

Around Colchester

Your local magazine since 2009



Palmer & Partners

The leading independent agents in Essex & Suffolk

palmerpartners.com

Colchester & Coast 01206 572233

Your property is our business... call for a free valuation today



BFCC GARAGE DOORS

SUPPLIED • INSTALLED • AUTOMATED • REPAIRED

**FREE
SURVEY &
QUOTATION**



3 good reasons... *for choosing **BFCC***

- 1** *Quality range of doors from leading manufacturers*
- 2** *First Class service for all budgets and tastes*
- 3** *Unrivalled, knowledgeable and friendly personal service*

BFCC supply and install garage doors in and around the Essex and Suffolk regions, located in Thorpe-le-Soken within the heart of the beautiful Essex countryside.

We offer a free of charge survey and quotation service so why not give us a call today or pop into our local showroom where you can view a variety of operational doors in various styles.

Call: 01255 863815

email: sales@bfcc-garagedoors.co.uk

www.bfcc-garagedoors.co.uk





ESSEX HEARING

ESSEX HEARING AIDS LIMITED

Trusted family-run hearing care for over 25 years

At Essex Hearing Aids, we provide affordable, high-quality hearing care with a strong focus on personal support and convenience.

We offer professional home appointments across Essex and Suffolk, so you can feel comfortable, relaxed and well cared for.

Our Services

- ☒ Ear wax removal
- ☒ **Free** hearing test
- ☒ **Free** consultation
- ☒ Home appointments

We provide close follow-up support and adjustments to ensure your hearing aids work perfectly. If we can't find the right solution, you'll receive a full refund.

Call 01255 852 881 to book your FREE hearing test.

contactus@essexhearingaids.com

essex-hearingaids.co.uk

CONTENTS

- 06 Greenfingers – The Alan Titchmarsh column
- 07 Dine by Design – Outdoor dining
Sudoku
- 09 Every drop counts – Conserve your water
- 10 Recipe page – Claire Smyth's Chocolate Tartlets
- 12 Cash ISA or Stocks & Shares ISA? – Blake & Day
- 14 A Design for Life – The Kevin McCloud column
- 16 Do I Need Lasting Powers of Attorney? – John Fowlers Solicitors
- 18 Puzzle Page
- 19 Just Right for July – Entertainment suggestions
- 20 Two Eyes on July – Book reviews
- 21 How to keep your holiday budget in check
Puzzle answers
- 22 Keep your pets cool in summer

Front cover image courtesy of Rebecca Adams

Editor: Steve Adams
Office: 07566 224000
Mobile: 07837 247008

Email: info@adamspublishing.co.uk
Website: www.adamspublishing.co.uk
Address: Suite 7, Highwoods Post Office,
Highwoods Square, Colchester CO4 9BB



Follow us! @adamspublishing

**Distributors wanted for our
magazines – phone or email us!**

Whilst every care has been taken to ensure that the data in this publication is accurate, neither the publisher nor its editorial contributors can accept, and hereby disclaim, any liability to any party for loss or damage caused by errors or omissions resulting from negligence, accident or any other cause. Adams Publishing Ltd. does not officially endorse any advertising material included within this publication. All rights reserved. No part of this publication may be reproduced, stored in any retrieval system, or transmitted in any form – electronic, mechanical, photocopying, recording or otherwise – without prior permission of the publisher.

Adams Publishing Ltd – Registered in England no: 7166027
Registered Office: 47 Butt Road, Colchester, CO3 3BZ



Beautifully crafted timber windows and doors that transform the look and feel of your home.

With a **15%** discount off all timber windows and doors in our Summer Sale, visit one of our showrooms to view our lovely range of products. You'll receive expert advice and see how beautiful timber windows and doors really can enhance the value and beauty of your home.

Timber Windows of Brentwood
Unit 3A Wilsons Corner,
1-5 Ingrave Road, Brentwood,
CM15 8AP

Timber Windows of Colchester
109 Crouch Street,
Colchester,
CO3 3HA



Timber Windows of Leigh-on-Sea
81 Broadway,
Leigh-on-Sea,
SS9 1PE

Timber Windows of Saffron Walden
Abbey House,
51 High Street, Saffron Walden,
CB10 1AR

REQUEST A QUOTE

Tel: 01206 580 388

www.timberwindows-essex.com



When responding to adverts please mention 'Around Colchester'

Greenfingers... the Alan Titchmarsh column

He's a magnificent broadcaster, gifted gardener, brilliant author and all-round horticultural visionary. This month, Alan Titchmarsh discusses the importance of watering.

There is something deeply reassuring about watering a garden on a warm summer's evening. Hose in hand, the scent of warm soil rising as the first droplets hit, it feels like an act of kindness. I've spent many such evenings in my own Hampshire garden, convinced I was doing exactly the right thing.

Yet experience has a way of gently correcting us. In truth, during the height of summer, it is not how much we water, but how we water, that really matters.

I recall one particularly dry spell when I watered diligently every evening, giving everything a

light spray. The borders looked revived for a time, but beneath the surface the soil remained stubbornly dry. It was a useful lesson: plants need more than a passing refresh - they need a proper drink.

Timing is crucial. Early morning is ideal, when the air is cool and moisture has time to soak in before the day warms up. Evening can work too, though it's best not to leave plants sitting damp for too long. What's rarely effective is watering in the middle of the day, when much of it simply evaporates before it reaches the roots.

Remember as well, it's the roots that matter most. A quick sprinkle over leaves may look pleasing, but it does little for long-term health. Water applied slowly at the base encourages roots to travel deeper into the soil, making plants more resilient when conditions turn dry.

One of the simplest ways to support this is through mulching – that gorgeous layer of compost or bark spread over the soil acts like a protective blanket, locking in moisture and improving structure over time.



Collecting rainwater is another simple habit that pays dividends. A water butt may not be the most exciting feature, but it provides a supply that plants seem to relish, and there is something quietly satisfying about using what nature provides.

It's also worth remembering that a garden is a living system. Too much water can be just as harmful as too little, encouraging shallow roots and occasional disease. Allowing soil to dry slightly between waterings often results in stronger, healthier plants.

In the end, summer gardening is about observation and restraint. By paying attention and watering with care, we not only conserve a precious resource, but create gardens that are better equipped to thrive – whatever the weather brings.



Dine By Design

How to create the perfect outdoor dining space.

At the heart of any successful outdoor dining space is, of course, the furniture. A sturdy, central, well-proportioned table is often the centrepiece, with comfortable seating forming the foundation. On this one, material choice is key. Timber offers warmth and a natural aesthetic that blends seamlessly into a garden setting, while metal or rattan options provide durability and are often easier to maintain in the unpredictable British climate.



Positioning is equally important. A dining area that feels too exposed to wind or too far from the house can quickly become impractical.

The elements

Considering the path of the sun throughout the day is vital – you want to try to strike a balance between an area feeling neither uncomfortably hot nor permanently shaded.

On a similar note, creating a sense of enclosure can elevate the space from functional to inviting. Even simple additions such as trellises, planters, or even strategically placed shrubs can provide this.

The peripherals

Some people want an outside space to be a clinical, clear area, particularly if you're looking to create outdoor



cinema vibes. For others, the idea of al fresco dining means inviting in the natural effects around you. It's whatever works for you.

Bright ideas

Finally, lighting is often the element that transforms a space from day to night. Soft, warm lighting – festoon bulbs, lanterns or solar-powered fixtures – adds both practicality and ambience, at the same time extending usage way into the night.

Tracey Lorraine Clarke

LADY GARDENER

Does your garden need a little TLC?

Lady gardener available to maintain your garden.

Weeding flower and vegetable beds and borders.

Pruning shrubs and trimming small hedges.

Planting bulbs, flowers and shrubs.

Cutting lawns and edging them.

Patio clearing and leaf clearing.

Tax paying and insured. Reasonable rates.

Please telephone Tracey Lorraine Clarke on

Garden: 07583 039218 or Home: 01473 271945

Suffolk and Essex area covered.

Sudoku - #067

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

Answers on page 21

DI GILBRANCH CELEBRANT

Helping you remember your loved ones well



When we lose someone we love, we begin the difficult task of planning a funeral service and a very personal farewell that specifically suits that unique person now gone from our midst.

One of the benefits of choosing me as the celebrant to lead your ceremony is that I will spend time with you, prior to the service, usually in the comfort of your own home, building a relationship with your family, listening to your wishes, hearing your stories, your memories and the significance of your grief in order to gain a true sense of the person who has died. This can be through music, poetry, readings, eulogies and ritual, whether religious or secular.

If I can help you in any way please get in touch

Cremations, Burials, Green Burials & Interment or Scattering of Ashes

Email: hello@digilbranch.co.uk

Phone: 07812 371590 | 01206 211491

Website: www.digilbranch.co.uk



Blackbrook Kennels & Cattery

Ipswich Road
Dedham CO7 6HS
01206 322284

www.blackbrookskennels.co.uk

- Heated kennels & cattery
- Large, individual covered runs
- Paddocks for off-lead exercise
- All diets catered for
- Dog grooming service
- Collection & delivery service
- Council licensed and inspected



Dog & cat boarding with a difference

John Fisher Gardener & Landscaper Over 30 Years Experience

- Fencing
- Patios
- Turfing
- Paths
- Driveways
- Brickwork
- Concreting
- Shed Bases
- Shed Roof Repairs
- Gravel Gardens
- Hedge Cutting
- Tree Cutting
- Regular Garden Maintenance
- One Off Tidy Ups
- New Planting Schemes
- Pressure Washing
- Garden Design
- Garden Gates Made to Size



Free Quotes • No Job Too Small
Very Competitive Rates • Good References

For an Experienced, Friendly and
Reliable Service - Please call John on
01206 251276 or 07775 562201

Every Drop Counts

As summer temperatures rise, and the holler of the much-reviled hosepipe ban becomes heard in various locations across the UK, it's clear reducing water use at home is becoming less about sacrifice and more about smarter everyday habits.

Water has long been something many households take for granted, yet during the summer months, particularly in warmer years, the strain on supply becomes more apparent, and the need to use water more thoughtfully comes into focus.

The good news is that reducing water use does not require dramatic lifestyle changes. In many cases, small adjustments can make a meaningful difference. Shorter showers, for example, can significantly cut daily consumption, while turning off taps when brushing teeth is a simple habit that quickly adds up over time.

Kitchens offer another opportunity. Dishwashers,



when used efficiently and fully loaded, often use less water than washing up by hand. Similarly, being mindful of how water is used during food preparation – rinsing produce in a bowl rather than under a running tap – can reduce unnecessary waste.

Outside, water use tends to increase sharply in summer. Gardening, car washing and outdoor cleaning all contribute to higher demand. Here, timing and technique play a key role. Watering plants during cooler parts of the day will help them as well as the water supply, while using watering cans instead of hoses is smart.

There's also the growing trend in using grey water. This is wastewater from household baths, showers, sinks and laundry. Although it may contain mild soaps and detergents, it can be reused for non-potable purposes like landscape irrigation, or toilet flushing, and at its maximum can save up to 40% of fresh water usage.

Technology is also beginning to play a part. Water-efficient appliances, low-flow

showerheads and smart irrigation systems are becoming more common, offering ways to maintain comfort while using less. Importantly, these solutions often save money as well as resources – a reminder that sustainability and practicality are not mutually exclusive.

There is also a wider perspective to consider. Water treatment and supply require energy, meaning that reducing usage has a knock-on effect in lowering overall environmental impact. In this sense, every litre saved contributes to a broader effort.

Perhaps most importantly, attitudes are changing. Where conservation was once framed as restriction, it is increasingly seen as awareness, and a shift towards using what we need, rather than more than we need.

In the height of summer, when demand is at its peak, these habits matter most. By making small, conscious changes, households can continue to enjoy the season while ensuring that water — one of our most essential resources — is used responsibly and sustainably.



Clare Smyth's Michelin-Starred Chocolate Tartlets



The afternoon snack takes on a whole new dimension, enlivening Clare Smyth's 3-Michelin-starred petit fours. As an aromatic twist, subtle hints of lavender perfume the chocolate.

Method

Step One

Mix the butter, flour, and salt until you have a grainy mixture. Beat the egg yolks with the icing sugar using a hand blender.

Step Two

Add the wet ingredients to the dry ingredients and mix until you have a smooth dough. Roll out the dough between sheets of baking paper to a thickness of 5mm.

Step Three

Next, cut the dough into 6cm diameter discs. Then, using round 5x2cm molds, place a disc between two molds and press down. (Trim off any excess dough with a small knife.) Bake in the oven at 160°C for 6 minutes.

Step Four

Break the chocolate into pieces. In a small saucepan, heat the cream to 80°C, add the lavender and leave to infuse for 4 minutes.

Step Five

Next, remove from the heat and strain the cream through a sieve into a bowl. Add the chocolate and stir to create a ganache.

Store at room temperature.

Using an electric whisk, beat the eggs and sugar until the mixture is light and fluffy, similar to a zabaglione.

Step Six

Finally, slowly pour the ganache into the egg mixture with a spatula, stirring until a slightly golden mousse forms. Transfer the mixture to a piping bag.

Preparation of the tart

For each tartlet, calculate 30g of chocolate filling. Pour the chocolate mixture into the pastry base until it reaches the edge. Bake in a preheated oven at 180°C for 4 minutes. The tart should have a slightly set but creamy centre. If it is too runny, bake for another 30 seconds, then remove from the oven and leave to rest.

Ingredients:

Serves: 15

For the shortcrust pastry

- 150g icing sugar
- 90g egg yolks
- 375g plain flour
- 188g unsalted butter
- 5g sea salt

For the chocolate filling

- 108g Udzungwa 70% dark chocolate
- 125g cream
- 1g dried lavender
- 2 whole eggs
- 52g pasteurized egg yolks
- 50g caster sugar

Katrina's Hairdressing in Langham



Park Lane, Langham, Colchester CO4 5NJ
01206 234435 07837 742764
Prices from £13 for a trim



SlimmingWorld

feel *real* good

New Venue!

The Ark Methodist Church,
Jack Andrew's Drive, Highwoods

Linda 07837 186659

Highwoods Community Centre

Thursdays 9:15 & 11am

The Ark Methodist Church

Thursdays 6:30pm

Abbots Activity Centre, Ladbroke Drive

Fridays 9:15am



**Amy's
FOOT HEALTH**

**PROFESSIONAL
FOOT CARE
IN THE COMFORT OF
YOUR HOME**

 **COVERING COLCHESTER
AND SURROUNDING AREAS**

CONTACT ME TODAY
Call or Text
07504847775

 Email
amyfoothealth@gmail.com

 **MOBILE APPOINTMENTS ONLY**
I come to you!

 *Qualified, Trusted,
Caring for your feet. ♥*

**CARING FOR YOUR FEET,
every step of the way ♥**

 **NAIL TRIMMING
& FILING**
Keeping your nails
neat, healthy and
comfortable.

 **CORN & CALLUS
REMOVAL**
Relief from hard skin
and uncomfortable
pressure.

 **INGROWN
TOENAILS**
Gentle care to ease
discomfort and help
promote recovery.

 **FOOT CARE
ADVICE**
Practical advice to help
you look after your feet
every day.

 **DIABETIC
FOOT CARE**
Specialist care and
support for healthy,
happy feet.



*Your feet
are in safe
hands*

When responding to adverts please mention 'Around Colchester'

Cash ISA or Stocks and Shares ISA: Are Your Savings Working Hard Enough?



ISAs remain one of the simplest and most effective ways to save and invest tax efficiently, yet many people are unsure whether a Cash ISA or a Stocks and Shares ISA is the better choice. With recent Budget discussions reinforcing their importance, now is a good time to review how your savings are working for you.



Cash ISAs are often the starting point. They feel familiar and offer certainty. Your money is not exposed to market movements, and any interest earned is tax free. For short term goals such as building an emergency fund, saving for a holiday or covering upcoming expenses, they can be a sensible option.

Over longer periods, though, cash savings can lose value in real terms. Inflation means that while your balance may grow, what it can buy may not. Many people only notice this years later, when their savings do not go as far as they had expected.

Stocks and Shares ISAs are designed for longer term growth. They allow you to invest in funds, shares and bonds, with any returns free from income tax and capital gains tax. Values will rise and fall, but over time investing has historically delivered stronger growth than cash. For goals five to ten years away or more, this can make a meaningful difference.

The current ISA allowance remains £20,000 each year and can be split between cash and investments. From April 2027, however, the rules are set to change. While the overall allowance will stay the same, the amount that can be held in cash will be reduced, meaning more will need to be invested to fully use it. In simple terms, ISAs are being reshaped to encourage long term investing rather than holding large balances in cash.

For many people, the most effective approach is not choosing one over the other, but using both. Keeping enough in cash for short term needs while investing surplus funds for the future can provide a balance between stability and growth.

What is right for you will depend on your goals, timescales and attitude to risk. If you would like a clearer plan or reassurance that you are on the right track, speaking to a professional adviser can make a real difference. A simple conversation could help you make more confident decisions and ensure your savings are working as hard as they can for your future.

Blake & Day provide comprehensive independent financial advice tailored to your personal requirements. Our guidance is designed to be straight forward and uncomplicated, enabling you to take effective strategic control of your financial future.

Quality professional advice on:

- INVESTMENTS ■ PENSIONS
- RETIREMENT PLANNING
- PENSION FUND ACCESS & DRAWDOWN
- CORPORATE PENSIONS & PROTECTION
- INHERITANCE PLANNING
- LIFE COVER & FAMILY PROTECTION
- MORTGAGES ■ EQUITY RELEASE

Office: 01376 743595 / Mobile: 07767 308783

E: claire@bdfinancial.co.uk / W: www.bdfinancial.co.uk

Blake and Day Financial Planning Ltd., is directly authorised and regulated by the Financial Conduct Authority FCA Number 843625. Company registration number 11905650.



BLAKE & DAY
INDEPENDENT FINANCIAL ADVISERS



CLAIRE BLAKE
— DipPFS —

If you would like a free financial consultation in the comfort of your own business or home, please contact me.

Blake & Day are fully independent mortgage advisers with access to the whole of the market for...



MORTGAGES FIRST TIME BUYERS
LET TO BUY EQUITY RELEASE BUY TO LET
FURTHER ADVANCE RE-MORTGAGES

We provide comprehensive independent financial advice tailored to your personal requirements.

Our guidance is designed to be straight forward and uncomplicated, enabling you to take effective strategic control of your financial future.

For further information
or to arrange a consultation
please contact Mark Reynolds:

T: 07876 688 996

E: admin@bdfinancial.co.uk



BLAKE & DAY

Blake and Day Financial Planning Ltd., is directly authorised and regulated by the Financial Conduct Authority FCA Number 843625. Company registration number 11905650.

When responding to adverts please mention 'Around Colchester'

A Design for Life... The Kevin McCloud Column

Designer, writer and television presenter, Kevin McCloud leapt into our consciousness with his vastly successful *Grand Designs* show on Channel 4. This month, the affable architectural business owner ponders on our obsession with light.

I remember standing in a half-finished house some years ago... concrete floor underfoot, no plaster on the walls, and a roof that, at that point, was little more than an idea.

The owners, full of optimism, had insisted on a vast opening along the rear elevation. "We want light," they said, as if it were something you could simply order and install.

When the glass finally went in, everything changed. The space, which had felt hard and unyielding, softened almost

instantly. It wasn't just brighter, it was more human. You could feel the day moving through it.

There was a time when our homes were built to keep the world out. Thick walls, small windows, a sense of enclosure that spoke of warmth and protection. Light was something you borrowed sparingly. Today, we pursue the opposite. We want openness, transparency, connection, and light sits at the centre of it all.

It has become a kind of architectural currency. Estate agents speak of "light-filled spaces" with a reverence once reserved for square footage. Homeowners knock through walls, install vast panes of glass, or carve skylights into roofs, all in pursuit of that elusive brightness.

Part of the appeal is straightforward: light flatters. It softens edges, enhances materials and gives even modest rooms a sense of scale.

Yet it also runs deeper than that. Light shapes how we feel. It influences our mood, our energy, even our sense of time. Introduce daylight properly into a space, and people don't just notice it; they respond to it.

This has driven a shift in how we design. Sliding doors blur the boundary between house

and garden. Open-plan layouts allow light to travel from one end of a building to the other. Rooflights bring daylight into the centre of a plan, transforming spaces that would otherwise feel enclosed.

But (and it's an important 'but'), there is such a thing as too much of a good thing. I've seen houses where the pursuit of light has tipped into excess: vast expanses of glass that overheat in summer, lose heat in winter, and leave occupants feeling exposed rather than connected.

Our obsession with light, then, is not merely aesthetic. It reflects a deeper desire for wellbeing, for connection, for a sense of place. And when handled thoughtfully, it does more than illuminate a space it transforms how we experience it, every single day.





ELECTRICAL SUPPLIES

Unit 5 Moss Road, Stanway CO3 0LE

01206 576400

EVERYTHING ELECTRICAL

Domestic

Domestic lighting
 Underfloor heating
 Distribution boards single phase and three phase
 Decorative plates
 Full range of domestic fans and accessories available
 Full range of cables
 Wireless and wired fire alarms and burglar alarms
 Trusted suppliers

**FREE
 DELIVERIES**
 WITHIN 15 MILE RADIUS
 ON ALL ORDERS OVER £50

COMMERCIAL

Twin and earth electrical cables
 SWA
 Flexible cables
 Category 5 cable
 Fire resistant cable
 Special cables available
 Cable management



autoenhance
 MOT Test Centre & Garage Services Colchester
 Car & Motorcycle MOT Centre Mechanical Repairs & Servicing
 Colchester 01206 871187 Unit 5 Brook Street Business Park, CO1 2UZ

Autoenhance Services Colchester MOT Test Centre!

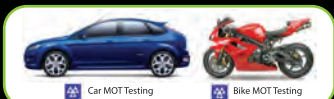
Why Choose Us?

We specialise in diagnostics, MOT testing, servicing, repairs, as well as clutches, brakes, exhausts and tyres.

We are a family run business that aims to look after both you and your cars with a friendly and honest service.



Good Garage Scheme



Car MOT Testing

Bike MOT Testing

To make a booking for an MOT, service, or for any of our other services, please call on Colchester 01206 871187.

We book in MOT tests every hour, and your MOT test will be carried out while you wait.

MOT Testing for Cars, Bikes & Quads | Tyres, Exhausts & Clutches | Vehicle Diagnostics | Batteries, Brakes & Shockabsorbers | Air Conditioning Servicing | Wheel Balancing | Repairs & Welding | Courtesy Cars Available

Call for a free quote!

01787 275249



SHUTTERS | BLINDS |
 AWNINGS | FLYSCREENS

INDIGO
 blinds & shutters



01787 275249 info@indigoblinds.co.uk indigoblinds.co.uk

When responding to adverts please mention 'Around Colchester'

Do I Need Lasting Powers of Attorney?

Lasting Powers of Attorney (LPA) are legal documents that allow a trusted person - known as an 'attorney' - to make decisions on your behalf if you are unable to do so yourself. There are two types of Lasting Powers of Attorney: one for health and welfare, and one for financial decisions. Having these documents in place ensures that, should you lose capacity through illness, injury, or age-related conditions, someone you trust can manage your affairs.

The Financial Decisions LPA allows you to appoint someone to look after your financial matters. This could include things such as paying bills, managing bank accounts, collecting pensions or benefits, or even buying or selling a property.

The Health and Welfare LPA gives your chosen attorneys the authority to make decisions about your personal care and medical treatment. This could include where you live, your daily routine, and what kind of care or medical treatment you receive. This LPA only comes into effect if you lose capacity to make these decisions yourself.

It is often assumed that if you lose capacity and can no longer make decisions for yourself that your spouse or next of kin can step in automatically, but that is not the case. Without Lasting Powers of Attorney family and friends have no legal authority to access bank accounts, manage bills or make healthcare decisions.

Without Lasting Powers of Attorney in place, a Deputyship application must be made to the Court of Protection to gain decision making powers. This process can take several months, involve significant paperwork, and cost thousands of pounds in legal fees and Court fees all during an already stressful and emotional time



Lasting Powers of Attorney are not just for the elderly. Anyone can be affected by an unexpected accident or illness. It is therefore recommended that everyone should put Lasting Powers of Attorney in place, whilst you still have mental capacity. This proactive step will provide peace of mind to both you and your loved ones, ensuring that your affairs will be handled promptly and without unnecessary delays and costs.

Lasting Powers of Attorney are easy to set up with the help of an experienced solicitor. A solicitor can ensure that the forms are completed and witnessed correctly, and register them with the Office of the Public guardian. Once registered, they provide you with peace of mind that should anything happen to impair your decision-making, your interests will be looked after by someone that you trust. Lasting Powers of Attorney remain valid indefinitely, although they can be updated or cancelled at any time whilst you still have capacity.

If you would like more information about setting up Lasting Powers of Attorney, **please contact Jessica Tin on 01206 576151.**



JOHN FOWLERS
SOLICITORS



JOHN FOWLERS

SOLICITORS

Private Client Department Services we offer

Wills and Tax Planning
Lasting Powers of Attorney
Probate
Court of Protection

Deeds of Variation
Declaration of Trusts
Family Trusts

Other services we offer

Conveyancing
Business Commercial
Family
Children
Civil Litigation

Employment
Personal Injury
Landlord and Tenant
Debt Recovery
Criminal

For more information on any of the services we offer
please contact one of our team.

www.johnfowlers.co.uk

01206 576151



Let us help you with all your legal needs

When responding to adverts please mention 'Around Colchester'

Puzzle Page

Answers on page 21

Quick Crossword

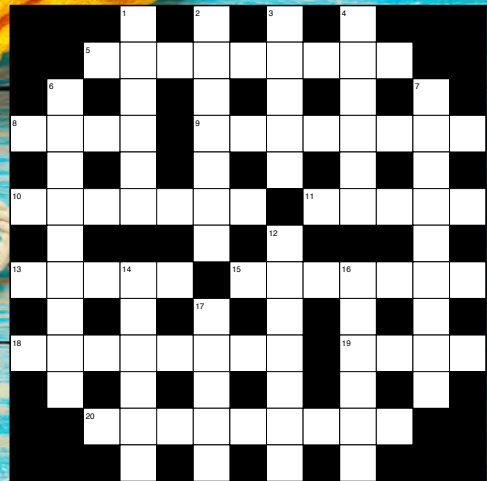
#065

Across Clues:

5. Faces up to boldly (9)
8. Number three in Spanish (4)
9. Notorious for all the wrong reasons (8)
10. Gave counsel or a recommendation (7)
11. Those logged into a system, say (5)
13. Get the ball rolling (5)
15. Relating to energy of motion (7)
18. Force applied to persuade or compress (8)
19. Sharpen a skill or blade (4)
20. Heights above sea level (9)

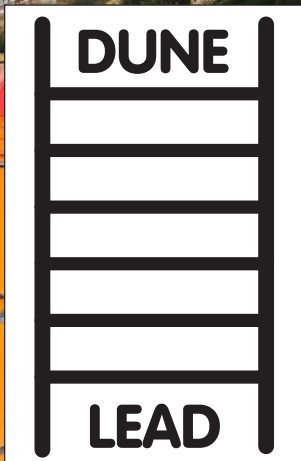
Down Clues:

1. Miniature tree grown in a pot (6)
2. Police or military rank holder (7)
3. Snug and relaxing, informally (5)
4. Baffles completely, or cricket wicket remnants (6)
6. Like a hunter seeking prey (9)
7. Protectors watching over others (9)
12. Cocky know-it-all, or mob member (7)
14. Second-hand market transaction (6)
16. Repeated like a sound bouncing back (6)
17. Marie ____, pioneering radioactivity scientist (5)



Word Ladder

Make your way from DUNE to LEAD by changing one letter on each step to make a new word!



DUNE, DONE, BONE, BOND, BEND, LEAD, LEAD

The Great British Destinations Quiz

1. Which seaside town is famous for its tower and illuminations?
2. Which coastal town is famous for Dracula connections?
3. Which Cornwall town is known as the UK surfing capital?
4. Which was the UK's first national park?
5. Which Hampshire park is known for wild ponies?
6. Which region is known for honey-coloured villages?
7. Which historic city has a famous minster and medieval walls?
8. Which city has Roman walls and black-and-white buildings?
9. Which Scottish city is considered the gateway to the Highlands?
10. Which university city is known for punting on the river?

Just Right For July

Bring in the summer with these excellent entertainment suggestions for July.



Cinema

The Odyssey (July 17th, in cinemas)

The Odyssey is director Christopher Nolan's epic, and follows Odysseus, the legendary Greek king of Ithaca, on his long and perilous journey home following the Trojan War, chronicling his encounters with mythical beings such as the Cyclops Polyphemus, sirens, and the nymph Calypso, while attempting to reunite with his wife, Penelope.

This epic stars Matt Damon as Odysseus; supported admirably by the likes of Anne Hathaway, Tom Holland, Robert Pattinson, Charlize Theron and Zendaya. A stellar cast for what promises to be one of the biggest movies of the year.

Music

Tricky – Different When It's Silent

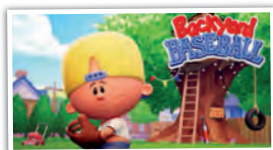
(July 17th)

Tricky is releasing his first full-length album in six years, with *Different When It's Silent* promising a return to the distinctive sonic language that has defined the UK artist's catalogue.



The album also draws on the Bristol scene that shaped Tricky's early career, not least his groundbreaking album *Maxinquaye* from 1995.

This new LP follows Tricky's 2020 album *Fall to Pieces*. Since then, he's released music under multiple different monikers, including *Lonely Guest* and the *Fifteen Days* project with producer Mike Theis under the name *Theis Thaws*, but this is a spectacular return to form under his own name.



Gaming

Backyard Baseball (July 9th on PC, Mac, Nintendo, Xbox and PS5)

Backyard Baseball is a nostalgic children's baseball video game series launched in 1997 by Humongous Entertainment, featuring iconic characters like Pablo Sanchez and kid-friendly versions of MLB pros.

Following a franchise revival in 2025, a new game arrives for 2026, with the classic *Backyard Baseball '97* also available on Steam.



Theatre

Trainspotting: The Musical (Theatre Royal, Haymarket, from July 15th)

Thirty years on from the film that changed everything, *Trainspotting* takes to the Theatre Royal stage.

Written by Irvine Welsh, this is the story of the outsiders, the rebels, a brand-new, expectation defying musical, pumping in live and loud defiance across the West End stage.

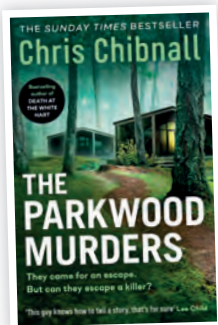
Cult heroes of youth culture; Renton, Sick Boy, Begbie, Spud, Tommy, and Kelly are back, alongside an ensemble cast and a live band.



Featuring some of the electrifying tracks from the film that defined a generation, together with catchy, confrontational and celebratory original songs, set to become singalong, dance-along classics, this is more than nostalgia amplified, it's a genre-defying new musical that speaks to our contemporary malaise of defiance in the face of an uncertain future.

Two Eyes On July

The books worth looking out for this month.



The Parkwood Murders by Chris Chibnall

Detective Nicola Bridge returns in the thrilling new novel from Chris Chibnall, creator of Broadchurch, and Sunday Times bestselling author of Death at the White Hart.

For its many repeat customers, Parkwood Holiday Village is a haven – idyllic woodland, a tranquil lake, customer service on tap around the clock. For Detective Nicola Bridge, though, it's a crime scene.

When a body is discovered early one morning, Nicola is faced with an investigation like no other: hundreds of potential suspects, but seemingly no witnesses. Published July 16th by Penguin Books.

Country People by Daniel Mason

A rippling, rambunctious mystery that ricochets between



the earthy and the sublime, Country People tells the story of a scholarly couple from California and their children embark on an idyllic year of country living in a small Massachusetts college town.

Told with warmth and wit, this is a mesmerising novel from Daniel Mason, the award-winning author of North Woods, whose prose shimmers in what is an immersive ode to stories, to the land, and its people. Published July 7th by John Murray Press.



The Showgirl and the Prince by Ruthie Henshall

From much-loved West End and Broadway star Ruthie Henshall, The Showgirl and the Prince is a funny, honest and touching real-life Cinderella story – if Cinders is a lycra-clad chorus girl from Bromley who drinks and smokes too much.

In this charming and poignant memoir, Ruthie describes a seminal period in her life, navigating a secret relationship with Prince Edward while determinedly following her dream of landing a leading West End role.

She shares hilarious backstage stories from some

of the era's biggest musicals – including Miss Saigon, Les Miserables and Crazy for You. Yet as she swaps her hotpants for Laura Ashley frocks and tries to be good, she wonders can she have her happy ever after?

Published July 16th by Macmillan

Augusta Pine Does Not Exist by Emily Lloyd-Jones

Eighteen-year-old Augusta has no fixed home and all her family think she died in the car crash. Her only friends are her coolly professional handler, Prefect, and a snarky sentient AI spybot called Edgar. On a rare weekend to herself, she decides to rent a room in a smart apartment complex and makes grand plans to do nothing but relax... until six cyber criminals hack the building and imprison all the residents.

Emily Lloyd-Jones's novel combines the fun and adventure of Mission Impossible meets the emotional grit of The Girls I've Been. This book is a thrill ride from start to finish, documenting Published July 7th by Penguin Books.



Overseas... Overdrawn?

Why we overspend on holiday, and how to keep your budget in check.

Holidays create a sense of separation from everyday life, where routines and financial discipline are temporarily suspended. The whole "we're only here once" and "we've worked all year and deserve it" mantras may well be correct, but don't let that treat mentality bludgeon the basic rules of finance, because over the course of a week, incremental costs accumulate quickly.

Currency adds another layer of complexity to what you're paying, as do social influences, where eating out more frequently, booking guided tours or opting for premium experiences can all feel like part of the holiday experience.

Convenience is another key driver. Away from home, ease tends to take priority over economy. Taxes

replace public transport, central restaurants trump better-value local options, and impulse purchases become more common simply because they are readily available.

To manage the vagaries and the temptations, try setting a realistic daily budget. Breaking total spending into manageable amounts makes it easier to stay aware and adjust behaviour if needed.

Pre-booking key elements, such as excursions, transport or even selected meals, can also help lock in better prices and reduce the likelihood of impulsive decisions.

Finally, don't be afraid or embarrassed to pursue free

elements when away. A day on the beach or a walk around the old town is free, and many people remember the little things from a holiday rather than the big, expensive excursions and treats.

Ultimately, a holiday should feel like an escape, not a financial hangover.



Puzzle Page Answers Quick Crossword Solution

#065

Answers:

Across: 5: Confronts, 8: Tres, 9: Infamous, 10: Advised, 11: Users, 3: Start, 15: Kinetic, 18: Pressure, 19: Hone, 20: Altitudes
Down: 1: Bonsai, 2: Officer, 3: Comfy, 4: Stumps, 6: Predatory, 7: Guardians, 12: Wisely, 14: Resale, 16: Echoed, 17: Curie

Great British Destinations Quiz Solutions

1. Blackpool
2. Whitby
3. Newquay
4. Peak District
5. New Forest
6. Cotswolds
7. York
8. Chester
9. Inverness
10. Cambridge

Sudoku Solution #067

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

Keeping Cool

As summer temperatures climb, keeping pets safe and comfortable becomes a priority, with heat posing risks that are often underestimated.

For many pets, particularly dogs and cats, warm weather brings a change in routine. Walks shift to cooler hours, resting spots move to shaded corners, and owners become more aware of the need to keep animals comfortable. Yet despite this, heat-related illness remains a common and serious risk during the summer months.

Unlike humans, pets are less able to regulate their body temperature. Dogs, for example, rely largely on panting rather than sweating, making them more vulnerable to overheating. Certain breeds, particularly those with shorter noses, can struggle even more in warm conditions.

Time to think

Timing is one of the simplest and most effective ways to reduce risk. Walking dogs early in the morning or later in the



evening avoids the peak heat of the day, while also protecting paws from hot pavements, which can cause burns. A quick test to indicate whether a surface is too hot is to place the back of your hand on the ground for a few seconds. If it's too hot for you, it's too hot for your four-legged friend!

Water relief

Hydration is equally important. Fresh water should always be available, both at home and when out and about. Many owners now carry portable water bottles designed specifically for pets, making it easier to offer regular drinks during walks.

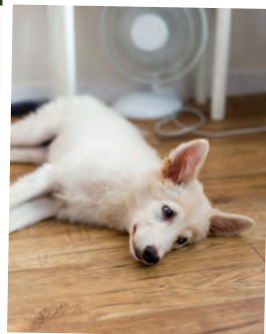
Shady character

At home, creating cool, shaded spaces can make a significant difference. Tiled floors, shaded rooms and good airflow all help pets regulate their temperature.

Cooling mats and damp towels can also provide relief, particularly for animals that struggle in the heat.

Relent on adventure

It is also worth being mindful of travel. Cars can heat up rapidly,



even on relatively mild days, and leaving a pet inside, even briefly, can be dangerous. Planning journeys with ventilation, water and regular breaks is essential during warmer periods.

Be aware

Recognising the signs of heat stress is crucial. Excessive panting, lethargy, drooling or unsteadiness can all indicate a problem. In such cases, moving the animal to a cooler area and offering water is the first step, followed by veterinary advice if symptoms persist.

Ultimately, summer can still be an enjoyable time for pets and owners alike. With a few simple adjustments and a heightened awareness of conditions, it is possible to keep animals safe, comfortable and happy... even as temperatures rise.



Saving on your household bills is simple when you bundle award-winning energy, broadband, mobile and insurance into one monthly bill.

Save money. Save time. Save a bundle.

We've joined forces with a local UW Partner (friendly, helpful, knows their stuff) to help you find the best deal. Visit the Partner's unique link TODAY below to book a no-pressure, no obligation chat.

Partner name:

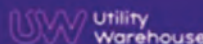
Jane & Darren Turner

Unique Partner link:

<http://connectors.uw.co.uk/CN-QEGA>



Utility Warehouse Limited is authorised and regulated by the Financial Conduct Authority Company Number 04594421





Palmer & Partners

Your local family estate agent

Sales | Lettings | Property Management

palmerpartners.com



Our exceptional, proven success in sales and lettings throughout Essex and Suffolk over 22 years, ensures the level of service needed to achieve our best results for you.



Arrange your free valuation today...it'll be worth it.



**Essex & Suffolk
Mortgages**

Colchester & Coast

43 Crouch Street, Colchester CO3 3EN

01206 572233

colchester@palmerpartners.com