



**THREE  
MEALS  
WITH  
JACKFRUIT**

**SKATEBOARDING**

The sport debuting at  
Tokyo 2020

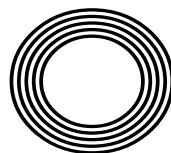
**DEBORAH MEADEN**

*How the entrepreneur made  
her mark*

# Jameela JAMIL

Her evolution from TV star to public activist

2020  
V



**FREE**

Photo credit: Broadimage/Shutterstock

# Politics and Property



Tim Scott  
Scott & Stapleton

**On June 23rd 2016 the British public voted to leave the EU and for the next three and a half years, the nation has been stuck in political limbo, waiting on our politicians to deliver what we asked. It turns out however, our votes are not as important as our leaders own agendas and as a result, democracy itself ended up the bigger loser.**

In 2016 we voted to leave the EU, but since that referendum the UK came to a standstill. Without a working majority, we have been unable to govern effectively, with a focus on gaining political advantage over actioning policies, for the greater good of the country. With this constant distraction, I'm not sure the main parties even understand themselves what they stand for anymore. It is clear to me, that traditional capitalist and socialist ideologies have been cast aside, in favour of populist vote chasing campaigns that ultimately, have damaged any faith we had in our politicians ever having any direction in the first place.

Something certainly had to give, or change - Boris finally had enough and at great risk to himself and his party he acted to bring this political quagmire to an end and so last Friday we voted with an overwhelming thumbs up for him to get on with the job. With the largest majority since 1987, our elected Prime Minister, finally got his mandate to 'get on with it', and deliver what we, the voters, requested a mere four years ago!



So what does this mean for our local property market and what would have happened if Mr Corbyn had succeeded in his quest for number 10. Since 2016 the property market has remained subdued and uncertain, demonstrating only a modest increase, which could be a good thing for those aiming for the housing ladder. However, what is clear is the huge number of buyers and sellers that have wanted to do business, but have been unable to make that final commitment. Vendors and Landlords worried about Brexit, and more recently a change of government, initially rushed to sell up, but in truth, most have buried their heads in the proverbial sand and stayed stuck.



Photo by Elliott Stallion on Unsplash

Like it or loathe it, a decision has been made and with that, a new found confidence, which I believe will impact positively on the housing market.

I predict an immediate reaction which will see increased activity in the first quarter of the new year and I believe, will continue through the second - traditionally our busiest time - and steadily march on into the third. Had Mr Corbyn had his way, things could have been very different;

the labour manifesto highlighted plans for capital gains tax on your own property, a new tax to replace council tax, with the landlord liable for the bill, as opposed to the tenant, rent caps and a tenant's right to buy their property at a discount. Landlords have already taken a battering in the last year, with a whole glut of legislation and tax changes, forcing many to exit the market.

Undeniably, there is a need for more housing in this corner of the country and affordable housing at that, but manipulating the market is a dangerous tactic and in my opinion, it should be left alone, to find its own level. If the government wish for the private sector to supply public sector housing needs, then they need to be encouraged to do so.

It's possible that if Mr Corbyn had succeeded in his housing plans, then the so-called, 'housing ladder', may not have been such an attractive proposition. The desire to get on the ladder, assumes you will be climbing it and not sliding down.

If you have been waiting for the right time to buy or sell then maybe that time has arrived.

Our friendly and professional team are here 7 days a week, providing advice, information and most importantly inspiration. Whether you are looking to buy, sell, rent or let, we will ensure you step into 2020 with confidence.

**At Scott & Stapleton,  
the lights are on and  
we are always home.  
Open 8am - 6pm**

Call for more information on 01702 471 155  
or visit our website [scottandstapleton.co.uk](http://scottandstapleton.co.uk)

42 BROADWAY  
LEIGH-ON-SEA



**SCOTT &  
STAPLETON**





January 2020

## CONTENTS

- 6 BEN STOKES
- 8 THE NEW £20 NOTE
- 11 HOME & DIY
- 15 LOCAL NEWS
- 23 GARDENING
- 24 PETS
- 25 KIDS
- 26 JAMEELA JAMIL
- 28 PUZZLES
- 30 HEALTH & FITNESS
- 31 BEAUTY
- 34 FOOD & DRINK
- 39 FASHION
- 40 TRAVEL
- 42 BUSINESS & PROPERTY
- 44 MOTORING
- 47 SPORT
- 48 THE **VISION** LISTINGS
- 50 WHAT'S ON

## CONTACT US

www.visionmagessex.com  
los@visionmag.co.uk | 01702 898026

@visionmagessex @visionmagessex  
 Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry  
CO-ORDINATORS | Rebecca Fryer, Amy Pollard, Tim Green  
CONTRIBUTORS | Tabatha Fabray, Dean Shaw, Maria Walsh,  
Carole Mulrone

# Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh-on-Sea. Happy New Year to everyone. Sometimes, I have to remind myself to do nothing; to stop. Don't worry, it's not some medical condition. It's actually to take a moment to reflect.

It's healthy to see where you are and how things have changed, and over our shutdown period between Christmas and New Year I considered how well 2019 has gone.

Our portfolio has never been in better shape. We're now printing more than 50,000 magazines a month, launching new titles, and the feedback we receive from our advertisers has been really positive. This success speaks to me in multiple ways. It tells me I have a great team, it rewards the long, painful, grinding hours I have put into my passion for publishing, and it confirms to me that the hard work does pay off.

It also reminds me that it's okay to fall off the horse. There have been some years where I've looked back with disappointment, frustration and a feeling of failure; but I've got back up, battled hard, and I am the evidence that if you want it, you can get it.

If you've had a great year, well done. If you're looking back feeling disappointed, I sympathise and empathise, but it's time to start again. Your horse is standing there waiting; now up you get.

Enjoy reading the January edition,

*Nik*

THE ESSEX

SMILE CENTRE

EST 1968

*Where beautiful smiles begin*

## NEW YEAR, NEW YOU!

Make it your New Year's resolution to get that dental treatment you've always wanted.

Call **01268 919041** today to book your  
**FREE SMILE EVALUATION**



To advertise call Nik on 01702 898026

33a-35a High Street, Rayleigh, Essex, SS6 7EW  
[www.essexdentist.co.uk](http://www.essexdentist.co.uk)

WORDLADDER: DUCK, BUCK, BARK, BARD, BIRD



# *Stoke the furnaces* **OF SPORTING BRILLIANCE**

## THE STORY OF BEN STOKES' CLIMB FROM ZERO TO HERO

The history of sport is filled with tales where triumph has emerged out of failure, yet very few have tasted both sides in such quick succession as England cricketer Ben Stokes.

The 28-year-old was the standout winner of the BBC Sports Personality of the Year Award in December, a fitting culmination for a sportsman who had been forced to reach deep into mental and physical reserves of strength in order to drag his career back from the depths.

He also received an OBE in the New Years Honours List to end a remarkable year.

Just two years previously, Stokes' fracas outside a nightclub in Bristol had seen the all-rounder arrested, splashed across the front pages, removed from a lucrative New Balance sponsorship deal and facing the very real prospect of his cricket career being brought to a premature end. In the aftermath of a police prosecution that dragged on for some 11 months, the Durham-based powerhouse may eventually have been exonerated of blame, but he'd missed the England Ashes tour down under, and was facing a huge climb back into national team contention.

Perhaps it was the catastrophic way the national team performed in their 4-0 drubbing in the Southern Hemisphere that necessitated Stokes' acceleration back to the front line, but the person who returned was not only smarter and wiser, he also brought with him a calmness and humility, qualities that immediately began permeating through to his teammates.

No better was this seen than in our World Cup campaign of 2019. In the opening match he scored 89 against South Africa and claimed two wickets, as well as taking what was labelled one of the greatest catches of all time in dismissing Andile Phehlukwayo. And yet, after surprise defeats to Pakistan and Sri Lanka, with two matches remaining, England were faced with the prospect of seeing off India and New Zealand in order to guarantee a semi-final spot.

The mercurial Stokes stepped up with a 79 against India to help guide his side through to the knock-out finale, where they effortlessly brushed aside the Aussies in the semis.

And then the final. To seasoned, age-old watchers of the sport, the way Stokes constructed an imperious 84 not out, the way he batted through a 15-run super-over to lead England to World Cup

glory was breathtaking; and to a new generation switching on for the first time, his contribution will be felt going forward in the tens of thousands of kids picking up a cricket bat for the first time.

As if his efforts in the short-form version of the game weren't indelible enough, just a month after his Lord's heroics, he brought England's 2019 Ashes challenge back from the dead with a stunning 135 not out in the third test at Headingley, where his side recovered from being bowled out for 67 in their first innings to pull off an almost inconceivable run chase of 359 in the second innings to level the series.

In the past, where victories in cricket were often long-fought, hard-grafted, attritional battles, Stokes has invigorated a sport that is more modern, engaging and aspirational than ever before. More than that, he has proved to a watching world that even in a generation of computers, social media and digital lives, true heroes are made on the outdoor tracks, pitches and greens, and he is truly one of ours.





What's the score?



Introducing

THE NEW £20 NOTE, COMING TO A BANK NEAR YOU... SOON!

As far as physical currency goes in the UK, everyone continues to talk about the perfection of the polymer. Once just a thing of curiosity when taking a trip to Australia, the polymer note is now a key component of our money stocks, and its versatility and durability – it lasts two and a half times longer than a paper note – will again be on show when the new £20 note is launched in February.

It was back in 2016 that JMW Turner was announced as the face of the new note, and some four years on – and, more pertinently, 221 years after the painter was born – he'll be rolled out across the UK on February 20.

The featured quote, "Light is therefore colour", originates from a lecture he gave in 1818, and is a reference to his innovative use of light, shade, colour and tone.

The note has all the usual bells and whistles we associate with the note denominations, from a security window that reads "Twenty" on one side and "Pounds" on the other to a metallic image over the main window that appears grey, before switching to blue and gold on the reverse.

With other effects, such as the Queen's image showing through, a number that shows up under ultraviolet light, silver and purple foil patches and raised print on both sides, this purple-themed £20 note is surely the most decorative and high-tech yet.

Attributing the note to Turner is a fitting and somewhat belated way for us all to give something back, after the artist left a number of paintings in his will "to the nation".

While he'd certainly be proud of this little piece of art, you can pick up your very own Turner original for just 20 quid.

# WANT TO EARN EXTRA £ EACH MONTH? DISTRIBUTORS NEEDED!



## CONTACT NIK TODAY TO APPLY

Your  
Monthly  
Lifestyle  
Magazine



t: 01702 898026 m: 07860 683239  
e: [los@VISIONmag.co.uk](mailto:los@VISIONmag.co.uk)  
w: [www.VISIONmagessex.com](http://www.VISIONmagessex.com)

# Arterial Blinds

WE CAN PROVIDE ANY BLINDS YOU NEED



- Wide range of samples for you to view
- All blinds are made to measure
- Prompt and very reliable service
- Small family run business
- Over 20 years experience

01702 512391 • 07748 043357 Find us on [www.arterialblinds.co.uk](http://www.arterialblinds.co.uk) • [arterialblinds@hotmail.co.uk](mailto:arterialblinds@hotmail.co.uk)

**FREE MEASURE  
& NO OBLIGATION  
QUOTES**  
In the comfort of  
your own home

Awings • Rollers  
Verticals • Venetians  
Romans • Panels  
Shutters • Wooden  
Verticals • Perfect Fit  
Conservatory Blinds  
Day & Night



**KAT**  
Master Locksmiths

**24-7-365  
EMERGENCY  
LOCKSMITHS**

• Locks • Safes • Alarms • CCTV

- Over 25 Years Experience • Security Installations • Emergency Lock Opening
- Replacement Locks • Key Cutting • Burglary Repairs • Burglary Prevention
- Access Control Systems • Insurance Surveys



**Checkatrade.com**  
Where reputation matters



**CALL US ON 01702 554 456**

[www.katlocksmiths.co.uk](http://www.katlocksmiths.co.uk) • [info@katlocksmiths.co.uk](mailto:info@katlocksmiths.co.uk)  
386 London Rd, Hadleigh, Benfleet SS7 2DA



HOME & DIY



If the recent festivities have left your oven looking a little grubby (to put it lightly), then these three chemical-free, and budget-friendly, home remedies are exactly what you need. Say goodbye to grease and hello to a squeaky-clean cooker.

## Easy Peasy Lemon Squeezy

Lemon is a natural bleaching agent as well as having the ability to degrease. Simply:

- Take two lemons and cut them both in half • Squeeze the juice into the baking tray and place the rest of the lemons on the tray • Fill the tray halfway up with water • Place the tray in the oven and turn on to 120 degrees • Leave for 30 minutes • Remove the tray, turn off the oven and wait for it to cool slightly • Scrub your oven and rinse



## Baking Soda Saviour

This store-cupboard staple is abrasive, plus it naturally absorbs grease, making it the ideal ingredient for cleaning your oven. Simply:

- Remove the oven racks • Make a paste with ½ cup baking soda and 3 tbsp water • Apply to the inside of your oven wearing gloves • Leave for a few hours and overnight if possible • Use a damp cloth (or spatula if needed) to wipe off the paste • Optional – spray oven with white vinegar and wipe clean again to remove any leftover grease



## Salt and Vinegar (solution, not crisps)

Common table salt can act as an abrasive, whereas white vinegar is great for removing stubborn stains. Simply:

- Turn on your oven to 65 degrees to heat • Sprinkle a thin layer of salt onto the bottom of the oven • Put on gloves and scrub the bottom with a sponge until the grease starts to lift • Spray white vinegar into the oven • Use a wet rag to remove the rest of the grease and dirt





# BACK TO BLACK

WHY DARKER SHADES FOR YOUR INTERIORS ARE GOING TO BE ALL THE RAGE IN 2020

In decades past, the use of black for interiors was strictly the domain of goths, emos, moody teenagers and nightclub owners.

But 2020 may well be about to turn all of that on its head, with dark shades set to stand up for themselves as slick, stylish and luxurious layers in the coming year.

Here's your five-step guide to using black:

## BLACK ISN'T ALWAYS BLACK

Our perception of the colour "black" is pretty ubiquitous, but for the purposes of interior design, you should experiment with an array of different shades, from medium greys right the way through to the inkiest, flattest black.

## COMPARE AND CONTRAST

The majority of colours really shine when they're used in contrast, and dark shades are no different. For a look that embraces polar opposites, try black and white; while for something slightly more considered, opt for wood shades as a way of offsetting your base colour. Light greys,

reds, yellows and light blues work equally well in providing the contrast that sets a room off.

## A WINDOW TO A NEW WAY OF THINKING

A dark grey or black room will only work if you can show it off with light, preferably natural light, so choose a room that will display your daringly dark style by splashing it with natural niceness.

## TEXTURE OVER TONE

Visual satisfaction goes well beyond the colour itself, so using a textured finish (perhaps a mottled or bevelled wallpaper, or wood panelling that offers a glorious three-dimensional take) with clever lighting can produce an array of shades, tones and shadow that's a world away from a basic black.

## COMPLEMENTING YOUR TASTE

And, of course, using an array of fabrics and fashions in terms of furniture, cushions, lampshades, carpets and rugs will add to the intensity of detail that only black can provide.



## Kingfisher

*Home Improvements Ltd*

Professional installation of  
Windows, Doors, Conservatories,  
Sealed Units, uPVC Fascias,  
Soffits, Cladding & Guttering.

**Free Quotations**

**Support your established  
local family business**

Contact Jan or Steve at:

**Kingfisher  
128a High Street  
Rayleigh, Essex, SS6 7BU**

Tel 01268 773299

Email: [jan@kingfisherdoublingglazing.co.uk](mailto:jan@kingfisherdoublingglazing.co.uk)  
[www.kingfisherdoublingglazing.co.uk](http://www.kingfisherdoublingglazing.co.uk)



## NEED A LOCAL ELECTRICIAN?

Contact Capital Electrical

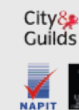


**Capital Electrical**

Design • Install • Maintain

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

**CONTACT US 01702 898 042**  
[www.cap-elec.co.uk](http://www.cap-elec.co.uk)



**MARTIN 'HANDY' HOLMES**

## ALL INTERIOR & EXTERIOR WORK

Plastering ■ Rendering Fencing  
Patios ■ Paving ■ Artificial Grass  
Decking & General Jobs  
Kitchen & Bathroom Installers

**ANY JOB TAKEN ON,  
BIG OR SMALL**

**CALL MARTIN ON  
01702 898 031 ■ 07796 008198**

Visit us on [martinhandyholmes](https://www.facebook.com/martinhandyholmes)



## Designer Bedrooms Ltd

7, Robert Way, Wickford, SS11 8DD  
(Shotgate Industrial Estate)

**01268 571799**

See website for opening times

A local, family owned  
and managed business  
creating & installing bespoke  
furniture since 1992

Traditional fitted wardrobes

Whether your taste is traditional or contemporary,  
with hinged or sliding doors, we have the perfect  
solution for you.....

.....all made to measure in our factory at Wickford  
and installed by our own skilled fitters.

Home Office/Studies

Loft rooms

We promise you...  
No Salesmen. No Gimmicks.  
Just good honest advice from a long  
established and trusted company.

Sliding doors

Need some inspiration...? Then come and  
wander around our showroom or take a look at  
the many photos of completed work on our  
website at:

**[www.designerbedrooms.co.uk](http://www.designerbedrooms.co.uk)**

Need a professional design...? Then call us to  
arrange for a free no obligation home visit.

Want a quick quote...? Then pop into our  
showroom with your plans.



# LOCAL NEWS

*from your neighbourhood*



## Family battle to try to save teenager's life

The family of a 13-year-old girl from Leigh-on-Sea who has a rare and incurable form of brain cancer is fundraising in a bid to try to save her life.

Lily Wythe and her family were given the devastating news in September that she has diffuse intrinsic pontine glioma (DIPG) and that it couldn't be cured.

The rare type of cancer is treated by radiotherapy in the UK, which helps extend the life those with the disease.

However, in the USA, clinical trials are showing promising results, so Lily's family is aiming to raise £300,000 to get her there, pay for her treatment and give her a chance of survival.

Lily started feeling unwell in August after she had severe headaches.

An MRI followed, which discovered the brain tumour. Lily was then told by doctors that DIPG currently has a zero per cent survival rate and that most patients only live for a year.

Only 10 per cent of children with the tumour survive for two years, and only one per cent make it past five.

On Lily's fundraising page, her family says: "After extensive research there are clinical trials emerging in the US that show very promising results.

"However, we have been advised a year's treatment will cost around £300,000. This includes the cost of the trial, accommodation, flights and medical treatment she may need.

"We are doing all we can to raise this money; however, being such a massive amount we had to make the tough decision to set up this GoFundMe page.

"Nothing prepares you for this. We face the realisation that our carefree life is over and now we are caught up in hospital appointments and an entourage of doctors and consultants."

To make a donation visit [uk.gofundme.com](http://uk.gofundme.com) and search for Lily Wythe.



# JOHN HUNTER HEATING

Plumbing Heating & Gas Engineers

**INCLUDING FULL BATHROOM INSTALLATIONS**

All central heating work carried out including boilers serviced, repaired and replaced. All boilers serviced and installed: Valiant • Worcester • Potterton Ideal • Gloworm • Baxi Biasi • Main... & many more

**DISCOUNTS FOR SENIOR CITIZENS AND LOCAL RESIDENTS**

**CALL NOW ON 01702 528 487 • 07850 010 990**

[www.johnhunterheating.com](http://www.johnhunterheating.com) [info@johnhunterheating.com](mailto:info@johnhunterheating.com)

**safe REGISTER**

# WS Spray Finishings & Powder Coating

ALL ASPECTS OF WET SPRAYING & POWDER COATING FOR DOMESTIC & INDUSTRIAL MARKETS

ITEMS FOR POWDER COATING UP TO 5m x 2m

**Are you tired of the look of your old kitchen?**

Don't despair! Instead of paying a fortune for new units and doors why not have your existing doors, drawer fronts, cornice, light pelmets, cooker hoods, shelf displays and plinths re-sprayed in any colour and sheen of your choice? Removal & installation of most work available.

We can spray any type of door solid wood, vinyl/plastic or MDF old or new. All work is fully cleaned & de-greased repaired if necessary and rubbed down prior to painting. We use a highly tough & durable finish 2 pack polyurethane paint in any colour and sheen to create that new showroom look and feel, fitted bedroom drawers doors & cabinets, internal room doors and all types of household furniture including brown furniture.

This is a very good economic and environmental way of recycling your worn out kitchen, bedroom cabinets and old furniture, we strive to be as eco friendly as is possible.

**01268 812414 • 07434 704673 • 07434 704681**

[www.wssprayfinishings.co.uk](http://www.wssprayfinishings.co.uk) • [wssprayfinishings@gmail.com](mailto:wssprayfinishings@gmail.com)

Unit 4 Totman Close, Brook Road Ind. Est. Rayleigh SS6 7UZ

**Yell.com**

## Ball boy the hero as he earns praise from José Mourinho



A schoolboy from Leigh-on-Sea has been praised by one of the world's most high-profile football managers after he helped Spurs win a vital Champions League match.

Callum Haynes, 15, (pictured with Son Heung-min) was ball boy for Spurs at the Tottenham Hotspur Stadium when his quick actions led to a goal at a crucial time in their comeback win against Olympiacos.

Portuguese manager José Mourinho quickly gave the teenager a high five in front of the TV cameras.

In his post-match press conference, Mourinho said: "He is a very good ball boy, understands the game, reads the game.

"He's not there just to look to the stands, the lights or the scarves. He's there reading the game and playing the game very well."

Callum said: "It's all a bit surreal.

"I looked at the replay on the screen and watched exactly what happened. You can see from my smile it was just unbelievable.

"José didn't have to do that. It was really nice of him to come over to me. It's made my day, my life, really. I love Spurs and it was an amazing moment I'll never forget."

## Man banned from driving

A man has been banned from driving for three years after he repeatedly stopped and got out of his car during an argument on the A127 in Leigh-on-Sea.

Damien Draper, 25, from Benfleet, was sentenced at Basildon Crown Court last month for dangerous driving, where he received six months in prison, suspended for two years.

He was also ordered to complete 30 days on an accredited programme, 20 days Rehabilitation Activity Requirement and he was banned from driving for three years.

Draper was ordered to pay £340 costs and a £115

victim surcharge.

Investigating officer PC David Love said: "Draper put the victim, himself and other road users at risk by stopping his car in a live lane along a well-used road.

"The victim had dashcam installed in his car and captured the entire ordeal. Other road users supported our investigation by offering other footage and statements.

"This footage was posted on the Essex Police's social media sites and Draper handed himself in."

## Delving into the town's history

Leigh-on-Sea's much-loved Church Hill is more than 170 years old and some of you may be surprised it is not older, but this is how it came about.

The Rev Robert Eden had built the national schools and rectory (now the library), laid out grounds at his own expense and had absorbed and enclosed Chess Lane into his land.

Henry William 'Antiquary' King, writing in the 1880s, says that "to gratify the intense selfishness of the wealthy Rector appointed in 1837 the public lane usually called Chess Lane was closed and laid into the Rectory grounds thus excluding the whole of the inhabitants from their immemorial highway and promenade overseeing the town and extending almost its entire length and commanding the Thames and the further shore of Kent for many miles.

"All engrossed to the gratification of the man and his neighbour. The Church Hill (Church Lane) forming the western boundary of Normans Field and the only ascent and descent from and to the town which took advantage of the best levels was abolished and laid into the property on the west of it and the steep and dangerous footpath through Normans Field was merely [?] and fenced off in substitution, four paths from the town were permanently closed and corpses were required to be borne thenceforth by the longer steeper and more circuitous main road."







## Leigh-on-Sea TOWN COUNCIL

Leigh-on-Sea Town Council has been working in partnership with the Southend YMCA over the last year to provide a youth club for children aged between eight and 12. The relationship was formed after previous council chairman Valerie Morgan selected Southend YMCA as her Chairman's Charity for 2018/19.

After the success of the Youth Club in the last academic year, the Town Council has recently agreed to increase the funding to allow for an additional youth club up to the age of 16.

The new Youth Club launched on September 5 and

continues weekly at the following times:

- > 5pm to 7pm for eight- to 11-year-olds;
- > 7.30pm to 9.30pm for 12- to 16-year-olds.

Each week the children and young people have access to a variety of activities, including board games, chess, indoor football, badminton and hockey, air hockey, table football, pool, arts and crafts, dancing, team games and projects.

The clubs meet at Leigh Community Centre and benefit from on-site cafe Lorna & Lottie's, which provides drinks, sandwiches, cakes and more.

The clubs are free to attend, but spaces are limited. To book visit [www.bookwhen.com/southendymca](http://www.bookwhen.com/southendymca)

## Money raised for Benno's Boobs Foundation



Luxury boutique, Just Fox, took centre stage at The Boatyard bistro restaurant in Leigh-on-Sea old town on Tuesday, December 4 for a glamorous evening of fashion and fundraising.

A two-course dinner followed by a raffle and auction raised funds for the inspiring Benno's Boobs Foundation (BBF), launched in 2017 by Sophie Benson.

At only 44 years old, Sophie was diagnosed with a rare and aggressive form of breast cancer – triple negative.

As a wife and mother to three children, the news was a huge blow for Sophie, but following nine months of gruelling chemo, surgery and a breast reconstruction, she decided to take action and formed the BBF.

BBF works closely with Imperial College London and Action Against Cancer, providing advice and financial support to those diagnosed with triple negative.

Sophie is hugely grateful to local business owner Justine Heal for putting her charity on the map and raising awareness for women coping with the illness.

Justine hosted the event alongside daughter Frankie, co-owner of Just Cheek and Just Glowing.

She said: "Our charity this year highlights the importance of strong women supporting each other through the toughest times to regain their strength and confidence. We feel privileged to be a part of it."

Sophie added: "We were delighted to be chosen as the annual charity for this fantastic winter event, which will allow us to reach out to even more women facing this alone."

## Trust the domestic cleaning experts at MOLLY MAID

That's what tens of thousands of people around the world do!

- Uniformed and professionally trained staff
- 100% guaranteed and fully insured
- Regular or occasional cleans
- Free in-home estimate with no obligation
- All materials supplied
- No contracts

More  
Affordable  
than you  
think!



01268 442023

[margaret-king@mollymaid.co.uk](mailto:margaret-king@mollymaid.co.uk)



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



## FURNITURE WANTED

WE COLLECT AND  
PAY CASH FOR  
YOUR FURNITURE



FROM ONE ITEM TO  
YOUR WHOLE HOUSE



Call Robert on  
01702 898041  
07725 040930

[furniturewanted1@gmail.com](mailto:furniturewanted1@gmail.com)

We will write  
**YOUR WILL**

FOR ONLY **£49.99** +VAT  
Subject to T&Cs



**PARAGON LEGAL SERVICES LTD**

FIXED  
PRICES

Affordable Excellence Endorsed  
by Over 18,000 Satisfied Clients

Let one of our local professionals  
offer expert advice & create your Will in the privacy  
of your home, at a time to suit you, day or evening

**WE CAN ADVISE YOU ON CARE FEES**

Call Free **0800 0747 642**  
or **01206 544919**

**8am-10pm weekdays, 9am-5pm weekends**

Call us for a free home appointment & request  
our free information pack on Wills,  
Lasting Powers of Attorney, Trusts, Probate,  
Care Fees & Guaranteed Funeral Plans

Regulated by the Society of Will Writers  
and Estate Planning Practitioners

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



ALL SS &  
MOST CM  
POSTCODES

RELIABLE  
TRUSTWORTHY  
CUSTOMER  
FOCUSED

LEAFLET DISTRIBUTION,  
DOOR DROPS, BROCHURE  
& MAGAZINE DELIVERY

CONTACT US FOR YOUR  
QUOTE TODAY – **07957 236 299**

[www.distribute4u.info](http://www.distribute4u.info)

[Stacey@distribute4u.info](mailto:Stacey@distribute4u.info)



LEAFLET & MAGAZINE DISTRIBUTION



**GAROLLA**  
**ROLLER SHUTTER DOORS**

Great For:  
 Space Saving  
 Kerb Appeal  
 Ease of Use

0800 468 1982

**THERMALLY INSULATED ELECTRIC GARAGE DOORS**



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

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

**Save £459**

MADE TO MEASURE, CALL US TODAY

Free Disposal of your Old Door!

01277 800 142      07537 149 128

Phone Lines Open 7 Days a Week

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

CE Approved

- Acoustic & Thermal Insulation
- Brush Sealed Rails
- Pay on Completion
- Two Remote Controls
- 18 Colours Available



**EMERSON**  
LIFTING SAFETY STANDARDS

CRANE HIRE | CONTRACT LIFT  
 TRAINING | TRANSPORT






0203 637 0242  
 info@emersoncranes.co.uk  
 www.emersoncranes.co.uk



# SIR DAVID AMESS MP

Member of Parliament for Southend West



LOCAL NEWS

I do hope that all readers had a Happy Christmas and enjoyed some New Year celebrations. For my own part, I never thought that I would be knocking on people's doors, asking them to support me in a General Election and then wishing them a Happy Christmas. The last few weeks and months have been extraordinary and very stressful for the people of our country and for the politicians at the heart of the drama. However, the General Election being held in unfavourable weather conditions – with wind, rain and limited daylight – did not prevent people voting in their millions.

The time for arguing is now over.

We are a great nation, built on our capacity to trade, which has been held back by the bureaucratic organisation that the European Union has become. I hope everyone will see our new status as an opportunity to trade goods and services all over the

world in a more competitive way.

At long last, we now have a government with a mandate to Get Brexit Done and, in so doing, to put the country on the path to a brighter future. Through our increased prosperity, the Conservative Government must make sure that wealth is spread evenly throughout the whole of the United Kingdom. We will deliver for the UK, investing more money in the NHS, education and law enforcement. We will help deliver a better transport system, produce a deliverable social care plan and keep up the drive to improve animal welfare standards and protect our precious environment. There is a long list of things to be done. This Conservative Government now has five years to deliver on the solemn promises that we made to the British people and repay the trust that they have put in us.

## One Love Soup Kitchen cooks up a storm

This Christmas season, Southend-on-Sea's One Love Soup Kitchen stirred up an incredible amount of support from the local community, and business owners gathered food parcels, clothes and Christmas gifts to donate to the charity.

Every Monday and Thursday from 7pm to 8:30pm, volunteers, counsellors, paid staff and security open the doors to One Love, providing a hot meal and a little hope to those battling a lonely winter on the streets.

Unlike many other street sleeper services, One Love provides a washing machine, use of a shower, tents and sleeping bags to those in search of some comfort and warmth. Staff and security are paid to ensure the evenings run smoothly and safely.

Set up by Zoey Smith and Colin Ball in 2016, One Love has 12,000 Facebook followers.

In 2019, One Love was constantly active with charity dog walks, a live music gig at Ye Olde Smack Inn and a one-night Sleep Out, to keep the funds rolling in.

In 2018 there were an unbelievable 726 homeless deaths in England and Wales, many of whom were teenagers. Only £2.99 will buy a survival kit for the night, which could save a life.

Jason Speller, who was instrumental in launching One Love, said: "It's somewhere for the homeless to come, have a sit-down meal and feel human again."

Behind the scenes Julie Merrin is cooking and some volunteers on site are trained counsellors with experience in rehabilitating back into employment and training.

The One Love team has helped more than 500 homeless within its community since its launch in 2017.







## Dick Davies MONTHLY ROUND UP

SPORTS  
CORRESPONDENT  
BBC ESSEX



The Southend United manager, Sol Campbell, made 73 appearances for the full England side, several as captain, and he also played almost 500 Premier League matches for Portsmouth, Arsenal and Tottenham. However, it was his brief, but highly successful, time as manager of Macclesfield Town that was instrumental in bringing him to Roots Hall in October.

He is clearly a man who relishes a challenge, and there can be little doubt that he will have to work miracles in the New Year if he is to reproduce his Houdini escapology act and earn Southend a reprieve from impending relegation.

His early days have certainly not witnessed any discernible improvement for Southend, and this would seem to suggest that the squad of players is not sufficiently talented to avoid the drop.

On several occasions, the Blues have flattered to deceive. Within an hour of Campbell's appointment,

he saw his new club go into the lead against Doncaster Rovers after just 11 minutes of play at Roots Hall, only for the visitors to go on and score seven of their own, five in the second half. More recently, they led at Burton Albion but could then only draw, despite Burton having only ten players for the last hour. Possibly most disappointingly, Southend led 2-0 at Bristol Rovers with only 36 minutes played, but the hosts then proceeded to score four.

The January transfer window, when clubs can go shopping for players, may offer a glimmer of hope, but much will depend on how much money the directors, and especially the chairman Ron Martin, make available so that investment can be made in building a new team rather than a new stadium. From the perspective of potential signings, however, it could be difficult to entice quality players to join a team who are struggling so desperately.

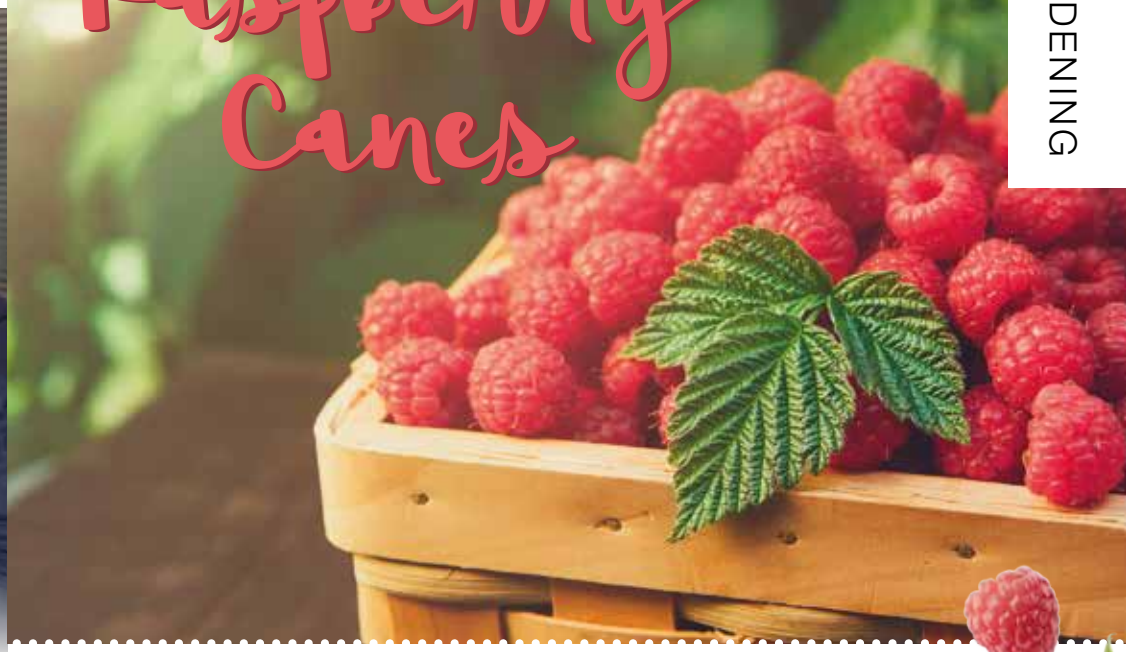


[www.southendunited.co.uk](http://www.southendunited.co.uk)



PLANT OF THE MONTH:

## Raspberry Canes



January is one of the few months of the year where you might think there is nothing to be done or grown in your garden, but that is not the case. Raspberry canes are suitable for planting in the colder months, as long as the ground is not frozen, and will result in plump and juicy berries come the summer.

### WHAT TYPE OF RASPBERRY CANES TO BUY?

There are two types of raspberry canes available: summer-fruiting varieties and autumn-fruiting varieties. Summer-bearing raspberry canes produce just one crop in May/June, whereas autumn ones can produce one or two crops each year, often in early summer and then again in late summer/early autumn.

### HOW TO PLANT RASPBERRY CANES:

- Look for well-drained soil that also retains water well. Avoid heavy, clay soil.
- Choose a position that is partly shady to avoid full sun on the hottest days of the summer.
- Plant your canes 20 inches apart, with each row being around 5 feet apart to avoid overcrowding and for access.

- Do not plant autumn- and summer-fruiting varieties next to each other as they have different maintenance and pruning needs.
- Alternatively, you can plant your canes in a raised bed with plenty of organic matter.

### WHY GROW YOUR OWN RASPBERRIES?

Raspberries are sweet, delicious and versatile; however, they are also expensive to buy in the supermarkets. Why? Because raspberries do not continue to ripen once picked, so they are a bit of a nightmare for commercial growers. But for growing in your own garden, they are ideal.

### ARE RASPBERRIES EASY TO GROW?

The plants themselves are low maintenance, and, as long as they have the right growing conditions, will provide enough fruit for your family all summer long, making them ideal for introducing children to the joys of growing your own produce.



# The ultimate WINTER SURVIVAL guide for pets

YOU MAY NOT LIKE WINTER AND THE COLD WEATHER THAT IT BRINGS, BUT FOR YOUR PET, THIS TIME OF YEAR CAN BE DEADLY

## 1. DO NOT LEAVE YOUR PETS OUTSIDE UNATTENDED

When it is particularly cold your dog should not be left outside unattended as it could quickly develop frostbite or hypothermia. The same goes for cats: if the temperature drops too much, try to keep your feline friends indoors. Rabbits and guinea pigs should be moved to the shed if the weather is particularly bad.

## 2. INVEST IN A DOGGY JUMPER

If you have a short-coated breed of dog, then consider purchasing a jumper or coat to keep it warm when out and about. It is also worth noting that if your dog keeps lifting its paws or stopping walking, it may be because the ground is proving too cold for it.

## 3. CHECK THAT YOUR CAT FLAPS DOES NOT BECOME FROZEN SHUT

If your cat is still going outside, make sure you check that the cat flap does not become frozen shut. It is also a good idea to have a litter tray inside for your cat during the colder months.

## 4. COLD PETS NEED MORE SUSTENANCE

You need to ensure that your pets are getting sufficient calories to keep themselves warm, especially if they are outside often. You should also keep them hydrated and check that your guinea pig's or rabbit's water bottle has not frozen.

### QUICK PET PROTECTION CHECKLIST:

- \* Wear reflective clothing (you and your dog) when walking in the dark.
- \* Fit your cat with a microchip.
- \* Check your garden for foxes/badgers.
- \* Keep anti-freeze products out of reach.
- \* Be vigilant of cats under cars.



# Little WHITE LIES

Hilarious fibs parents tell their kids

Ask any parent – keeping your young ones in check is a tough task. And yet, the process is often made considerably easier with the clever use of some truth-bending.

A recent study found that a parent will tell more than 3,000 fibs throughout the process of elevating their child into adulthood, in protecting them from the truth, in not knowing an answer, or just wanting a quiet life.

Here are some classic little white lies that every parent will be able to relate to:

*"If the wind blows you'll stay like that"*

– an effective way to stop kids pulling silly faces

*"If you don't brush your teeth they'll all fall out"*

– perfect dental hygiene play

*"Your eyes will go square"*

– the classic incentive to move away from the telly

*"Eat your greens or you won't grow up strong"*

– a produce-themed exaggeration

*"Unless you share you'll have no friends"*

– harsh but (un)fair, and probably untrue

*"When the ice cream van plays his tune it means he's run out"*

– mean, just mean.

Add in various threats that bad behaviour may lead to kids being sent away, parents going to jail or the small matter of the world ending, and it's incredible that our nippers even make it to adulthood in one piece.

It's believed that around the age of eight, kids stop believing everything they are told... probably because so many of those naysayer naughties never came true in the first place.

And yet, when it comes to little white lies, it's not always parents trying to pull the wool over their youngsters' eyes. The best piece of advice of them all – you know, that festive one – is truly a warning that needs to be heeded, because Santa really does know if they've been bad or good...



# STAR QUALITY



“  
THE LIST OF  
THINGS I’VE  
EXPERIENCED  
MAKES ME  
A BRILLIANT  
CASE STUDY  
FOR A LOT OF  
PEOPLE  
”

Jameela Jamil

**I**t’s unusual for a radio or TV star to have such a handle on the more sensitive issues relevant to the fast-paced generation we live in today, but Jameela Jamil’s evolution from model, photographer and fashion scout to someone speaking out over abortion, cancer, eating disorders and mental health is rapidly making her one of our most important ambassadors.

Ask where Jameela Jamil’s passion for tackling the tough questions in life has come from and the 33-year-old Londoner is left in no doubt. “It all started for me as a journalist and a broadcaster – it has been about a passion I have for interviewing people and asking questions,” she says.

“In the early days that was all about fashion and socialising, and looking into other people’s lives. But then, I think the older you get, the more you really want to scratch below the surface, and if you do that with other people, you need to be prepared to look inwards as well.”

Jameela believes that although the internet has helped in making private problems public, we could still be doing more to help each other. “We walk past each other in the street and really have no idea what is going on under the surface, and through my own personal experiences I have found being open is one of the best therapies available. If I can encourage other people to do that, and it has even 10 per cent of the positive benefit I have taken from sharing my issues and worries, we’ll be able to overcome even greater challenges.”

For Jameela, those challenges began in earnest quite soon after she broke through on the E4 show *Music Zone*. Discovering she was pregnant, the presenter took the decision to have an abortion. She has said since, “It was the best decision I have ever made... both for me and for the baby I didn’t want, and wasn’t ready for, emotionally, psychologically and financially.”

Since then, she has been a stolid ambassador for hypermobile Ehlers-Danlos syndrome, a genetic disorder causing loose joints, joint pain, stretchy skin and abnormal scar formation; has beaten cancer twice, and recently spoke up about eating disorders, something she encountered in her early 20s.

Jameela also revealed that she survived a suicide attempt in 2013, and has suffered from post-traumatic stress disorder.

“The list of things I’ve experienced makes me a brilliant case study for a lot of people,” she laughs. “No matter what you have, no matter what you look like, we all struggle, and we all need help from time to time.”

Indeed, as far as style and appearance goes, Jameela – who is in a relationship with musician James Blake – believes we are slowly finding ourselves capable of ignoring some of the unrealistic icons splashed across the internet.

“We all have things we want to change and we can all work towards that. We are all self-critical – I absolutely hated my height for a long time... it was a real challenge to my mental health as I felt so exposed.

“What I’ve learnt over time is you shouldn’t let any part of your shape influence you negatively, only positively. If I only wore flat shoes or trainers then I’d be running away from my height.

“Instead I want to embrace it, and everything else I need to change about myself. That’s got to be the right way to go.”





# PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

- ▶ ANNIVERSARY
- ▶ BARBECUE
- ▶ BIRTHDAY
- ▶ CHRISTMAS
- ▶ DINNER PARTY
- ▶ ENGAGEMENT
- ▶ FATHER'S DAY
- ▶ GOING AWAY
- ▶ GOOD NEWS
- ▶ GOODBYE PARTY
- ▶ GRADUATION
- ▶ HALLOWEEN
- ▶ MOTHER'S DAY
- ▶ NEW JOB
- ▶ OFFICE PARTY
- ▶ OPENING
- ▶ PROMOTION
- ▶ SAINT'S DAY
- ▶ WEDDING
- ▶ WELCOME PARTY

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

## DID YOU KNOW?

- ▶ A male ostrich can make a roaring noise, similar to a lion's roar
- ▶ Annually, cows kill more people than sharks do
- ▶ Butterflies taste with their feet, as their taste senses are located there. They can taste by standing on food
- ▶ Wolves can go for more than a week without eating
- ▶ Under their fur, polar bears' skin is black
- ▶ A fox can use its tail to communicate with other foxes
- ▶ A typical panda eats for half the day
- ▶ Cheetahs are the only big cats that can't roar

## WORD LADDER

DUCK
BIRD

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.



We could fill  
Wembley Stadium  
ONE AND HALF TIMES  
with our monthly  
readership

OVER 135,600 PEOPLE IN ESSEX  
READ VISION MAGAZINE'S MONTHLY

Photo courtesy of PA Images

CONTACT US TODAY TO GET YOUR  
BUSINESS SEEN BY OUR READERS

Your  
Monthly  
Lifestyle  
Magazine



See all our magazines at [www.visionmagessex.com](http://www.visionmagessex.com)

Billericay Shenfield Brentwood Ongar Epping Theydon  
Hornchurch Leigh-on-Sea Loughton Rayleigh South Woodford



# Good Shot

The sight of a shot glass may send minds racing back to Friday nights in Ritzzy's. However, on this occasion, the end result is health, not a hangover, with "shorts" and "shots" rapidly gaining in popularity for those who want to cram as much goodness into a thirsty thimble.



## The Antioxidant

To reduce the risk of infections, diseases and cancer

### INGREDIENTS

½ cup apple cider vinegar (120ml) • ½ cup filtered water (120ml) • 1 inch piece of fresh ginger, peeled • 1 tbsp honey • ¼ tsp Ceylon Cinnamon

### PREPARATION

Combine the apple cider vinegar, water, ginger, honey and cinnamon in a blender and blitz until smooth • Divide among four shot glasses



## The Daily Wellness Wonder

To boost immunity and aid alertness

### INGREDIENTS

¾ cup filtered water (180ml) • 3 cups fresh kale (195g), chopped • ½ cup fresh parsley (15g), loosely packed • 2 large carrots, chopped • 2 cloves garlic

### PREPARATION

Combine the water, kale, parsley, carrots and garlic in a blender and blitz until smooth • Strain the mixture through a fine-mesh sieve into a liquid measuring cup. Discard the solids • Divide among four shot glasses



## The Anti-inflammatory

To limit the prospect of pain arising from inflammation and swelling

### INGREDIENTS

2 oranges, juiced • 2 lemons, juiced • 1-inch piece fresh turmeric, peeled • ½ tsp black pepper • ¼ tsp cayenne

### PREPARATION

Combine the orange juice, lemon juice, turmeric, pepper and cayenne in a blender and blend until smooth • Divide among four shot glasses

Photo credit: inspiredtaste.com

# Skin: DEEP



## THE BEST GADGETS FOR GREAT SKIN

We've never cared more about our skin, nor felt our dermis, epidermis and hypodermis were quite so much in demand.

Looking after our outer shell these days really is a skin-deep exercise, and luckily there are a number of gadgets on the market that make our complexions a considerable pleasure to maintain:



### FOREO IRIS

A strange-looking contraption that's held to the eye. It vibrates gently, gradually stimulating the lymphatic system so that puffiness around the area is reduced. It also feels quite nice.

### ZIIP BEAUTY

If you're au fait with nano-currents, you'll know that these little impulses are renowned for burrowing into the skin and aiding the increase in collagen and elastin production. Collagen is the most abundant protein in our bodies, and aiding its supply will strengthen your bones and add structure to your skin.



### REVIVE LIP THERAPY

While "a moment on the lips, a lifetime on the hips" may be a rather crueler reflection of putting on weight, we should at least glory in our perfect pouts. While going down the Leslie Ash route could be deemed a step too far, the ReVive Light Therapy Lip Care tool will send a ray of infrared light onto your mouth, promoting collagen growth for thicker, fuller lips.



### DRx SPECTRALITE FACEWARE PRO LED FACE MASK

It's got a Freddie Kruger-type look that's as off-putting as its long-winded name, but this somewhat sinister-looking face mask can do wonders to your entire visage. It fires almost 200 red and blue lights onto the skin, zapping acne-producing bacteria, reducing redness and stimulating collagen... and it does it all in three minutes, so your hammer horror look needn't be taken out in public.







## Today is your day

Sometimes all you need is a day to yourself. The Glass House Boutique Studio Spa is exactly that. Leave us totally stress free and looking utterly fantastic.

Whether you crave some mid-week me time with blissful spa treatments, or the fabulous finishing touches before a special even – this is the place to come.

- § Three dedicated treatment rooms
- § Two manicure & pedicure stations
- § Natural Elemis spa treatments
- § Professional therapists on hand



- § Lipofirm Pro § Dermalux § Gelish Manicures & Pedicures § Waxing & Threading
- § Lava Shell Massages § CACI § Elemis Face & Body

**CALL 01708 983590 TO BOOK**

### THE STUDIO AT GLASS HOUSE

Email: [hello@glasshouseretreat.co.uk](mailto:hello@glasshouseretreat.co.uk)

Online booking available: [www.glasshouseretreat.co.uk](http://www.glasshouseretreat.co.uk)

Glass House Retreat, Harrow Road, Bulphan, Essex RM14 3BP

**ELEMIS**



**GLASS HOUSE**  
DETOX & WELLNESS RETREAT

*Your new life*



The Glass House is not just a retreat. It's a new, more in tune way of being. It's a healthier, fitter, happier lifestyle – that's yours to keep.

We have everything you need to relax, rejuvenate, and make a positive change. All carefully selected and purposefully designed.

Set amongst peaceful countryside, you can free yourself from the hectic and become a part of something special.

Our ethos is your self-fulfilment, now and in the future.

- § Natural Elemis spa treatments
- § Heated leisure pool & salt block sauna
- § Fully loaded spa, gym & fitness studio
- § State of the art cryochamber
- § Plant-based cuisine



Start your new life, call 01708 983590 to book

2-7 Day Retreats § Bespoke Fitness Facilities & Classes § Detox & Spa Treatments  
First Class Accommodation § Chef Prepared Plant-based Food & Nutrition

### FOR MORE INFORMATION AND TO BOOK YOUR RETREATS

Tel: 01708 983590 § [www.glasshouseretreat.co.uk](http://www.glasshouseretreat.co.uk)

Email [hello@glasshouseretreat.co.uk](mailto:hello@glasshouseretreat.co.uk)

Glass House Retreat, Harrow Road, Bulphan, Essex RM14 3BP





# Go bonkers for Beetroot

If you have not already embraced the 'purple trend', now is the time to do so. Incorporating more beets into your diet this January is arguably the easiest way to improve your health, both physically and mentally.

## Why try beetroots?

Beetroot is an incredibly underrated and underused vegetable; it is versatile, tasty and, when in season, which is right now, it is great value for money. Not to mention the fact that this purple root vegetable is packed full of nutrients and minerals including iron, folate, magnesium, betaine and other antioxidants that help protect your body from free radicals.

## Beets are also known for:

- 🍷 Lowering blood pressure 🍷 Preventing dementia
- 🍷 Preventing constipation 🍷 Lowering cholesterol
- 🍷 Improving performance when exercising

## The history of beetroots

Beets were first cultivated by the Romans and soon became popular owing to their ability to be converted into sugar, as well as being used as an aphrodisiac. Nowadays, beetroots are more associated with central and Eastern European cooking; most famously in borscht, a delicious beetroot soup.

## How can I eat beetroots?

Another great thing about beetroots is the myriad of ways that you can eat them: raw, dried, pickled, roasted, boiled, pureed or juiced – you can even use beet leaves on a salad. Roasting is arguably the most popular method, though, as it is extremely simple to do and produces sweet and tender beetroot that can be eaten warm right away or later when cooled on a salad. Simply trim your raw beetroot (no need to peel), drizzle with olive oil, salt and pepper and roast at 200 degrees for 45 minutes.

## Inspirational beetroot recipes you can try at home:

- 🍷 Beetroot and pear puree 🍷 Red velvet beetroot cake
- 🍷 Beetroot, goats cheese and walnut salad
- 🍷 Risotto with beetroot greens

# The Most Unique Venue in Essex

Club ★ Restaurant ★ Cabaret ★ Secret Cinema



BAR • KITCHEN • ENTERTAINMENT

CHECK OUR WEBSITE FOR ALL  
OUR LATEST UPCOMING EVENTS  
AND TO BOOK TICKETS

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

BOOKING HOTLINE

01702 690333

Email: [info@cocosouthend.com](mailto:info@cocosouthend.com)



Maitland House, Warrior Square,  
Southend on Sea, Essex, SS1 2JY





"Fabulous friendly service  
and delicious food"



# CONTINENTE CAFE

BREAKFAST ■ LUNCH ■ BRUNCH ■ DINNER



01702 479515 ■ 938 London Rd, Leigh-on-Sea, Essex SS9 3NF



**20% OFF - QUOTE VISION MAGAZINE**

Bring this advert to claim your discount

# KEEP YOUR £ LOCAL

**SUPPORT  
YOUR LOCAL  
BUSINESSES...**



Your  
Monthly  
Lifestyle  
Magazine



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

VISION Leigh-on-Sea edition3 | to advertise call 01702 898026

# Jumping for JACKFRUIT

Veganuary is upon us once again, and for the carnivores among us, the thought of going meat-free (not to mention all the other tasty animal products that we are asked to forgo) can be an unsettling thought.

However, what if there were a vegan ingredient you could cook with that mimicked the meat-eating experience?

## What is jackfruit?

Jackfruit, also known as jack tree, is a relative of the fig, mulberry and breadfruit family. Originating in southwest India, this bulbous fruit is most famous for its ability to imitate pulled pork or other meat-based meals.



## Jackfruit Curry

### YOU WILL NEED:

1 onion ■ 1 tsp ginger ■ 3 garlic cloves ■ 2 tbsp curry powder ■ 1 tbsp flour ■ 1 cup vegetable stock  
1 can coconut cream ■ 1 can tomatoes ■ 1 can jackfruit – drained and rinsed

### HOW TO MAKE:

Cook onion until soft ■ Add ginger, garlic and other spices ■ Lower heat and add flour  
■ Pour in stock, cream and tomatoes, cook for 3 minutes ■ Add jackfruit ■ Cook for 20–25 minutes ■ Shred the jackfruit



## BBQ Pulled Jackfruit

### YOU WILL NEED:

1 red onion ■ 1 tsp cinnamon ■ 1 tsp cumin ■ 2 tsp smoked paprika ■ 2 tsp chipotle Tabasco ■ 1 tbsp apple cider vinegar ■ 4 tbsp BBQ sauce ■ 1 can chopped tomatoes  
■ 2 cans young jackfruit in salted water

### HOW TO MAKE:

Cook onion until soft ■ Add spices ■ Add Tabasco, vinegar and 3 tbsp BBQ sauce ■ Add tomatoes, jackfruit and 200ml water ■ Simmer for 30 minutes (lid on), stirring to break up jackfruit ■ Remove lid and cook for a further 10 minutes ■ Shred jackfruit and add 1 tbsp BBQ sauce



## Jackfruit (no tuna) Sandwich

### YOU WILL NEED:

1 can young jackfruit in water ■ ¼ cup finely chopped red onion ■ 1 tsp Dijon mustard  
4 tbsp Veganise (vegan mayo) ■ Relish

### HOW TO MAKE:

Rinse jackfruit and pat dry ■ Shred with a fork ■ Mix with all other ingredients ■ Season to taste



FOOD & DRINK

Photo credit: www.veganimal.com





## Top Class Gold & Silver, Jewellery, Clocks & Watches Bought & Sold

- ❖ The Largest Jewellers & Pawnbrokers in Leigh on Sea
- ❖ Bespoke items made to order
- ❖ Engraving, Repairs & Re-stringing services
- ❖ Pre-owned Jewellery & Watches

Telephone: 01702 714447 • [www.stuartsofleigh.co.uk](http://www.stuartsofleigh.co.uk)  
78 The Broadway, Leigh on Sea, Essex, SS9 1AE



## Gavin Woollard Photography

With the experience of nearly 2000 weddings and thousands of Portrait clients including a 17 year commission at Buckingham Palace when you choose Gavin Woollard for your wedding photography you are choosing one of the very best.

Call 01245 421224

[gavinwoollard@gmail.com](mailto:gavinwoollard@gmail.com) • [www.reportagephotography.com](http://www.reportagephotography.com)  
The Granary, No 1 Rumsey Row, The Green, Writtle, Chelmsford, Essex CM1 3YA



# THE FUTURE OF FASHION is fluid

Gender-free fashion is set to become even more popular in 2020, with well-known high street brands such as H&M and ASOS showcasing their gender-neutral fashion collections as well as more high-end designers such as Chanel leading the way in this fashion forward movement.

### WHAT IS GENDER-FREE FASHION EXACTLY?

Gender-free fashion, in a nutshell, is clothing that can be worn by all genders: male, female, transgender and any other type of gender that a person may class themselves as.

### WHAT ARE THE BENEFITS OF GENDER-FREE FASHION?

#### > Gender-free fashion is more sustainable.

Gender-free fashion garments can be shared among the sexes, meaning an item has more chance of being reused and recycled rather than ending up in landfill.

#### > Gender-free fashion can help put an end to stereotypes.

Gender-free fashion strives to eliminate common stereotypes by creating clothes that can be worn by anyone; no more delicate fabrics that are only for girls or strong lines that are designed exclusively for men.

#### > Gender-free fashion is all inclusive.

You may have always coveted one of your boyfriend's shirts, but chances are it just doesn't fit you properly. Gender-free fashion provides both women and men with the opportunity to wear all styles regardless of their gender.

### HOW CAN I WEAR THIS STYLE OF CLOTHING?

- > Shop around online and check out gender-neutral fashion on Instagram to see what you like.
- > Start by adding just one gender-free item to your outfit.
- > Don't be afraid to experiment with different styles.
- > Women – opt for a loose-fitting boiler suit in a neutral colour or an oversized dress shirt paired with unisex trousers.
- > Men – take it slow and steady with a handbag, or be bold with a lace top or pussy-bow blouse.



FASHION

Photo credit: H&M



# God's OWN COUNTRY

THE TOP FIVE TOURIST ATTRACTIONS TO VISIT IN YORKSHIRE

## NATIONAL RAILWAY MUSEUM, York

A railway buff's dream ticket, with a museum showcasing the very finest trains that have adorned the UK's spiderweb of tracks – from stunning, inconceivably powerful locomotives to miniature trains on narrow-gauge railways. This celebration of British engineering is complemented by exhibitions, galleries and outdoor play areas.

## YORK MINSTER, York

One of the world's most magnificent cathedrals, it has been drawing advocates of faith, solitude and mind-blowing architecture since the 7th century. Put another way, when the foundations were laid at Paris's Notre-Dame, York Minster had already been welcoming people in for 500 years.

In 2020 it offers multi-sensory services, exhibitions, events and open days in a celebration of contemplative contentment.

## ROYAL ARMOURIES MUSEUM, Leeds

A £42.5million purpose-built museum constructed in Leeds dock, the Royal Armouries looks at the passages and processes of war across the globe, with weaponry, artefacts, re-enactments

and tributes to those who have fought for their principles. And, as with all national museums, entry is free.

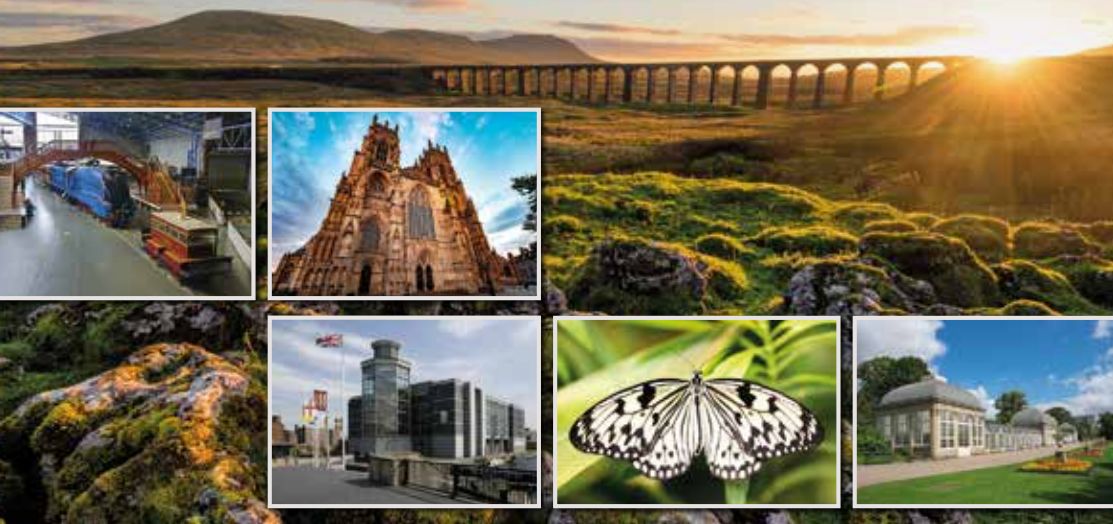
## TROPICAL BUTTERFLY HOUSE, Sheffield

Whoever thought York would become renowned for its blend of tropical animals, from lizards to tarantulas, birds to snakes? Add in otters, owls and creepy-crawlies... oh, and a few thousand butterflies, and the Tropical Butterfly House in Sheffield – which also doubles as a falconry centre – is a natural world wonder. Last year it celebrated its 25th birthday.

## THE BOTANICAL GARDENS, Sheffield

Situated very close to the city centre, Sheffield's Botanical Gardens are every bit the paradise of calm and serenity we associate with the likes of Kew or the Eden Project. The 19-acre site slopes majestically, offering wonderful views from green spaces, tree-clustered woods, bespoke gardens and spectacular Grade II-listed glass pavilions. With music, theatre, art shows and Christmas events, this is truly an all-year-round attraction for open-air enthusiasts.

Photo credit: Peacold/Shutterstock.com, Jeanette Teare/Shutterstock.com



# Travel trends 2020

Five luxury holidays for the year ahead  
from Never A Wasted Journey



## Eden Rock, St Barths

It's time to indulge your luxurious side without all the fuss. Exuding French glamour with an air of heady nonchalance, St Barths is the ultimate destination to do this and, for us, the stylish yet intimate Eden Rock can't

be matched for unashamed and carefree relaxation. Oh, and did I mention it's reopening with fresh newly designed suites just in time for your winter sun getaway?

## Gili Lankanfushi, Maldives

No news, no shoes: that's the only rule at Gili Lankanfushi in the Maldives, where the one thing you'll fret about is whether or not the dolphins show up when you go diving. Having just reopened its doors a visit for 2020 is a must for those who take their relaxation very seriously: cue a tranquil spa, sunset cocktails and a delicious dining.



## Los Cabos, Mexico

With a surge of the farm-to-table dining scene and luxury tourism, the rugged landscapes and infamous night-life of Los Cabos are tempting in big names the likes of Nobu, Ritz-Carlton and Four Seasons; elevating



it high onto traveller's lists for 2020. There's a wealth of new openings scheduled for the New Year onwards, so the only dilemma here will be choosing where to stay.

## One&Only Nyungwe House, Rwanda

Welcome to a brand-new jungle sanctuary, the One&Only Gorilla's Nest in beautiful Rwanda. Cushioned in the foothills of the Virunga Volcano Range, wrapped in fragrant Eucalyptus forest, One&Only Gorilla's Nest makes the magical possible as you enjoy a once-in-a-lifetime personal encounter with rare and majestic mountain gorillas, roaming free in their own natural habitat.



## Song Saa, Cambodia

Song Saa is a private island hideaway hidden away on a paradise island and boasting Cambodia's only over-water villas, Song Saa is a true escape off the well worn path through Asia. Not your average villa-framed private island though, The

Song Saa Foundation encourages guests to join them in giving back to their local community and surroundings. Including helping to provide medical care and education programmes to residents and rehabilitating the island's sea turtles.

With many more inspirational trips for 2020, please get in touch to book a holiday that will stay in your memory for a lifetime.



Phone Dan on: 01702 898043  
[www.neverawastedjourney.com](http://www.neverawastedjourney.com)







# WHAT'S THE DEAL

*with Deborah?*



**H**ow has Deborah Meaden achieved cult status in the reality business show that has inspired a nation of entrepreneurs?

We've all seen it – the idea, the pitch, the raised eyebrows, the fluttering of notebooks, the casual panning of the camera across wads of cash, the inquisition, and finally, a handshake... or two, or more.

Since *Dragon's Den* first leapt onto our screens in January 2005, the format of the show has remained largely the same, with Deborah Meaden present in seat four since series three.

"Of course, at its heart, it's a television show, and we shouldn't look too far beyond that," says Meaden. "Yes, it would be lovely to think cash is handed over in the green room and new business partners retire to a local hostelry for a celebratory pint, but the rigours and demands of production schedules mean relationships on the day are brief and incredibly hands off, with even those successful deals.

"It is a strange concept for a few reasons,"

continues Meaden. "In real life, you would rarely shake hands on a deal just 20 minutes after first meeting someone, and the level of due diligence that is liberally cast aside during negotiations makes it a peculiar way to do business.

"However," she states, "real deals do get cut, and on occasions the format really does permit the instinct and desire to 'take a punt' over applying rational business sense, and I do feel we all need a bit of that from time to time."

Certainly, there has been nothing conventional about the 60-year-old's own path to an estimated wealth of £40million. Even today, she sleeps in until 8.30am then walks around her Somerset garden bare-footed in order to establish a feeling of being grounded.

In the past, the holiday park queen of the south-west took on all manner of jobs while working her way up, building finances and embracing the value of experience that accompanied roles as diverse as a bingo caller, pony ride supervisor and salesroom model.

"I'll never look back on any experience and say it

was a waste of time," she says.

"We build knowledge all the time, and learning on the job is by far the most valuable of all."

As for Meaden's advice for those either setting out for the first time or looking to inject renewed vigour into their business lives, she has the following five tips to consider:

**ONE: You are the boss** – the organisation will behave as you do, so be driven at all times.

**TWO: Don't be distracted** – only focus on the elements that will take your business forward.

**THREE: Adapt your plan** – be flexible and willing to change your way forward.

**FOUR: Believe the dream** – be passionate, authentic and optimistic at all times.

**FIVE: Forgive yourself** – you don't have to get everything right.

"The thing is, whether we are in a television studio at Salford Quays shooting *Dragon's Den* or sat in an office in Canary Wharf, what we're talking about is, essentially, all the same thing – business involves real people, these are life ambitions and livelihoods at stake, and there are few things more fulfilling in life than cutting a deal."



# Got your NUMBER

WE ARE IN THE MIDST OF AN ELECTRIC CAR REVOLUTION, BUT WILL GREEN NUMBER PLATES REALLY KEEP SALES RISING?

If you consider all the benefits of purchasing an electric car, screwing on a green number plate would probably be well down the list, except environmental boffins believe otherwise.

In a scheme that could come into effect as early as next year, a lairy green registration may be another step towards convincing people to swap petrol for electric power. That's because local authorities may allow green-plated vehicles to drive in bus lanes, or perhaps to park for free in otherwise paid-for bays.

However, in response to the plans, less than a quarter of drivers supported the idea, suggesting the real incentives to go green should come in the form of a more plentiful supply of charging points, better incentives for existing car owners and cheaper entry-level vehicles.

Some also warned that priority being given

to cars with green number plates may harbour resentment and possible road rage, particularly in busy city centres.

It was also claimed that to let green cars use bus lanes would slow traffic in those areas, thus encouraging public transport users to abandon buses and return to using their motors.

Regardless, with more than 25,000 electric vehicles registered in the UK last year, our adoption of green travel initiatives is clearly on the rise. It's a positive response for the government, who continue their pledge to hit their 2050 target of net zero emissions.

For that to happen, a few more of us will have to adopt electric cars, and with consumers receiving £3,500 towards the cost of a new vehicle, many more are considering leaving petrol and diesel vehicles in the slow lane.



USED  
CARS

FINANCE

## BOOCAR

YOUR LEIGH-ON-SEA BASED SHOWROOM

PART  
EXCHANGE

WARRANTY

**AA** You're in safe hands

This dealer has signed our Dealer Promise

Your local AA Car Dealership EST. 2003

**CONTACT US FOR QUALITY CARS AT COMPETITIVE PRICES**

01702 470457 ■ [www.boocar.co.uk](http://www.boocar.co.uk) ■ [sales@boocar.co.uk](mailto:sales@boocar.co.uk)

1026 London Road, Leigh-on-Sea, Essex SS9 3NE

[f](#) [t](#)

**LONDON ROAD HAND CAR WASH**

**OPEN EVERY DAY 8AM - 6PM**

**Friendly, Reliable & Quality Service**

1087 London Road, Leigh-on-Sea SS9 3JP

20% OFF - QUOTE VISION MAGAZINE

Bring this advert to claim your discount

Google ★★★★★

Find us on [f](#)



Service & Repairs for all makes & models

LeighServiceStation  
MOT, Service, Repair and Tuning Garage

Land Rover Specialists

For Servicing Call: 01702 474206  
Email: [workshop@leighservicestation.co.uk](mailto:workshop@leighservicestation.co.uk)  
1647-1653 London Road, Leigh On Sea, Essex SS9 2SQ

**IMPERIALS**  
ESSEX  
Celebrating over 35 years in prestige car retail

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

*We Would Like To Buy Your Prestige Car*

Please see our website for up to 20 images of each stock vehicle

OUR LOCATIONS  
ACROSS ESSEX

69-71 Butts Green Road,  
Emerson Park, Essex, RM11 2LD  
**01708 449726**

Cooksmill Green, Ongar Road,  
Chelmsford, Essex CM1 3SR  
**01245 248 007**

/imperials.co.uk

@ImperialsLtd

# TOKYO 2020

## THE NEW SPORTS

SPORT

# 1. SKATEBOARDING

In the first of a new series, we look at five sports preparing to debut at the Tokyo Olympics in 2020

Considering that, over the course of the last 120 years, the Olympics have embraced such bizarre sports as tug of war, rope climbing and pistol duelling, it seems somewhat perverse that it's taken until the year 2020 for organisers to have put in an order for some halfpipes and knee pads.

Better late than never, skateboarding debuts in Tokyo in 2020, with a watching world keen to see what the quirky pursuit will do for the reputation of such an iconic global tournament. And therein lies the rub – that while the IOC is keen to expand its reach into sports that resonate so readily with people all across the globe (and let's be honest, you'd be hard pressed to find someone who hasn't stepped onto a board at some point), the professional skateboarders are reportedly nervy about appearing under the somewhat formal, mainstream, structured Olympic tag.

With that in mind, it will be

interesting to see how the Japanese present the sport, which will debut from July 24. There are 80 spots open to competitors – 38 men and 38 women from outside nations, and two each for the hosts.

Judges will rate boarders on speed, difficulty, timing, stability and the overall flow of the performance, while special attention will be paid to the performers' ability to suspend in mid-air.

Qualifying for the Olympics continues right up until June, which means an intensive period of competition, with the male and female winner staking the kudos of being their country's sole representatives.

At the moment, the British number one is Sam Beckett from Norfolk (pictured), although with a global ranking of 92 he'll have to go some to get in the medals, in a sport typically dominated by the Americans.

Photo credit: skateism.com



# THE VISION LISTINGS

## BEAUTY

### AESTHETICS OF ESSEX

Anti-ageing, laser & non-surgical treatments to help you look your best. Check offers on the back cover. Free consultation. 01702 831 200. 349 Eastwood Road, Rayleigh, SS6 7LJ

## BEDROOMS

### DESIGNER BEDROOMS LTD

Fitted wardrobes, home office/studies, loft rooms, sliding doors. Local family owned, creating bespoke furniture since 1992. 01268 571 799 | 7 Roberts Way, Wickford, SS11 8DD

## BLINDS

### ARTERIAL BLINDS

Awnings, Conservatory Blinds, Rollers, Romans, Venetians, Verticals, Wooden. FREE measure, no obligation quotes. Call 01702 512391 | 07748 043357 | arterialblinds@hotmail.co.uk

## BLOCK MANAGEMENT

### SCOTT & STAPLETON

Read about our block management agency on pages 2 & 3. Visit [scottandstapleton/block](http://scottandstapleton/block) for more information. Call 01702 481 681 | 42 Broadway, Leigh-on-Sea

## CAR SALES

### BOO CAR

Leigh-on-Sea based showroom. AA Dealer. Used Cars, Finance, Part Exchange, Warranty. Quality cars at competitive prices. 01702 470457 or email [sales@boocar.co.uk](mailto:sales@boocar.co.uk)

## CAR WASH

### LONDON ROAD CAR WASH

Friendly, Reliable & Quality Service. 1087 London Road, Leigh-on-Sea, SS9 3JP. Find us on Facebook. Google 4.5/5. Open Everyday 8am - 6pm

## CLEANER

### MOLLY MAID

Domestic cleaning experts, trained staff, 100% guaranteed, fully insured, regular/occasional cleans, materials supplied. 01268 442 023 | [Margaret.king@mollymaid.co.uk](mailto:Margaret.king@mollymaid.co.uk)

## DENTIST

### ESSEX SMILE CENTRE

Cosmetic dentistry inc implants, bonding, whitening, veneers, invisalign. See Page 5 for offers. 01268 919041 | 33a - 35a High Street Rayleigh, SS6 7EW | [www.essexdentist.co.uk](http://www.essexdentist.co.uk)

## ELECTRICIAN

### CAPITAL ELECTRICAL SERVICES LTD

Domestic/Commercial, Repairs/Installation, Vehicle Charging Points, Portable Appliance Testing, Fire Alarms, Emergency Lighting, Installation Condition Reports. Call 01702 898 042

## ESTATE AGENTS

### TOWN & COUNTRY

Established 1952. Office address 1348 London Road, Leigh-on-Sea, SS9 2UH. For a valuation of your own property call 01702 713 255 or visit [www.townandcountry.co.uk](http://www.townandcountry.co.uk)

## FINANCIAL SERVICES

### PARAGON LEGAL SERVICES LTD

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

## JOIN THE LISTINGS...

For just **£180** +VAT per year

## FURNITURE

### FURNITURE WANTED

We collect and pay cash for your furniture. From one item to your whole house. Call Robert on 01702 898 041 or email [furniturewanted1@gmail.com](mailto:furniturewanted1@gmail.com)

## GARAGE DOORS

### GAROLLA ROLLER SHUTTER DOORS

Thermally insulated electric garage doors, Great for space saving, Kerb appeal & easy to use, No deposit, Pay on completion, 18 Colours available. Call today 01277 800142.

## HANDYMAN

### MARTIN 'HANDY' HOLMES

Interior/exterior work, patios/driveways, decking, tree work, garden clearance, fencing, carpentry, interior/exterior painting, all aspects of building/gardening work. 01702 898 031

# THE VISION LISTINGS

## HEALTH & WELLBEING

### NUFFIELD HEALTH BRENTWOOD HOSPITAL

Come and join us at our free hospital events please check our page in the Health section of this edition for more information. Spaces are limited call us on 01277 695 631

## HOME IMPROVEMENTS

### KINGFISHER

Installation of Windows, Doors, Conservatories, Sealed Units, uPVC Fascias, Soffits, Cladding & Guttering. FREE Quotes. 01268 773299 | 128a High Street, Rayleigh, SS6 7BU

## JEWELLERY & PAWNBROKERS

### STUARTS

Top class gold & silver, jewellery, clocks/watches, bought & sold. Bespoke, made to order. Engraving, repairs, re-stringing. 78 Broadway, Leigh-on-Sea, SS9 1AE | 01702 714 447

## KITCHENS

### KUTCHENHAUS

Largest retailer of quality German engineered kitchens in the UK. Pre-built luxury kitchens at factory prices. 01277 204447 | [www.kutchenhaus.co.uk](http://www.kutchenhaus.co.uk)

## LOCKSMITHS

### KAT MASTER LOCKSMITHS

Locks, Safes, Alarms, CCTV. Over 25yrs exp. 24-7-365 Emergency locksmiths. 01702 554 456 | [info@katlocksmiths.co.uk](mailto:info@katlocksmiths.co.uk) | 386 London Road, Hadleigh, Benfleet, SS7 2DA

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

## PLUMBING & HEATING

### JOHN HUNTER HEATING

Plumbing, heating, gas engineers, inc. full bathroom installations. All central heating work inc boiler service, repairs and replaced. Call now on 01702 528 487 | 07850 010 990

## SPRAYING & POWDER COATING

### WS SPRAY FINISHINGS

All aspects of wet spraying & powder coating for domestic & industrial markets. 01268 812414 | 07434 704673

## WANT TO APPEAR IN NEXT MONTH'S VISION LISTINGS?

SIMPLY FILL OUT THE FORM BELOW AND RETURN IT TO BOOK YOUR SPACE:

Company name: .....

Description (180 characters max including spaces):.....

.....

.....

Telephone:..... Email:.....

Payment option: ☐ Card    ☐ Direct Debit

Please return to:

Lifestyle Magazine Group Ltd, 55 Crown Street, Brentwood, Essex, CM14 4BD or email [los@visionmag.co.uk](mailto:los@visionmag.co.uk)

\*£180 +VAT for a 12 months plus agreement. Payments can be made monthly or upfront

**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**.



WHAT'S ON

# WHAT'S ON

## *in your area*

**Sport for Confidence - Seated Exercise for Carers**  
**Leigh Community Centre,**  
**71-73 Elm Road, Leigh-on-Sea, SS9 1SP**  
**January 20, 11.30am – 12.30pm**



A seated exercise session for people who have or are caring for another person.

The sessions will include activities such as seated exercise, boccia and seated ball skills.

£2 per session.

If you are anxious about attending, contact Megan Potts, occupational therapist, on 07394 564942 or [megan@sportforconfidence.com](mailto:megan@sportforconfidence.com)

**Illustrated Talk - Thurrock Thameside Nature Park**

**Belfairs Woodland Centre, Eastwood Road**  
**North, Leigh on Sea, SS9 4LR**  
**January 23, 7.30pm – 9.45pm**

An informative talk on the history and nature of the Thurrock Thameside Nature Park (TTNP), led by Jimmy Allen, TTNP's site manager.

Suitable for adults. £2 per person – no advance booking necessary.

For more information, call David Stratton on 07889 505340 or email [dmstratton@btinternet.com](mailto:dmstratton@btinternet.com)

**Belfairs Nature Tots**

**Belfairs Woodland Centre, Eastwood Road**  
**North, Leigh on Sea, SS9 4LR**  
**February 6, 10am – noon**

Nature Tots and Forest School Nature Tots is a weekly parent and toddler group where young children can explore, play and learn through nature.

As the seasons change, discover and learn each week through a range of fun wildlife themed activities, from bug hunting and leaf spotting to

natural painting and stick creatures.

Suitable for children aged 18 months to five years. Must be accompanied by an adult.

Advanced booking essential. £6 per child and £4 per sibling. To book, call 01702 477467.

**How to design your own garden**

**Create 98, 98 Broadway, Leigh-on-Sea, SS9 1AB**

**February 6, 7.30pm – 9.30pm**

This course is the perfect starting point for any keen gardener who has dreamt of designing their own garden.

Designer Katrina has extensive experience of creating desirable and functional spaces in a range of styles, from tiny courtyard gardens to the grounds of large country estates.

This course will run for eight weeks every Thursday and costs £150. (This course will not run during half term week from February 17 to February 21).

For more information and to book, visit [www.budtobloom.co.uk/gardendesigncourse/166/how-to-design-your-own-garden](http://www.budtobloom.co.uk/gardendesigncourse/166/how-to-design-your-own-garden)

**Youth Forum for 11-18 Year Olds**

**Leigh Community Centre, 71-73 Elm Road, Leigh-on-Sea, SS9 1SP**

**February 13, 5pm – 6pm**

Do you live in Leigh-on-Sea and the immediate surrounding areas? Do you want your voice heard about local issues and have the power to affect change? Do you want to help organise fun events for the community?

Then why not become part of the Leigh-on-Sea Town Council Youth Forum?

To find out more, forward your name and contact details to councillor Anita Forde by emailing [cllforde@leighonseatowncouncil.gov.uk](mailto:cllforde@leighonseatowncouncil.gov.uk) or calling 07786 023941.



## Put your health first

At Nuffield Health Hospitals

We provide a range of services locally for patients who require general surgery. We are passionate about health and the care we provide and are here to reassure and help you, throughout your journey.

**General surgery treatments available at Nuffield Health:**

- ◆ Appendix removal
- ◆ Endoscopy
- ◆ Gall bladder removal
- ◆ Haemorrhoid removal
- ◆ Hernia repair
- ◆ Thyroid surgery
- ◆ Varicose vein surgery
- ◆ Weight loss surgery

Enquire today at our Brentwood Hospital, or for more information, visit [nuffieldhealth.com](http://nuffieldhealth.com)



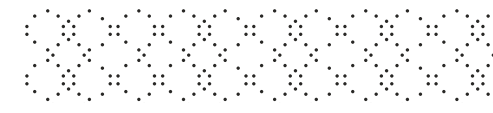
**Nuffield Health Brentwood Hospital**  
 Shenfield Road, Brentwood,  
 Essex CM15 8EH  
 01277 886984



**Meet our Consultant at the next free open evening.**

**Weight Loss Surgery**  
**Thursday 30 January 2020 at 6:30pm**  
 with Mr Sanjay Agrawal, Consultant Bariatric Surgeon

To book onto an event visit [nuffieldhealth.com/book](http://nuffieldhealth.com/book)





**NOW  
OPEN**



# **ANTI-AGEING, LASER AND NON-SURGICAL TREATMENTS**

*Introducing our new services*

## Lipo Med

An Innovative 4-in-1 Body Contouring Solution  
for Fat Reduction and Skin Tightening



## Colonic Irrigation

Natural cleansing and detoxification to  
support whole body well being



**CONTACT US FOR YOUR FREE CONSULTATION**

Main: 01702 831200 | Mobile: 07999 442318

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

349 Eastwood Road, Rayleigh, Essex SS6 7LJ

