



**WHISKY
VERSUS
BOURBON**

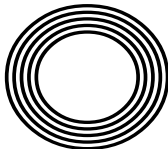
**GET FIT
WITH
FUNCTIONAL
FITNESS**

Glam up your eyes
with crystals this Christmas

MAKE YOUR OWN
cutlery holder for the festive season

Kylie
MINOGUE AO OBE

The singing actress we just can't get out of our heads



FREE

Photo credit: BBC/Guido Mandozzi



THE DIFFERENCE IS CLEAR

WINDOWS
DOORS • PORCHES
SOFFITS • GUTTERING
CONSERVATORIES • FSG
* Solar Batteries now available *

TAKE ADVANTAGE OF OUR
UP TO **50%** OFF
SALE

Uncompromising when it comes to quality

At EE Glazing, we have over 70 years of combined glazing industry experience behind us. During this time, we've learned what sets a top product apart from merely a good one. We have also centred our company ethos around quality, and every product we install is evidence of that commitment.

Take the Kommerling 70mm uPVC window system that we use, for example; it is hands down one of the best uPVC window systems on the market. It's highly durable, very efficient, secure, easy to maintain, and ultra-versatile, making it the perfect window option for every homeowner.



Contact us now for a no-obligation quote

01708 578092



www.eeglazing.co.uk



" The whole experience from initial order to installation and completion was carried out with efficiency, good humour and professionalism "

Mr & Mrs Lambert

CERTASS
Registered Installer





NOVEMBER 2023

Editor's notes...



Brett Shohet, Editor

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

Recently, I helped to organise a business exhibition in the local area, and it brought to my attention how success is all about strengths - both your own and other people's. An efficient business owner will focus on what they do best, while delegating tasks to the other people on their team according to their skills.

The exhibition was a great success, and we're hoping to roll the event out to other areas next year - so watch this space!

One thing many residents are worried about at the moment is the expansion of the Ultra Low Emission Zone (ULEZ). Some people are so outraged at the £12.50 per day charge that they've been cutting down ULEZ cameras. While there is no excuse for such vandalism, I sympathise with those residents who face this charge simply for driving to work, or to visit family or to medical appointments. In these difficult times, it's important to know that you can turn to your community for support. As ever, we here at **VISION** magazine are here to help if you need us.

With Christmas Fast approaching, I'd like to encourage readers to shop local this festive season. Many people have lamented their quiet high streets, but how many of them are actually getting out there and supporting their local businesses? Remember, if you don't use it, you'll lose it!

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, Annabel Stock

THE **B7** MEDIA GROUP

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

ENQUIRIES@B7MEDIAGROUP.COM

01708 578049



Windows | Doors | Porches | Conservatories | Fascias & Guttering

CONCEPT
Windows and Conservatories

www.conceptwindows.co.uk
Trading Standards Approved

BUY WITH CONFIDENCE

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**



MARKING THE 60TH ANNIVERSARY OF DOCTOR WHO – THE MAN, THE WOMAN, THE SHOW, THE MOVEMENT

Asking celebrities how they remain so youthful has become par for the course, but none has achieved as much ongoing success and vigorous relevance as the great Doctor, who at 60 is looking pretty fresh.

On Christmas Day, the Doctor's latest regeneration will be revealed, but not before some highly anticipated TV specials for the show's anniversary in November.

Making his grand return as the fourteenth Doctor, fan favourite David Tennant is set to wow once more for three anniversary episodes. The Scottish actor originally starred as the tenth Doctor from 2005 until his final episode aired on New Year's Day in 2010. Catherine Tate will also reprise her role as the Doctor's companion Donna Noble, with Neil Patrick Harris also joining the cast.

Though Patrick Harris is a newcomer to the *Doctor Who* fold, his character, The Toymaker, is not. First appearing in a now classic episode titled *The Celestial Toymaker*, from the show's third season in 1966, he was originally portrayed by actor Michael Gough.

The Toymaker is a memorable antagonist owing



to his whimsical yet sinister demeanour and his ability to create intricate and deadly challenges for the Doctor and his companions. The character's distinctive appearance and personality have made him a notable figure in the show's lore, one that aligns perfectly with Patrick Harris' dramatic and theatrical flair.

One of the greatest success stories for the BBC, *Doctor Who* began in 1963 when Sydney Newman OC, the corporation's head of drama, tasked producer Verity Lambert OBE and writer Anthony Coburn with creating a TV science fiction series. Their vision gave birth to *Doctor Who*, a show that would combine history, adventure and futuristic concepts in a unique way.

William Hartnell portrayed the original incarnation of the Doctor, a mysterious Time Lord with the ability to regenerate. The Doctor, along with his granddaughter Susan and two teachers, Ian and Barbara, travelled in the TARDIS, a time machine that looked like a 1960s British police box on the outside.

The series is listed in the Guinness World Records as the longest-running science fiction television series in the world, with Tom Baker holding the title for starring in the highest number of episodes – a whopping 178.

Despite its popularity, *Doctor Who* faced a significant hurdle in 1989 when it went on an extended hiatus. Aside from a TV film in 1996, the Doctor would not be fully regenerated until 2005.

This was the beginning of the show's modern era, helmed by writer and showrunner Russell T. Davies OBE and starring Christopher Eccleston as the ninth Doctor.

The most recent revamp of the series sees Davies return as the showrunner, taking over from Chris Chibnall who

introduced Jodie Whittaker as the 13th Doctor. Hot on the heels of his 2021 success *It's a Sin*, and with *Sex Education* star Ncuti Gatwa playing the 14th Doctor, Davies is in a fine position to return the show to its noughties glory.

The King's NEW COINS UNVEILED



SHOWCASING HIS PASSION FOR CONSERVATION AND EQUALITY

When His Majesty King Charles III was crowned, he thanked the public for their kindness and encouragement, and vowed that he and Her Majesty Queen Camilla would rededicate their lives “to serving the people of the United Kingdom, the Realms and Commonwealth”. Putting his money where his mouth is, quite literally, the edge inscription of the new £2 coin reads ‘In servitio omnium’, which means ‘In the service of all’. It was taken from the King’s inaugural speech on September 9, 2022, and chosen by him personally.

The coin is one of eight that have been unveiled by The Royal Mint, ranging from 1p to £2. Determined to distinguish his reign from that of his beloved mother, the King has also embossed them with another of his great passions: nature.

Featuring endangered species from across the British Isles, such as the puffin, the red squirrel and the bee, along with flowers and the oak tree leaf, the coins reflect His Majesty’s devotion to conservation and equality.

Here is the full list:

- **1p coin:** Hazel dormouse... which has seen its population halve since 2007
- **2p coin:** Red squirrel... expected to blend into the colour of the copper coin
- **5p coin:** Oak tree leaf... a rich habitat for biodiversity in woodland areas with a long monarchic association
- **10p coin:** Capercaillie... found in a small part of Scotland and threatened with extinction
- **20p coin:** Puffin... 10 per cent of the world population is on the UK’s coastline
- **50p coin:** Atlantic salmon... at threat from river pollution and habitat loss
- **£1 coin:** Bees... 250 species found in the UK
- **£2 coin:** National flowers – a rose (England), a daffodil (Wales), a thistle (Scotland), a shamrock (Northern Ireland)

The coins will replace those designed by Her late Majesty Queen Elizabeth II in 2008 and may be in use by the end of 2023, but The Mint has confirmed that all existing currency remains legal tender.

Photo credit: royalmint.com

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

HOME SUPPORT & DOMICILARY CARE

TYPES OF CARE

DOMICILIARY CARE SERVICES

Personal care, Medication, Appointments, Domestic support, help with meal preparation & shopping.

LIVE-IN-CARE

Short & Long term live-in-care, respite care, couples care & post operations care.

SPECIAL AREAS

Dementia Care, Palliative/End of life, Physical & Learning Disabilities, Progressive conditions & Post operations

You can book your free appointment by calling us on 01708 578 039

www.eprservices.co.uk • info@eprbusiness.co.uk



WE VISIT YOU AT HOME

Our carers can provide daily visits to help you with your daily needs



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



Tackle that TARNISH



FASHION

If your bling is looking more dull than dazzling, then these tried and tested DIY cleaning techniques are just what you need.

HOW TO CLEAN STERLING SILVER

1. Try baking soda

For severe tarnish, mix three parts baking soda with one part water. Wet the silver and then apply the paste with a soft, lint-free cloth. Work into the crevices, rinse well and buff.

2. Apply toothpaste

Toothpaste is a mild abrasive and therefore ideal for cleaning silver. Simply apply a dab to your silver jewellery and rub gently with your finger or a soft cloth. Rinse and buff.

HOW TO CLEAN GOLD (WHITE, YELLOW AND ROSE)

1. Use ammonia

Ammonia is a powerful cleaner so is best used for occasional deep cleaning rather than frequent use. Add one part ammonia to six parts water, soak your gold jewellery for one minute, rinse and gently pat dry with a polishing cloth.

2. Soak in warm, soapy water

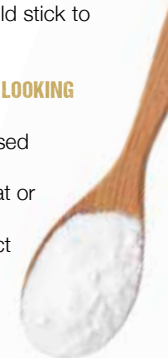
Fill a bowl with warm water, add a few drops of washing-up liquid and leave to soak for 10-15 minutes. Use a soft-bristle toothbrush to dislodge dirt, rinse and dry.

JEWELLERY TO BE CLEANED PROFESSIONALLY

Gold and sterling silver can be safely cleaned at home. However, more delicate metals, such as platinum, should be cleaned by a professional. If your jewellery contains precious stones such as diamonds, sapphires or rubies, you should stick to mild soap and water.

HOW TO KEEP SILVER AND GOLD JEWELLERY LOOKING ITS BEST FOR LONGER

- > Store your jewellery in an acid-free, closed container.
- > Do not leave your jewellery in direct heat or sunlight.
- > Avoid your jewellery coming into contact with chemicals.
- > Remove your jewellery before bathing, swimming and exercising.



Services Offered

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

For appointments, please contact Phillipa Chambers on 07757 605008



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



BEAUTY

Crystal Craze

According to Pinterest, there has been a 110 per cent increase in searches for crystal eye make-up over the last year, with this beauty trend showing no sign of slowing down.

Versatile, flattering, and oh-so-pretty, find out how to rock this statement look with our tips below.

What tools do you need to do crystal eye make-up?

To master this trend, you will need a pair of tweezers, lash adhesive, and your chosen crystals. For complete beginners, you can also buy jewels that already have adhesive on them. It is worth noting that the smaller the crystals, the harder they will be to apply.

Where to place your crystals

There is no hard and fast rule when it comes to where to apply crystals around your eyes; you can basically be as creative as you want. However, it can be a good idea to place your crystals in places that you want to draw people's attention to. For example, the inner corner of the eyes, the upper lash line and the lower lash line. Be careful when using adhesive near your eyes.

Crystal eye make-up looks to try

Crystal cat eyes: Create your usual cat eyes using black liquid eyeliner, and then apply gems to the upper lash line along the eyeliner for a mega-bling finish.

Silver gem-encrusted wing liner: Instead of the basic black winged liner, apply five or six tiny silver crystals from the outer corners of your eyes, extending upwards towards your temples.

Colour combinations: Crystals and eyeliner come in a wide variety of colours so don't be afraid to mix it up a bit. We love combining blue and silver, gold and metallic shades, and a full rainbow of crystals with any liner of your choosing.

How to remove crystal eye make-up:

Not a beauty trend for the office, you can easily remove any crystals using a cream or oil-based make-up remover. This will lift the jewels off the face without causing any irritation to the skin.

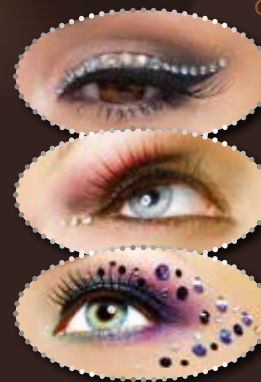


Photo credit: Marjann Maquillage via YouTube.com



WHAT IS FUNCTIONAL FITNESS?

As the name suggests, functional fitness is a type of physical training that is designed to make your body function better in everyday life. More specifically, functional fitness exercises help to make daily motions such as picking up your children, carrying your shopping and walking around easier and safer.

WHAT ARE THE BENEFITS OF FUNCTIONAL FITNESS?

There are many benefits to practising functional fitness, including: Enhanced strength | More flexibility | Better balance and agility | Better range of motion

THE BEST FUNCTIONAL FITNESS EXERCISES

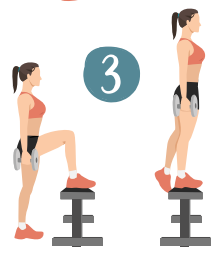
Functional fitness exercises prioritise natural movements over exercises that are carried out on a machine. For example, squats and pull-ups over leg presses and lateral pull-downs or going for a hike rather than using an elliptical trainer. Some of the most effective functional fitness exercises are:

1 BEAR CRAWL: Begin in the tabletop position on the floor | Bring up your knees so they hover above the ground | Using opposing arms and legs, take a small step forward with each limb | Return to the starting position, then repeat on each side for one minute, rest and repeat three times

2 FARMER'S WALK: Pick up a couple of weights (kgs that you feel comfortable walking with) | Keep a tight posture with your shoulders back | Take small, manageable steps back and forth across the room | Rest and repeat for two minutes

3 STEP-UPS: Step up and down from a bench | Continue for one minute, rest and repeat three times | Add weights if you want to challenge yourself | Upgrade to a box jump where you jump up and down with two feet rather than alternate feet

4 PLANK: Adopt the push-up position | Push through your hands and squeeze your body, engaging your abs | Hold for one minute, rest and repeat three times.



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)



**spine
plus**.co.uk

- 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



20 Years Of Creating Beautiful Smiles

**SHARE A SMILE
ORTHODONTICS**

Share A Smile Orthodontics is celebrating its 20th year of providing specialist orthodontic care to patients in London and Essex. The practice is centrally located, just a short walk from Romford station, and is the only private specialist orthodontic practice in the area.

Share A Smile offers a wide range of orthodontic treatments, including fixed braces and clear aligners like that of Invisalign, Spark and Angel. They also offer professional teeth whitening and dental hygiene. Dr Heinrich Ferreira and his experienced team is dedicated to providing patients with the highest quality of care and helping them achieve the smile of their dreams.

One of the things that sets Share A Smile apart from other orthodontic practices is its commitment to making orthodontic treatment accessible to everyone. The practice offers free consultations and has no waiting list, so patients can get started on their journey to a beautiful smile right away.

In addition to its commitment to affordability and accessibility, Share A Smile is also known for its warm and welcoming atmosphere. The team is passionate about helping patients feel comfortable and relaxed during their treatment, and they go above and beyond to make sure that each patient has a positive experience.

Here are just a few of the ways how Share A Smile makes their patients feel comfortable and relaxed:

- The practice has a modern and inviting waiting area with comfortable seating, free Wi-Fi, and refreshments.
- The treatment rooms are equipped with state-of-the-art technology and designed to be as comfortable as possible.
- The team takes the time to explain all of the treatment options to patients in detail and answer any questions they may have.
- The team is always available to support patients during their treatment and address any concerns they may have.

If you are looking for a trusted and experienced specialist orthodontist, then Dr Heinrich Ferreira and his team at Share a Smile Orthodontics is the perfect choice for you. Contact the practice today to schedule a free consultation and learn more about how they can help you achieve the smile of your dreams.

Website: shareasmile.co.uk
Email: reception@shareasmile.co.uk
Tel: 01708 380 240

**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 C7, The Old Brick Works
Church Road, Harold Wood
Romford
RM3 0JA





The *Sunshine* VITAMIN

Vitamin D makes sure our bones, teeth, and muscles stay healthy. It also helps our immune system. And some studies suggest it might even help fight low mood and fatigue.

From early spring to the end of summer, most of us get all the vitamin D we need from our skin reacting to sunlight. And you only need to be outside for around nine minutes a day if you're light-skinned and 25 minutes or so if your skin's darker.*

But what happens when you're stuck inside and summer sunshine is a distant memory?

SHOULD I TAKE A SUPPLEMENT?

The government recommends that we all take a daily vitamin D supplement in autumn and winter. There's not enough sun around, and you can't get all the vitamin D you need from food.

Some groups are advised to take a supplement all year round. This includes children aged four and under, people who can't get outside, and people who wear clothes that cover most of their skin when they're outdoors.

HOW MUCH SHOULD I TAKE?

The recommended dose for adults and children over one year is 10 micrograms daily. This is equivalent to 400 IU (International Units). Supplements vary, so choose one that contains at least this amount. For babies, ask your health visitor or pharmacist.

WHERE CAN I BUY IT?

You can buy vitamin D in pharmacies and most supermarkets. If you're part of the government's Healthy Start initiative, you can get vitamin D supplements for free.

CAN YOU OVERDOSE ON VITAMIN D?

Adults shouldn't take more than 100 micrograms (4,000 IU) of vitamin D daily, and children aged one to 10 shouldn't have more than 50 micrograms (2,000 IU). However, for some people, vitamin D could still be harmful even when taking less than the maximum recommended dose. Always check with your doctor if you are worried.

*Cancer Research Campaign UK



WHERE TRADITION MEETS INNOVATION

**FUMIKO IS A FUSION JAPANESE RESTAURANT
WITH A STYLISH AMBIANCE AND
A TALENTED TEAM OF CHEFS**

Unique cocktails with Japanese flavours
Impeccable service
Stylish atmosphere



**ENJOY 20%
OFF UNTIL
30TH OF
NOVEMBER**



📍 High St, Hornchurch RM12 4UN
Menu: 🌐 fumiko.co.uk
☎ 01708 898886

ORDER WITH
Uber Eats
 deliveroo

THE A V I A R Y

NEW MEDITERRANEAN RESTAURANT
& BAR OPEN IN THE HEART OF
HORNCHURCH HIGH STREET.
OFFERING UNIQUE FLAVOURS & A
DELICATE SELECTION OF WINE.



OUR EXPERT TEAM CANT WAIT TO
WELCOME YOU!

TO BOOK PLEASE CALL 01708 454924
OR EMAIL
THEAVIARYHORNCHURCH@GMAIL.COM



FOOD & DRINK



What's the difference between... Whisky & bourbon

Do you like whisky but say you can't stand bourbon? If yes, you may be surprised to hear that bourbon is actually a type of whisky.

Discover the main differences between bourbon and other whiskies below. Plus, some delicious whisky and bourbon cocktails.

WHAT IS WHISKY?

Whisky is a family of distilled liquor that is made by fermenting wheat, rye, barley or corn. It is then aged in wooden barrels that are typically made of oak. This is what gives whisky its distinct brown colour and taste.

There are many different types of whisky, including Scotch (Scottish whisky), Irish Whisky, Rye whisky and Japanese whisky.

WHAT IS BOURBON?

Bourbon is a specific type of American whisky that is made from at least 51 per cent corn and aged in new charred oak barrels rather than reused ones. The name bourbon comes from Bourbon County in Kentucky, which is where this popular spirit originates from. Straight bourbon whisky has to have been aged for at least two years.

WHAT IS THE DIFFERENCE IN FLAVOUR?

Bourbon has a sweeter flavour than other types of whisky, boasting notes of vanilla, oak, and caramel. This is owing to the high concentration of corn. Rye whisky tastes grassy and peppery with a spicy finish, Scottish whisky is malty and buttery, Irish whisky is known for being light and fruity and Japanese whisky has floral notes with hints of oak.

POPULAR WHISKY COCKTAILS:

- > *Whisky Sour* – 50ml whisky, 35ml lemon juice and 12ml simple syrup
- > *Old Fashioned* – 50ml rye whisky, 1 sugar cube, a few dashes of water and angostura bitters
- > *Whisky Highball* – 50ml whisky and 100ml soda water or ginger ale
- > *Whisky Smash* – 50ml whisky, 25ml simple syrup, ¼ lemon wedge and 1 sprig mint

POPULAR BOURBON COCKTAILS:

- > *Bourbon Sour* – 50ml bourbon, 35ml lemon juice and 12ml simple syrup
- > *Kentucky Mule* – 50ml bourbon, 15ml lime juice and ginger beer to top
- > *Bourbon Manhattan* – 50ml bourbon, 25ml sweet red vermouth and 2-3 dashes angostura bitters.

The perfect ROAST CHICKEN

From how to create a classic roast dinner to carving it up to get the most meat out of it, the below will guide you through each step.

TO ROAST THE CHICKEN

You will need:

1 whole chicken | Half a lemon | Butter | Salt and pepper

Method:

- > Pre-heat the oven to 200°C/180°C fan/gas mark 6.
- > Take the chicken and remove any giblets that may be in the cavity. You can, of course, buy whole chickens with the giblets already removed.
- > Put the half lemon into the chicken cavity and smear butter over the whole bird.
- > Season with salt and pepper.
- > Cook the chicken uncovered for 20 minutes per half a kilo, with an extra 30 minutes for good measure.
- > To make sure the chicken is thoroughly cooked, give the legs a prod to see if the juices run clear,

or cut into the breast to see if the meat is white.

TO CARVE THE CHICKEN

You will need:

A very sharp carving knife | Carving fork | Chopping board (preferably with a well to catch any juices)

Method:

- > **Remove the legs:** Use the carving fork to hold the chicken in place and cut across the skin between the breast and the leg. Pull the leg away from the breast and use your knife to cut through the joint. Repeat on the other side.
- > **Remove the wings:** Repeat the process above – pull the wing away from the breast and cut through the joint. Repeat on the other side.
- > **Remove the breast meat:** Carefully run the knife down the centre of the breastbone to cut through the skin. Run the knife down the breastbone, cutting the meat from the bone.
- > **The rest:** Pick off any remaining meat to use in a pie or soup or freeze in a container for another day.

Burlingtons of Gidea Park

PRIME QUALITY TRADITIONAL SINCE 1981



From delicious seafood treasures to amazing grill classics, immerse yourself in our cosy restaurant and enjoy top notch service.

We are here to help you celebrate

**Birthday, Anniversaries,
whatever your Special Occasion**

**GET IN TOUCH AND RESERVE A TABLE
AT BURLINGTON FISH AND GRILL TODAY**

RESERVATION NUMBER: 01708 728654

burlingtons_fish_grill Burlingtons Fish & Grill

burlingtonsfishandgrill.co.uk

168 Main Rd, Gidea Park RM2 5HS

WE ARE FULLY LICENSED

We are open 11.30am - 22.00pm & on Bank Holidays

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

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



PLEASE CALL FOR A FREE QUOTATION

01279 432444 * www.ovenbright.co.uk



BEFORE

AFTER



HOME & DIY

How to make a Christmas CUTLERY POUCH

Cover your cutlery with Christmas cheer with this simple and stylish craft. All you need are a few materials and some basic sewing skills and you are good to go!

YOU WILL NEED:

A sewing machine or needle and thread | A rotary cutter or pair of sharp scissors | A ruler | Cotton fabric fat quarters in your preferred Christmas colours or patterns | 2 x pieces of festive ribbon or trim (optional)

HOW TO MAKE:

Step 1: Cut your fabric

To create your pouch, you will need two pieces of fabric in contrasting colours or patterns. These need to be cut to 38cm x 12cm.

Step 2: Decide on your layout

One piece of fabric will be used to make the inside of your pouch and the other will be used as the flap. Your cutlery will lie on the inside fabric and be covered by the outside one.

Step 3: Place your fabrics face to face

Next, place your two fabrics face to face. If the flap fabric has a pattern, this needs to be placed upside down. Using a 10mm seam allowance, stitch around the two pieces of fabric using a sewing machine or by hand. Leave a 4cm gap at the bottom for turning.

Step 4: Clip the corners

Clip the corners of the fabrics, making sure not to cut the stitches, then turn the pouch the right way in. Pop out the corners using a pencil and then iron gently to smooth out the fabrics. Sew up the gap.

Step 5: Add ribbon or trim

If you want to add ribbon or a trim, lay out your pouch and sew the pieces of ribbon or trim to the edge that will turn up to make the flap.

Step 6: Complete the pouch

Fold the flap over with a 13cm measurement and iron it in place. Carefully tuck the ends of the trim inside and pin it in place. Sew all the way around the pouch as close to the edge as you can to create a top stitch.

Photo credit: hobbycraft.co.uk, thesammom.com

NICOLA HARDING & Co.



After five years of working with landscape designer Arne Maynard, Nicola Harding decided to launch her own studio in 2008, a move that has seen her become one of the UK's most respected designers.

Her work has a classic touch, made timeless with the right pieces and colours creating looks that are unique, but work perfectly for the spaces they're in. If you love flashes of colour and quirky features, then Nicola Harding could serve as your perfect designer inspiration.

ABOUT NICOLA HARDING

According to Harding: "Our aim is to create places rich in atmosphere, places people feel enchanted by and connected to, places people quickly feel at home in."

This comes from Harding's background of living on military bases that had a standard design, where the smallest personal touches could make a space feel more like home.

Harding's designs are full of personality, using the history of the property to create designs that work with the features, bringing them to life through the pieces and textures that then make the space feel loved and warm. From antique furniture to bespoke pieces, the result is effortlessly charming, a look that people fall in love with.

BRINGING NICOLA'S STYLE INTO YOUR HOME

What's fantastic about Nicola Harding's portfolio is that every space is unique. This makes it easy to create similar looks in your home, but with your own personality shining through. Some tips for emulating some of Harding's wonderful style include:

- > Use colour in unexpected ways. From doorways to ceilings, you can use colour in different places to add quirky accents. A dusky or pale pink on the walls keeps the space light, while vibrant blue or green furniture will add some interest. Choose a neutral shade to paint skirtings and coving to break things up and bring your colour scheme together.
- > Enhance your home's existing features. If you have archways or beautiful fireplace settings, why not paint them to make them more of a feature?
- > Consider adding furniture that's of the property's time, with antique finds providing a sustainable way to decorate your home. Keep an eye out for dressers, sideboards and lamps that have hand-carved details, as well as metallic hardware to make the look more high-end.
- > Use tonal elements to bring together different colour palettes. Using different shades of a single colour (pink and grey are popular choices), as well as patterned looks for your furniture, such as sofas and accent chairs and textiles (rugs, cushions, curtains), adds layers to the room and can quickly add interest and personality.



Photo credit: nicolaharding.com



Gidea Park Dry Cleaning Co.



Established 1976

COMMITTED TO QUALITY

- Collection & Delivery
- Wedding Dresses
- Evening Wear
- Repairs & Alterations
- Stain Guarding
- Specialist in Hand Finishing
- Curtain Cleaning
- Carpets & Upholstery Cleaning



7.30am - 6.00pm – Monday - Saturday

Tel: 01708 578063 • Mob: 07958 142102

Email: gideaparkdrycleaners@hotmail.co.uk

1 & 2 Balgore Square, Gidea Park, Essex, RM2 6AU

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

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

bsplumbing plumbing & heating specialists BOILER INSTALLATION SPECIALISTS



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

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

**£100 OFF
BOILERS**
QUOTE BSP100

CONTACT US FOR A FREE QUOTE

0800 1077119 • 01708 578065

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



TRUSTMARK
Government Endorsed Quality



HOW TO USE DARK PAINT WHEN DECORATING THIS AUTUMN/WINTER

As we step into autumn, interior design is turning towards the snug and inviting. One of the biggest trends making waves in the world of home décor is the use of paints in all sorts of moody hues. So if you're fed up with all those whites and pale greys, read on and discover how dark paint colours have so many advantages.

1 CREATE A COSY HAVEN

Dramatic colour doesn't have to mean stark charcoals and deep navy blues. For something more alluring, think about using warm, earthy tones like dark beige, deep terracotta or green. These nature-inspired tones will help transform your space into a cocoon-like sanctuary.

2 SEAMLESS EDGES

If you're using dark paints, why not go all in? A dark feature wall won't change the look of your room much or make it look bigger. But if you paint all your walls, woodwork and ceiling the same colour, it can look fabulous. The uniform colour blurs the room's edges, making it appear more spacious. So it's a great idea for small spaces.

3 SOFT AND INVITING

Matt paint and natural pigments will soften the overall look of your walls, making moody colours less imposing and more welcoming. For woodwork, opt for an eggshell finish to blend into your matt walls.

4 AS DEEP AS YOU DARE

Blacks can look great on walls, but many have blue undertones, which will look cool. That's perfect if that's what you're after. But for something warmer, choose a black with brown undertones.

As autumn takes hold, it's time for a paint adventure. Remember, paint can be changed if you don't like it. So unleash your inner decorator, invest in some sample paint pots, and get ready to welcome colourful warmth into your living space.



COUNSELLING SERVICES

WE OFFER SPIRITUAL & HOLISTIC
CLASSES | COURSES | SERVICES
THERAPIES & WORKSHOPS

OUR SHOP STOCKS CRYSTALS,
GIFTS & ITEMS OF A SPIRITUAL
& HOLISTIC NATURE

176 High Street, Hornchurch, RM12 6QP

purplereception@outlook.com

www.purple-pyramid.co.uk

@purplepyramid14

01708 607 412

ROOM & SHELF HIRE AVAILABILITY



DOMESTIC & COMMERCIAL ELECTRICIAN

DESIGN • INSTALLATION • MAINTENANCE

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



**CALL NOW FOR
A FREE SURVEY
07986 663793**



COVERING THE
WHOLE OF ESSEX



HOME & DIY



CLASH *of the* FABRICS

TOP TIPS FOR COMBINING CONFLICTING FABRICS TO CREATE HARMONIOUS HOME DÉCOR

We're conditioned to think about our home interiors in ways that mean they match, complement and merge in the most perfect of ways.

Yet true innovation often brings about conflicting elements, so why not try these juicy style juxtapositions en route to awesome in-home ambience?

LEATHER AND WOOD

Sumptuous soft leather against solid wood is about as luxurious as you can get in a modern home. From leather cushions on a wooden bench or a walnut wood bedframe with leather panelling, the contrast between hard and soft is impossible to resist.

SUEDE AND COTTON

Both are beautifully soft, and yet the rugged texture of suede almost feuds violently with the plush softness of cotton. Ideal for brightening up bland bedding, suede cushions are the perfect foil to give your bedroom a hotel feel before removing for a restful night of sleep.

WOOL AND SILK

Wool and silk may be the oddest of bedfellows, but together they conspire to make something rather beautiful. From luxurious rugs to coveted curtains and upholstery for almost anything, the colour, quality and sheer beauty combined make this a dream duo.

TWEED AND CORD

Tweed is a very harsh material that has bundles of presence, which is why you should match it with something softer, like cord. Both have a vintage and almost classic feel, which works perfectly for a formal sitting room.

CHROME AND GLASS

Creating an almost retro/futuristic feel, the stunning mirror shine with the transparency of glass transforms an ordinary coffee table into a futuristic centrepiece.



Flooring Centre

- ◆ CARPET ◆ UNDERLAY
- ◆ VINYL ◆ LAMINATE WOOD



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

Call or visit us – 01708 472331

info@rm2flooringcentre.co.uk

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

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

Retire to a dream location
the easy way



Move in ready homes available from £219,950



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

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

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

SEAL PUP SAFARI



TRAVEL

Have you ever yearned to see fluffy white seal pups in their natural habitat? If so, a trip to Blakeney Point in north Norfolk could be up your street.

Blakeney Point is home to England's largest grey seal colony – and winter's a great time to visit. From the end of October to mid-January, around 4,000 pups are born – and you can't fail to spot some.

What is Blakeney Point?

Blakeney Point is a four-mile stretch of pebbly beach with a backdrop of dunes, salt marshes and mudflats. It's one of England's 220 National Nature Reserves and is looked after by the National Trust.

Can I walk there?

You can walk to the point from the car park at Cley beach. But it's not for the fainthearted. It's a four-mile walk, mostly on shingle. But if you're fit and love nature, you're in for a treat!

What's the best way to get there?

The most exciting way to get a closer view of the

seals is by boat. Several companies offer seal-watching trips from nearby Morston Quay. You can travel there by car or on the Norfolk CoastHopper bus service from places like Sheringham and Cromer.

The boat trip will take around about an hour. Just remember the boat trip is for viewing only; you can't land there.

Planning ahead

Remember to book your seal trip in advance and get there early. Places on the boats fill up quickly, and the car park can be a challenge. Even on a warm day, the sea can be chilly and might splash you. So pack some warm clothes and some rain gear. And remember your camera and binoculars!

Let's talk seals

- > Grey seals are marine mammals
- > Adult seals can weigh up to a whopping 300kg
- > Grey seals can live for 30-40 years
- > Britain has more than 120,000 grey seals – 40 per cent of the world's total.





Kylie

MINOGUE

After a huge year, Kylie Minogue AO OBE

is revving up for the grand finale with an ITV extravaganza, *An Audience with Kylie*.

Few of us can boast of a career of more than three decades; even fewer can achieve such a feat in the cut-throat music industry, and one in a billion can do it with the grace, style and panache of Kylie.

An undisputed queen of reinvention, the 55-year-old Aussie delighted her fans earlier this year with the sizzling floor-filler *Padam Padam*. It was a track that not only launched her back into the charts (the song peaked at number eight, becoming her 52nd Top 40 single in the UK), but also flaunted her spectacular and seemingly ageless appearance in the accompanying music video.

For Kylie – who returned to where it all started this year in the well-received *Neighbours* finale – such moments have become second nature. Bursting onto the music scene in the late 1980s with her debut single, *I Should Be So Lucky*, her angelic voice, combined with a girl-next-door charm, made her an instant sensation.

Kylie continued to release chart-topping hits that solidified her status as a pop sensation. Songs like *Got to Be Certain*, *Je Ne Sais Pas Pourquoi* and *Especially for You*, a duet with

Jason Donovan, became anthems of the era. Her catchy tunes and memorable music videos created a pop culture phenomenon.

By the time the 90s rolled around, however, saccharine pop was on the wane. Rather than fade away,

Kylie retreated into her cocoon and reappeared as an indie princess, even collaborating with the master of melancholy, Nick Cave, on *Where the Wild Roses Grow*.

Another defining moment of Kylie's career came in the early 2000s with the release of *Fever*. The album's lead single, *Can't Get You Out of My Head*, became a global phenomenon. Its hypnotic beat and unforgettable hook catapulted Kylie back to the top of the charts worldwide and solidified her status as an international pop icon.

Though she is adored across the globe, her status here in the UK is one of particular reverence. So much so that Kylie, who was awarded an OBE in 2007, has spent much of the last few decades living in London and now owns an apartment in the highly coveted Hyde Park One building, alongside a house in her home town of Melbourne.

Fortuitously, her abode in Britain's capital is a short walk from the location of her ITV special, the iconic Royal Albert Hall. *An Audience with Kylie* promises to dazzle with an array of floor fillers from both her recent album, *Tension*, and her award-winning back catalogue. She will also field a bevy of questions from the floor posed by specially invited VIP guests, including celebrity Kylie superfans.

Kylie said of the event on December 1: "I'm so excited to announce that I am teaming up with ITV for *An Audience with...* at London's iconic Royal Albert Hall. I'll be performing some of my favourite tracks from throughout my career and no doubt answering some surprising questions from the audience."

The one query she's sure to bat away is talk of retirement. An icon of modern music, the industry – in all its inconsistency and fragility – is indebted to this marvellous mainstay, and her star will surely never be allowed to wane.

German engineering for your home.

Kutchenhaus Brentwood

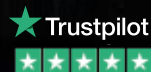
6, The Baytree Shopping Centre, Brentwood, Essex CM14 4BX

Tel : 01277 204447

Email: showroom@brentwood.kutchenhaus.co.uk

[f](#) Kutchenhaus Kitchens Brentwood

[i](#) [kutchenhaus.brentwood](https://www.kutchenhaus.brentwood)



FROM YOUR AREA



LOCAL NEWS

Man jailed for 16 years for robbery and murder



Photo credit: Metropolitan Police

Five men, including one from Hornchurch, have been jailed for a brutal robbery which resulted in murder. Paul Higgins, 34 (pictured above), appeared at the Old Bailey on Friday, October 6. The Hornchurch resident was sentenced to a minimum of 16 years in prison for the murder of 30-year-old Imran Isat, having been found guilty of the offence in July.

Four others were also jailed for Imran's manslaughter. As reported in **VISION** Hornchurch August 2023 edition, the court heard how on March 19, 2022, Imran was at his home on Springfield Drive in Ilford when five men broke through the front door.

Imran was stabbed and pronounced dead at the scene.

Detective Chief Inspector Joanna Yorke, from the Met's Specialist Crime Unit, said: "These men will now spend years in prison having to face the consequences of their acts of violence."

Support bid for London Borough of Culture

Hornchurch residents are being encouraged to support a bid to have Havering declared as the London Borough of Culture 2025.

Havering London is a collaboration made up of Havering Changing, FUSE, Communicating Havering, Creative Health Havering and Havering Council.

The London Borough of Culture title would bring in millions of pounds of investment for Hornchurch and across the wider area.

David Shearing and Mathew Russell, co-chairs of

Havering London, said: "Our vision is to transform Havering into a hub of creative innovation. This will fuel the change we need to create new opportunities for every part of our borough, allowing us to create a lasting impact through a range of projects."

"Now, it's your turn to have a say. By supporting the bid to become London Borough of Culture, you are championing a brighter future."

Residents can back the bid by visiting the Havering London website at www.haveringlondon.com

Two schools require improvement in food hygiene

Two schools in Hornchurch have been rated as needing "major improvement" in food hygiene.

Inspectors from Havering Council's environmental health team visited Ardleigh Green Infant School and Ardleigh Green Junior School on September 7.

The resulting report on the Food Standards Agency (FSA) website gives an overall food hygiene rating of one, meaning the schools require a "major improvement".

But Andrew Frater, the chief operating officer for Empower Learning Academy Trust, which manages the schools, said the low ratings have "nothing to do with food safety".

Mr Frater said: "We are awaiting a promised return visit where we will be able to demonstrate full compliance with management procedures and I am sure our rating will again be at five."

An environmental health officer from Havering Council said: "They have notified us that they have remedied the issues found on the inspection and they have applied for another inspection."



Photo credit: Google Maps



JULIA LOPEZ MP

Conservative MP for Hornchurch and Upminster



In recent weeks, the council has highlighted concerns about its financial position. Last year, I was the Havering MP who arranged and led the successful council delegation to see Local Government Minister Lee Rowley. As a result, we secured money for the council that led to an increase in its grant funding and its overall core spending power.

That dealt with the immediate cost pressures Havering faced. But I have also long campaigned for a change to the way in which Outer London's population needs are worked out so that Havering gets the right support. The borough has twin cost pressures from the growing number of older people and children with care needs that it serves. This is why I am already working with the council on its future financial position and have again led a delegation to present its case directly to the Local



Government Minister.

Working in partnership with our local Jobcentre, I hosted in September another Jobs, Apprenticeships and Skills Fair – our first in Harold Hill. The event was a great success, with five job offers being made on the day and a further 15 interviews scheduled. Since then, I am advised that that a further 16 job offers and 56 offers for training have been made.



News from

COUNCILLOR PAUL MIDDLETON

St Andrews Ward, Hornchurch Residents' Association



By law, councils must produce a balanced budget each year. A Section 114 notice is the equivalent of a notice to the government that the council is unable to present such a budget.

This year, there are six councils that have so far issued a Section 114 notice.

The case with Havering Council is unique. There have been no risky investments, money has not been squandered, and the council is well run and low cost.

Why, then, are we heading towards possibly having to issue a Section 114 notice?

There is something called the fairer funding review. Based on data gathered in 2011 regarding the population, the government gave each borough money to help cover the costs of running services.

Since this data was collected, Havering has changed. We have a disproportionate number of elderly people and young; these two groups can have extremely high costs.

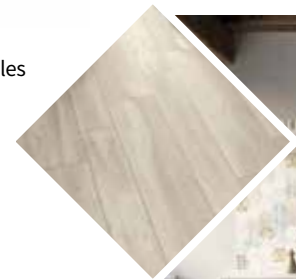
Members from the council have been lobbying the government on a regular basis to explain that we cannot continue as we are.

We are looking at every option available to produce a balanced budget; there are some very unpalatable decisions that we will need to make, and we will consult with the residents to get their views.



DR BETTS TILING

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



Showroom opening times:
Mon - Fri 8am - 5pm Sat 10am - 4pm

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

SUPPORT LOCAL BUSINESSES



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



Exploring the expansive corners of Hatfield Forest

In west Essex on the border of Hertfordshire lies a treasure trove of natural beauty: Hatfield Forest. This enchanting forest, once a royal hunting ground, is a special place where age-old landscapes have been preserved and history echoes through every leaf and branch.

The forest, which spans more than 1,000 acres, features coppiced trees, ancient wood pasture and shimmering lake, making it a paradise for nature lovers, walkers and picnickers alike.

Hatfield Forest isn't just about natural beauty, though. It was preserved as a hunting ground by William the Conqueror and is steeped in centuries of history. It's a living, breathing relic of medieval England, and stories of past royalty and deer hunts are woven into the very fabric of the woodland.

Boundary disputes have dominated much of Hatfield Forest's past, and these dividing lines remain intact to this day, despite the fact that renowned

landscape designer Capability Brown was invited to modify elements in the 18th century.

In later times, the Victorians explored agricultural use, and during the Second World War, some parts of the forest even came under military occupation.

These days, the expansive setting is carefully protected by the National Trust, offering accessibility for locals and visitors alike, who are invited to have a picnic in the open grasslands, enjoy the tranquillity of the lake, or take a leisurely walk through the ancient woods. With the latter in mind, there are a number of designated routes that can be traversed through the forest, although some of the trails can become quite muddy during the winter months.

Regardless, Hatfield Forest, which is also marked as a Site of Special Scientific Interest, provides a beautiful escape from the modern world.

To find out more about Hatfield Forest and for visitor information, including opening times, head to www.nationaltrust.org.uk/visit/essex-bedfordshire-hertfordshire/hatfield-forest



Photo credit: National Trust Images/James Dobson



WARDROBES ■ BUILT IN WARDROBES ■ FITTED KITCHENS ■ SLIDING WARDROBES

LUXURY BESPOKE WARDROBES & KITCHENS

Made to order in the UK ■ 10 Year Product Guarantee

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

CONTACT US

01708 756789 ■ 01708 578073

www.bestfittedwardrobe.co.uk

info@bestfittedwardrobe.co.uk



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

ELLIE'S FINISHING TOUCHES

HOME INTERIORS



EFT HOME STYLING SERVICE

As well as creating a room from start to finish we can also help with those last little bits! For instance, you have a media unit with lots of shelves to style, or you've moved in and just haven't got round to adding in the finishing touches everywhere to put your stamp on it. Prices for this service will vary depending on the amount of work needed to be carried out and the size of the areas. If this is something of interest, please get in touch with a brief description of the areas you would like help with along with some images and email elliesfinishingtouches@gmail.com

ONLINE AT: WWW.ELLIESFINISHINGTOUCHES.COM

IN OUR NEWLY REFURBISHED STORE: 212 MAIN ROAD, ROMFORD, ESSEX, RM2 5HA / 01708 737 578

EFT INTERIORS / EFT BLOOMS @EFT.INTERIORS / @EFT.BLOOMS

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

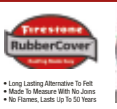


**A UNIQUE FAMILY RUN BUSINESS BUILT ON REPUTATION, HONESTY & KNOWLEDGE!
OVER 500 GENUINE REVIEWS ON 'TRUSTIST' & OVER 20,000 HAPPY LOCAL CUSTOMERS!
ALL WORK GUARANTEED - FREE ESTIMATES - NO DEPOSITS TAKEN - NO SUB CONTRACTORS USED!**

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 Flammies, Leads Up To 50 Years



Proud Member Of
People.com
For quality local business



Read our reviews on
Yell.com



Use our recommendations
myBuilder



Read our reviews on
Checkatrade.com



Read our reviews on
Checkatrade.com



Read our reviews on
Checkatrade.com

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

YOUR LOCAL EVENTS

CHRISTMAS CRACKER EVENT

High Street, Hornchurch, RM11 3YB

Saturday, November 18, 11am – 5.30pm



Photo credit: Havering Borough Council

Get in the festive spirit with Christmas stalls, music, children's rides, entertainment and lots of family fun.

The tree switch-on takes place at 5pm.

To find out more, search 'Hornchurch Christmas Cracker' on Facebook.

Tickets cost £10; carers go free.

Find out more and book your tickets via www.queens-theatre.co.uk/whatson/down-memory-lane-november-2023

CHARITY QUIZ NIGHT

CREM Kitchen, 43 Main Road, Romford, RM2 5EB

Saturday November 25, 7pm – 11pm

Mitchell's Miracles Charity has teamed up with CREM Kitchen to bring you a night of pure entertainment.

There will be a cash prize for the winning team and the infamous wooden spoon award for the losers. A raffle will be held with some amazing prizes to be won.

All proceeds from the event will go to Mitchell's Miracles Neuroblastoma Children's Cancer Charity.

If you are interested, please send an email to Kim at events@mitchellsmiracles.co.uk by 3pm on Thursday, November 16, with team numbers and team names.

Tickets cost £5 per person and teams should have six to eight people.

HAVERING CHRISTMAS LAND

Harrow Lodge Park, Hornchurch, RM12 4QU

Wednesday, November 29, to Monday, January 1, 4.30pm – 8.30pm

Local mental health charity Mind in Havering, Barking and Dagenham presents a unique and magical Christmas attraction.

The event features the historic Harrow Lodge House illuminated with lights, a spectacular Christmas lights walkway in the Secret Garden, Santa's Grotto, food and drink, and a children's ride.

Entry is £4.50 and £7 per child for Santa's Grotto. Babies under two go free.

Book your tickets by heading to www.bitly.ws/XQ7k



Photo credit: Havering Christmas Land facebook

WET CEMENT

Queen's Theatre, Billet Lane, Hornchurch, RM11 1QT

Saturday, November 18, 7pm, and Sunday, November 19, 2.30pm

Temporal Horizons Productions in association with Small Steed Theatre presents this work-in-progress performance of *Wet Cement*.

Ali has left the madness of mainstream education to pursue a more peaceful career as a private tutor. However, when Danny enlists her help to pass his adult GCSEs, she is dragged back into a world of stress and scrutiny, as it appears Danny is one of her ex-students who she had a hand in expelling.

To book your free tickets visit www.queens-theatre.co.uk/whatson/wet-cement

DOWN MEMORY LANE

Queen's Theatre, Billet Lane, Hornchurch, RM11 1QT

Wednesday, November 22, 2.30pm

Join Kay Carman and friends for a happy, nostalgic afternoon full of all your favourite melodies for people with dementia and their carers. This performance includes a 20-minute break for a free drink and biscuit.



At Hainault Trade Windows we are built upon reputation, trust, High-quality items at cost-effective prices and a clear understanding of supply and demand for the trades.

Are you a tradesman in Essex and the surrounding areas? Are you looking for trade products including any the following, then we can help :-

- ✓ FSG
- ✓ Doors
- ✓ Windows
- ✓ Aluminium
- ✓ Conservatories
- ✓ Roof Lights/Lanterns



Get a quote now

0208 088 4153

www.hainaulttradewindows.co.uk



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

SAME DAY CALL OUT AVAILABLE

View our sales page for list of machines ready to install today!

ALL MAKES ALL MODELS REPAIRS SALES

CALL OR BOOK ONLINE
01279 310793
www.spindoctoruk.co.uk

SPIN DOCTOR

Washing Machine, Dish Washer, Washer Dryer, Tumble Dryer, Electric Oven, Electric Hob, Fridge Freezer, Range Extractor Hood

PROUD MEMBER OF **Checka trade.com**

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

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.

THE B7 MEDIA GROUP

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

ENQUIRIES@B7MEDIAGROUP.COM

01708 578049



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





AUTUMN arrivals

While many might scoff at the idea of the UK being a warm winter getaway with gourmet food, it's a top holiday spot in the bird world! That's right – as temperatures drop elsewhere, large numbers of our feathery friends flock to Britain.

MAJESTIC GESE AND SWANS

Leading the parade of bird visitors is the fabulous pink-footed goose. When the temperatures dip in Iceland, and food gets scarce, the geese fly to the Faroe Islands, rest a bit, and then head to the UK. Similarly, Bewick swans head over from Siberia, while whooper swans make their way from Iceland.

VIBRANT COASTAL LIFE

Every autumn, the UK's beaches and wetlands burst into life with a big mix of wading birds from northern Europe, the Arctic, Russia and northern Canada. These include lapwings, dunlin, oystercatchers, bar-tailed godwits, redshanks, and grey plovers from the Arctic.

INLAND VISITORS

Moving inland, colourful Bohemian waxwings, with their distinctive crests, black eyeliner, and peach-tinged plumage, fly in from Scandinavia. You can sometimes spot them in large flocks in berry-laden bushes in towns, car parks and gardens. And it's not uncommon to see large numbers of dainty goldcrests with a radiant yellow stripe along the top of their heads. Despite weighing no more than a ten-pence piece, this remarkable bird journeys across the North Sea to spend its colder months with us.

Other northern European visitors you might spot in your garden include redwing and fieldfare – both types of thrush.

When spring comes, the birds fly back to their homelands to breed. Given the warming world and milder climates in their nesting territories, these winter visitors might one day no longer grace our shores. So let's all appreciate them a bit more – while we still have the opportunity.



THIS MAGAZINE IS
MISSING YOUR ADVERT

CALL 01708 578049
TODAY TO BOOK YOUR SPACE

DOMESTIC CLEANING 4 U
Professional Cleaning Services

WE PROVIDE:

- Regular weekly or fortnightly cleaning service & one-off cleans
- Bespoke service for your requirements
- Professional, fully vetted, friendly, accommodating & trustworthy cleaners

All household cleaning chores undertaken including:

- Inside windows ■ Outside windows (grd floor only)
- General tidying up ■ Hang washing out
- Washing up ■ Ironing and more

TO FIND OUT MORE OR TO BOOK YOUR CLEANER
contact us via 01708 960 714
domesticcleaning4u@outlook.com
www.domesticcleaning4u.com

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
f [rpageconcretebuildings](https://www.facebook.com/rpageconcretebuildings)
951-953 High Road, Chadwell Heath, Romford, Essex RM6 4HB

R PAGE CONCRETE BUILDINGS 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



SCAN ME

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

**WE COVER ESSEX,
HERTS, EAST LONDON
& NORTH LONDON**

01708 578082

enquiries@readyskips.co.uk

www.readyskips.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

ROCK ON

How to create a rock garden

In recent years there has been something of a rock revival going in Britain's gardens, front and back.

A trend that came to the fore in the nineties has seen something of a revival, with an increase in sales of rocks and alpine plants. Add in pebble mulches and gravel, and it's clear we are refreshing our garden spaces to add height, texture and, dare we say it, perhaps the odd splash of cascading water.

As for how to style your perfect rock garden, a slope obviously helps. If you don't have one, fear not – you can create a display by banking rocks closely together, filling in gaps with brick, stone or rubble to create a defined ridge.

It's a good idea to look for local stone – this will add character and provenance to the garden; and while many varieties may be expensive to buy, searching locally online may well bring about cheap or even free sources of stone.

Let rocks develop a patina of age – don't clean them or they won't look authentic – and bury them about a third of the way into the ground, tilting backwards, allowing space for grass and plants to flourish around them.

Now all you need to do is pattern surroundings with what you choose – an evergreen, such as miniature conifers will create vertical interest, while smaller shrubs will keep layers of interest even through the cold winter months.

Drought-tolerant plants such as sedums and sempervivums are also a good idea, while trailers, such as creeping rosemary, creeping thyme or aubretia, will guide the eye across the structure.

Finally, for texture, add some contrasting shapes – spikes, slants, velvety leaves – plus smaller bulbs, such as wild tulips, daffodils, snowdrops and crocus.

With your work done, sit back and admire!

Photo credit: Zia Allaway via gardeningetc.com



GARDENING

NUISANCE NITS



Nits are the bane of every parent's life and can be a nightmare to get rid of. While over-the-counter treatments are effective, they can also dry out your child's scalp and hair. Discover four natural alternatives below.

ESSENTIAL OILS

With the ability to eliminate nits and nourish the hair, there are several essential oils that you can try, including tea tree oil, lavender oil, neem oil, clove oil and eucalyptus oil. For best results, mix 15-20 drops of your chosen oil with 60ml of olive oil, apply to the scalp and comb through with a nit comb.

RAW GARLIC

Raw garlic has antibacterial properties and can be used to suffocate nits. To use garlic on nits, crush a peeled bulb of garlic into a paste and then mix with either olive oil or lime juice. Apply to the head, leave for 30 minutes and then wash the hair as normal. No combing needed.

CONDITIONER

If you are worried about drying out your child's hair, then you may want to try applying a thick conditioner to suffocate the nits before using a fine nit comb to remove them. This also helps to make the combing process less painful for your child.

VINEGAR

Both normal vinegar and apple cider vinegar can be used to effectively kill and get rid of nits. All you need to do is mix one cup of vinegar with one cup of warm water. Distribute the mixture evenly onto the scalp and cover with a hair cap. Leave for 30 minutes and then wash with their usual shampoo. No combing needed.

MORE TOP TIPS FOR NIT REMOVAL:

- ✦ Wash all bedding and any recently worn clothing in hot water.
- ✦ Vacuum upholstered furniture, rugs, soft toys and car seats.
- ✦ Recheck the scalp every day for two weeks.



INTERESTED IN TRIATHLON OR MULTI-SPORT DISCIPLINES?

HAVERING TRI

HAVERINGTRI.CO.UK

K.A.S.

**ADULTS LEARN TO SWIM
AND IMPROVER LESSONS**

KASUK.CO.UK

CONTACT KAY HAMILTON

07957 567915

Blossom Bloom Creations

Gift Shop

Our Products & Services

- Florist
- Cakes
- Fresh fruits gourmet chocolate
- Customised gift wrapping
- Event decorations
- Gift hampers
- Balloon decorations
- Greetings cards
- Party sweet & dessert

We're located at
19 Suttons Lane,
Hornchurch
RM12 6RD
Call 07888 844803

Shop in store & online
We offer delivery

YO _ R ADVERT HE _ E...

Q: WHAT'S MISSING HERE?

A: YOU ARE

CONTACT US NOW TO START ADVERTISING

Your
Monthly
Lifestyle
Magazine

t: 01708 578049 m: 07967 079101
e: hornchurch@VISIONmag.co.uk
w: www.VISIONmagessex.com

Don't ask the price, IT'S A PENNY

In 1884, a Polish immigrant opened a stall in Kirkgate Market in Leeds, selling household goods, haberdashery and toys for a penny a pop. Back then, who could have guessed the stall would blossom into retail giant Marks & Spencer?

SO HOW DID IT HAPPEN?

Michael Marks was born into a poor Polish Jewish family in what is now Belarus. He emigrated to England when he was 23 years old to escape persecution. He settled in Leeds and got work at John Barran & Sons' garment factory.

Marks soon branched out. He started buying goods from a local wholesaler and selling them door to door. With the profits, he opened his first market stall, known as 'Marks' Penny Bazaar', and branded it with his then-famous slogan, 'Don't ask the price, it's a penny'.

In 1894, Marks teamed up with Thomas Spencer, his wholesaler's bookkeeper. The company continued to grow. But sadly, it soon lost its two founders. Spencer died in 1905 at the age of 53, and Marks died in 1907 at just

48. By then, the company had 145 stalls and shops nationwide and a turnover of £400,000 – which is worth more than £61million today.

MARKS' SON SIMON TRANSFORMED THE BUSINESS...

In 1926, the company was floated on the stock market and moved into clothing and food. It made its reputation by selling only British-made products. And it offered cash refunds for items, however long you'd had them, so long as you had the receipt.

Simon Marks launched the St Michael brand name in honour of his father in 1927. The name was a symbol of quality and appeared on items from ready meals to overcoats till the company rebranded in 2000.

Since the late 1990s, the company's had a rocky ride. Be that as it may, it still has around 1,500 stores and turned over £6.6billion last year.



Michael Marks



Tom Spencer

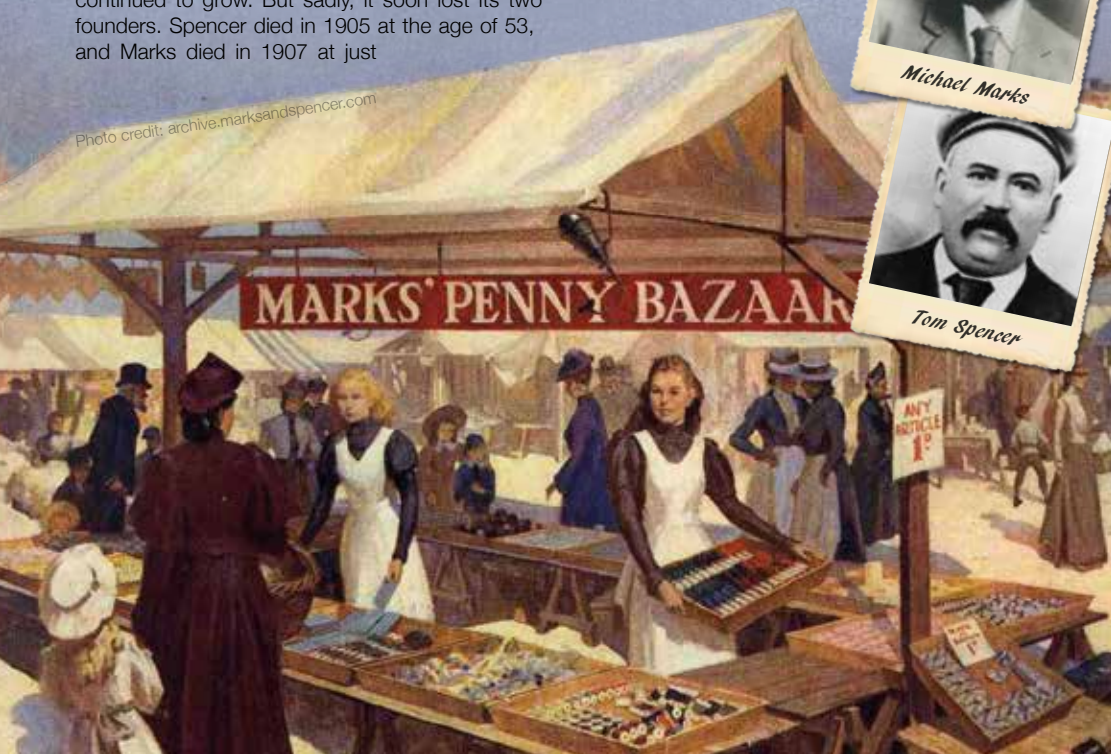


Photo credit: archive.marksandspencer.com

BNI PROJEKT

Are you ready to take on more business?

- Increase Business Prospects
- Great Networking Opportunities
- Professional Development



We are seeking the following professions to visit our group:

- Estate Agents
- Will Writers
- Web Designer
- Digital Marketing
- Mortgage Advisors
- Solicitors
- Printer
- Business Coach
- IT Support

We are BNI Projekt - for business professionals looking to explore opportunities!

Find out more at <https://t.ly/fbneD>. Or contact Sharon Hirsch on 07791 260443 or email Sharon@argus-accounting.co.uk.

LH

LUX HOMES

ESTATE AGENTS

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

01708 208807

HAVERING'S PREMIUM ESTATE AGENT



BEEWISE

CARD MACHINE OFFER

- Free next day settlement
- Low rates
- £1 terminal rental
- 24/7 Helpdesk

MERCHANT SERVICES

Beewise with what your business needs.

Join the Beewise Family

01708 578086
www.beewiseltd.co.uk

£1 ONLY

SCAN ME

ITAX SOLUTIONS LTD

CHARTERED CERTIFIED ACCOUNTANTS


www.itaxsolutions.co.uk

Why don't you focus on what you are really good at and let us handle your finances and taxes?

We can help you with the following services:

- Bookkeeping
- VAT return
- Payroll
- Management account
- Year-end statutory accounts
- Corporation tax return
- Self-assessment
- Business plan
- Tax advice
- Company formation

Call us on 0208 0049 123 or email to info@itaxsolutions.co.uk to book your FREE one hour no obligation consultation



A landlord's guide to improving your EPC RATING

Want to attract more tenants, help the environment, and potentially increase the value of your property? Here are some top tips to boost your EPC rating.

What is an EPC rating?

An EPC rating is a standardised indication of a property's energy efficiency. The minimum EPC rating for landlords of private domestic rented properties is E. However, the government has proposed that all rental properties will need a rating of C or above by 2028.

How to achieve a higher EPC rating

Smart lighting

Your choice of lighting contributes to your property's EPC rating, with energy-efficient light bulbs, aka LEDs, generating less heat and lasting longer. Smart LED lighting can also be automated, which means that there is no need for light switches as all the lighting is controlled via an app.

Underfloor heating

Underfloor heating systems use less energy because they operate at a lower temperature. If your property has effective insulation, underfloor heating

Triple glazing

Buildings lose most of their heat through their windows, which means that the better your glazing, the less energy your property will waste. Triple glazing is estimated to be around 40 per cent more thermally efficient than double glazing.

Solar panels

The cost of installing solar panels has dropped considerably in recent years, by as much as 82 per cent since 2010. However, they are still just as effective at making homes more efficient and raising your EPC rating.

Help from your energy supplier

If your tenants are receiving benefits such as universal credit, working tax credit or child tax credit, you may be able to get help with the cost of insulation and replacing or repairing the boiler. Your property must have a rating of E, F or G to be eligible.



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

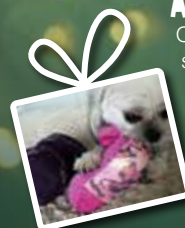
Oakleafe Claims **Loss Assessors** are the proud award winning recipients of **Loss Assessor** of the year at the U.K British Claims awards and have been helping people and businesses with Insurance Claims since the Second World War. We operate 24/7 throughout the UK with our head office in Gidea Park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



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

Homemade CHRISTMAS GIFTS for your pet

If your pet is just like another member of your family, then you will want to treat them on Christmas day too. Discover three homemade Christmas gifts for your furry friend that they are guaranteed to love.



A sock and ball toy

One of the easiest and most affordable DIY pet gifts, a sock and ball toy will provide hours of fun for your dog on a shoestring budget. Simply place an old tennis ball or two into a sock and tie in a tight knot. For a festive twist, use a Christmas-themed sock. Once unwrapped, swing the sock around, play tug-of-war or launch it down the garden for a quick game of fetch.



A cat scratcher

If your cat loves to scratch your furniture, then they are long overdue their own scratcher. All you need to do is attach a piece of rope around a piece of wood using a hot glue gun and then hang the wood on the wall within reach of your cat or glue/screw to a wooden base. Rub some catnip on the rope to make this gift even more enticing for your feline companion.



A no-sew pet bed

Stop your pet from sleeping on your bed by making them their own place to sleep with just a few basic supplies, including some anti-pill fleece fabric, a small bag of polyester fibrefill material and a pair of sharp scissors. Simply decide what size bed you want to make and then cut an extra eight inches all the way around two pieces of fleece fabric so that you have enough to cut four-inch strips to tie the bed together. Fill with the polyester fibre material until plump, and tie to finish.

Photo credit: petguide.com, thecottagearket.com, instructables.com



PETS

5 REASONS TO ADVERTISE

Why do businesses benefit from hyperlocal advertising?

1. Targeted advertising

Hyperlocal advertising allows companies to target customers who are within a specific geographic area, making it easier to reach the right audience and increase the chances of converting them into paying customers.



2. Cost-effective

Hyperlocal advertising can be cost-effective because it is focused on a specific local area, meaning that businesses can reach their target audience without wasting money on broader marketing campaigns that may not be as effective.



3. Increased engagement

Hyperlocal advertising can lead to increased engagement with customers because it is focused on the local community and the interests of the people living in that area. By targeting customers with ads that are relevant to their interests and needs, companies can build a stronger relationship and increase their chances of repeat business.



4. Improved search engine optimization

Hyperlocal advertising can improve a business' search engine optimization because it targets customers who are likely to be searching for businesses and services in their local area. By optimizing their website and other online presence for local search terms, businesses can improve their visibility and attract more customers.



5. Better return on investment (ROI)

Hyperlocal advertising can lead to a better ROI because it is focused on a specific area and customer base. Targeting customers who are likely to be interested in their products or services, can increase conversion rates and revenue.



IS YOUR BUSINESS READY TO BENEFIT FROM HYPERLOCAL ADVERTISING? CONTACT **VISION** TO FIND OUT MORE



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 offer a fixed fee initial consultation of up to one hour providing outline advice to new clients



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



Roisin McCorry
Consultant
roisinmccorry@mplaw.co.uk



Jas Pannu
Solicitor
jaspreetpannu@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

Upminster Office:
Suite 5, Essex House,
15 Station Road,
Upminster RM14 2SJ
T: 01708 251560

Email:
office@mplaw.co.uk



Yvonne Taiwo
Solicitor
yvonnetaiwo@mplaw.co.uk



Alison Brotherton
Consultant
alisonbrotherton@mplaw.co.uk

BAD SPORTSMANSHIP:

BUTT & WARNE

on the spot

Cricket undoubtedly has universal popularity. Combine this with its intricacies, its longevity as a game, the ease of online betting and the variety of bookmaker markets, and you have the potential for foul play, on an international scale.

Take Pakistan's 2010 tour of England, for example; a series that became the centre of a sting by the *News of the World* (NoTW) where its reporters secretly filmed Mazhar Majeed, a British bookmaker and agent, giving bribes to visiting players ahead of the Lord's Test.

Money was offered on the proviso that two Pakistan fast-bowlers, Mohammad Asif and Mohammad Amir, would deliberately send no-balls at agreed times – known as spot-fixing. Even the team's captain, Salman Butt, was in on the scam.

The NoTW exposé ended with jail sentences meted out to all four, with the three players also receiving lengthy bans.

While the idea was brazen and reflective of the global gambling market, it was not the first time it had happened. Between 1994 and 1995, an Indian man referred to as 'John the Bookmaker' handed over cash to Australian stars Mark Waugh and Shane Warne in exchange for pre-match weather and pitch information.

'John' soon upped the ante, requesting team selections and tactics, but the duo refused. The Australian Cricket Board became aware of the allegations and the action taken was to fine each player privately.

In the aftermath, the Aussies claimed that Pakistan captain Salim Malik had approached them with bribes in exchange for losing matches. While their own credibility as witnesses had evaporated, the story was pursued, and former captain Malik received a life ban in 2000.

In 2023, cricket's abundant riches implies spot-fixing should be less appealing to players, yet the lure of a payday is always there.



Photo credit: Andrew Foster/Shutterstock, Gill Allen/Shutterstock

ROMFORD SNOOKER CLUB

"Probably the most famous Snooker Club in the World"

HALF PRICE TABLES
FOR JUNIORS
aged 14 – 18
10am – 7pm

FREE MEMBERSHIP
FOR SENIOR CITIZENS
plus half price tables
10am – 7pm

MEMBERSHIP
Adult £14.50 includes £4.25 in club vouchers
Juniors (14-18) £9.50 includes £3.25 in club vouchers

SNOOKER – POOL – DARTS

No.1 Arcade Place Romford Essex RM1 1RS
01708 743168 | www.romford-snooker-club.co.uk | enquiries@romford-snooker-club.co.uk

MOTHER INDIA

The Hallmark of Fine Indian Cuisine

WINNER OF THE NATIONAL NEWCOMER OF THE YEAR – ASIAN RESTAURANT & TAKEAWAY AWARDS (ARTA)

INDIAN RESTAURANT | TAKEAWAY SERVICE CATERING FOR PARTIES & EVENTS
OPEN 7 DAYS A WEEK | 5pm-11pm
Allergens & Intolerances: Please speak to our staff for advice when placing your order.

FREE HOME DELIVERY
on order over £10 (4ml radius)
TAKEAWAY: 10% Discount on Collection

FOR RESTAURANT BOOKINGS & TAKEAWAY CALL
01708 470 218 | 07960 734 409
118 North Street, Hornchurch, Essex RM11 1SU

UK'S MOST TRUSTED AND REVIEWED AUTO
LOCKSMITH WITH EMERGENCY RESPONSE



IS YOUR CAR TRULY SAFE?

Car & Van Security Specialists

VAN SECURITY LOCKS

ALARM SYSTEMS

VEHICLE TRACKING

THEFT PROTECTION

IMMOBILISERS

CAR KEYS

FROM ONLY

£495



SMART CAR PROTECTION WITH GHOST IMMOBILISER

Protect your peace of mind and your vehicle
with state-of-the-art security.



We cover Greater London
& surrounding M25 areas



Open 7 days a week
from 8am to 10pm



www.carkeyssolutions.co.uk

Call us on 01708 578071

Email: contact@carkeyssolutions.co.uk

PETROLHEAD PODS

Searching for a motoring podcast that suits your taste? Whether you're into humorous stories, daring adventures or the latest car news, there's something for everyone.

Podcasts are all the rage nowadays, yet navigating a route through the thousands available to download can be exhausting.

Here are six of the best that will further fuel your love of the fast lane.

CAR CHAT: British photographer and fervent car aficionado Sam Moores hosts, with a primary focus on high-performance vehicles and racing.

The podcast features diverse guests, from prominent Instagram personalities to experts from within the automotive industry, and broaches all the trending topics from within the motoring universe.

FULLY CHARGED: Robert Llewellyn presents his renowned Fully Charged brand, which comes in the form of a YouTube series, news platform and live event. The podcast also features exclusive conversations with experts deeply knowledgeable about the complex realm of EVs, renewable energy and sustainability.

GARETH JONES ON SPEED: Gareth collaborates with Richard Porter (known for Sniff Petrol, BBC *Top Gear* and *The Grand Tour*) and his tech-savvy buddy Zog as they deep-dive everything car-related, from daily commuter routes to high-end supercars, vintage vehicles to motorsport.

SPIKE'S CAR RADIO: Spike Feresten, comedy

scribe and TV host, unites celebrities, automobiles and comedians in this captivating podcast that's bound to spark car envy.

Engaging with top-tier car enthusiasts, he delves into their most memorable car tales, the prized vehicles in their collections and their all-time favourite rides.

THE COLLECTING CARS PODCAST: *Top Gear's* Chris Harris invites guests to discuss all facets of the automotive world. With a special emphasis on racing narratives, this podcast is a perfect fit for F1 enthusiasts, tackling the hot topics with colour and humour.

THE SMOKING TIRE: With a sunny Californian edge, car enthusiast and YouTuber Matt Farah treats listeners to interviews spanning the motoring spectrum, showcasing everyone from film stars to industry experts. So plug in and ride the soundwaves!



MOTORING

THE VISION LISTINGS

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

Bumper Scuffs - Dents - Scratches. Gidea Park. Call on 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

BOILER & PLUMBING SERVICES

SIMPLY PLUMBING

All work guaranteed. Local plumber. Leaking taps-toilets-overflow-radiators-showers-blockages-boilers repaired & installed. Call this number today 07711 840722

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

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

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

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

ARCH ELECTRICAL SERVICES LTD

Domestic and Commercial Electrical contracting company covering Essex. Design, installation, maintenance. Contact us on 07986 663793 | @APElectricalEssex

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 202269 | 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

BOILR

BOILR 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**

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

WORDLADDER: BEAR, BOAR, BOAS, BOBS, COBS, CUBS

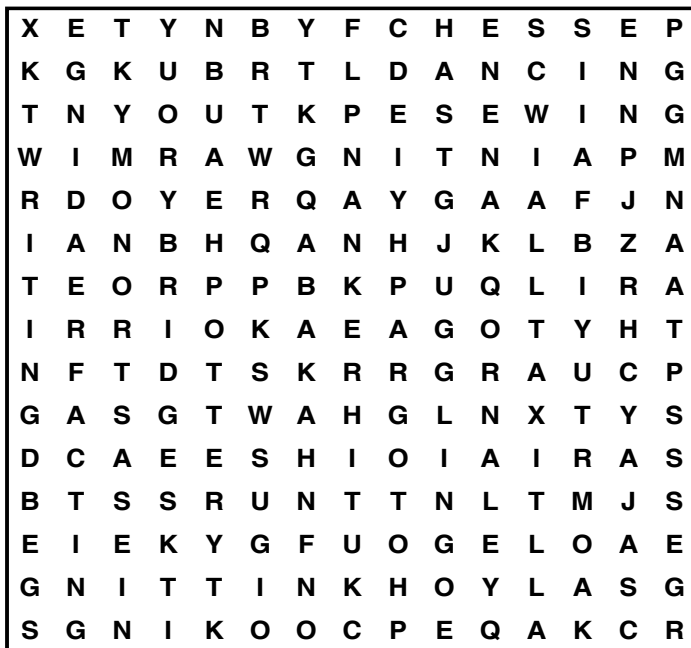


PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

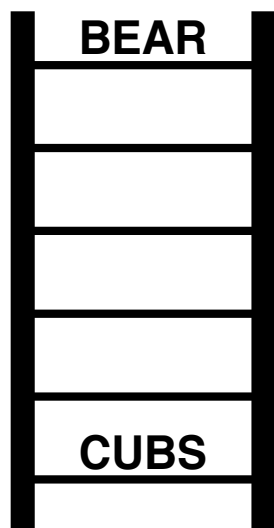
- ▶ ACTING
- ▶ ASTRONOMY
- ▶ BLOGGING
- ▶ BRIDGE
- ▶ CALLIGRAPHY
- ▶ CHESS
- ▶ COOKING
- ▶ DANCING
- ▶ GAMING
- ▶ JUGGLING
- ▶ KARAOKE
- ▶ KNITTING
- ▶ PAINTING
- ▶ PHILATELY
- ▶ PHOTOGRAPHY
- ▶ POETRY
- ▶ POTTERY
- ▶ READING
- ▶ SEWING
- ▶ WRITING



DID YOU KNOW?

- ▶ The earliest version of Monopoly was invented by Elizabeth Magie in 1903 and was originally called the Landlord's Game.
- ▶ The longest game of Monopoly lasted for 70 days.
- ▶ There are more than 300 varieties of Monopoly, including *Pokémon*, *Game of Thrones* and *Harry Potter* versions.
- ▶ The Monopoly Man's real name is Rich Uncle Pennybags, and he is said to be based on American investment banker J P Morgan.
- ▶ Monopoly is available in 47 languages and sold in 114 countries.
- ▶ American jeweller Sidney Mobell created a Monopoly set made of 23 carat gold, rubies and sapphires, worth £1.4million.

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.



Computer generated image for indicative purposes only.

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.

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

