

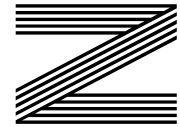
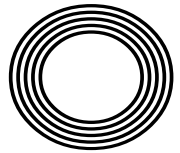
**HOW TO
BUILD A
COLD
FRAME**

Subscription gifts
The perfect present this Christmas

PRINCE CHARLES'
Aston Martin runs on cheese and wine

Ramesh
RANGANATHAN

Crawley-born comedian celebrating 10 years on the circuit



FREE

Photo credit: Matt Frost/ITV/Shutterstock

YOUR ONE STOP SHOP FOR



Woodpecker 4 4.3 kW
Wood Burner **£1430** FITTED



Newbourne 40FS 3-6KW
Multifuel Stove **£1750** FITTED



Classic Eco 8
Multifuel **£1600** FITTED



Bignut 5 Multifuel
Stove 5KW **£1600** FITTED



ACR Ashdate 7KW
Multifuel Stove **£2050** FITTED

PRICES INCLUDE: Pre-installation chimney sweep, wood burning or multifuel stove, matt flue pipe, register plate, stainless steel flexible liner, all connectors, bird guard cowl and plates, Carbon mono-oxide alarm

SecureFireplace

The Log Burners and Gas Stoves Specialists



Installation by a HETAS/OFTEC/GAS SAFE registered engineer, commissioned, tested and certificated. All fittings are HETAS Approved. All prices include VAT.



CALL 01702 910130
www.securefireplace.co.uk

FIREPLACES AND GARDEN FURNITURE



Life Nevada Garden Furniture Set



Life Ibiza Garden Furniture Set



Pandora Leaf Gazebo

WE OFFER THE HIGH QUALITY OUR CUSTOMERS EXPECT

Highgate is one of the largest garden furniture and leisure showrooms in Essex and we only work with brands that we trust. We have ample parking for our customers

HIGHGATE
Garden Furniture



CALL 01702 904000

www.highgatefurniture.co.uk | sales@highgatefurniture.co.uk

SecureFireplace & Highgate Garden Furniture Showrooms:

327 Southchurch Rd, Unit 8 Southchurch Bus. Pk, Southend-on-Sea, SS1 2PE



Editor's notes...

NOVEMBER 2021



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh Thorpe Bay. I am writing this after the recent death of Sir David Amess MP. Sir David was a monthly contributor to **VISION** Leigh Thorpe Bay. Over the past few days, I have read many articles and seen local people react and talk about their admiration of Sir David. For certain, he was a great person and a family man who cared greatly for the soon-to-be city of Southend, and his commitment to his role has been reinforced by the Prime Minister and the Queen in their recent speeches. For more than 40 years, he worked tirelessly for the area of Southend.

My thoughts and prayers are with Sir David's family and close friends.

If ever we needed a reminder to hold our loved ones close, this is it. Spread love, not anger. In a world full of hate and cruelty, it's moments like this, when honouring a true gent in Sir David, that remind us life is short and you never know what's next. His legacy lives on through the lives he's touched over the years and his mark in Essex and in politics. RIP Sir David Amess MP.

In this month's edition, we look back on Romesh Ranganathan's career and his new venture as host of *The Weakest Link*. We also discover Prince Charles's latest attempt to reduce his carbon footprint.

Nik Allen

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

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

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

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

CONTRIBUTORS | Tabatha Fabray, Christina Pantelly, Phil Stalham Photography

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

SUPPORT LOCAL BUSINESSES



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

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.

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

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.



Sliding doors





ASTON *marvelling*

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

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

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

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

"I think when opportunities and ideas come your

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

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

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

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

Of course, this isn't

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

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

"It is time for a lot of

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

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

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

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



Photo credit: David Hartley/Shutterstock

SUPER subscriptions

THE CHRISTMAS GIFT IDEAS THAT KEEP ON GIVING

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

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

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

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

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

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

Other subscription services include...

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



QUALITY KITCHEN MAKEOVERS

by simply replacing the doors and worktops



DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

THE UK'S #1 KITCHEN
MAKEOVER EXPERTS.

- From simple door replacements to complete fitted kitchens
- Fully installed by local professionals in just a few days
- Choose from a large selection of doors, worktops and appliances
- 96 showrooms nationwide

www.dreamdoors.co.uk

1741 London Road,
Leigh-On-Sea,
Essex, SS9 2SW

Call us now for a free estimate:

07894 714810

Checkatrade.com
Where reputation matters

AVERAGE SCORE **9.7/10**
22,000 REVIEWS NATIONWIDE





Exquisitely crafted kitchens
expertly tailored to your home.

 kubekitchens.co.uk

Leigh on Sea

1518 – 1520 London Road
Leigh on Sea, Essex, SS9 2UR

t 01702 826878
e info@kubekitchens.co.uk

Upminster

38 Station Road
Upminster, RM14 2TR

t 01708 227396
e info@kubekitchens.co.uk

BREAK OUT THE
brake cleaner

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

How to use brake cleaner

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

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

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

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

windows. Wipe with a microfibre cloth for optimum results.

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

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

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





DULUX COLOUR OF THE YEAR

Bright Skies

OPEN YOUR EYES TO BRIGHT SKIES



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

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

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

been so prevalent in offices.

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

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

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

Photo credit: dulux.co.uk

YOUR BOILER NEEDS US



ATS Services have over 40 years experience in the Plumbing & Heating industry. We offer a friendly, professional service throughout Essex

- Boiler Installations • Boiler Repairs
- Heating Installations • Heating Repairs
- Plumbing Installations • Plumbing Repairs
- Experienced Gas Engineers • Gas Safe Registered
- Commercial & Residential



01702 295495 • 07887 717703

26 High Street, Shoeburyness, SS3 9AP

Carpets Direct

Guaranteed Lowest Prices

- ✓ FREE FITTING
- ✓ FREE home visits
- ✓ SPECIALISES in twist pile

Established 26 years

Carpets • Vinyls • Laminates • Wood Flooring
We come to you in the comfort of your own home

WHY PAY MORE?

WE WILL MOVE YOUR FURNITURE & FREE UPLIFT/REMOVAL OF YOUR OLD CARPET

CALL YOUR LOCAL AREA SPECIALIST

01702 898 029



www.carpets-direct.co.uk

PROGRESS CHARGING POINTS LTD



YOUR LOCAL EV CHARGING POINT INSTALLER



CONTACT US FOR A FREE SITE SURVEY
01702 428981



Web: www.progresschargingpoints.com
Email: info@progresschargingpoints.co.uk – Mob: 07851 889 154

UNIQUE

Roofing Solutions Ltd

Roof Repairs
Guttering / UPVC
Dry Verge / Dry Ridge
Flat Roofs
Chimneys
New Roofs



Mob: 07706 225143 Tel: 01268 851358
Email: info@uniqueroofingsolutions.co.uk
35 Progress Road, Leigh on Sea, SS9 5PR

EMERGENCY

PLUMBING, HEATING & DRAINAGE



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

SENIOR
CITIZEN
& NHS
DISCOUNTS

BLOCKED
DRAINS
CLEARED
FAST

CALL OUR FRIENDLY TEAM 24/7
01702 817325

NO1PHD
PLUMBING HEATING & DRAINAGE

Trustpilot
Rated: Excellent

FREE
QUOTES
& ADVICE



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



HOME & DIY

LITTLE BIG BELL

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

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

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

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

HOW TO STYLE YOUR HOME THE LITTLE BIG BELL WAY

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



Photo credit: littlebigbell.com





Trendsetting TERRARIUMS

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

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

YOU WILL NEED:

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

HOW TO PICK PLANTS:

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

HOW TO SET UP YOUR TERRARIUM:

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

OUR TOP TERRARIUM DESIGN IDEAS:

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



ONE SMALL STEP FOR YOU, ONE GIANT LEAP FOR YOUR BUSINESS

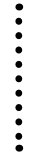
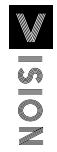


Photo credit: Cranger/Shutterstock

IT'S NOT ROCKET SCIENCE!

CALL NOW FOR AN OUT OF THIS WORLD DEAL

Your
Monthly
Lifestyle
Magazine



t: 01702 898026 m:07860 683239
e: los@VISIONmag.co.uk
w: www.VISIONmagessex.com



LOCAL NEWS

from your neighbourhood



Town granted city status to honour murdered MP

Prime Minister Boris Johnson has confirmed that Her Majesty the Queen has accorded Southend-on-Sea city status, in honour of Sir David Amess MP (pictured inset).

The news comes following the MP's shocking murder at a surgery for his constituents in Leigh-on-Sea on Friday, October 15.

Throughout his 38 years as a backbench MP, Amess had addressed the subject of granting city status to Southend-on-Sea almost weekly.

Councillor Ian Gilbert, Leader of Southend-on-Sea Borough Council, said: "We saw calls from across the country to grant Southend-on-Sea city status.

"I think there is no greater way to honour Sir David and his family than to make Southend-on-Sea a city. I hope this will help to bring the community together."

Mayor of Southend-on-Sea, councillor Margaret Borton, said: "My only wish is that Sir David could have seen this moment himself, because it has

brought years of his tireless campaigning to fruition. I hope that this announcement will highlight the legacy that Sir David leaves us."

Councillor Tony Cox, leader of the Southend Conservative group, said: "Sir David, your legacy will forever live on in Southend-on-Sea.

"I am sure he will be looking down on us, saying, 'My work in Southend is now complete.'"

Following Sir David's death, Ali Harbi Ali, 25, from Kentish Town in North London, was charged with murder and preparation of terrorist acts on Thursday, October 21, at Westminster Magistrates' Court.

Ali is accused of preparing reconnaissance for a potential attack by visiting the house of one MP, the Houses of Parliament and another MP's constituency surgery at various times this year.

Ali also appeared at the Old Bailey on Friday, October 22, via video link from Belmarsh Prison. A provisional trial date was set for March 7, 2022.

HAMMOND & SONS

GAS ♦ PLUMBING ♦ HEATING

- ♦ All boilers serviced & repaired
- ♦ Condensing boilers & warm-air units
- ♦ All work undertaken including leaks, upgrades & installations
- ♦ No call-out charge
- ♦ OAP discounts available
- ♦ Full public liability insurance
- ♦ Fully qualified engineers



**A PROFESSIONAL FAMILY-RUN BUSINESS
HONEST & RELIABLE
OVER 20 YEARS' EXPERIENCE**

From a tap washer to a full heating system, call

01702 580 577

email: hammondandsons@hotmail.co.uk
www.hammondandsons.co.uk

COMPUTER REPAIRS & PROBLEMS SOLVED

in our shop or at your home

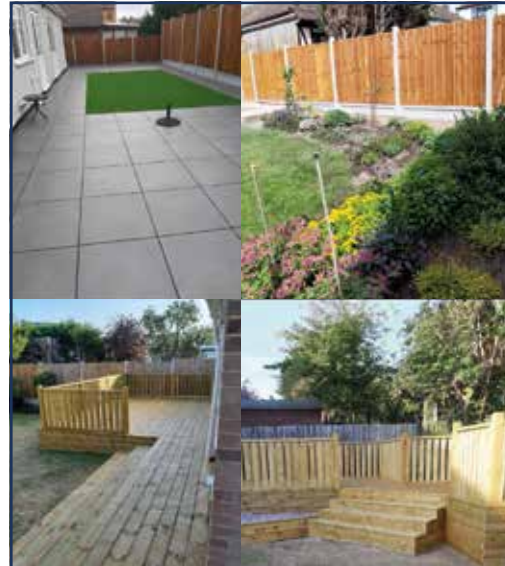
**NO JOB TOO SMALL
EXPERIENCED ENGINEERS
ALL WORK GUARANTEED**

FREE ADVICE & QUOTATIONS

01702 826757

or visit our shop at
1749 London Road, Leigh, SS9 2SW

Custom IT Solutions Ltd



MARTIN 'HANDY' HOLMES

ALL INTERIOR & EXTERIOR WORK

- Fencing ■ Patios ■ Paving
- Pergolas and Planters
- Artificial Grass
- Decking & General Jobs

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

CALL MARTIN ON

01702 898 031 ■ 07796 008198

Visit us on martinhandyholmes



WS Spray Finishings

ALL ASPECTS OF WET SPRAYING & POWDER COATING FOR DOMESTIC & INDUSTRIAL MARKETS
ITEMS FOR POWDER COATING UP TO 5m x 2m

**Hello to all our customers past and present, we are now back at work
We hope the support we have been shown in the past will return
We can get through this together, local companies employing local people**



Are you tired of the look of your 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 & 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 and de-greased, repaired if necessary and rubbed down prior to painting. We use a highly tough and durable finish 2 pack polyurethane paint in any colour and sheen to create that new showroom look and feel for fitted bedroom drawers and 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 & old furniture, we strive to be as eco friendly as possible.

01268 812414 • 07434 704673 • 07434 704681
www.wssprayfinishings.co.uk • wssprayfinishings@gmail.com

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



ALL TREE WORK UNDERTAKEN



- FAMILY RUN BUSINESS
- OVER 35 YEARS EXPERIENCE
- PRUNING ○ THINNING ○ REDUCTIONS
- FELLING AND REMOVAL ○ DEAD WOOD REMOVAL
- SITE CLEARANCE ○ HEDGE MAINTENANCE
- FIREWOOD SALES FULLY INSURED

ESSEX TOP RATED TREE SURGERY COMPANY 2017/2018 ON

★★★★★ **Checkatrade.com**
Where reputation matters 

 **07500 870 309**
 **www.essextreecareltd.co.uk**


Qualified workforce

Husband and wife open new premium alcohol distillery



Southend's new vodka and gin distillery has opened, with hopes to develop it into a major tourist destination.

Pigs Bay Distillery, a distiller of premium vodka, gin and liqueur, is believed to be the first of its kind in Southend and one of just a handful in Essex.

Husband-and-wife business entrepreneurs, Dale and Sandra Smith, have an ambitious business strategy to develop the distillery as a major tourist destination with visitor tours, a store and a restaurant.

Dale said: "The distillery is the result of three years of research and development. We wanted to raise the bar on the quality of spirits, yet be a local producer of drinks for Essex.

"We wanted to use Essex water and we have systems in place to produce medically pure water, which is a major ingredient and one reason for the purity of taste in our products."

After a good first buy-in from local pubs and restaurants, Dale expects rapid development in demand to allow Pigs Bay to move into phase two of its business strategy and accommodate tours and visitors.

The Royal Hotel in Southend and Fleur De Leigh in Leigh-on-Sea already stock Southend Gin and Essex Pink Gin from the distillery. The Roslin Hotel on Thorpe Bay's coast will also stock the collection.

Council to plant trees to mark Queen's Platinum Jubilee

Seventy trees will be planted in the borough – including some in Leigh-on-Sea – as part of a new eco initiative by Southend-on-Sea Borough Council.

The Queen's Green Canopy project was created to mark Her Majesty's Platinum Jubilee in 2022 and invites villages, cities, schools and businesses to plant trees across the country to create a legacy for the long-reigning monarch.

Southend-on-Sea Borough Council will plant a total of 70 trees along Prittlewell Chase, Kenilworth Gardens and Blenheim Chase.

The council will also plant 700 trees around the borough as part of its continued commitment to the environment.

Councillor Carole Mulronev said: "The Queen's Green Canopy project is a great opportunity for the town to come together and plant more trees.

"We all need to pull together and plant as many trees as we can. It will go a long way to help improve the environment and also the look and feel of the town."

Community heroes receive awards

Leigh-on-Sea Town Council has presented its Good for Leigh Awards.

The 23 award winners, along with friends and family, were welcomed to Leigh Community Centre to be presented with their awards and for an afternoon of tea and cake on Sunday, October 3.

The Good for Leigh Awards were established in 2009 to honour those who have made outstanding positive contributions to the local community.

After last year's awards ceremony was postponed owing to lockdown restrictions, Leigh-on-Sea Town Council delivered the 2020 and 2021 prizes separately.

The 2020 winners included Barbara Armitage for a lifetime of voluntary work with various community groups; sisters Jessica and Gracie, who have been conducting local litter picks; and Kim Wilkins and Viv Porthouse, fundraisers for St Clement's Church.

The 2021 winners included Belle Sewfragettes, for making masks and scrubs during the pandemic; Linda Catling, for bringing cheer to Leigh residents with her crocheted postbox toppers; and Madison Edwards, a Year 7 student who cooked meals for the homeless.

For the full list of winners, please visit www.leighonseatowncouncil.gov.uk/good-for-leigh





LOCAL NEWS

from your neighbourhood



APPLIANCE REPAIRS AND SALES

We repair all makes and models

- Washing Machines • Tumble Dryers
- Dishwashers • Ovens • Hobs • Cookers
- Fridge/Freezers • Extractor Hoods

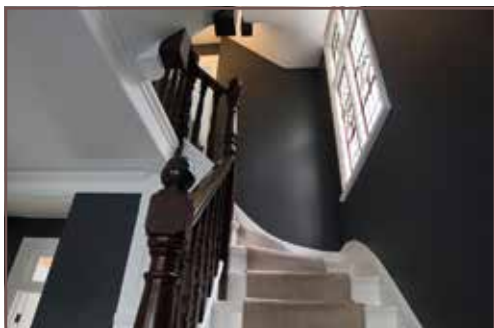
New appliances in stock for same day delivery & installation

Prices listed on our website

Call 01279 310793

Or Book Online

www.spindoctoruk.co.uk



Johnson's Decorating

All aspects of professional high quality work undertaken

Interior/exterior

Impeccable standards from over 20 years experience

07736 120857

johnsonsdcoratingleigh.co.uk



Community creates knitted heart display for charity

The community recently came together to create a touching display for Baby Loss Awareness Week. In honour of the week, which took place from October 9 to 15, more than 1,450 knitted and crocheted hearts were displayed on Thorpe Bay seafront.

Ellie Day (pictured left) put out a request for help with the display on social media in June and her message spread quickly. People who have been affected by baby loss and others who wanted to help with the cause created the pink, blue and white hearts.

The display raised £340 for charity, Forever Finley, which provides hand and feet castings of babies for

bereaved parents. The cause is very close to Ellie's heart and her son's name, Charlie, was added to the seafront display.

Ellie was inspired by a previous display of knitted ribbons in Clacton. She decided to create a similar experience for people closer to home to "give bereaved parents and families a place to visit".

She said: "It was important to me that it was a quiet area where people could spend time remembering their babies."

To donate, go to www.justgiving.com/crowdfunding/blawforeverfinley

Paving, Decking,
Garden Buildings
Local Landscape Gardener

07712 125 751
pollenlandscapes.com
steve@pollenlandscapes.com

ONLY POSTS

★★★★ and ★★★★★

FENCES

★ 07938 376764 ★

FENCING ★ CONCRETE

Four men injured after fight at a boxing match

Police are appealing for witnesses after four men were taken to hospital following a fight at a boxing match.

The incident took place at Thorpe Hall School, in Waking Road, at about 10.45pm on Saturday, October 2. The four men were taken to hospital for treatment for minor injuries and discharged.

No arrests have been made and police enquiries are ongoing. Essex Police believe many people who attended the event may have witnessed the incident.

Anyone who witnessed the disturbance or who filmed it should contact Southend CID on 101, citing incident 1373 of October 2 or crime reference 42/216538/21.



Photo credit: Phil Stalham Photography

JAMES DUDDRIDGE MP



Member of Parliament for Rochford and Southend East

LOCAL NEWS THORPE BAY

At long last, after decades of campaigning by Sir David Amess MP, Southend will finally become a city.

This is great and fitting news, and I am pleased his life will be celebrated in this way.

For years to come, when we say 'the city of Southend', Sir David's memory will resonate.

I will have to put a charity fine pot in the office for every time I still refer to Southend as a 'town' as it is certainly going to take some getting used to.

A massive thanks to the Prime Minister for making David's dream a reality.

David was a man of faith and convictions – faith in his religion and convictions in his politics. He was, above and beyond everything else, a family man and a very funny person. He would often break all the rules, cutting through

pomp and ceremony to connect with people. This is not the last of David: he lives on in us all.



David is survived by a lovely family: his wife, Julia, and his children, David Jr, Katherine, Sarah, Alex and Florence. We pray for them collectively.

To Julia: Southend thanks your husband for his service. Rest in peace, my good friend. Rest in peace. God bless the city, and God bless our good friend David.

Airport invests for easier travel

London Southend Airport's latest investment – two new baggage X-ray machines – is now complete.

On September 28, the airport revealed a new security trial lane, capable of processing up to 3,600 bags each hour, that enables travellers to keep liquids and computers in their carry-on luggage.

The X-ray equipment, provided by security screening technology company, Smiths Detection, is the next generation high-speed baggage system. The machines produce pictures with the best resolution possible to improve detection performance while also integrating 3D technology.

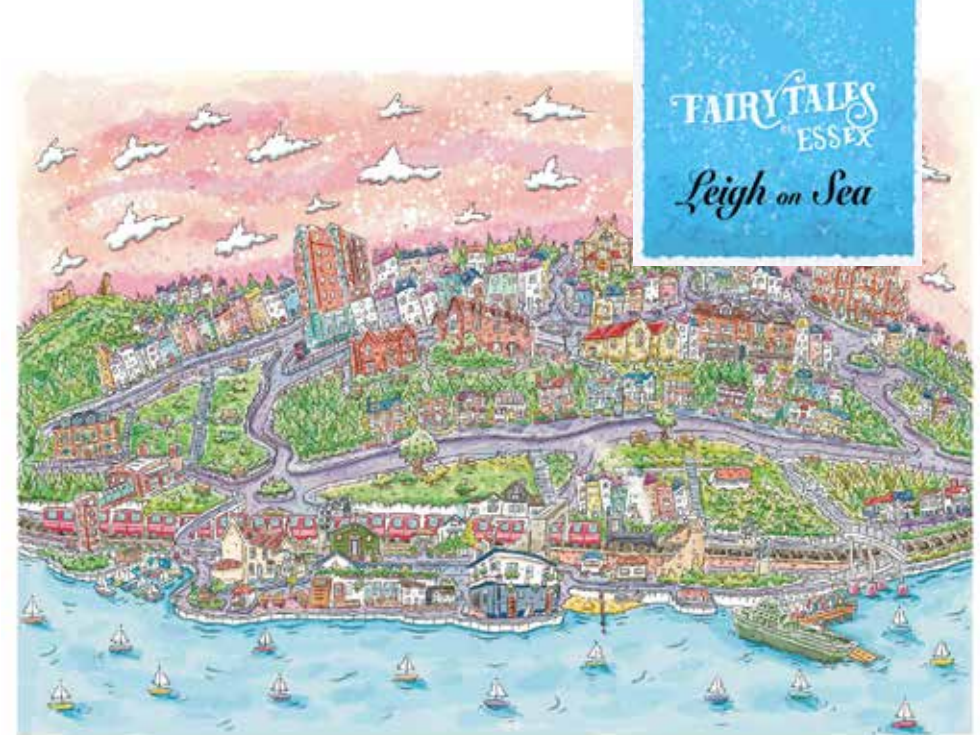
Glyn Jones, CEO of London Southend Airport, said: "The new hold bag system will ensure efficiency when processing passengers' bags onto flights while maximising security via new X-ray screening technology."

Richard Thompson, global director for aviation at Smiths Detection, said: "We are delighted that London Southend Airport chose us as its partner to deploy the latest and highest specification security screening



equipment.

"These systems will provide operational efficiencies and passenger experience improvements behind the scenes, all of which will be invaluable both as air travel picks up and many years into the future."



Hi Vision Reader,

I'm a local artist and illustrator and for Christmas 2021, I decided to create a "Fairytales of Essex" Art Collection. Above is the artwork I created for Leigh-on-Sea.

I was overjoyed at the wonderful support and keen embrace of this project by the local residents. So many people reached out with suggestions and ideas of what could be included in this fairytale. I have learned so much about the history and community and it has really enriched my appreciation of Leigh-on-Sea. I really hope that the local community enjoys the artwork I have created.

The Fairytale includes: Old Leighs Front Walk, St Clements Church, HSQ Wilton & Yacht Club, Hadleigh Castle, Leigh Library and Gardens, Grand Parade, The Grand Hotel, Cliff Steps, Leigh Train Station and various bridges and lots of pubs and other buildings & details from around the town – all wrapped up in a fairytale setting.

If you would like to purchase this artwork or find out more about the collection, please visit my website or contact me through the details below.

300 A3 & 100 A2 (signed & numbered) Art-prints are available now, in time for Christmas!

Thanks & Merry Christmas,

Mike Young

www.familyscribbles.co.uk | Michael@familyscribbles.co.uk
www.facebook.com/familyscribbles | www.instagram.com/family_scribbles



ROMESH RANGANATHAN

CELEBRATES 10 YEARS ON THE COMEDY CIRCUIT

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ARE YOU
HAVING
A
LAUGH

ESSEX LARGEST SHOWROOM



Motability offers you the ability to enjoy worry-free mobility

Available through weekly lease payments

A new product every **3** years

To find out how Motability can help you, talk to our Specialist today



HARLOW 01279 420600
67-68 HARVEY CENTRE, CM20 1XP

BASILDON 01268 520233
45/49 MARKET SQUARE, SS14 1DE

WELWYN GARDEN CITY 01707 247200
3 MUNDELLS COURT, AL7 1EN

SOUTHEND-ON-SEA 01702 417088
THE VICTORIA SHOPPING CENTRE, SS2 5SP



PUZZLES & TRIVIA



PUZZLES

Answers: see end of The VISION Listings

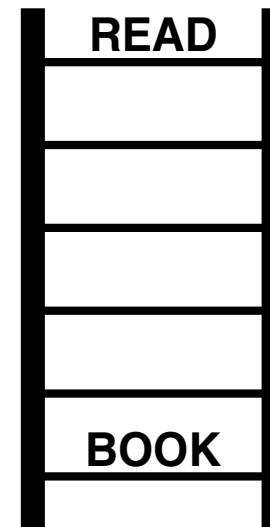
- ▶ ALMOND
- ▶ BACON
- ▶ BANANA
- ▶ BLUEBERRY
- ▶ CARAMEL
- ▶ CHEESE
- ▶ CHOCOLATE
- ▶ CINNAMON
- ▶ CREAM
- ▶ HONEY
- ▶ LEMON
- ▶ MUSHROOM
- ▶ PEANUT BUTTER
- ▶ RASPBERRY
- ▶ SPINACH
- ▶ STRAWBERRY
- ▶ SUGAR
- ▶ SYRUP
- ▶ THYME
- ▶ TOMATO

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

DID YOU KNOW?

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

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

PARK LIFE

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

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

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

DAY 3 – LEGOLAND/DISCOVERY COVE – This one depends on whether you're a bit of a daredevil or more the chilled-out type. If you're the latter, a semi-rest day at Legoland with the familiarity of some block brilliance is probably the way to go.

Thrill-seekers may prefer Discovery Cove, where diving, snorkeling and sub-aqua pursuits invite visitors to literally immerse themselves in the action.

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

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

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

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

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



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

WHAT IS A COLD FRAME?

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

HOW TO ADD A COLD FRAME TO A RAISED BED

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

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

TOP TIPS:

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

FREE Collection and Delivery service...

...the hassle free way to get your car serviced or repaired

We know how difficult it can be to find time within your busy schedule to get your car serviced or repaired. This is why we'd like to make the experience as easy as possible for you with our 'Concierge FREE Collection and Delivery' Service. No more cadding lifts or waiting around; with our Concierge Service you'll hardly notice the difference to your day.

Call us to book your collection now



FREE ANTIBACTERIAL TREATMENT WITH AN AC REGAS

Call us now on
01268 756650 or
01702 342255
to book your car in



One voucher redeemable per customer only. Cannot be used in conjunction with any other offer

FULLY FITTED ROLLER GARAGE DOORS

FROM **£895** WAS **£1,054** INC VAT

* Offer valid for openings up to 2.4m wide & inc 2 Remote Controls, 55mm White Slats, Internal Manual Override

WHATS INCLUDED:

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



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

Made To Measure... **ROLLER GARAGE DOORS**

CALL US TODAY
Phone: **01702 910 173**
Mobile: **07537 149 128**



WIKI-WONDER

Celebrating 20 years of Wikipedia



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

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

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

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

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



Photo credit: IB Photography/Shutterstock.com



TECHNOLOGY

LEXUS RELAX

12 MONTH MANUFACTURER
WARRANTY WITH EVERY SERVICE

FOR VEHICLES UNDER 10 YEARS AND 100,000 MILES*



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

www.lexus.co.uk/hainault/

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



Electric dream

Photo credit: Chris Lawrence/TravelShutterstock.com

LEGISLATION ANNOUNCED TO HAVE CHARGING POINTS IN ALL NEW BUILDS

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

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

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

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

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

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



THE BOXING King



Photo credit: Chase Stevens/AP/Shutterstock

TYSON FURY TAKES ANOTHER MAJOR STEP TOWARDS THE ULTIMATE PRIZE

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

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

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

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

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

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

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

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



Let's Get Together

The highest quality care starts with a connection

Every member of our team gets to know your loved one as an individual when they move in, so we can support them to live a life they love.

We call it relationship-centred care.

If you're looking for the highest quality care for your loved one, let's get together and talk.

01702 811 496 hallmarkcarehomes.co.uk

Residential Care | Nursing Care | Dementia Care | Respite Care



30 years since the death of the icon FREDDIE MERCURY



HISTORY

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

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

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

John, Sir Paul McCartney and others.

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

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

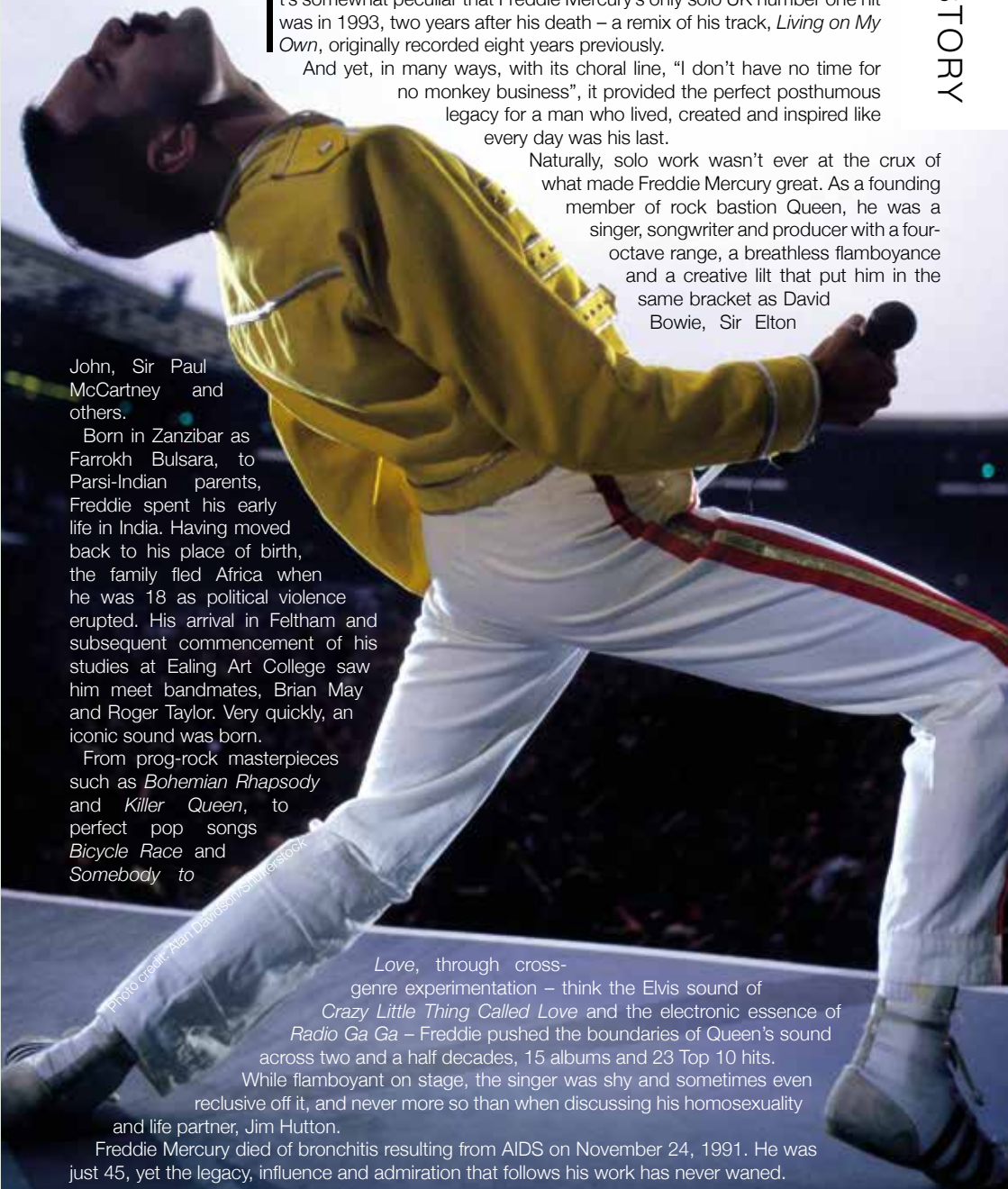


Photo credit: Alan Davison/USA Today

Love, through cross-genre experimentation – think the Elvis sound of *Crazy Little Thing Called Love* and the electronic essence of *Radio Ga Ga* – Freddie pushed the boundaries of Queen's sound across two and a half decades, 15 albums and 23 Top 10 hits. While flamboyant on stage, the singer was shy and sometimes even reclusive off it, and never more so than when discussing his homosexuality and life partner, Jim Hutton.

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



VICKS VapoRub

7 ALTERNATIVE USES

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

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

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

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

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

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

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

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

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

Are you worried about a men's health problem?

At **Nuffield Health Brentwood Hospital** our expert men's health consultants can diagnose your symptoms and provide you with quick access to a range of treatments.

Here are just some of the treatments our men's health experts provide at Brentwood:

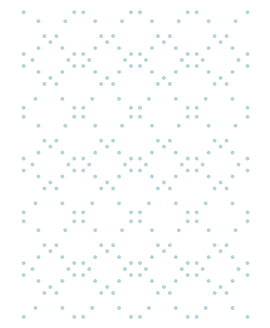
- Circumcision
- Colonoscopy
- Cryotherapy
- Cystoscopy
- Enlarged prostate
- Erectile dysfunction
- Gynaecomastia
- Hernia repair
- Kidney stones
- Prostate screening
- Prostate surgery
- Prostatic urethral lift
- Testicular lumps
- Urinary incontinence
- Vasectomy
- Vasectomy reversal.



For more information
Call **01702 898036**
Visit nuffieldhealth.com/brentwood



Nuffield Health Brentwood Hospital
Shenfield Road, Brentwood, Essex CM15 8EH



CLINIC APPOINTMENTS
and HOME VISITS available
To book, please call or see our website

Compliant with
COVID-19 regulations
and Public Health
England Guidance

BLOCKED EARS?

Professional microsuction is the **Gold Standard**
treatment for the removal of built up ear wax.

Can Improve Hearing and Reduce Pain, Itching or Ringing.

Dr Teresa Uscategui-Florez MBBS, MRCGP, DLO & HNS

T: 07444 016163 E: info@essexears.com W: essexears.com

Billericay Clinic: The Gibbons Practice, 6 Morris Avenue CM11 2JR
Laindon Clinic: New Century Clinic, 34b New Century Road SS15 6AG



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
78 The Broadway, Leigh on Sea, Essex, SS9 1AE



Hairband HEROES



Does your hair always fall out when you tie it up? Or perhaps you spend more time detangling your locks than enjoying your updo? If the answer is yes, you could be using the wrong hairband for your hair type.

For thin hair

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

For thick hair

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

For wavy hair

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

For short hair

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

For straightened hair

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

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

How to make flavoured gin

Step 1: Choose your gin

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

Step 2: Pick your flavours

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

Step 3: Bottle your gin

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

Step 4: Leave to infuse

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

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

Step 5: Strain and store your gin

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



HOW TO SAVE MONEY ON YOUR

Christmas shop

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

STOCK UP EARLY

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

GET SOCIAL

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

MAKE YOUR OWN

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

SHARE THE BURDEN

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

USE COMPARISON SITES

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



TIME TO APPLY for schools

WHAT TO CONSIDER WHEN APPLYING FOR A SCHOOL PLACE

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

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

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

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

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

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

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



Rayleigh Oaks Shopping Village

Now Open!

Christmas Indoor Marketplace!

Come and grab a bite to eat and visit our indoor market with independent traders offering lovingly handmade and bespoke gifts, crafts, artwork, clothing & alterations, jewellery, homewares, scents, tarot readings, sweets & treats, balloons, shoes & bags, vinyl printing, bath bombs, wax melts, vintage items and more!

Offering a variety of delicious home cooked breakfasts, lunches, cakes & refreshments!*

All open 7 days a week!

* All dietary requirements catered for.

Rayleigh Oaks (The old Wyevale Garden Centre site)
401 Eastwood Road – Rayleigh – Essex - SS6 7LU
T: 01268 218011 - E: info@rayleighoaks.co.uk

Follow us on: @rayleighoaks



BRUCE KING

on how to sell yourself and what you do



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

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

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

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

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

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

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

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

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

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

More information:

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



SMALL BUSINESSES ARE OUR BIGGEST PRIORITY



Contact us to discuss all your accounting needs

07368 821345

www.bspaccountancyservices.co.uk

ben@bspaccountancyservices.co.uk

41a Ambleside Drive, Southend-on-Sea, SS1 2UT



CARE HOMES

Brambles and Adalah care homes are in a quiet residential part of Leigh

- Lift & Stair lifts • Nurse call & fire alarm systems
- Hairdressing • Activities • Daily laundry services
- Chiropody treatment • Fully Trained Staff
- Close to the station, beach and local shops
- Comfortably furnished rooms with en-suite
- Balcony views of estuary

Brambles Care Home

22 Cliff Road, Leigh-on-Sea, Essex SS9 1HJ

Tel: 01702 472 417 • www.bramblescarehome.co.uk

Adalah Care Home

20 Cliff Road, Leigh-on-Sea, Essex, SS9 1HJ

Tel: 01702 711162 • www.adalahcarehome.co.uk



JJ's Tuition

CENTRES IN BENFLEET, SOUTHEND & BASILDON

ONLINE LESSONS ALSO AVAILABLE

SPECIALIST ENGLISH, MATHS & SCIENCE TUITION

PRIMARY, GCSE & A LEVEL

FOR A FREE TRIAL LESSON PLEASE CALL 07932 503 644

www.jjstuition.co.uk

THE VISION LISTINGS

ARTIFICIAL GRASS

DICKINSON MOORE LTD

Massive Sale, Massive Stock. Tel: 01268 680762 | Email: carvey@dickinson-moore.com | www.artificial-grass.shop | Unit M, Kings Haven, Kings Road, Charfeet Ind. Estate, SS8 0QW

BEDROOMS

DESIGNER BEDROOMS LTD

Traditional Fitted Wardrobes, Home office/ studies, Sliding Doors, Loft Rooms. Call 01268 571799. 7 Robert Way, Wickford, SS11 8DD

CLEANER

MOLLY MAID

Domestic cleaning experts, trained staff, 100% guaranteed, fully insured, regular/occasional cleans, materials supplied. 01268 442023 | Margaret.king@mollymaid.co.uk

TIME FOR YOU SOUTHEND

One off cleans now available. Ask for details. 01702 521120 | 01268 947122 | southend@timeforyou.cleaning | www.timeforyou.cleaning

DAMP SERVICES

BENHAM PRESERVATION

Quality damp services for domestic, historic & commercial properties. Damp proofing, rising damp, condensation, woodworm, dry/wet rot. Contact us today 01702 511141

FIREPLACE

SECURE FIREPLACE

The Log burners & gas stoves specialists. Contact us on 01702 910130 | www.securefireplace.co.uk

FLOORING

CARPETS DIRECT

Carpets, vinyls, laminates, wood flooring. Free fitting, free home visits, 80% wool twist pile specialists. Call us on 01702 898029

FURNITURE

HIGHGATE GARDEN FURNITURE

Highgate is one of the largest garden furniture & leisure showrooms in Essex. Contact us on 01702 904000 | sales@highgatefurniture.co.uk | www.highgatefurniture.co.uk

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 01702 910173

GARDENING

MPS HOME & GARDEN SERVICES

Garden Maintenance, Patios, Decking, Fencing. Painting & Decorating. Kitchen & Bedroom Installations. Martin Smith 01268 955057

GREEN THUMB

Help your lawn to thrive, not just survive. Start your lawn care journey today: Call 01702 898037 | Email: southendnorth@greenthumb.co.uk | Visit: www.greenthumb.co.uk/branch

HAIRDRESSING

ZEN HAIRDRESSING

Zen welcomes James. Specialising in ladies cuts and colour. Gents and children welcome. Appointments not always needed. 01702 7155931 | jamesroundhair@gmail.com

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 898031

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 01702 898036

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

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 714447

KITCHENS

DREAM DOORS SOUTHEND

The UKs Number 1 kitchen makeover specialists. Est. 1999 Visit our showroom at 1741 London Road, Leigh-on-Sea, SS9 2SW or call us 07894 714810

OVEN CLEANER

OVENGLAMERS

Ovens, ranges, AGAs, hobs, extractors, microwaves, BBQs. Book now for the most hygienic oven cleaning system. Call today 01702 680828

THE VISION LISTINGS

PAINTING & DECORATING

LEE JOHNSON

All aspects of professional high quality work undertaken. Interior & exterior. Impeccable standards from over 20 years experience. 07736 120857

PLUMBING & HEATING

HAMMOND & SONS

Family run for 20+ yrs. Boilers serviced/repaired, condensing boiler, warm-air units, all work undertaken inc leaks, upgrades, installs, no call out charges, OAPS discounts. 01702 580577

ROOFING

JIM BARR ROOFING

Exterior Cleaning & Maintenance. Gutters, Paving & UPVC. Cleaned, Repaired & Renewed. 01708 874816 | 07833 572459

SPRAYING & POWDER COATING

WS SPRAY FINISHINGS

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

TRAVEL

WILLO EXECUTIVE TRAVEL

Private Hire, 9 seater Mercedes, airports, theatres, 02 arena, corporate hire, fully licensed/insured/DBS/PATS/First Aid/Qualified. willoexecutivetravel@yahoo.com | 07493 335154

TUTOR

JJS TUITION

Specialist English, Maths & Science Tuition. Primary, GCSE & A-Level. For a FREE trial lesson please call 07932 503644 - Online Lessons Also Available

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

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

*£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**.

To advertise call Nik on 01702 898026

PUT YOUR BUSINESS IN THE **VISION LISTINGS...CALL 01702 898026** TODAY

WORDLADDER: READ, ROAD, ROAR, BOAR, BOOR, BOOK



DENTAL HEALTH & AESTHETICS
BELFAIRS

DENTAL HEALTH & AESTHETICS
BELFAIRS CLINIC



DENTAL CARE

WHY CHOOSE US?

Based in Belfairs, Leigh-on-Sea, Dental Health and Aesthetics offer high levels of expertise and a range of services to ensure both your aesthetic and dental needs are taken care of.

THE BELOW OFFERS ARE EXCLUSIVELY AVAILABLE FOR VISION LEIGH READERS

**Hygiene
from
just £41**

**Teeth
Whitening
from
just £199**
was £299

**Private
Routine
Dental from
just £40**

CALL 01702 880919

QUOTING VISION LEIGH MAGAZINE