution that now sees Manchester City as truly the dominant side in this country.

Tyler has always seen his vocal variations matched with awards – included in these are multiple gongs for Football Supporters' Federation Commentator of the Year Award, plus the much-cherished Premier League Commentator of the Decade.

Away from the satellite giant, he has voiced for Fox SBS (Australia), was the default commentator on the FIFA video game franchise between 2005 and 2022, and has also worked at the Euros and World Cup, having started out at ITV.

While the broadcaster is associated with the very top rung of the professional game, his inherent football passion comes much further down the ladder, given he is a supporter of National League side Woking.

Upon hanging up his microphone, Tyler said: "It's been a privilege to play a small part in the broadcasting history of the greatest league in the world.

"Working alongside wonderful professionals, I thank them for their support and expertise. It's been an honour as a member of a very gifted team."

Tyler, with his mannerisms, his turn of phrase and his presence that could fill the emptiest of front rooms on a Sunday afternoon, will be a hard act to follow, yet Sky Sports commentary is in good hands as Peter Drury takes the hot seat for the new season, starting in August 2023.



Photo credit: Mike Hewitt

Weird and Wonderful

festivals around the world

Summer is the time when crowds flock to music festivals, but did you know there are also a host of weird and wonderful festivals and events that take place throughout the year?

INTERNATIONAL HAIR FREEZING CONTEST: In the cold province of Yukon, Canada, the International Hair Freezing Contest takes place every February at the Takhini Hot Springs. With temperatures that reach below -30 degrees Celsius, participants dunk their heads in the hot water of the pools and then create frosty hairdos by shaping their locks as they freeze in the cold air.

BABY JUMPING FESTIVAL: Known to the locals as El Colacho, this unusual event takes place in Spain 60 days after Easter during the feast of Corpus Christi. It involves men dressing in traditional 'devilish' clothing to scare the crowd before running down the street and jumping over carefully placed babies.

WIFE CARRYING WORLD CHAMPIONSHIP: Fancy carrying your wife around a 253.5-metre track that is riddled with obstacles? Then you need to head to the two-day Wife Carrying World Championship in Finland. A hugely popular annual event that takes place in late June/early July, the winning team is awarded a prize of their wife's weight in beer.

LA TOMATINA: You may have heard of this popular Spanish festival that involves A LOT of tomatoes being thrown about the streets of Valencia. Essentially an hour-long tomato fight for the chosen 20,000 participants, this event is held on the last Wednesday in August each year.

MONKEY BUFFET FESTIVAL: The Monkey Buffet Festival in Lopburi, Thailand, is, as the name suggests, a buffet for monkeys that takes place annually among the ruins of a temple on the last Sunday of November. The local monkey population in Lopburi is around 2,000-3,000, and all are welcome to the annual feast of fruits, cakes, vegetables and candies.

Photo credit: alissaduncan.com, nationalgeographic.com, wife-carrying.org, dominicofe/Shutterstock



Family disputes and conflicts can be a difficult and emotionally charged time. You will receive expert, cost-effective guidance which delivers the best possible solution to the issues in your case, if you work with us.

With over 75 years of cumulative experience we can offer support and advice on all legal aspects of relationship breakdown.

You can seek help on:

- Child Arrangement Orders
- Child Maintenance
- Injunction Proceedings
- Financial Claims on Divorce
- Financial Provision for Children
- Parental Responsibility Agreements
- Pensions On Divorce
- Divorce
- Prenuptial Agreements
- Separation Agreements

If your case is suitable we can offer a 40-minute free consultation with one of the team.



Sally Ward
Head of Family Team
sallyward@mplaw.co.uk



Roisin McCorry
Consultant
roisinmccorrey@mplaw.co.uk



Jas Pannu
Solicitor
jaspreetpannu@mplaw.co.uk



Yvonne Taiwo
Solicitor
yvonnetaiwo@mplaw.co.uk

Romford Office: 8-10 Eastern Road, Romford, Essex RM1 3PJ | **T: 01708 784000**
Shenfield Office: 194 Hutton Road, Shenfield, Essex CM15 8NR | **T: 01277 245015**
Email: office@mplaw.co.uk

**Award winning,
personalised
care in your
own home**



- Wellbeing
- Personal care
- Dementia care
- Household tasks
- Outings & activities
- Medication support

**Talk to our team today
01708 609 364**

www.radfieldhomecare.co.uk



Radfield Home Care Havering & Brentwood,
Suite G7, The Old Brick Works
Church Road, Harold Wood
Romford
RM3 0JA



Work Opportunities with Prior Care

We are a family run care company who provide care to adults located within the London Borough of Havering. We are currently looking for compassionate people to help us deliver quality care services within our clients' own homes.

We required people who:

- Are a good communicator
- Have a kind & compassionate nature
- Enjoy helping people
- Respect people's rights & differences & ensure they are treated in a dignified manner
- Can be flexible

We can offer you:

- Good rates of pay (Enhanced rate on Bank Holidays)
- Free uniform & PPE
- Refer a friend scheme (subject to conditions)
- Up to 28 days holiday
- Full support 24/7
- Induction course leading into The Care Certificate
- Ongoing development with additional training courses including QCF Diplomas

You NEED to be able to work in the following areas:

UPMINSTER • CRANHAM • HORNCHURCH • HAROLD HILL • ELM PARK

Being a car driver is preferred; but if willing to walk or use public transport, candidates can also be considered.
We have all shifts available: Early mornings & lunches - tea & bed calls - weekends. Morning shift starts at around 6am.

**Call Karen on 01708 446690 to apply or
email your CV to recruitment@priorcare.co.uk**

**Job Type: Part-Time/ Full Time - zero hour contract
Salary: £9.80 - £10.80 /hour**



BEAUTY



Never-ending NAIL POLISH

TOP TIPS TO STOP YOUR NAIL POLISH CHIPPING AND TO MAKE IT LAST LONGER

Do you wish your nails would stay chip-free for longer? Or maybe your favourite nail polishes start to become tacky before you've even used half the bottle? Either way, these tips are just what you need.

HOW TO MAKE YOUR NAIL POLISH LAST LONGER

Keep your nails short: Although you may covet long nails, the sad truth is that these are much more likely to break, chip and peel.

Buff your nails: Before applying nail polish, buff your nails using a glass or crystal file. Avoid harsh emery files which can damage the nails.

Choose the right top coat: Look for a top coat nail polish that boasts chip-resistance, protection and strengthening properties.

Always apply a base coat: The base coat is equally as important as the top coat, although this is a step that many skip. Use a strong base coat for best results.

Reapply the top coat: A top coat is not a set-and-forget type of application and needs to be reapplied once every two to three days to ensure the preservation of your manicure.

Wear gloves: Always wear gloves to protect your hands from water, chemical cleaners and any heavy-duty work.

HOW TO MAKE NAIL POLISH LAST LONGER IN THE BOTTLE

Store it in a cool place: Store your nail polishes in a dark cupboard or drawer. You can even keep them in the fridge.

Invest in nail thinning lacquer: A good-quality nail thinning lacquer can be added to nail polish that has started to thicken in consistency or dry out.

Keep the cap on tight: Every time you use a nail polish, make sure you screw the cap back on tightly as this will ensure that no air gets in and dries it out.

Keep out of direct sunlight: Extreme warmth on the bottle can cause the polish to thicken or dry out, as well as lead to discolouration.





Mr J S Chawla

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

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



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

www.facebook.com/ClearvisionMedicare

For appointments, please
contact Phillippa Chambers
on 07757 605008



FASHION

CONVERSE *cleaning*

If your Converse trainers are looking more grimy than gleaming, then you will be pleased to hear that this type of footwear is relatively easy to clean.

All you need is a few simple ingredients and a little bit of elbow grease.

WHAT YOU WILL NEED:

Baking soda | Toothpaste | Washing-up liquid | Stain remover | Water | A sponge | A nail brush and toothbrush | Cloths | Newspaper

HOW TO CLEAN:

STEP 1: Cleaning the laces

Remove the laces from your Converse and then create a cleaning solution using 50ml of washing-up liquid, 1 tbsp toothpaste, 1tbsp baking soda and 200ml of warm water. Soak the laces for two to three hours and then hang to dry.

STEP 2: Cleaning the shoe

Stuff each shoe with newspaper and generously apply toothpaste to the shoe using a toothbrush. Leave for 15 minutes. Wash off all the toothpaste using a nail brush and warm water, then leave to dry

in a warm place. Never apply direct heat to your Converse trainers.

STEP 3: Removing tough stains

For any stubborn stains, apply stain remover directly to the affected area. Leave for five to 10 minutes and then wash off using a nail brush. Leave in a warm place to dry. It can be a good idea to test your stain remover on a section of the shoe that is not visible first, such as the outer edge of the tongue.

NB: You should never machine wash or dry Converse trainers as this can damage the shoes.

How to keep white Converse white

If you have recently purchased a pair of white Converse trainers, spray them with a water and stain repellent spray before you wear them. When a stain occurs, spot clean immediately with an equal mix of warm water and washing-up liquid.



10,000 a day!



No, not 10k in money but 10k in steps! According to a 2017 study, completing 10,000 steps a day is just as effective as doing five 30-minute workouts a week.

Here are a few more reasons why you should be clocking up some serious mileage.

To strengthen your heart

If you walk 10,000 steps per day, you will have a larger stroke volume than someone who only walks 1,000 steps a day. Your stroke volume refers to how much blood the heart beats per minute, with a larger stroke volume being a sign of greater aerobic capacity and better heart health.

To lose weight

Walking is a great form of aerobic exercise, especially if you walk briskly. This can help you to lose weight when combined with a healthy and balanced diet. Furthermore, you will store less fat than an inactive person and be better able to handle periods of excess, such as Christmas, without gaining too much weight.

To stabilise your blood sugar

People who walk 10,000 steps per day will have a much lower glucose and insulin response in their blood after eating a meal than someone who is inactive. This means that you are less likely to develop type 2 diabetes in the future.

To improve cognitive function

Daily moderate exercise such as walking has been shown to improve one's ability to learn new tasks, grow new brain cells and stave off cognitive decline. Aerobic exercise may also be able to stimulate new cell growth in the hippocampus, which is the part of the brain responsible for emotion and memory.

To reinforce healthy habits

It takes time to develop new habits, but sometimes all it takes is one small commitment to act as a catalyst for change. Start with small increases to your overall step count, before gradually increasing to 10,000 steps per day.

MobilityPlus⁺



The UK's leading provider of affordable electric wheelchairs.

Premium Electric Wheelchairs That Support Independent Living



Includes **FREE** next day delivery



MobilityPlus+ Ultra-Light Instant Folding Electric Wheelchair
24KG, 4MPH, 2 LITHIUM BATTERIES

Only **£879.99**



MobilityPlus+ Deluxe Ultra-Light
FOLDING ROLLATOR WITH SEAT

Only **£114.99**



MobilityPlus+ Upright Rollator
WITH FOREARM SUPPORT

Only **£154.99**



MobilityPlus+ Quick-Split Electric
LIGHTWEIGHT, COMPACT, 4MPH

Only **£599.99**



MobilityPlus+ Featherlite
18.7KG, 4MPH, LITHIUM BATTERY

Only **£899.99**

Customer Support Team

01992 610 434 | www.mobilitypluswheelchairs.co.uk

OUR SHOWROOM: UNIT 5 VELOCITY, HARLOW BUSINESS PARK, HARLOW, CM19 5QF (APPOINTMENT ONLY)

**You look after
them, we look
after you.**

Our foster carers receive:

- Extensive training and support package
- Council tax relief for active foster carers inside and outside the borough
- Free parking in selected areas
- Tax free support*
- Free green bin collections
- Referral bonus of £750
- Free leisure centre access for the family

Find out more today at
havering.gov.uk/fostering
01708 434574

*up to £10,000




FEEL THE FOAM

If you are into fitness, then you need to know about foam rollers and how to use them. Predominantly designed to help with the recovery of injured muscles, they can also be used as part of your warm-up and cool-down routines to great effect.

WHY USE A FOAM ROLLER?

- To alleviate muscle soreness
- To reduce inflammation
- To aid muscle repair and recovery
- To help prevent injuries
- To increase blood flow
- To improve mobility
- To smooth the appearance of the skin
- To promote relaxation

WHERE ON THE BODY CAN YOU USE A FOAM ROLLER?

You can use a foam roller on your quads, hip flexors, calves, lats, hamstrings, IT band (the connective

tissues that run along your outer thigh from the hip to the knee), the upper back and shoulders, as well as the neck area.

WHEN SHOULD YOU USE A FOAM ROLLER?

You can use a foam roller either before or after a workout. Using a foam roller before working out can help to loosen up your muscles and allow for more efficient movement. Applying a foam roller after a workout can help to reduce muscle soreness and reduce recovery time.

HOW SHOULD YOU USE A FOAM ROLLER?

If you are new to using a foam roller, then be warned that foam rolling can be slightly painful. This is particularly true if you are using it on an area where the muscle or tissue is tight and in need of some TLC.

To use a foam roller for the first time:

- Pinpoint the sore or tight area of your muscle.
- Control your body as you slowly lower the targeted area, so it is centred above the roller.
- Lower your body onto the roller until you reach a point of discomfort.
 - Hold it there for 20-30 seconds.
 - You can roll the foam roller slowly back and forth to further stimulate the area.





Beautiful

BROAD BEANS

If you want to try to eat more seasonally, then now is the time of year to embrace the humble broad bean. They're delicious, nutritious and guaranteed to brighten up your day. Discover two of our favourite broad bean recipes below.

TOMATO, MOZZARELLA AND BROAD BEAN SALAD

You will need:
500g tomatoes | 150g podded broad beans | ½ tsp salt | ½ tsp caster sugar | Handful of fresh basil and chives | 1 tbsp fresh tarragon | 1 tbsp mint leaves | 3 tbsp olive oil | 2 tsp Dijon mustard | 1 lemon, zested | 1 tbsp red wine vinegar | 250g mozzarella balls | 50g toasted and chopped hazelnuts

- How to make:**
- Cut the tomatoes into slices and place in a bowl.
 - Add the salt and sugar and leave to marinate for 30 minutes.
 - Bring a pan of water to the boil and add the broad beans.
 - Boil for two minutes, drain and allow to cool.
 - Remove the beans from their shells.
 - Finely chop all the herbs and tip into a bowl.
 - Whisk in the olive oil, mustard, lemon zest and red wine vinegar.
 - Season and stir in the broad beans.
 - Tip the tomatoes onto a serving platter, then top

with the mozzarella and spoon over the broad bean salsa.
• Scatter over the toasted hazelnuts.

BROAD BEAN DIP

You will need:
300g podded broad beans | 3 tbsp crème fraiche | ½ a lemon | 1 tbsp fresh dill | Flatbreads or pitta bread to serve

- How to make:**
- Bring a pan of water to the boil.
 - Add the broad beans and cook until tender.
 - Drain and refresh in iced water.
 - Blitz the beans, crème fraiche and a little seasoning together in a food processor.
 - Tip into a bowl and squeeze in the juice of the lemon.
 - Finely chop the fresh dill and stir through.
 - Serve with warm bread.
 - You can store this dip in a tightly sealed container for up to four days in the fridge.



- 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

Da Vinci's

ITALIAN RESTAURANT

Taste the Mediterranean through our quality Italian dishes
Antipasti | Starters | Pasta | Pizza | Grills | Wines | Beers | Spirits



LIVE ENTERTAINMENT
Every Friday

www.davincishornchurch.co.uk | 01708 474 054 | enquiries@davincishornchurch.co.uk
13-15 Station Lane, Hornchurch, RM12 6JL

12 MONTHS
INTEREST
FREE

LUXURY BESPOKE WARDROBES & KITCHENS



WARDROBES ■ BUILT IN WARDROBES ■ FITTED KITCHENS ■ SLIDING WARDROBES

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 756789 ■ 01708 578073

www.bestfittedwardrobe.co.uk

info@bestfittedwardrobe.co.uk

Best Fitted Wardrobe Ltd, Unit A3, Seedbed Centre, Davidson Way, RM7 0AZ



THIRST

Water plays a crucial role in our daily wellbeing. From quenching our thirst to fuelling essential bodily functions, staying hydrated is vital. But many of us find it hard to drink enough water or don't know how much we need. If that's you, here are some practical ways to keep hydrated.

HOW MUCH IS ENOUGH?

According to the government's Eatwell Guide, we should consume 1.5 to 2 litres of fluid per day – more if we're exercising or when the weather's hot. Some experts say we should drink more than that, but it's a helpful starting point.

DOES IT HAVE TO BE WATER?

No, it doesn't. Lower-fat milk and sugar-free drinks, including tea and coffee, all count. But caffeinated drinks can have a diuretic effect (increasing urine output), and sugar-free drinks can harm tooth enamel. So only rely on these drinks for some of your fluid intake.

TOP TIPS:

- ✦ Kickstart your hydration by drinking a glass of water first thing in the morning after you've woken up.
- ✦ If you don't like plain water, try infusing it with citrus fruit slices, berries or cucumber – or opt for herbal teas.
- ✦ Carry a bottle of water around with you so you can sip water on the go, whatever you're doing.
- ✦ Make drinking water a habit throughout the day – for example, before each meal or after you've been to the loo.
- ✦ Treat yourself to a smart water bottle or one with times and measurements written on it. Alternatively, download a reminder app, or set alarms or calendar alerts on your phone, to remind yourself to drink.
- ✦ Choose a water bottle, cup or glass that you like – it's easier to drink out of something you find visually appealing.
- ✦ Eat plenty of water-filled foods like fresh fruit and vegetables – they're hydrating as well as being nutritious. Watermelon, cucumber and oranges are all excellent choices.



FOOD & DRINK

LOVE PARKS

Week

Love Parks Week is an annual event that gives people across the country the chance to shout about their favourite green spaces. It takes place between July 28 and August 4 this year. Here are some of the best national parks the UK has to offer.

NEW FOREST: *Best for nature lovers*

One of the largest areas of woodlands in southern England, the New Forest is a great park to visit all year round. In spring, head to Clayhill Heath to stroll through a sea of bluebells, and in summer, look out for forest pony foals outside Beaulieu and Brockenhurst. Later in the year, don't miss the free-roaming pigs that are let loose to scavenge acorns.

SOUTH DOWNS: *Best for long-distance walks*

The newest UK national park, South Downs boasts rolling hills and stunning views down to the Weald and out to the Channel. The impressive 100-mile South Downs Way covers the entire park from Winchester Cathedral to the beach at Eastbourne, making it a must-do experience for hiking enthusiasts.

EXMOOR: *Best for isolation*

One of the least visited national parks in the UK, Exmoor is the perfect place for those who want to seek solace. Offering wild moorlands, rocky ravines and breath-taking coastal cliffs, Exmoor is also home to a population of wild ponies who wander around its expansive landscape.

DARTMOOR: *Best for camping*

If you fancy experiencing the freedom of wild camping, then this is the national park for you. You can just pitch up and explore Devon's wondrous moorlands – the only national park in the UK where this is permitted. Ideal for families, some of the most popular spots are Haytor and Hound Tor or, for adventure seekers, head out to the remote Fur Tor.



küchenhaus
The German Kitchen

German engineering for your home.

Kutchenhaus Brentwood

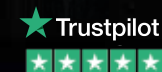
6, The Baytree Shopping Centre, Brentwood, Essex CM14 4BX

Tel : 01277 204447

Email: showroom@brentwood.kutchenhaus.co.uk

[Facebook](#) Kutchenhaus Kitchens Brentwood

[Instagram](#) kutchenhaus.brentwood



GREAT BRITISH INTERIOR DESIGNER

LOUISE BRADLEY

Interior designer Louise Bradley has impeccable taste, and it's no wonder she's sought after all over the world to create stunning designs in properties that range from country houses to overseas villas. Louise started her business in 1991, and is a self-confessed perfectionist with an eye for detail.

CLASSIC, CONTEMPORARY BEAUTY

While her styles are striking and timeless, Louise's spaces are designed to be functional too.

Her designs typically feature neutral colours enhanced with darker tones and blacks, with plush fabrics, statement lights and carefully chosen accessories completing the look. Louise's spaces represent a new modern classic style that works in different types of homes, including more traditional homes where the property's original features become elevated with Louise's designs.

RECREATING LOUISE BRADLEY'S LOOK

Some useful tips for recreating this look in your own home include:

- > Keep your layout simple, deciding carefully where furniture should go to help you make the most of the space you have.
- > Choose a muted colour palette that can be enhanced with darker shades to add depth.
- > Dress up the space with cushions and textiles in luxury fabrics. A rug can be a simple way to give a new look to an existing space.
- > Ornate mirrors and statement light fixtures add elegance, and can be an affordable way to dress up your interior if you're willing to shop around.

With looks that are simple yet timeless, Louise Bradley is the ultimate inspiration for contemporary décor that can work in any home.



Photo credit: louisebradley.co.uk

Curtains, blinds and plantation shutters

- ✓ Bespoke made to measure curtains
- ✓ Sheers & Voiles
- ✓ Window blinds – manually operated or motorised
- ✓ Plantation shutters
- ✓ Pole and track fitting service
- No obligation quote
- Friendly & enthusiastic family business Est 1920
- Experienced consultation & installation team
- Commercial projects also undertaken

On enquiry mention **Vision** for a special offer

01708 578156 07956 818477

AlfOnnie.co.uk @AlfOnnie1920

Alf Onnie Curtains and Blinds

Est. 1975

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

• Long Lasting Alternative To Felt
 • Made To Measure With No Joints
 • No Flames, Lasts Up To 50 Years

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



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



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

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



HOME & DIY

Drenched IN COLOUR

YOUR GUIDE TO THE DRENCHING TREND

If you love a little colour, then you're going to love colour drenching. This latest interior craze is helping people utilise their favourite shades and transform spaces to give them a coordinated, striking finish. Check out our simple guide to colour drenching and how to nail the look in your home.

WHAT IS COLOUR DRENCHING?

Colour drenching means taking one colour and using it in various shades throughout a space. From your walls to ceilings and even your woodwork, using the same colour in a room can be super stylish. It's a bold look – one that can make a big impression.

HOW TO ACHIEVE THE LOOK

To achieve a colour-drenched look in your home, choose a colour that can be applied to your walls, ceiling, doors and window frames. You can then play around with accessories in the same or similar shades to help you fill out the space.

This is a fantastic way to make the most of any statement furniture items you have. A contrasting piece or artwork can really shine in a colour-drenched room, with the space creating the perfect backdrop.

WHICH ROOMS WORK BEST?

Colour drenching looks great in spaces like living rooms or dining areas. The less clutter you have, the more effective colour drenching can be. If you have a small space to work with, this can be a good way to create the illusion of a bigger room.

You can opt for light, dark or bold colours with colour drenching, helping to create a range of different effects within your home.

CHOOSING THE RIGHT COLOURS

When it comes to colour drenching, choosing the right colour is important – you're going to be seeing a lot of it, after all.

Some of the colours that work well for colour drenching include rich shades of navy and green, pink and burgundy. White and neutral shades can also work well, especially when paired with wooden details.

You may want to avoid using pastels like yellow, green and pale blue – the room may look too light without any contrasting features.

AN EXTRA TIP

Start with a feature wall in your chosen colour to see how it feels. If you like it and like the way the light hits the space, you can start adding to it until your room is sufficiently drenched.



Photo credit: Little Greene via homedesignideas.com, colourtrend.co.uk, scrbd.com

ALTERNATIVE USES FOR

TOILET PAPER ROLLS



Did you know that the average person uses 100 toilet rolls per year? That's more than 20,000 sheets of paper!

Rather than just throw away the empty rolls, why not put them to better use?

TO STORE CORDS

Most households have a whole host of unused cords that are taking up too much space, either in a drawer or, worse, on the floor. Create a simple storage solution by folding a phone charger or other type of cord into a neat stack and then placing it inside a toilet roll tube.

TO STORE IMPORTANT DOCUMENTS

Are you always misplacing your birth certificate or car

insurance documents? Keep important documents safe and crease-free by rolling them up and placing them inside a toilet paper tube. You can also store your child's artwork.

TO MAKE A FIRE STARTER

Whether you have a wood-burning fire in your home, love to go camping, or like to throw impromptu barbecues, a toilet paper roll makes the process of lighting a fire much easier. Simply stuff a tube with dryer lint, wrap in newspaper and twist at the ends.

TO MAKE A DIY PHONE SPEAKER

Like your music loud but don't want to have to buy an expensive speaker? Why not make your own with just a toilet roll? Start by cutting a long, rectangular hole in the tube which is big enough to slip your phone into. Then use drawing pins as feet to stabilise the speaker.

TO PREVENT CREASES

If your trousers tend to crease where the fabric folds over the hanger, then you can easily remedy this by cutting a slit lengthwise into two toilet rolls and then sliding them onto a hanger.



**PROPERTY
EXTENSIONS**
ADDSPACE LONDON LTD.



**WE COVER ALL ASPECTS
OF BUILDING WORKS**

- Property extensions & refurbishments
- Kitchen extensions ■ Loft extensions
- Garage Conversions
- Building contracts & new builds
- Construction services

01708 732 323

www.propertyextensionsessex.co.uk

email: info@addspace london.co.uk

EXPERIENCED TRADESMEN TO CARRY OUT
WORKS WITH NO DELAYS OR PROBLEMS



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



Growing orchids can be a daunting prospect, even for the most experienced gardener. That being said, when cared for correctly, this beautiful bloom can last between 15 and 20 years.

Six signs that your orchid is dying

1 The leaves turn yellow and drop

While the shedding of leaves is a natural process for almost all plants, if new leaves start to turn yellow or drop off, this indicates that your orchid is getting too much light or water.

2 The leaves have brown tips

When the leaves on an orchid turn brown, this means that they are not getting enough moisture and you need to adjust your watering schedule to water your plant more frequently.

3 The leaves become wrinkled

Wrinkled leaves are a sure sign of underwatering and, in some cases, the leaves may start to fold in on themselves.

4 The aerial roots dry up

If your orchid is not getting enough humidity, its aerial roots may shrivel, become dry and turn brown. If the root is dead, you will need to remove it with a sterilised cutting tool.

5 The leaves have black or brown spots

Black or brown spots on leaves are usually caused by sunburn from too much bright light. If this occurs, move your orchid to a more shaded spot.

6 Your orchid does not bloom

If your orchid is not blooming, then this is almost definitely owing to poor growing conditions or conditions that are not suited to your particular orchid.

How to make your orchid live longer

- > Position your orchid in bright but indirect light
- > Water your orchid once a week with room temperature water
- > Keep them in a room where the temperature is between 18 and 29°C
- > Cut away any blooms that have died
- > When not in bloom, give your orchid a 20-20-20 fertiliser which contains 20 per cent nitrogen, 20 per cent phosphorous and 20 per cent potassium.



- ◆ 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

bsplumbing plumbing & heating specialists BOILER INSTALLATION SPECIALISTS



12-24 MONTHS
FINANCE - 0% APR
UP TO 10 YEARS
AT 9.9% APR
NO DEPOSIT

£100 OFF
BOILERS
QUOTE BSP100

- Bathroom Installation
- Underfloor Heating
- Boiler Supply & Fit
- Power Flushing
- Plumbing Repair
- Boiler Repair & Service
- Landlord certificate CP12

CONTACT US FOR A FREE QUOTE

0800 107 7119 • 01708 578065

info@bsplumbing.co.uk • www.bsplumbing.co.uk



TRUSTMARK
Government Endorsed Quality



APPLIANCE PROBLEM? WE'LL FIX IT!

Any make
Any model

LOCAL ENGINEERS IN YOUR AREA!

If we can't fix it, we can
supply and install new
appliances same day

**CHECKA
trade.com**
View our sales page for list of
machines ready to install today!

**SAME DAY
CALL OUT
AVAILABLE**

ALL MAKES
ALL MODELS
REPAIRS
SALES

CALL OR BOOK ONLINE **SPIN
DOCTOR**

01279 310793
www.spindooruk.co.uk



TRANSFORM YOUR HOME



QUALITY DESIGN

Manufacturer & Installer
for UPVC & Aluminum

Windows & Doors

Conservatories & Porches

Bi-fold
& Much More...

Tel: 01702969997

Mobile: 07830355172

Email: info@siddhglazing.co.uk

Web: www.siddhglazing.co.uk



DIY NATURAL DUSTING SPRAYS

Did you know that dusting sprays contain toxic ingredients that are bad for the environment and your health? Fortunately, there are several natural alternatives that promise to banish dust without any negative side effects. Plus, all you need is a few storecupboard staples to make them.

DIY CITRUS SPRAY

Ideal for all types of surfaces, this homemade citrus spray will eliminate dust and make your home smell wonderful.

You will need:

1 cup water | ¼ cup white vinegar | 2 tsp olive oil
| 10-15 drops orange essential oil

Pour all the above ingredients into a spray bottle and shake vigorously.

DIY VINEGAR SPRAY

The simplest DIY dusting spray available, vinegar is a versatile all-purpose cleaner which cuts through grime and acts as a disinfectant. Ideal for use in the kitchen and bathroom.

You will need:

½ cup water | ½ cup white vinegar

Add both to a spray bottle, shake, and spray where desired.

DIY ESSENTIAL OILS SPRAY

Similar to the citrus spray, this DIY recipe will

effectively get rid of any dust and fill your home with lovely scents.

This spray is perfect for creating a relaxing vibe in the bedroom.

You will need:

1 cup water | ½ cup of witch hazel or vinegar | 1
tbsp olive or sunflower oil |
1 tbsp unscented liquid soap
| 15 drops of lemon essential
oil | 1 drop tea tree oil

Add all ingredients to a spray bottle and shake vigorously.

DIY WOOD DUSTING SPRAY

This DIY dusting spray is specially designed for use on wooden surfaces and will effectively remove both dust and dirt.

You will need:

1 cup water | ½ cup vinegar | 2 tbsp olive,
sunflower or grapeseed oil | 10 drops lemon
essential oil | 5 drops cedarwood essential oil

Mix the ingredients together in a spray bottle and spray directly onto any wooden item or surface.

Once sprayed, all of the above DIY dusting sprays should be wiped with a clean cloth, preferably a microfibre one.



HOME & DIY

COMER CHAMELEON



The changing mode of Jodie Comer, and why, in the face of her recent Tony Award win, the British actress's career will surely only continue to ascend.

In the pantheon of British acting royalty, Jodie Comer's journey has been gradual, yet dramatic. The 30-year-old actress has worked her way up through the slightly clichéd ranks, with the usual spread of appearances in TV staples such as *Holby City*, *Waterloo Road* and *Doctors*. Lead-character presence in *Thirteen* and *The White Princess* saw the Liverpoolian build on her early success, with widespread attention on both sides of the Atlantic finally arriving as a result of her portrayal of assassin Villanelle in the BBC drama *Killing Eve*.

Comer's appeal is obvious; she possesses distinctive flair and undeniable talent, with an ability to switch between comedy and drama, romantic segments and thriller sequences.

And nowhere better has that versatility been shown than in her recent triumph at the 2023 Tony Awards, where she garnered the Best Leading Actress accolade for her tour-de-force performance in the Broadway show *Prima Facie*.

"I've never been one to pin everything I do on the idea of winning awards," she begins, "as I believe there is so much good stuff that goes unnoticed. And really, the success or failure of a project is something that only really I can decide upon."

"That said, when recognition comes along, especially with something this big, and in an environment on stage that is a diversion from what I have been doing, it does mean so much to me and I am so grateful."

Comer wouldn't be able to achieve what she has without the eclectic blend of strength, charm and emotional vulnerability that she brings to every role. She is visually striking and phonetically exacting, and with these tools, she manages to engage an audience in a way that few actresses of her age can.

"Drama is about sharing an emotion," she says. "It's not a one-way street – the task is to envelop everyone around you in a character and a feeling."

Comer's journey to the top, while impressive, has been linear. That's what makes the Tony Award her biggest achievement yet – for the fact she stepped out, alone, looking to impress not just those at home, but the fiercely demanding New York Broadway crowd too.

The show, a one-woman play, tells the story of a lawyer who defends men in sexual assault cases, though finds the script flipped when she herself becomes the victim of a sexual assault. The play was also a hit in the West End, with a successful run at the Harold Pinter Theatre.

Beyond the stage, Comer's cinematic work is equally noteworthy. Her role in the upcoming survival film *The End We Start From*, co-starring Benedict Cumberbatch CBE, is eagerly anticipated.

"For me, it's about continuing to move forward – to try new things and to work with new people. I am flattered when I get cast alongside some real heavyweights of the industry, and it is a struggle to feel worthy, at times."

Perhaps that's what makes Comer so popular – a sense of humility and down-to-earth persona. Despite her fame, she remains a humble Liverpoolian who loves her craft and respects her audience.

Photo credit: Jon Sugg

JA HUCKINS Ltd

the home of quality bathrooms

BATHROOMS & WET ROOMS
SHOWERS & SCREENS
BATHROOM ACCESSORIES

15% OFF
GEBERIT PRODUCTS
WITH THIS ADVERT

■ **GEBERIT**

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

SHOWROOM: 01708 578089

www.huckins.co.uk | sales@huckins.co.uk

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

FROM YOUR AREA



LOCAL NEWS

Community comes together to support charity event



A Hornchurch mum recently hosted a charity event on what would have been her son's 18th birthday. Kristel Hurth set up Mitchell's Miracles after she lost her son Mitchell, who had been diagnosed with a neuroblastoma, in 2012. The charity aims to raise awareness of childhood cancer and support families in need.

As part of International Neuroblastoma Awareness Week, Kristel held a Superhero Family Fun Day on Saturday, June 17.

The event took place at The Campion School and featured live music, stalls, a funfair, games and more.

Speaking to **VISION** Hornchurch, Kristel said she was delighted with how the event went and how it has raised awareness of Mitchell's Miracles.

The charity will be looking to host more events in the coming months.

To find out more about Mitchell's Miracles, head to www.mitchellsmiracles.co.uk

was not easy to make, we look back with nothing but fondness on the years of camaraderie that we've enjoyed together.

"The laughter that rang through our halls, the friendships forged over a pint, and the countless celebrations we've been a part of; all of these memories will forever be ingrained in the history of The Rising Sun."

Thousands gather for return of summer concert

Crowds gathered to enjoy a classical music showstopper as the Langtons Summer Concert returned to Havering.

Set in the grounds of Langtons Gardens, the concert took place on Sunday, June 11, and was attended by a sold-out crowd of 2,000 guests.

The Westminster Philharmonic Orchestra took to the stage once again, as they did for the first Langtons Summer Concert more than a quarter of a century ago, and delivered a selection of classical favourites.

Councillor Ray Morgon, Leader of Havering Council, said: "Thanks to all 2,000 attendees who turned out and contributed to a special atmosphere at the Langtons Summer Concert."

"The event proves to be even more popular than ever each year, with a sold-out crowd enjoying wonderful music from the Westminster Philharmonic Orchestra."

"A big thanks to main event sponsor West & Coe Funeral Directors and supporting sponsor Mullis & Peake LLP Solicitors."

"The continued efforts of the Friends of Langtons Estate, who provide refreshments for guests on the day, are also greatly appreciated."



Pub closes its doors amid cost-of-living crisis

A Hornchurch pub has closed its doors for good owing to the cost-of-living crisis, after more than two decades of serving the community.

The Rising Sun pub, on the High Street, closed on Saturday, June 10.

In a statement, landlord James Sherer said that the cost of maintaining the pub had steadily risen.

Posting on Facebook, he wrote: "While the decision



JULIA LOPEZ MP

Conservative MP for Hornchurch and Upminster



Schools in Hornchurch and Upminster have benefited from a number of spending announcements from the Department for Education (DfE) in recent weeks. First came April's announcement of a £2billion boost to the schools budget. This announcement means that schools across the constituency will benefit from more than £3.5million in extra funding this year.

On a visit to the Havering Sixth Form College in March I met with Janet Smith, Principal of Havering Colleges (pictured right), and was told of the college's plans to expand, and these plans have been significantly aided by a £4million grant from the DfE to support the building of a new teaching block. The grant will part-fund a £5.65million development at the campus, with the remaining £1.65million being funded by New City College. The new facility is expected to open by September 2024. This funding is part of a £140million investment to expand teaching facilities for young people aged 16 to 19.

Five schools within the constituency are among the 859 nationally to benefit from £456million in funding



awarded to improve facilities via the Condition Improvement Fund. I was pleased to support applications by local schools and even more pleased to learn that Sanders Draper and Emerson Park Academy in Hornchurch were among the schools to receive funding. Upminster Junior School, Drapers' Brookside School and Drapers' Pyrgo Priory School also received funding.



News from COUNCILLOR PAUL MIDDLETON

St Andrews Ward, Hornchurch Residents' Association



Summer is definitely with us. The warm nights, the long days, the barbecues with friends and family – what more can you ask for?

I would like to say thank you to Lidl for carrying out the changes requested by my fellow ward councillors and me. The 'Towers' sign has been repaired and repainted. The bollards are being raised at night to stop the car park from being used outside the intended purpose, and several other small changes have been made to help local residents.

The Westminster Philharmonic Orchestra played at the Langtons Summer Concert. The weather was gorgeous, and the skill of the orchestra was very apparent. I hope that everyone who attended had a great time.

While social media has its place and use, I have noticed that some people appear to want to write negatively about anything. Perhaps it is just me who believes if you have nothing nice to say, don't say it, just scroll on.

I recently noticed that Sainsbury's Hornchurch was no longer collecting glass bottles. The alternative bottle collection areas are Fentiman Way car park and the Queen's Theatre Hornchurch car park.

D R 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



BOILR offers comprehensive service plans to homes throughout Essex, Hertfordshire & London.

★	★★	★★★	★★★★
£7.50 / MONTH	£15.50 / MONTH	£19.50 / MONTH	£23.50 / MONTH
Annual boiler service ✓	Annual boiler service ✓	Annual boiler service ✓	Annual boiler service ✓
Landlord safety record ✓	Landlord safety record ✓	Landlord safety record ✓	Landlord safety record ✓
Heating/Gas/Plumbing ✓	Heating/Gas ✓	Heating/Gas/Plumbing ✓	Heating/Gas/Plumbing ✓
Electrical Faults & Emergencies ✓	Electrical Faults & Emergencies ✓	Electrical Faults & Emergencies ✓	Electrical Faults & Emergencies ✓

Servicing | Installation | Plans

CALL OUR TEAM TODAY FOR MORE INFORMATION

01708 837147

hello@boilrltd.co.uk boilrltd.co.uk



T&C's Apply

Heavyweight promoter stays true to his roots



The man who runs rings around the world's best boxers, Eddie Hearn is undoubtedly one of Brentwood's finest sporting exports, even if his activities, primarily across boxing, rarely see him break into a sweat.

Hearn, who attended the private Brentwood School before heading to Havering College in Hornchurch, is the son of Barry Hearn and therefore comes from solid boxing promoter stock. Yet over the past decade, Eddie has truly stepped out of his father's shadow.

Hearn's first foray into boxing promotion came in 2004, when he used Brentwood as the base for his first sporting event. The showcase featured a number of up-and-coming boxers, and enabled him to begin to build his reputation.

He has gone on to work with some of the biggest names in the sport, including Anthony Joshua OBE, Dillian Whyte and Kell Brook. He has also promoted numerous world champions, including Carl Froch MBE, Tony Bellew and Katie Taylor, as well as dabbling in management for poker, snooker and darts.

Hearn, who now lives in Billericay with his wife Chloe and their two daughters, is known for his flamboyant personality and an ability to promote fights in a way that generates excitement and interest from fans. He is a master of social media, using Twitter and Instagram to engage with fans and promote his fighters, both male and female.

Despite his success, Hearn is not without his critics. Some boxing fans accuse him of having too much control over the sport, and have questioned his decision to work with streaming service DAZN. This is despite the fact that the multi-million-pound deal disrupted the traditional pay-per-view model, making elite boxing more accessible to fans around the world.

The promoter's biggest fight was the heavyweight rematch between Anthony Joshua OBE and Andy Ruiz Jr, which was held in Saudi Arabia in 2019; yet more recently he brilliantly traded verbal punches with Simon Jordan on talkSPORT.

Hearn's success in boxing has given him an estimated worth of more than £100million, yet he remains fiercely loyal to his Essex roots.

Photo credit: Gary Carr/INPHO/Shutterstock

Produce Green Energy & Make Real Cost Savings

We can beat
any like for
like quote



A professional, personal approach
to all our solar installations



Solar Panel Design & Installation

Our tailor made Solar PV systems are made up of several panels, with each panel generating energy during daylight hours.



Battery Storage

When your solar panels generate electricity, batteries can store excess electricity from your system.



EV Car Charging

Own or thinking about buying an electric vehicle? Charge your car for free using solar power.

- ☀ Competitive Pricing ☀ Bespoke Solar Installations
- ☀ Strong Focus on Customer Service & Aftercare
- ☀ Enjoy Warranty Protection

Contact Us 01708 578090

hello@bsolarenergy.co.uk

www.bsolarenergy.co.uk



GET A QUOTE

SCAN ME FOR A QUOTE

FULLY ACCREDITED & INSURED



NAPIT

MCS



TRUSTMARK



Google
★★★★★

Trustpilot
★★★★★



**Chigwell
WINDOW CENTRE**
PART OF THE CHIGWELL GROUP

Visit our brand new Brentwood &
totally refurbished Collier Row
showrooms - now open!



4b Mascalls Lane, Brentwood CM14 5LR
9-11 Chase Cross Rd, Collier Row RM5 3PJ

**20%
OFF**

ALL PRODUCTS WHEN YOU
SHOW THIS ADVERT INSTORE.
(VALID FOR 1 MONTH ONLY)*

sales@chigwellwindowcentre.co.uk
020 8500 4900 | chigwellwindowcentre.co.uk

YOUR LOCAL EVENTS



WHAT'S ON

90S REWIND FESTIVAL

Harrow Lodge Park, Hornchurch, RM11 1JU
Friday, July 14, 5pm – 10.30pm



Mind has announced a new event for 2023, taking you back to the Nineties with some of your favourite acts of the decade.

All money raised goes towards local mental health charity Mind in Havering, Barking and Dagenham to help support its services for local people who are experiencing problems with their wellbeing.

This is an over-18s only event. To get tickets, go to www.haveringmind.org.uk/90s-rewind-festival-2023

ESSEX TRIBUTE FEST

Harrow Lodge Park, Hornchurch, RM11 1JU
Saturday, July 15, 2pm – 10.30pm

Local mental health charity Mind is hosting its annual open-air concert, featuring live tributes to the Spice Girls, Robbie Williams, Celine Dion, Adele, Shania Twain, Ed Sheeran, Ellie Goulding, P!nk and Little Mix.

Gates open at 2pm. Live music starts at 3pm.

To get tickets, head to www.skiddle.com/festivals/essex-tribute-fest-2023

HAVERING SINGERS – SUMMER CONCERT

St Peter's Church, Gubbins Lane,
Harold Wood, RM3 0QA
Saturday, July 15, 7.30pm

Formed in 1946 as a section of the Hornchurch, Romford and Upminster Music and Arts Society, the choir became the Havering Singers in 1965 when the new London Borough of Havering was formed. The choir has grown to about 80 voices and regularly

performs in venues around Havering.

It has now announced its summer concert, filled with songs from the Seventies.

Tickets cost £12 for adults and are free for children.

Purchase tickets via www.haveringsingers.org.uk/buy-tickets

WHITNEY – QUEEN OF THE NIGHT

Queen's Theatre, Billet Lane,
Hornchurch, RM11 1QT
Thursday, July 27, 7pm – 9pm

Direct from the West End, *Whitney – Queen of the Night* is back for 2023, celebrating the music and life of one of the greatest singers of our time with a sensational cast and stunning live band.

Come along and experience the ultimate Whitney Houston tribute show, taking audiences on a magical rollercoaster ride through three decades of hits that include *I Wanna Dance With Somebody*, *I'm Every Woman*, *I Will Always Love You* and many more.

Purchase tickets from www.queens-theatre.co.uk/whatson/whitney-queen-of-the-night

NEW WINDMILL HALL SUMMER FLING

New Windmill Hall Upminster, St Mary's Lane,
Upminster, RM14 2QH
Sunday, July 30, 10am – 4pm

This fundraising summer fair will raise funds for the upkeep of the New Windmill Hall Community Association Centre.

There will be a variety of stalls selling gifts and handmade crafts, food, drink and games.

The event is family- and dog-friendly and is free for all to attend. To find out more, contact 07517 160683 or nwhsocials@outlook.com



Photo credit: Google Maps

VDN ELECTRICS

We at VDN Electrics treat your home like our own and take the upmost pride in helping you bring your vision to life.



- ⚡ 24-hour emergency call outs
- ⚡ Full & part rewiring ⚡ Fuse board upgrades
- ⚡ Indoor & outdoor lighting & power
- ⚡ EV charging installations

CALL NOW FOR A FREE SURVEY
07776 906 335
vdnelectrics.co.uk



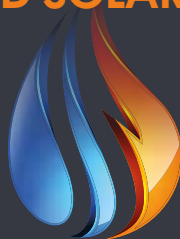
10% OFF
CODE VDN10M



Offer valid from April 2023 to March 2024.
Can only be used once.

BRENTWOOD SOLAR

Plumbing & Heating Repairs & Installation



Bathroom Suites
Boilers 🔥 Air Conditioning
Air Source Heat Pumps
Safety Certificates



CONTACT US

01708 732 323

info@brentwoodsolar.co.uk

SPECIALIST IN PRE-CAST BUILDINGS

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



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

CONTACT US ON 020 8590 3701

www.rpageconcretebuildings.com

📍 rpageconcretebuildings

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



**R
PAGE
CONCRETE
BUILDINGS LTD**

PETAL PERFECTION

Are you planning to throw confetti at your wedding? Then you need to know about petal confetti, also known as biodegradable confetti, and how it can help make your big day both stylish and sustainable.

WHY IS CONFETTI THROWN AT WEDDINGS?

The tradition of throwing confetti at weddings dates back to the Middle Ages, and is used to say congratulations to the happy couple and wish them a lifetime of luck and happiness.

WHAT IS PETAL CONFETTI?

Petal confetti, as the name suggests, is confetti that is made out of real flowers rather than plastic, metal or paper. It is 100 per cent biodegradable, affordable and makes a stunning addition to any style of wedding. You can create bespoke petal confetti mixes or you can order pre-mixed bags online from companies such as Shropshire Petals and Pretty Petals. There is also a confetti field in Pershore, Worcestershire, where you can

carry out pre-wedding photoshoots and purchase petals.

WHAT ARE THE BEST FLOWERS FOR PETAL CONFETTI?

There are many different flowers to choose from for your eco-friendly wedding confetti, with some of the most popular options including delphiniums, wildflowers, roses and hydrangeas. In particular, delphinium petals make wonderful confetti as they are small and delicate. It is worth noting that delphiniums and hydrangeas are harmful to dogs, so if you have any four-legged friends attending your wedding, then rose petals and lavender make a fragrant alternative.

OTHER WAYS TO USE PETAL CONFETTI

As well as being used for beautiful confetti, there are other ways in which you can use petals to make your big day just that bit more special:

- > Create a petal aisle for the bride to walk down
- > Flower girls and boys can scatter petals down the aisle
- > Place piles of petals around other decorations
- > Decorate your wedding tables.





GET SEATING savvy

With the right seating, you can transform your outdoor space into a comfortable and stylish retreat, whether you've got a simple balcony or something much grander.

GO SCANDI: One popular style for outdoor seating is the Scandinavian look, which often features slim wooden frames. This style embraces simplicity and minimalist designs, and is perfect if you're after something timeless and understated. Pair your Scandi seating with outdoor rugs for a relaxed and laid-back vibe.

EMBRACE INDUSTRIAL CHIC: If you prefer a more edgy vibe, consider industrial-inspired furniture. Look for dark metal frames and sleek designs, and choose metal planters and modern outdoor lighting to complete the look. Industrial seating is ideal for those who appreciate a modern and urban atmosphere.

OPT FOR COUNTRY HOUSE CHARM: If you're after a touch of elegance with a country house feel, look out for rattan lounge sets or daybeds. This furniture blends into the natural landscape beautifully – particularly if you add some terracotta pots and troughs – and evokes a timeless country scene. If you want to go green, choose eco-rattan, a weather-proof rattan lookalike made from recycled plastics.

CREATE A BEACHY PARADISE: For a relaxing holiday resort atmosphere, choose wooden suites you can relax into. With some mood-enhancing lighting and a solar lantern, you'll be transported to a beachy paradise, wherever you are. And if you want to complete the look, why not add a fringed parasol?

CHOOSE CAFÉ-STYLE CHIC: Indulge in the enchanting ambiance of an outdoor café with a budget-friendly bistro set. Ideal for small spaces, these sets are available in various materials, including metal, plastic and wood. Enhance the charm by adding a couple of plants, and voila! Your space becomes the perfect spot for dining al fresco.



The first step to a beautiful lawn is to call GreenThumb



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

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

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

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

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

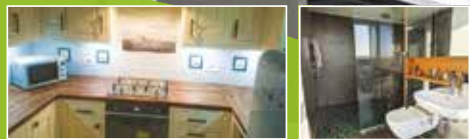


PRICES FROM
£15*
PER TREATMENT

GreenThumb

LAWN TREATMENT SERVICE

*Based on a lawn size up to 40m²



WE CARRY OUT ALL HOME RENOVATIONS

Garage Conversions | Bathrooms | Kitchens | Full Decorating
New Flooring | Plumbing & Heating | Electrical | Glazing
Roofing | Tiling | Handyman & Locksmith Services
Cleaning | Extensions & Loft Conversions | Clearances
Plus much more...

DOMESTIC & COMMERCIAL | NO JOB IS TOO BIG OR TOO SMALL

CHECK OUT OUR GOOGLE REVIEWS

t: 01708 578053 | m: 0794 939 4403

e: info@lillywhitepropertygroup.com

www.lillywhitehomerenovations.com

f LillywhitePropertyGroup i LillywhitePropertyGroup t @LWMaintenance



WE OFFER
FREE ESTIMATES

WE NOW OFFER FINANCE
ON ALL REFURBISHMENT
PROJECTS

Cloudy2Clear, A Local Service, Saving You Money.

As a leading domestic glass replacement company for more than 16 years, Cloudy2Clear windows are the leading name in the industry. There is no need for you to risk your windows by using the dreaded double glazing cowboy down the street. You can join over 336,000 happy customers and replace your glass ethically and affordably. If you have a failed glass unit, it may not provide you with the protection you need or be as energy-efficient as it once was. Take a minute to check your home to see if any double glazing has failed? Taking action now can prevent future financial problems.

values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true 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 once again".

“
*Ask me about our
fantastic Energy
Saving Glass.*
”



When talking to the Manager of Cloudy2Clear windows Chris Miller it became clear that these

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

UPMINSTER FENCING LIMITED

Family
Run
Business

Trading
Since
1994

SUPPLY & FIT

PRESSURE TREATED PANELS • FREE ADVICE & QUOTATIONS



OPENING HOURS: WEEKDAYS 8AM TO 3PM
SHUT WEEKENDS AND BANK HOLIDAYS

01708 225599 – 07831 281 590

www.upminsterfencing.co.uk • admin@upminsterfencing.co.uk

Upminster Fencing, Mardkye Works, St Mary's Lane, Upminster, Essex, RM14 3PA

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
Checkatrade
Member



Get a FREE Quote

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





Capital Clean

NEED A RELIABLE CLEANING COMPANY?

OUR SERVICES INCLUDE:

- Residential Cleans
- Deep Cleans
- Patio/Driveways
- Carpet & Upholstery Cleaning
- Office Cleans
- Commercial Cleans

We provide high quality services, tailored quotes specifically designed for your requirements



SCAN ME

Call us on **01708 578087**




Paws HQ Ltd
Dog Grooming & Supplies

Full Service for your Dog

We stock: 🐾 Beds 🐾 Bowls 🐾 Leads
Collars 🐾 Harness 🐾 Hygiene wellbeing
Raw food 🐾 Dry food 🐾 Natural deli bar
Toys 🐾 Treats *...and more!*

1:1 Dog Grooming Services:

- Full Pamper Groom 🐾 Wash & Tidy
- Ultrasonic Teeth Cleaning
- Puppy Package *...and much more!*

To book call us on **01708 534 022**
or visit us at **288 Brentwood Road,**
Hornchurch RM2 5TA




READY SKIPS LTD

PROVIDING THE BEST SKIP HIRE & GRAB SERVICES IN ESSEX

WE ALSO PROVIDE CAGE LORRY, WAIT & LOAD & GRAB HIRE

SKIP SIZES
All at competitive prices

4 yard skips 6 yard skips 8 yard skips 10 yard skips 12 yard skips 14 yard skips 16 yard skips

WE COVER ESSEX, HERTS, EAST LONDON & NORTH LONDON



SCAN ME

READY SKIPS, DON'T VISIT THE TIP GET A SKIP!

01708 578082

✉ enquiries@readyskips.co.uk
🌐 www.readyskips.co.uk



SECURE

your canine!

If your pooch loves lolling their head out of a car window, you could be breaking the law.

It's common knowledge that dogs love to hang their furry heads outside car windows in order to absorb all the fragrant wonders of the world passing by, yet did you know that this could actually be breaking the law?

It is a legal requirement as part of the Highway Code to secure a dog – or any other small animal – in a car when driving to prevent them from causing an accident. This is because they could block your vision, jump in the footwell and stop you braking, or generally distract you with their fluffy cuteness.

In the event that an animal is believed to have caused an accident, the driver of the vehicle can face a fine of up to £5,000 and could receive points on their licence. Worse still, it could also invalidate both your car AND pet insurance – meaning no financial help for Fido should they get hurt.

Mark Tongue, of Select Car Leasing, said: "We'd recommend you don't let your dog

stick its head out of the window.

"Not only does that potentially illustrate that the animal is not restrained properly, but there's also the obvious risk of its head coming into contact with something, like a bush or a tree, resulting in a bad injury. And make no mistake – if you don't have your dog properly restrained, and it's causing distraction, you could be prosecuted by the law.

"Don't take the risk. Make sure both you and your pooch are buckled up properly."

In other words, next time your four-legged friend feels like catching the breeze, make sure you've invested in a dog-friendly harness, or risk finding yourself in the doghouse.



KNOW YOUR CHORES

Would you like your children to start helping out around the house, but are unsure of what they should be doing? Use this guide to age-appropriate chores and create the ultimate chore calendar for your family.

AGES 2 AND 3: Most toddlers love to help their parents with chores, although their help may not actually be that helpful! Although you will be needed every step of the way, the below chores are a good place to start with this age group:
Making their bed | Picking up their toys | Helping to feed pets | Helping to wipe up spills

AGES 4 AND 5: Preschool-aged children should still be fairly motivated to help and love one-on-one time with adults. Suitable chores include:
Clearing and setting the table | Dusting | Making

their beds independently | Helping to tidy their room

AGES 6 TO 8: School-aged children are more independent and can keep track of their responsibilities. Chores you may want to entrust to them include:

Washing small plates and bowls | Helping to care for pets | Taking out the rubbish | Sweeping or mopping | Making their own breakfast or snacks | Tidying their room

AGES 9 TO 12: At this age, you can set a schedule and expectations when it comes to help in the home. Chores they are able to take on include:
Helping to wash the car | Learning to load and unload the dishwasher | Cleaning the bathroom | Operating the washing machine | Helping to prepare simple meals

AGES 13 TO 18: Most teenagers are capable of handling any household chore as long as they have been taught how to do it properly. Depending on their school commitments and schedule, tasks you may like to delegate include:

Vacuuming | Doing their own laundry | Cleaning out the fridge | Preparing family meals | Ironing clothes | Mowing the lawn | Caring for pets.



DISCOUNT DIY & HARDWARE SUPPLIES

Your Local Independent Hardware & DIY Store

FREE LOCAL DELIVERY

THE PRODUCTS WE SELL INCLUDE

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

FULL RANGE OF CALOR GAS BOTTLES AVAILABLE

COME & SEE US AT

49, Butts Green Road, Emerson Park RM11 2JS

CALL 01708 440151

INTERESTED IN TRIATHLON OR MULTI-SPORT DISCIPLINES?

HAVERINGTRI.CO.UK

K.A.S.

ADULTS LEARN TO SWIM AND IMPROVER LESSONS

KASUK.CO.UK

CONTACT KAY HAMILTON

07957 567915

Improve, Don't Move!

Maximise the value of your home.

- SPACE-SAVING - MAXIMISE YOUR GARAGE HEADROOM
- SECURITY-ENABLED AUTO-LOCKING SYSTEM
- CHOICE OF 21 COLOURS TO MATCH YOUR HOME
- REMOVAL AND RECYCLING OF YOUR OLD DOOR
- DEDICATED AFTER-CARE TEAM

GAROLLA 01708 545 657

ROLLER SHUTTER DOORS **LINES OPEN 7 DAYS A WEEK**

www.garolla.co.uk

TRUSTPILOT 4.8 out of 5 / 4,700 reviews

YELL 4.8 out of 5

CHECKATRADE 9.8 out of 10

CE APPROVED

BESPOKE ELECTRIC DOORS MANUFACTURED IN THE UK

PRICED EXAMPLE £895
COMPACT • UP TO 2.4M

GAROLLA ★ PREMIUM
Increased Security • Double Insulation
One-Touch Close

PRICED EXAMPLE £1,990
PREMIUM • 3.4M • ANTHRACITE

Camilla

THE QUEEN UNVEILED

Fifty years ago this month, Camilla Shand married Andrew Parker Bowles OBE and embarked on what seemed like a conventional life. However, fate had different plans in store.

Her Majesty Queen Camilla first met His Majesty King Charles III in the early 1970s. After a period of dating, they separated. Charles joined the Royal Navy. Camilla married Andrew – her on-off boyfriend of several years – and in 1981, Charles married Lady Diana Spencer.

It's believed that Charles and Camilla rekindled their romance in the late 1980s, though the exact timeline isn't certain. There were rumours, of course, but their affair only became public in 1993, when the press leaked transcripts of the couple's intimate phone conversations. Now more than ever, people blamed Camilla for the breakdown of Charles' marriage.

In the aftermath of the revelations, Camilla shut herself away to avoid the press. Charles admitted their affair on television, and Camilla's husband asked for a divorce.

But despite the challenges, Charles was already paving the way for a future with the woman he loved. In 1996, he and Diana divorced. But a year later, tragedy struck with Diana's untimely death in a car accident. For months afterwards, Camilla kept a low profile. But gradually, Charles introduced her to the public. Despite ongoing criticism, Camilla's positive impact on Charles soon became evident, and more people began to accept their relationship.

The pivotal moment happened in June 2000 when Camilla had a private lunch with Her late Majesty Queen Elizabeth II. In 2003, Camilla moved into Charles' home. In 2005, they announced their engagement and they married later that year. Camilla immersed herself in charity work, gaining admiration from various sources, including the Queen.

Last September, shortly before her passing, the late HM Queen Elizabeth II endorsed Camilla as Queen Consort rather than Princess Consort. And in May this year, King Charles III and Queen Camilla were officially crowned, side by side at Westminster Abbey.

Photo credit: Hugo Burriand/Royal Household/Shutterstock



PROBLEMS WITH YOUR DEVICES? CALL THE TECH DOCTOR

WE REPAIR, BUY, SELL & EXCHANGE
MOBILES, LAPTOPS & TABLETS



GADGETS CLINIC

- Repairs & Unlocking
- Data Recovery
- Broken/Cracked Screens
- Water Damage
- Battery Replacement
- Charging Problems

We also stock a wide range of phone, tablet & laptop accessories

**WE CAN
HELP**

Contact us on **01708 922541**

www.gadgetsclinic.co.uk • gchornchurchltd@gmail.com
or visit 112 High Street, Hornchurch RM12 4UH



LUX HOMES
ESTATE AGENTS

120 North Street, Hornchurch, RM11 1SU
www.luxhomesgroup.co.uk

01708 208807

HAVERING'S PREMIUM ESTATE AGENT

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



BUSINESS & PROPERTY

What is a **RESIDENT** **LANDLORD?**

Have you ever thought about renting out a room in your home to bring in some extra income? Find out everything there is to know about becoming a resident landlord below.

WHAT IS A RESIDENT LANDLORD?

A resident landlord, sometimes referred to as a live-in landlord, is someone who rents out a room or a proportion of their accommodation in a property that they also live in. You are not a resident landlord if the property is split into purpose-built flats, with yourself in a separate flat, or if you are not considered by law to be a resident at the property.

WHAT ARE THE BENEFITS OF BECOMING A RESIDENT LANDLORD?

The main reason that people choose to rent out a room in their home is to earn some extra money which can be used to help pay the mortgage, pay

off other debts, or be put aside for retirement.

ARE THERE ANY TAX BENEFITS TO RENTING OUT A ROOM IN YOUR HOME?

Yes, the government's Rent a Room Scheme allows you to earn up to £7,500 per year tax-free from letting out furnished accommodation in your home. If you earn less than £7,500, then your tax exemption will kick in immediately, otherwise you will need to complete a tax return or opt into the scheme.

CAN I RENT TO MORE THAN ONE LODGER?

Yes, you can. If you have more than one spare room in your home, then you can rent to more than one lodger. However, if you rent to three or more tenants who are not from the same family, this becomes a house in multiple occupation, which has very strict licensing rules.

DO I NEED TO TELL MY MORTGAGE LENDER?

Most mortgage agreements allow you to take in a lodger as long as you live in the property. However, it is worth checking with them first to make sure.

keytek LOCKSMITHS Ref: 44510

LOCAL LOCKSMITH

CALL: 01708 202 269

Hornchurch & Surrounding Areas

Emergency Locksmith

- No Call Out Charge! • 1/2 Hour Service!*
- Free Home Security Check!*

uPVC Door & Windows Specialists.

Fully Assessed & Accredited Locksmiths.

All Locks Supplied and Fitted.

*where possible
**once a job has been completed



Trustpilot
TrustScore 4.7 out of 5,446 Reviews
June 2023

Checkatrade.com

ACCREDITED ENGINEERS

SUPPORT LOCAL BUSINESSES



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

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

Dear Brett,

VISION magazine has been brilliant for us.

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

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

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

Many thanks,

Tom & Chris
New Level Loft Conversions
01708 578162



BEEWISE High end solutions for less than you think

At Beewise we use our massive purchasing power and market expertise to get you the best deals on all of your retail merchant services.

Try risk free for **1 month**

50% off the cost of the terminal*

£100 Amazon voucher for the first 200 new customers

Scan the code or call us and we will save you time and money on your business utilities and services

01708 578086

*Offer expires 31st July 2023




worldpay

Your Monthly Lifestyle Magazine



To advertise call now on

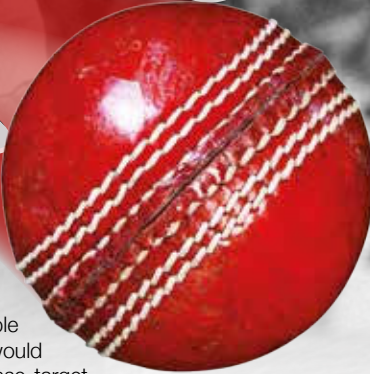
01708 578049

or email hornchurch@visionmag.co.uk



BRITAIN'S GREATEST SPORTING MOMENTS...

BOTHAM'S ASHES



This month, we look back at one of the most significant events in British sporting history, when Lord Ian Botham OBE single-handedly derailed the Australian Ashes machine.

It's rare to find a sporting event named after one person, let alone a whole series, yet July sees the celebration of more than four decades of the term Botham's Ashes – a tribute to a one-man masterclass that turned a dramatic series of matches on its head.

Australia came to England in the summer of 1981 keen to win back the urn, and in a low-scoring first Test at Trent Bridge, they bowled the hosts out for 185 and 125 to seize the initiative.

The second Test was drawn, and the Aussies looked to be coasting to success in the third, at Headingley, as they clocked up 401/9, before skittling England out for just 174. Lord Botham's half-century appeared little more than a consolation, and while a follow-on total of 356 (with the talismanic former footballer 149 not out) had the hosts ahead, it

seemed inevitable that Australia would put away the chase target of 129 very easily.

Only once previously in Test history had a team won after following on, yet the Aussies reckoned without Bob Willis MBE's devastating eight wickets for just 43 runs with the ball, and collapsed to 111 all out, allowing England to level the series.

Past that point, it was a Lord Botham masterclass – he took five wickets in the second innings in the fourth Test at Edgbaston with the Aussies requiring just 150 to win; then bagged a century at Old Trafford as England went 2-1 up. It was his third successive Man of the Match performance.

And in a sixth Test at The Oval, another century from 'Beefy' wrapped up a 3-1 Ashes victory.

From a position of apparent hopelessness, Lord Botham's courage, bullshness, power and fortitude guided England to a sensational series win.

Photo credit: Colorsport/Shutterstock

The hidden gem on your doorstep



A LIMITED NUMBER OF MEMBERSHIPS AVAILABLE
ENQUIRE NOW

Essex golfing at it's best!

Romford Golf Club is a private members club, run by the members, for the members.

New Members Enjoy...

- MONTHLY PAYMENT OPTIONS
- FREE RECIPROCAL GOLF AT THREE LOCAL CLUBS
- PLAY WITH FRIENDLY WELCOMING GOLFING GROUPS
- EASY WALKING COURSE
- RECENT MAJOR COURSE INVESTMENT

Also Available

- LADIES "TASTER" GOLF
- SATURDAY JUNIOR ACADEMY
- SOCIAL MEMBERSHIP



ROMFORD GOLF CLUB
EST 1894

For further details contact,
01708 740 986 ext 5
richard.hall@romfordgolfclub.co.uk
www.romfordgolfclub.com

Heath Drive, Gidea Park, Romford RM2 5QB



**THINKING OF A
PARTICULAR CAR TYRE
SIZE THAT NOBODY SELLS?**



WE OFFER A WIDE RANGE OF BRANDS

○ MICHELIN ○ PIRELLI ○ CONTINENTAL ○ DUNLOP
○ JOYROAD ○ EVERFORCE ○ KAPSEN ○ HIFLY ○ ROADCRUZA
○ SAFERICH ○ KAPATOS ○ LANVIGATOR ○ ROADMARCH



**MANY PREMIUM BRANDS ARE ALSO AVAILABLE
FROM OUR MAIN WAREHOUSE (HORNCHURCH/ILFORD)**

**VISIT US AT 10-12 RONEO CORNER,
HORNCHURCH RD, RUSH GREEN, RM12 4TN
OR CALL US ON 01708 578141 / 07574 964250**



SUPPLYNFIT



supplynfit_tyres

**+ SUPPLY N' FIT TYRES WHOLESALE
The fastest growing tyre wholesalers in the UK last year**



**THE UK'S MOST TRUSTED AND REVIEWED
AUTO LOCKSMITH & EMERGENCY RESPONSE**

HOW SAFE IS YOUR CAR?

Car & Van Security Specialists

VAN SECURITY LOCKS | ALARM SYSTEMS
VEHICLE TRACKING | THEFT PROTECTION
IMMOBILISERS | CAR KEYS



**from
ONLY
£450**



GHOST CAR IMMOBILISER

A SMART WAY TO PROTECT YOUR CAR

Secure your peace of mind and your vehicle
with the next generation of vehicle security



www.carkeyssolutions.co.uk
Call us on 01708 578071
Email: contact@carkeyssolutions.co.uk

We cover Greater London &
surrounding M25 areas

**Open 7 days a week
from 8am to 10pm**



MOTORING

DROP IT

like it's hot

THE PERILS OF BIRD DROPPINGS ON OUR CAR EXTERIORS, AND WHY YOU NEED TO REMOVE THEM QUICKLY

When a bird decides to lighten its load your head, it's said to be a sign of good luck.

Well, tell that to motor aficionados and they may well disagree, because unequivocally, bird poo is bad for your car's paintwork and should be removed immediately.

The acid in bird poo begins to corrode the shiny coat that sits atop your cherished four wheels within 48 hours. This acid kicks off a rusting process, which can be difficult and expensive to fix.

The fact that birds consume a large amount of gravel in their diet means that not only do you need to be quick in removing deposits, but careful as well, or you'll find that despite being prompt in ridding your paintwork of the mess, it's left behind a horror show of scratch marks too.

Preventing the deposit of bird poo on your car is a near-impossible task, though ensuring you don't park under trees or roofed overhangs will reduce the chance of your car resembling a painter and decorator's radio.

The best and easiest method to get rid of

the mess is simply to spray it with WD-40. This will serve to loosen the droppings. You should then use a sponge or microfibre cloth to pinch them up from the surface of the car.

Baking soda mixed with dish soap and dispensed from a spray bottle can be just as good, while pre-prepared over-the-counter formulas are expensive, but equally effective.

The real trick to ensuring no long-lasting marks on your vehicle where bird poo is concerned is rapid detection, so keep your eyes peeled and leap into action at the first sign of air attack.



THE VISION LISTINGS

ACCOUNTANT & TAX ADVISORS

ALL THINGS ACCOUNTING

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

ACUPUNCTURE

HONG WEI CHINESE MEDICAL

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

AUTO BODY REPAIRS

SQUIRRELS HEATH AUTOS

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

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 Babtac 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 WHOLESALE

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

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

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

VDN ELECTRICS LIMITED

Taking pride in providing a wide range of electrical services for domestic and commercial properties. Call today for your free survey 07776 906335

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 544919 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

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

General Store & Hardware. Full Range Color Gas Bottles Available. 49, Butts Green Road, Emerson Park RM1 2JS. 01708 440151. Open 7 Days

LAUNDRY & DRY CLEANING

THE LAUNDRY MAN

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

LOCKSMITHS

KEYTEK LOCKSMITHS

From Lock outs to security upgrades, our fully trained DBS checked Locksmiths are the experts | Call 01708 202 269 | Quote: 15078

PLASTERING

ALL WEEKS PLASTERING

Qualified, Experienced Internal/External work, Reliable, Friendly, Trustworthy and Tidy. Call Ryan for Free Quote 07530 818167

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

BOILER

BOILER offer servicing, installations, repairs and plans. Local Gas Safe engineers for all your needs. Please call 01708 837147

ROOFING

JIM BARR ROOFING

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

SR ROOFERS

Roofing experts with ORIGINAL company name/number. Family run. Confederation of Roofing Contractors approved member. 01708 551714 | 07743 406418

TILING

DR BETTS TILING

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

WINDOWS & GLAZING

MAJOR GLASS & GLAZING

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

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

To advertise call VISION on 01708 578049

WORDLADDER: MICE, MINE, MANE, MATE, RATE, RATS

PUT YOUR BUSINESS IN THE **VISION** LISTINGS...CALL **01708 578049** TODAY



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

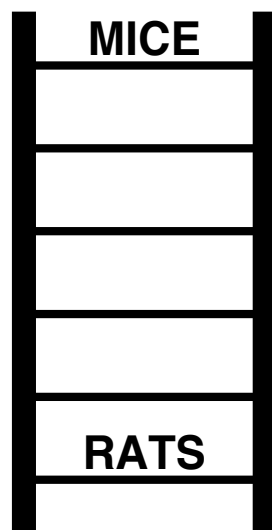
- ▶ AEGEAN
- ▶ BALINESE
- ▶ BENGAL
- ▶ BIRMAN
- ▶ BOMBAY
- ▶ BURMESE
- ▶ CORNISH REX
- ▶ EGYPTIAN MAU
- ▶ HAVANA
- ▶ JAVANESE
- ▶ KORAT
- ▶ OCICAT
- ▶ PERSIAN
- ▶ RAGDOLL
- ▶ RUSSIAN BLUE
- ▶ SIAMESE
- ▶ SIBERIAN
- ▶ SOMALI
- ▶ SPOTTED
- ▶ TURKISH

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

DID YOU KNOW?

- ▶ Earth isn't actually perfectly round. Earth's rotation causes the planet to bulge at the equator and flatten at the poles.
- ▶ Coral reefs are Planet Earth's largest living structure. These underwater ecosystems are made up of colonies of tiny animals called coral polyps, which build calcium carbonate skeletons that accumulate over time and form the complex structures we know as coral reefs.
- ▶ The Earth's interior is not solid, but rather has a semi-solid or 'squishy' consistency owing to the extremely high temperatures and pressures.
- ▶ The Earth's diameter (the distance straight through the middle) measures a massive 12,800 kilometres, which makes it the fifth largest planet in the solar system.

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.

PARK RISE

Homes & Gardens



Computer generated image for indicative purposes only.

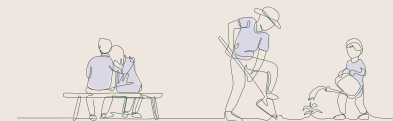
LAUNCHING SOON

Write your next chapter at Park Rise

Introducing a beautiful collection of 1 & 2 bedroom apartments for later living exclusively for over 55s. Located adjacent to Harrow Lodge Park, Park Rise is centred around a landscaped garden, with two communal residents' lounges and a guest suite.

Launching this summer

Shared ownership options are also available.
Why not take the first steps to find out more.



REGISTER FOR FURTHER INFORMATION
PARKRISE-HORNCHURCH.CO.UK
PARKRISE@PORTERGLENNYNEWHOMES.CO.UK
01708 200 173



SHARE A SMILE ORTHODONTICS

63 Eastern Road
Romford
RM1 3PB

01708 380 240

Straighten your teeth without braces!

Book a FREE consultation
with Romford's only private
specialist orthodontist.

We treat adults and children.



shareasmileorthodontics.co.uk
Creating Beautiful Smiles

