

HOW TO
MAKE
A BIRD
BATH

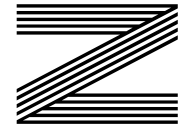
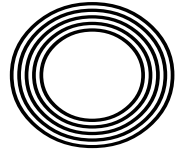
COVID-19
HEROES
honoured

6 UNUSUAL FACTS
about Valentine's Day

NATURAL WAYS
to boost your metabolism

Karren
BRADY CBE

One of the UK's most inspiring businesswomen

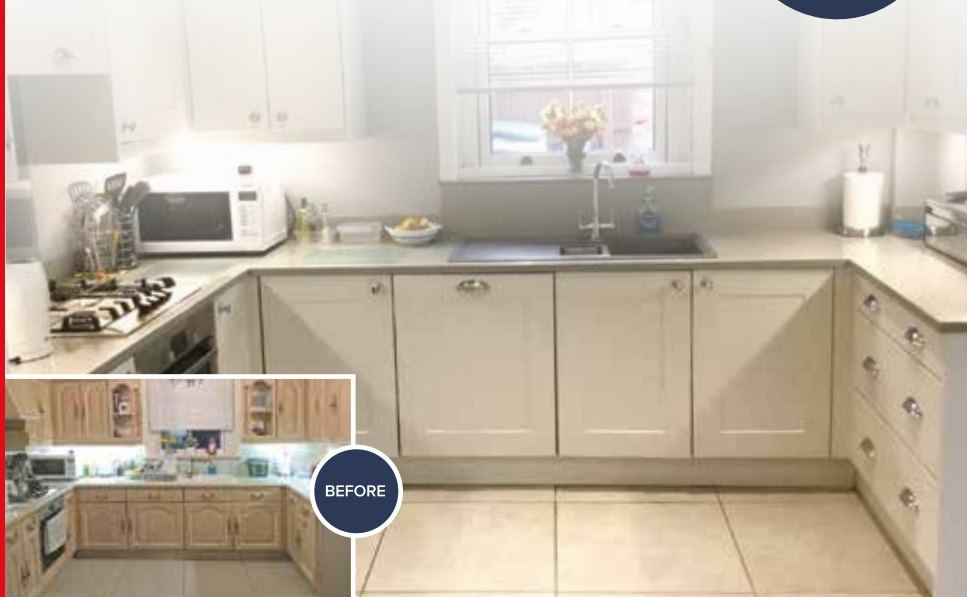


FREE

Photo credit: BBC/Boundless/
Ray Burmiston

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



DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

Make your kitchen the heart of your home with Dream Doors



"The work resulted in a beautiful fitted kitchen, the workmanship was excellent."
CUSTOMER IN WICKFORD



"Excellent quiet and considerate workers"
CUSTOMER IN SOUTHEND-ON-SEA



"The workmen here on time. All their work carried out to high standard. Very polite, installation done on time with kitchen left clean and tidy."
CUSTOMER IN WICKFORD



"Excellent and courteous service."
CUSTOMER IN BASILDON



"The service was excellent and professional."
CUSTOMER IN SOUTHEND-ON-SEA

If you are located in Leigh on Sea, Rayleigh or surrounding areas, speak to our designers and view our stunning collection at your local kitchen showroom.

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

07894 714810

www.dreamdoors.co.uk





Editor's notes...

FEBRUARY 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** LeighThorpeBay. I was recently reminded of a quote from 19th century philosopher Carl Jung, who wrote: "At the same moment you're a protagonist in your own life-making choices, you are also the spear-carrier, or the extra, in a much larger drama. You've got to live with these two opposite ideas at the same time."

In other words, while we are all the star in our own performance, with all the people we know just bit-part players in our production, to everyone else it's the same but in reverse; they are the star, and we

are the extras.

It led me to consider to what extent I wanted to assume the lead role this year. With everything that's happened in the world over the past couple of years, I am led more than ever to think first, not about myself, but about community, compassion, and humility.

What we can all achieve this month and throughout 2022 is to put people around us first, and perhaps share the limelight a little.

Until next month, take care of yourself and each other.

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) [f Vision Magazine Essex](https://www.facebook.com/VisionMagazineEssex)

CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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**



SECTIONAL DOORS ROLLER DOORS SIDE HINGED DOORS UP/OVER DOORS



- High Quality Doors
- Range of Leading Manufacturers
- Contemporary Modern Looks
- Top Level Customer Service
- Skilled & Qualified Installers
- All Work Fully Guarantee

GARAGE DOORS ENTRANCE DOORS



COME SEE US ALONG THE A127 AT ALTON GARDEN CENTRE, LEIGH-ON-SEA
OR CONTACT US FOR MORE INFORMATION

01702 556035 07956 058080

@bossgaragedoorsuk

bossgaragedoors@mail.co.uk www.bossgaragedoors.co.uk



HONOURING *our* COVID-19 HEROES

In the hope that we're moving away from the dark days of COVID-19 for good, let's highlight a few of the iconic figures who have guided this nation through one of its toughest tests outside of wartime.

The battle against COVID-19 has not been a simple one. For every inspired expert, another has been chastised; for every round of applause, there has been a barrage of criticism; for every saint, there has been a sinner.

The Queen's New Year Honours List recognised many who have committed so much over the past two years, going right back to March 2020 when the world began morphing into that dark, terrifying place it became.

Recently praised by the Queen, there were a number of people who, by their own admission, were called upon to help. Here are some of those

who used their experience and expertise to help in this time of crisis:

Sir Chris Whitty: One of the first of the government's advisors, the Chief Medical Officer excelled at breaking down the science, both behind the scenes and in public broadcasts to millions of people.

Sir Jonathan Van-Tam: Professor Whitty's deputy was given a knight bachelor title not only for his services in understanding COVID-19, but also for his extensive life's work researching influenza.

Dame Jenny Harries: The chief executive of the UK Health Security Agency was another who was prepared to stick her head above the parapet, at a time when speculation and misinformation permeated news sources and social media.

Sir Patrick Vallance: The physician, scientist and

clinical pharmacologist served the government as Chief Scientific Advisor, and remains in the position today.

Meanwhile, Scottish Chief Medical Officer, Dr Gregor Smith, and his Welsh counterpart, Dr Frank Atherton, were also knighted for services to public health.

Of course, there were also those who became involved in campaigns and initiatives that were a world away from their everyday lives.

The late, great Sir Captain Tom Moore was one; Marcus Rashford canvassed the government for free school meal vouchers – and won; Kate Garraway played out an incredible personal struggle with COVID-19 in the form of her husband Derek's long battle with the virus; Joe Wicks started a home fitness revolution; while Annemarie Plas was the

brains behind the Clap for Carers initiative which, at a time of intense lockdown, reminded us all that we were only ever a few yards away from those who cared about us.

And yet, in assembling a list of people who have committed knowledge, insight or reputation to the war against COVID-19 and its many variants, it's easy to forget the very folk who are the true heroes, and without whom the death toll would be catastrophically higher – ourselves.

While the informed, powerful and inspirational people listed have given us the knowledge and tools by which we have fought the battle against COVID-19, ultimately it is our own actions, our unwavering compassion and a sense of resilience, that embodies every bit the Dunkirk spirit. For that, we salute you.

DID YOU KNOW ABOUT...

If you embrace everything about Valentine's Day, from the romance to the exchanging of gifts – even the corny love songs – then you will love these fascinating facts about Cupid's big day.

Valentine's Day was founded on rebellion

Although this popular day is synonymous with love, it actually started as the result of Emperor Claudius II not wanting Roman men to marry during war.

The x symbol originated in medieval times

While many modern lovers end their text messages with an x or two, this tradition first came about in medieval times as not many people were able to write.

Valentine's pairings used to be random

Nowadays, people tend to send Valentine's Day cards to their current partner or to someone they have a crush on. However, in the Middle Ages, the selection process was random, with single men drawing the names of unattached women from a bowl.

Juliet still receives love letters on Valentine's Day

Despite the fact that she is a fictional character – and a deceased one at that – the city of Verona, where *Romeo and Juliet* is set, still receives around 1,000 letters addressed to this leading lady each year.

Henry VIII chose February 14

Although most of his marriages ended badly, there is no denying that this infamous king was a fan of love. In fact, he was the one who declared Valentine's Day a public holiday way back in 1537.

The majority of Valentine's gifts are bought by women

Somewhat unsurprisingly, a whopping 85 per cent of all gifts purchased for Valentine's Day are bought by women. Is it because the fairer sex is more romantic? Or maybe it's because women just like to treat their loved ones at this time of year?

...Valentine's Day?



Prestige Dry Cleaners

We want the best for your clothes

3 ITEMS
OF DRY
CLEANING
£10.00

WASH
& IRON
FIVE SHIRTS
£10.00

JEANS
SHORTENED
£15.00

- Dry cleaning
- Household Laundry
- Curtain Cleaning
- Service Washes
- Ironing

FREE
COLLECTION
& DELIVERY
ON ALL CLEANING

CALL CHRIS ON
07468 142402 ANY TIME

BASILDON
ROOFING COMPANY

**WE GO THAT
EXTRA MILE**



Our highly skilled & customer-focused professional team liaise with customers at every step to ensure they are 100% satisfied with our workmanship

We offer a wide range of services including:

- New Roofs • Flat Roofs • Roof Repairs (Tile & Slate) • Fiberglass Roofs • Windows & Doors
- Rendering Chimney Work • Damp Work • Upvc Fascias, Soffits & Gutters • Weather Pointing
- All Types Of Building Work Undertaken • Lead Work • Int/Ext Painting & Decorating
- Textured Wall Coating • Damp Proofing & Mould Repair Specialists

Freephone: **01268 855636** Landline: **01702 668696** Mobile: **07916945904**

Web: www.basildonroofingcompany.co.uk Email: info@basildonroofingcompany.co.uk

FROM ACCOUNTANTS TO ZUMBA TEACHERS

You'll find them and everything inbetween in...



ADVERTISE NOW
For just
£180
+VAT per year
AND BE SEEN BY OVER 20,750 READERS MONTHLY.

THE VISION LISTINGS

CONTACT US TO FIND OUT MORE

Your Monthly Lifestyle Magazine



HOME & DIY

EASY PEASY
Lemon Squeezy

Did you buy a few too many lemons to go with your pancakes? Don't let them go to waste; instead, use them to freshen up your home. As lemons are naturally astringent, they are the perfect chemical-free cleaning aid.

MAKE YOUR TAPS SHINE: Remove any hard water build-up or mineral deposits from your taps by spraying lemon juice on the affected area. Wait 10-15 minutes and then wipe off with a clean cloth. This can also work to clean a dirty showerhead.

DESCALE THE KETTLE: When was the last time you looked inside your kettle? If it's been a while, you may be shocked at what you see. Fortunately, to remove all that nasty limescale, all you need to do is cut a lemon in half, place both halves in a full kettle, and then boil. Leave overnight and simply empty in the morning.

CLEAN THE MICROWAVE: If your microwave is looking more crusty than clean, then a leftover lemon is just what you need. Simply fill a bowl with water and the juice of one lemon and then microwave for 3-5 minutes. Wait a further five minutes to allow the lemony steam to work its magic, and then carefully remove the bowl and wipe clean.

CLEAN A CHEESE GRATER: Stop shredding your sponges and instead cut a lemon in half and run the pulp over the holes of your cheese grater. Once any leftover food has been successfully removed, rinse your grater under hot water.

REMOVE STAINS ON LINEN: To eliminate stubborn stains on linen, mix 1/3 cup of lemon juice and 2/3 cup of water. Apply to the affected area and gently rub. Once the stain starts to fade, wash your clothing and bedding as normal.





HOME & DIY

AWESOME HOME STYLING WITH

Sarah Akwisombe



Sarah Akwisombe is someone you wish you could be friends with – the ultimate cool girl with impeccable style. Sarah’s interior style is bright, colourful and a little rebellious compared to typical décor styles. There are no rules in Sarah’s décor – they all go out the window – but the results are awesome.

She describes herself as a founder, influencer, mum and wife. Her background ranges from music to tech startups and, of course, interior design. She launched her own business, the No Bull Business School, to help other women learn more about making money and enjoying success. Her book, *The Money is Coming*, also became a *Sunday Times* bestseller last year.

Sarah’s interior design portfolio is edgy, interesting and full of colour. Showing you don’t have to stick to traditional looks and colour schemes, she’s the perfect inspiration if you want to be a little bolder with your decor. Some tips for invoking Sarah’s looks in your own home include:

Go back in time: A lot of Sarah’s influences come from different decades. Her 1930s-inspired bathroom uses pastel tiles in vintage shades, with contrasting black details to create this throwback look. Upgrade your own bathroom with some black accessories and perhaps a little touch of gold to throw in some glamour.

Make it fun: Sarah recently styled a rental apartment, and the result is fun, quirky and anything but dull. Your home should reflect your personality, and if you enjoy letting your hair down, why not let it show? Invest in some neon signs to brighten up any room, and check out novelty cushions and cartoon prints to spice things up.

Don’t be afraid of colour: Sarah’s home is bursting with colour, so why not be bold and bring colour into your own home? Sarah recently created her dream kitchen space using a classic and very popular terrazzo, but added in vibrant cabinets and a zesty yellow tap.

Will Sarah’s bold choices inspire you to inject colour into your interiors?

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

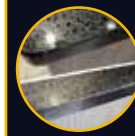
Chameleon Repair Ltd



Damage, What Damage?

HARD SURFACE COSMETIC REPAIRS

- * STONE * BRICK * GRANITE
- * MARBLE * WOOD
- * SANITARY WARE
- * CERAMICS * PVC
- * STAINLESS * POLISHING



Chameleon-Repair-Ltd

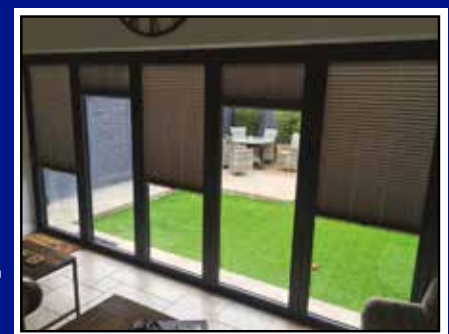
07753 298222

hello@chameleon-repair.com

Free Measure & No Obligation Quotes In the comfort of your own home



- Conservatory Blinds
- Day & Night ~ Perfect Fits
- Rollers ~ Romans ~ Shutters
- Venetians ~ Faux Venetians ~ Verticals
- Wooden ~ Motorised Blinds



Arterial Blinds

01702 512391 ~ 07748 043357

E: arterialblinds@hotmail.co.uk

Follow Us On

Photo credit: Sarah Akwisombe.com



MOLLY MAID Benfleet
Keeping your home Healthy

The **HomeSafe** cleaning system puts the health and safety of you, your family and our team of maids at the core of how we work.

In all our cleans we use our specialist disinfectant and anti-microbial **Xtra Protect** cleaner which passed independent laboratory tests proving it's effective against all enveloped viruses including all coronaviruses.



Call us today to learn more about **HomeSafe** and why you can trust MOLLY MAID in your home.

Please call: **01268 442023**

or email: margaret.king@mollymaid.co.uk



See what our customers have to say at uk.trustpilot.com **Trustpilot**

WANT MORE BUSINESS?

CALL 01702 898026
TODAY TO ADVERTISE



Your simple guide to WALL PANELLING



HOME & DIY

Wall panelling has been one of the biggest interior design trends in recent years. It's a simple way to add character to any property and it's easy to do yourself.

As a way to create an interesting feature, you can instantly add some style and luxury to your space with wall panelling. Find out how it's done in our simple guide to DIY wall panelling.

FIND THE IDEAL SPACE: Wall panelling can work in most spaces, but a full wall is by far the easiest. You can panel walls with doorways, corners and other spaces, but you'll need to plan your design out carefully.

CHOOSE YOUR TYPE OF PANELLING: There are a lot of different types of wall panelling, and each one will provide something different for your space. Popular panelling styles include:

- > Grid or geometric panelling
- > Flat plank wall panelling
- > Dado-style wall panelling

GET YOUR MEASUREMENTS RIGHT: There are lots of ways to panel a wall, and you'll need to measure your space and plan according to your chosen design. Measure the height and width of your wall, working out your preferred gap between each panel. It will help to draw it on paper proportionally

for you to plan it out correctly, or you can draw it on the wall to check your measurements.

BUY YOUR SUPPLIES: To panel a wall, you will need:

- > MDF panels, cut to size
- > A spirit level
- > Strong adhesive
- > Decorators caulk
- > Sandpaper or a sander
- > Paint

TIP: You can get your MDF cut to size at your local hardware store.

ATTACH YOUR PANELLING: A strong adhesive is all you need to attach wooden panelling to your wall. Use your spirit level to keep everything level, and give the adhesive time to dry.

FILL IN THE GAPS: Once secured, you'll need to fill in the gaps between the wooden panels using decorators caulk. When this has dried, you can sand the caulk down to a smooth and seamless finish.

PAINT YOUR PERFECT FINISH: With your panelling finished, you can paint it in your desired colour. You may wish to use a primer first before applying a couple of coats of your chosen shade to ensure an even application.

“YOUR HOME IN OUR HANDS”

WINDOWS | DOORS
BIFOLDS | GLAZING
REPAIRS

However you want to secure your home we have the Solution to make sure your home is in our safe hands

01268 578 118

sales@atlashomesolutions.co.uk

www.atlashomesolutions.co.uk



A LOCAL COMPANY BUYING FROM LOCAL MANUFACTURERS





LOCAL NEWS

from your neighbourhood



Photo credit: Ruby Ward @metrolifeidom, Essex Police

Woman imprisoned for causing serious accident

A driver from Leigh-on-Sea who caused a road accident which left a teenager with life-threatening injuries has been jailed for two years.

Louise Chism, 19 (pictured), of Broomfield Road, Leigh-on-Sea, was driving along Creeksea Ferry Road, Canewdon, at around 1.50am on April 3, 2021, when she lost control.

The car veered off the road and ended up in a ditch.

One of the passengers, a now 19-year-old woman, was thrown from the car and left with life-threatening injuries, including a broken pelvis and punctured lung.

Three other people in the car – two teenage boys

and a teenage girl – were also taken to hospital but were not seriously injured.

Instead of staying to help, Chism left the scene.

Essex Police established that Chism owned the car but had not passed her driving test.

Chism previously admitted to causing serious injury by dangerous driving, failing to stop following a collision, failing to report a collision, driving without insurance and driving otherwise than in accordance with a licence.

At Basildon Crown Court last month, she was jailed for two years and banned from driving for five years.

Litter picks continue to help clean up the town

Litter picks in the town are set to continue following a successful initiative launched by Leigh-on-Sea Town Council last year.

Councillors will be donning hi-vis jackets and carrying grabbers to tidy up the town with the support of the Make Southend Sparkle group.

The litter picks will take place during the last week of the month, with this month's event starting at 9.30am on Wednesday, February 23, outside The Elms pub on London Road.

To join, call 01702 716288 or email council@leighonseatowncouncil.gov.uk



Exquisitely crafted kitchens expertly tailored to your home.

[kubekitchens.co.uk](https://www.kubekitchens.co.uk)

Leigh on Sea

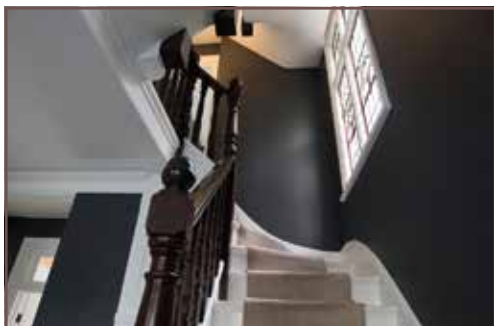
1518 – 1520 London Road
Leigh on Sea, Essex, SS9 2UR

t 01702 826878
e info@kubekitchens.co.uk

Upminster

38 Station Road
Upminster, RM14 2TR

t 01708 227396
e info@kubekitchens.co.uk



Johnson's Decorating

All aspects of professional high quality work undertaken

Interior/exterior

Impeccable standards from over 20 years experience

07736 120857

johnsonsdecoratingleigh.co.uk

Don't Forget Me

Memorial Maintenance

Grave Maintenance and Headstone Cleaning in Essex

- + Family Run Business
- + Established 2014
- + No Job Too Small
- + One Off or Regular Service
- + Re-Lettering
- + Grave De-Weeding
- + Stone Washing
- + Re-Levelling
- + Plus 4 Legged Memories

Call 07895 008253

ashley@gravemaintenance.uk

www.gravemaintenance.uk

[@DFMmemorial](https://www.facebook.com/DFMmemorial)

Volunteer of the Year Awards open for nominations



The Volunteer of the Year Awards for 2022 are now open for nominations, and residents of Leigh-on-Sea are encouraged to nominate people who they think are deserving of recognition.

In remembrance of past councillor, Donald Fraser, who passed away in 2018, Leigh-on-Sea Town Council launched the awards in 2019 in honour of his efforts as a volunteer.

The only criteria is that the nominees must live or volunteer in Leigh-on-Sea.

The winner will be chosen by Leigh town councillors and the awards will be presented at the annual community meeting on Friday, April 8, at Leigh Community Centre.

Past winners of the award include Tim Watts (pictured above left), who is involved with the Leigh Lions and volunteers for several other organisations, and Hilary Le Marie, who runs the local Poppy Appeal for the Leigh branch of the Royal British Legion.

To make a nomination, please call 01702 716288 or email council@leighonseatowncouncil.gov.uk to request a form.

Alternatively, you can call the office on 01702 716288 or email council@leighonseatowncouncil.gov.uk to request a form.

The closing date for nominations is Monday, February 28.

To find out more, send your name and contact details to councillor Anita Forde via email at cllrforde@leighonseatowncouncil.gov.uk or call 07786 023941.

The forum's upcoming meetings will take place on March 10, April 14, May 12, June 9 and July 14.

Home Secretary backs Conservative candidate

The Home Secretary has backed the Conservative candidate in the upcoming Southend West by-election.

Priti Patel (pictured below right), the Home Secretary and MP for Witham, has said Anna Firth (pictured below left) is the only candidate who can work with the government to "make Southend safer".

The Home Secretary recently joined Mrs Firth on Leigh High Street to meet with local businesses and residents to discuss crime issues. They also talked about Mrs Firth's plans to work with the government, the local police and the Essex Police and Crime Commissioner to make Southend safer.

Ms Patel said: "This Conservative government is putting 20,000 more police officers on our streets to make our communities safer."

"I know that Anna as the MP for Southend West would work with the government to tackle crime as well as continue Sir David Amess's wonderful legacy by providing Southend with a strong local voice in Westminster."

Mrs Firth, the Conservative candidate for Southend West, said: "It was fantastic to be joined by the Home Secretary to discuss the crime issues Southend faces and why we need more police officers."

"The Conservatives are tough on crime, and I will work with the government, local police and the Police and Crime Commissioner to ensure we continue to crack down on crime here."

"As the MP for Southend, I will work with the government and the local police to make our streets safer."





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.

Before



After



01268 812414 • 07434 704673 • 07434 704681

www.wssprayfinishings.co.uk • wssprayfinishings@gmail.com



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



Young people invited to join council's Youth Forum

Young people in the town are being invited to join the Leigh-on-Sea Town Council Youth Forum.

The forum gives young people aged 11 to 18 who live in Leigh-on-Sea and the immediate surrounding areas the chance to have their voices heard about local issues and to effect change.

It also enables them to challenge negative stereotypes and raise the profile of young people.

The forum is held at Leigh Community Centre on the second Thursday of the month from 5pm to 6pm. There are free refreshments included, plus guest speakers invited each month.



LOCAL NEWS

from your neighbourhood



Photo credit: Google Maps

Scheme to increase road safety with 20mph limit

safer, greener roads are set to be trialled in Thorpe Bay as Southend-on-Sea Borough Council looks to keep residents safe and reduce vehicle emissions. Lowering speed limits to 20mph in residential streets has several positive impacts, including increased safety for residents and reducing vehicle emissions. The proposals for 20mph pilot areas follow detailed discussions with local councillors and vehicle speed surveys carried out in Thorpe Bay, which identified a high percentage of vehicles speeding in these areas. The Thorpe Ward pilot areas include Thorpe Hall Avenue (pictured), Thorpe Bay Gardens, Maplin Way, Station Road, Shaftesbury Avenue, Kensington Avenue, Northumberland Crescent, Burges Road, Colbert Avenue and Wyatts Drive.


As there is a historical issue of speeding on these roads, it is felt that only physical measures will have an impact on reducing speeding, so a range of measures will be introduced, including speed humps. Councillor Ron Woodley, Southend-on-Sea Borough Council's cabinet member for transport, asset management and inward investment, said: "The introduction of 20mph neighbourhoods can have a tremendous impact on road safety, which is why I am pleased to see this being brought forward. Reducing speed will greatly increase safety for local residents and drivers, and can also reduce vehicle emissions." The trial areas will cost £500,000 to implement and will be funded using capital grant funding from the Department for Transport.

Police called after body discovered on beach

Police were called earlier this month after a woman's body was found on Thorpe Bay beach. Essex Police were called just before 7am on Tuesday, February 1 following reports of concern for the welfare of a woman.

Officers attended and discovered the body of a woman on the beach at Eastern Esplanade. An ambulance and the Coastguard also attended. An Essex Police spokesperson said: "We are not treating her death as suspicious."


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



PROFESSIONAL CLEANING & SEALING SERVICES FOR

- DRIVEWAYS AND PATIOS
- GUTTER CLEANING
- ROOF CLEANING
- ALL EXTERIOR CLEANING
- DRAIN BLOCKAGES





T: 07506 734107
E: smartfacilities89@gmail.com
@smartcleanfacilities
@Smart-Clean-Drainage-Solutions

Paving, Decking, Garden Buildings

Local Landscape Gardener

07712 125 751
pollenlandscapes.com
pollenlandscapesltd@gmail.com




ONLY POSTS FENCES

★★★★ and ★★★★★

★ 07938 376764 ★

FENCING ★ CONCRETE



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

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



ESSEX NATIONAL MOSS REMOVAL LTD

TURN YOUR ROOF FROM GREEN TO CLEAN



10% OFF ALL WORK BOOKED IN THIS YEAR Ts&Cs Apply

- ♦ MOSS REMOVAL SPECIALISTS
- ♦ FULLY QUALIFIED ♦ FULLY INSURED
- ♦ NO JOB TOO BIG OR TOO SMALL ♦ COMPETITIVE PRICES



CALL US FOR FREE QUOTES & ESTIMATES

T: 07445 855501/07588 669131 W: www.essexnationalmossremoval.co.uk

E: Essexnationalmossremoval@gmail.com

f essexnationalmossremoval @ Essex_national_moss_removal



Member of Parliament for Rochford and Southend East



LOCAL NEWS THORPE BAY

We all want our roads to be as safe as possible, and it is right that targeted action to crack down on speeding is taken where appropriate.

However, it was with sheer disbelief that I recently read that the local Independents, supportive of Southend's Labour-led council, are planning to cover many of our residential streets in Thorpe Bay with speed bumps.

Under their plan, every road between Thorpe Hall Avenue and Maplin Way will be reduced to 20mph and have dozens of unnecessary bumps installed.

Based on little evidence and at an eye-watering cost to the taxpayer, the proposal would, to coin a phrase, turn Thorpe Bay into 'Thorpe Bump'. Judging by the backlash, it's wholly unpopular among residents.

Not only is the need for these measures weak, but the damage to our local street scene, the environment and our cars caused by so many bumps would be untold too.

Speed bumps are an idea that came from the 80s, and all the data is now pointing away from them.

With the total project costing £500,000, common sense says that this money – your money – would really be better spent on targeted measures to tackle speeding hotspots, as well as fixing our broken roads and pavements.

I do hope the administration listens to the concerns of local people and your local Conservative representatives and scraps this bonkers plan.



Prime Minister's trip to beach

The Prime Minister and his wife recently took a break from the demands of Downing Street to visit the Thorpe Bay beachfront.

Carrie Johnson, 33, shared images of herself and her two children strolling along the beach last month.

In photos shared on Carrie's Instagram, the couple's son, Wilf, splashed in the water with the family dog, while daughter Romy was strapped to her front.

While on holiday, the family is renowned for keeping

their privacy a top priority and never reveal their whereabouts to the public when they are away.

The Johnsons visited Thorpe Bay the same weekend that Home Secretary Priti Patel visited Southend to assist Anna Firth in her campaign for votes in the upcoming by-election.

Following the death of former MP, Sir David Amess, Ms Firth has been selected as the Conservative candidate for Southend West.



BUILD YOUR OWN BIRD BATH

There are a lot of great reasons to build a bird bath for your garden. It gives birds a place to have a drink and keep their feathers clean, and encourages more winged visitors to your garden.

Inviting birds to your garden is also a great way to help the local environment. They will bring you a lot of entertainment, and they'll even take care of some unwelcome visitors to your garden, like slugs and caterpillars.

Here's how to build your own bird bath in five easy steps, using a common garden plant pot.

1. Prep the plant pot

Make sure your plant pot is scrubbed clean and is sturdy enough that it won't be knocked over easily.

2. Attach the saucer to the base of the pot

Turn the plant pot upside down, so that the base is at the top. Using a strong adhesive, attach the base of the saucer to the base of the pot.

3. Find the perfect location for your bird bath

Place your bird bath somewhere accessible and high away from cats and dogs.

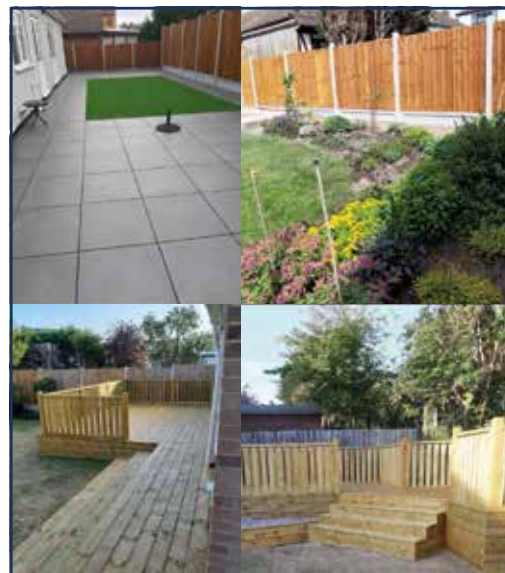
4. Add stones to make a perch

Adding some stones will give birds somewhere to perch so that they can have a drink, dry their feathers, and watch for predators. They're handy for any insects that decide to have a drink too.

5. Fill with water

Add water and simply wait for your feathered friends to arrive.

Your bird bath should stay topped up with rainwater, but if you experience a dry spell, remember to top it up to keep your garden visitors happy.



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



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



CALL TODAY FOR YOUR NO OBLIGATION QUOTE WITH NO HIDDEN EXTRAS

01277 551170 / 0208 787 5755

www.essextreecareltd.co.uk





Inspirational K A R R E N

BARONESS BRADY OF KNIGHTSBRIDGE CBE

Baroness Karren Brady of Knightsbridge CBE has proved herself to be the perfect antidote to Lord Sugar on the return of *The Apprentice*, and with the executive's impressive business career, she continues to be a true inspiration.

COVID-19 thwarted so much of what we took for granted, and in that description it's fair to include the BBC's seminal reality business show, *The Apprentice*.

For those who may have feared Lord Sugar's unique delivery of entrepreneurial entertainment might have returned somewhat changed in this 'new normal', you need not have worried. Within a few minutes of series 16 commencing in the first week of January, the former Amstrad chief was back in the boardroom barking a heady concoction of criticism and creative wordplay at a bevy of terrified young business hopefuls.

The former Spurs owner is the star of the show, no doubt, yet his sidekick, Karren Brady, is every bit the mirror image of the man – perhaps with even greater finesse and flair. The 52-year-old London-born businesswoman is upmarket to Lord Sugar's 'Saturday market', a reputation she has garnered across three decades of being one of the country's most successful and inspiring women in commerce.

Brady's is a prolific business brain, a cornerstone for the elevation of women in the workplace, and someone who relished the prospect of battling off sexism and chauvinistic attitudes when she first strode into the public consciousness at the start of the 90s.

At Birmingham City, she became the football industry's first-ever female managing director, at the age of just 23. Now vice-chairman at West Ham United, Brady was awarded a CBE for services to entrepreneurship in 2014, and finds herself at the very top tier of women in business.

Her commercial gravitas places her alongside the likes of Deborah Meaden, Mary Portas, Jacqueline Gold CBE and Baroness Michelle Mone OBE. Yet the cameras and flashbulbs shouldn't conceal a hard business edge that has helped West Ham United elevate themselves into an accomplished, established Premier League side, who now harbour genuine ambitions of Champions League football.

"In the early days, I had to overcome all those judgements, all that behaviour, but I loved getting stuck in and proving I had what it took," she says.

"I never doubted myself, not for a single second, and as the saying goes, if you can prove yourself at a football club, you can probably do it anywhere.

"For me, it's about innovation and hunger," she continues. "I've always had ideas, but they will only take you so far. What really gets you across the line is knowing how to formulate those bits of inspiration and then get them actioned."

Brady admits that time away from business offers her the best chance of crystallising those innovative thoughts – yet this is someone who returned from the birth of her second child after just six weeks, and was back working within a month of a potentially fatal cerebral aneurysm.

She added: "The moment business stops thrilling me is the moment I will walk away. You look at the good contestants on *The Apprentice* and they are thirsty for it – you can just see it in them. I love the process. Each time, I sense something special, and that's what makes it such great television, and such a great industry to be involved in."



PUZZLES & TRIVIA

PUZZLES

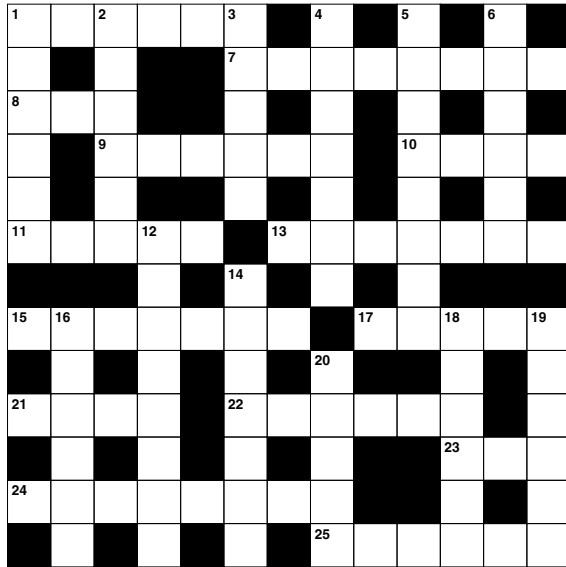
Answers: see end of The VISION Listings

ACROSS

- Set fire to (6)
- Extremely tall (8)
- Arrest (3)
- Relating to a wedding (6)
- Main island of Indonesia (4)
- Discharge (5)
- Writing implements (7)
- Rise into the air (of an aircraft) (4,3)
- Determine the quality of an ore (5)
- Unit of length (4)
- Capital of Germany (6)
- Pecan, for example (3)
- Reference point; norm (8)
- Hearts (anag) (6)

DOWN

- Refuse to acknowledge (6)
- Take small bites out of (6)
- Composition for a solo instrument (5)
- Be too hot (7)
- Protrudes (8)
- Cry and sniffle (6)



- Infectious (8)
- Unconventional (7)
- Inborn (6)
- Poem of fourteen lines (6)
- Young people (6)
- Newly-wed (5)

DID YOU KNOW?

- ▶ A black bear has 42 teeth
- ▶ After digesting a meal, rabbits will sometimes eat their faeces to process the food for a second time
- ▶ A cat spends most of its life sleeping
- ▶ Giraffes' tongues are so long they can clean their own ears
- ▶ A koala sleeps for between 16 and 20 hours every day
- ▶ Birds require gravity to be able to swallow their food
- ▶ A narwhal tusk is actually just an inside out tooth
- ▶ Sloths can take up to a month to completely digest a single leaf
- ▶ Spiders are arachnids, not insects.

SUDOKU

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

See the difference

Daylight Installations Ltd provide market leading products, installed to the highest possible standards

Making a more informed decision

Our team will always offer you drawings and specifications along with your estimate of cost, because all our estimators have survey training, our estimate costs are very accurate. So, you have no need to worry about additional costs later on.

Detailed survey by a fully qualified surveyor

Our surveyors are fully qualified and continually trained directly by Certass, detailed specification will be made and installation assessments made, our survey will be the most detailed of all the paperwork you will receive.

Confirm all the details

As a contractor that is governed by Certass it is a requirement that we provide every customer with a consumer contract, this explains the work and specification in detail that is going to be carried out by us. Leaving nothing to chance.

Specification sent to manufacturing preparation

Our manufacturing teams will carry out the production of the products as described in our specifications, using only quality materials, you can expect furniture and locks from quality names such as Yale & Ultion.



DaylightInstallations
Windows, Doors & Conservatories



When it comes to Home Improvements Why would you go anywhere else?

Design & Installation Affordable Quality Products
Market Leading Technologies
All Work Guaranteed

For information please contact

01702 813 458

www.daylightinstallations.co.uk



How to make a homemade kite

No childhood would be complete without learning to fly a kite, but why go to all the expense of buying one when you can easily make your own? Plus, your kids will love creating their own bespoke design.

YOU WILL NEED:

- > ½ inch (90cm) round wooden dowel
- > Ball of string
- > Small handsaw for cutting
- > Lightweight craft paper
- > Scissors
- > Glue
- > Roll of ribbon
- > Craft paints and brushes
- > A toilet paper roll

HOW TO MAKE:

- > Cut the dowel into two pieces – 1x30cm and 1x60cm
- > Carefully cut grooves into the ends of each dowel using the handsaw. Adult supervision is required for these first two steps
- > Arrange the dowels into the shape of a cross with the horizontal piece north of the centre
- > Wrap a piece of string several times to secure and tie off with a double knot
- > Run a length of string around the outside of the frame, tucking it into each groove, to create the kite frame
- > Secure the ends with a knot and cut off any excess string
- > Cut a piece of craft paper slightly bigger than the kite frame, allowing around 2-3cm excess on each end
- > Use scissors to cut around the kite, leaving a 2-3cm border
- > Fold the edges over the string and secure with glue.
- > Allow to dry and then paint your design
- > Once dry, cut a 30cm piece of string, fold it in half and tie a loop at the end
- > Tie the loose ends onto the horizontal dowel
- > For the tail of the kite, cut 6x10cm pieces of coloured ribbon and a piece of string 45cm long
- > Tie each ribbon around the string, knotting in the centre
 - > Tie one end of the string around the wooden dowel at the bottom of the kite
 - > Take a long length of string (depending on how high you want to fly your kite), tie around the toilet paper roll and secure with a knot.



Did someone say PANCAKES FOR ALL?

Whether you are trying a new diet, suffer from food allergies, or have become intolerant to a certain ingredient, the below alternative pancake recipes are just what you need

GLUTEN-FREE PANCAKES – serves 4

You will need:

125g gluten-free plain flour | 1 large egg | 250ml milk

How to make:

- > Put flour into a bowl and make a well in the centre
- > Crack in the egg and add ¼ of the milk
- > Combine using a hand or electric whisk
- > Once smooth, mix in another ¼ of the milk and whisk again
- > Mix in the remaining milk.

SUGAR-FREE PANCAKES – serves 4

You will need:

125g plain flour | 1 large egg | 250ml milk | ½ tsp baking powder | ½ tsp vanilla extract | Pinch of salt | Generous pinch of cinnamon

How to make:

- > Mix all the dry ingredients in a bowl
- > Mix all the wet ingredients in a separate bowl
- > Pour the wet mixture into the dry ingredients and whisk together.

DAIRY-FREE PANCAKES – serves 4

You will need:

125g plain flour | 1 large egg | 300ml hemp or coconut milk

How to make:

- > Put flour into a bowl and make a well in the centre
- > Crack in the egg and add 100ml of milk
- > Whisk until you have a smooth paste
- > Add another 100ml of milk and whisk again
- > Mix in the remaining milk.

HOW TO COOK PANCAKES:

1. Leave the mixture to sit in the fridge overnight if possible, or for at least 30 minutes
2. Set a non-stick frying pan or crêpe pan over a low to medium heat
3. Carefully wipe the pan with a piece of oiled baking paper
4. When hot, pour in a small amount of batter and cook for 1-2 minutes on each side until golden
5. Do not flip when bubbles start to appear, but when the bubbles start to pop and form holes.





BEAN Bonanza

Dried beans often don't get the attention and appreciation they deserve, with many people allowing them to languish at the back of their cupboards. However, with so many different varieties, each with its own taste, texture and accompanying health benefits, you'd be foolish not to take advantage of these bountiful beans.

PINTO BEANS
Meaning 'painted' in Spanish, pinto beans are orange-pink with rust-coloured specks. High in fibre and protein, they provide an earthy flavour and smooth texture. Use to make refried beans or dips, or add to stews.

CANNELLINI BEANS
Also known as white kidney beans, cannellini beans offer a nutty taste and boast a thick texture on the outside, with a smooth centre. Known for their healthy credentials, cannellini beans help the body eliminate toxins. Delicious mashed or added to pasta dishes.

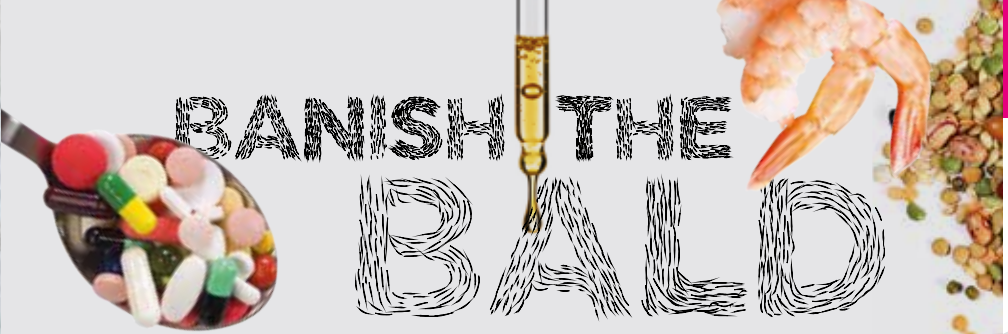
CHICKPEAS (GARBANZO BEANS)
Used predominantly to make hummus, chickpeas are round in shape, firm in texture and offer a nutty taste. Packed full of fibre and

protein, chickpeas are also known to lower cholesterol. Roast with olive oil for a crunchy snack, or add to curries.

BLACK BEANS
A staple in Mexican cooking, black beans have a velvety-smooth texture and a mild flavour. With a lower glycaemic index than other high-carb foods, black beans also contain magnesium, calcium, iron and zinc. Add to soups, salads and casseroles, or as an alternative for meat or even flour.

KIDNEY BEANS
Instantly recognisable by their vibrant red skin, kidney beans have a mild flavour, making them ideal for adding to chilli recipes. Containing as many antioxidants as blueberries, they are also rich in protein, omega-3 fatty acids and iron. Add to rice, tacos or curry, or mash to make a dip.

HOW TO COOK DRIED BEANS
Dried beans treble in volume when cooked and need to be soaked, preferably overnight, in cold water to soften before cooking.



Male pattern baldness affects 6.5 million men in the UK. Although it is most common in men aged 60 and over, it can also occur in males in their 20s and 30s. It is caused by a number of hormonal and genetic factors, but you can fight back against male hair loss with the below vitamins.

BIOTIN
If you follow the keto diet, have had bariatric surgery, or you drink high amounts of alcohol, you could have low levels of the vitamin biotin in your body, which can result in hair loss. By taking a biotin supplement, you can get rid of this deficiency and should see either a stabilisation of hair loss or even a reversal.

VITAMIN D
A deficiency in vitamin D is common in vegans, people with milk allergies, those with Crohn's or celiac disease, and men who don't get enough sunlight. Vitamin D is needed to generate new hair follicles, and a prolonged deficiency can result in brittle hair and hair loss.

ZINC
Low zinc intake has been linked to a range of hair loss conditions such as alopecia and telogen effluvium, which is a hair thinning disorder that is often caused by stress. By increasing your zinc intake, you can boost sebum production, increase hair growth, and protect your hair cells from free radicals.

VITAMIN E
Vitamin E is best known for its antioxidant properties that help to protect the body's cells. Early research indicates that vitamin E can also help to improve overall scalp and hair health. More specifically, it may be able to reduce oxidative stress in the scalp, which has been linked to hair loss.

- HOW TO PROMOTE HAIR GROWTH:**
- > Take a supplement
 - > Eat zinc-rich foods such as meat, shellfish and legumes
 - > Massage a vitamin oil into your hair
 - > Use a vitamin-based shampoo and conditioner.



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



Get the hang of the **HANDSTAND**

Instagram is awash with Lycra-clad ladies and muscled men perfecting the art of the handstand without even breaking a sweat.

Unfortunately, for us mere mortals, it takes a little bit more practice to enjoy living the upside-down life, but the below exercises should help you get there eventually.

THE HOLLOW HOLD

How to do:

- > Lie face up on the floor with your arms overhead, your biceps by your ears and your legs outstretched
- > Lift your legs and your arms so that both your feet and your shoulders are off the ground
- > Try to keep your head in a neutral position to avoid strain
- > Hold for 30 seconds and repeat twice.

THE PIKE HOLD

How to do:

- > Find a box or chair that can comfortably support your weight
- > Crouch facing away from the box or chair with your hands shoulder-width apart on the floor
- > Slowly step one foot up on top of the box and then the other and lift your hips upwards
- > Walk your hands closer to the box, aligning your hips over your shoulders and over your wrists
- > Gradually straighten your legs to form an L shape
- > Hold this position for as long as you can and repeat three times.

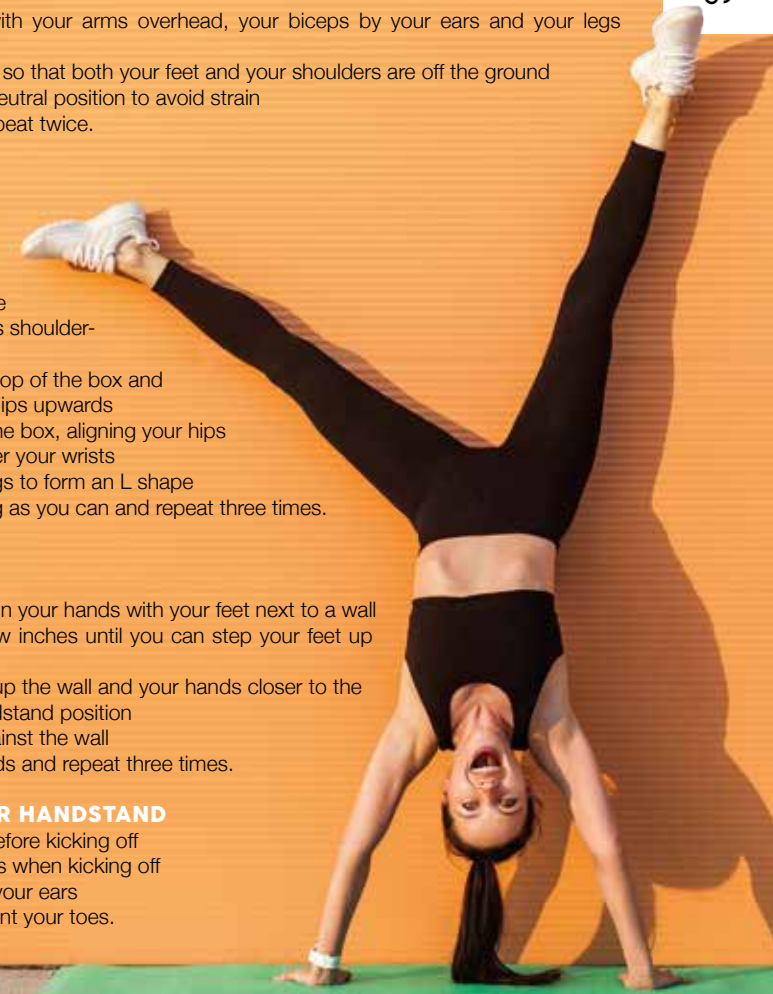
THE WALL WALK

How to do:

- > Get into the plank position on your hands with your feet next to a wall
- > Walk your hands back a few inches until you can step your feet up onto the wall
- > Continue walking your feet up the wall and your hands closer to the wall until you are in the handstand position
- > Try not to lean your hips against the wall
- > Hold for two to three seconds and repeat three times.

TOP TIPS FOR A BETTER HANDSTAND

- > Try to activate your glutes before kicking off
- > Push through your shoulders when kicking off
- > Lock your arms straight by your ears
- > Keep your legs tight and point your toes.



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



RAYNAUD'S

Awareness Month

Although relatively unheard of, Raynaud's disease is a common condition that affects up to 10 million people in the UK. While for most people, Raynaud's disease isn't disabling, it can have a negative impact on their quality of life.

What is Raynaud's disease?

Raynaud's disease, pronounced Ray-nodes, is a condition that affects the blood supply to certain parts of the body, usually the fingers and toes. Raynaud's is typically triggered by cold, anxiety or stress.

There are two types of Raynaud's disease: primary Raynaud's and secondary Raynaud's. The former develops on its own and is much more common, whereas the latter is caused by another health condition.

What are the symptoms of Raynaud's disease?

- > Cold fingers or toes
- > Colour changes in your skin in response to cold or stress (usually skin turns white and then blue)
- > Numb, prickly or stinging feeling upon warming up or stress relief.

While Raynaud's disease most commonly affects the fingers and toes, it can also affect your nose, lips, ears, and nipples.

What causes Raynaud's disease?

There are certain factors that make you more likely to develop primary Raynaud's disease, including:

- > **Sex.** Women are more likely to be affected than men.
- > **Age.** Raynaud's disease tends to develop between the ages of 15 and 30.
- > **Climate.** This disorder is more prevalent in colder climates.
- > **Family history.** If a first-degree relative has Raynaud's disease, your risk increases.

Secondary Raynaud's disease is associated with autoimmune conditions such as rheumatoid arthritis and lupus.

How to treat Raynaud's disease

In most cases, you can manage Raynaud's yourself by avoiding the cold, wearing gloves, and using relaxation techniques when you feel anxious or stressed. Stopping smoking can also help to improve your symptoms, as smoking negatively affects your circulation.

If you struggle to control Raynaud's, ask your GP about nifedipine, a calcium channel blocker that can help to reduce your symptoms.





HOW TO boost YOUR METABOLISM

If you are trying to lose weight, you may have heard about the benefits of boosting your metabolism.

While your body is constantly burning calories, boosting your metabolism can give you that extra edge when it comes to weight loss.

1. FOCUS ON STRENGTH TRAINING

If you tend to stick to basic cardio when it comes to working out, you should know that this is not the best way to boost your metabolism. Instead, turn your efforts to strength training and high-intensity workouts that will keep your body burning more calories for longer.

2. INCREASE YOUR FIBRE INTAKE

Most adults are only getting a little more than half of their recommended daily intake of fibre. However, by simply increasing the amount of fibre you eat to 30g per day, you can lose weight just as effectively as when counting calories. High-fibre foods include lentils, beans, chickpeas, broccoli, whole grains, dried fruits, and avocados.

3. GET SUFFICIENT SLEEP

A lack of sleep can cause a hormone imbalance in the body that directly affects both your hunger levels and your appetite. While a lack of sleep does not decrease your metabolism, it can make you metabolically groggy. However, by getting the recommended amount of sleep (seven to eight hours per night), it is much easier to maintain a healthy weight.

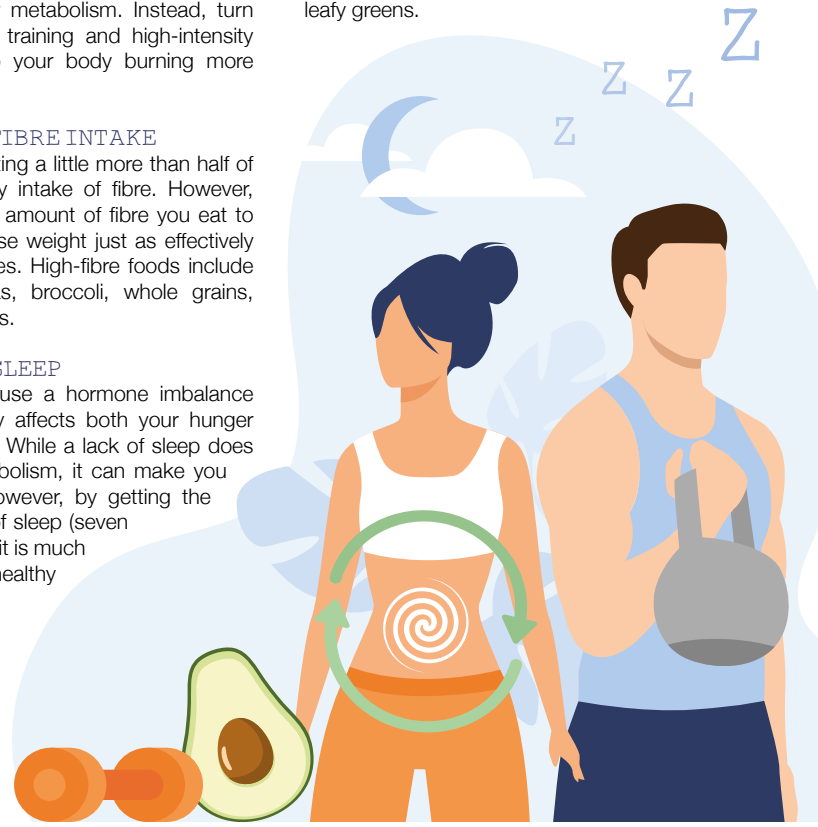
4. STAND UP MORE

Office workers spend an average of 75 per cent of their day sitting down. However, standing up is

crucial for those wanting to boost their metabolism and burn more calories. Try investing in a standing desk or ensure you take regular breaks throughout the day.

METABOLISM-BOOSTING FOODS:

- > Protein-rich foods such as eggs, almonds, chicken breast, oats, and cottage cheese
- > Spicy foods that contain fresh or dried chilli
- > Iron-rich foods such as spinach, kale and other leafy greens.



Orthopaedic services

Nuffield Health Brentwood Hospital

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

Treatments include:

- ◆ Hip and knee surgery
- ◆ Hand, wrist, elbow or shoulder injury
- ◆ Back and spinal or sport injury
- ◆ Foot and ankle surgery and joint injections.

For more information call **01702 898036** or visit nuffieldhealth.com/hospitals/brentwood



BRITAIN'S GREATEST SPORTING MOMENTS...

ANFIELD 1989

EACH MONTH, WE LOOK AT A SIGNIFICANT EVENT IN BRITISH SPORTING HISTORY. THIS MONTH, WE RECOUNT AN INCREDIBLE NIGHT AT ANFIELD ON MAY 26, 1989

That the 1988/89 season came down to the final fixture, Liverpool vs Arsenal at Anfield, and almost the final kick of a tumultuous league campaign, was horribly cruel on home supporters who had seen their lives, their club and their community ripped apart by the Hillsborough tragedy just six weeks previously.

Some questioned whether the season should have been completed at all following the tragic incident in which many fans lost their lives on the Leppings Lane terrace. But finished it was, and despite a horrendous backlog of fixtures, Liverpool bridged a 16-point deficit to lead Arsenal by three points going into the final game.

Arsenal required a two-goal victory in order to take their first league title in 18 years, and although Alan Smith's first-half header gave them the lead, Liverpool sat back and defended their

deficit in the second half.

Into the final minute, and Lee Dixon's long ball to Michael Thomas took a double deflection, bouncing ahead of the Arsenal man to send him clear on goal. As the ball approached home keeper Bruce Grobbelaar, time appeared to slow down, as legendary ITV commentator Brian Moore muttered those immortal words: "It's up for grabs now."

The midfielder arrowed the ball to the keeper's left and the Gunners had pulled off the most remarkable season finale.

Liverpool fans stayed behind to clap the victors as well as their fallen heroes, and the iconic match has been the basis of many books and dramas since, not least Nick Hornby's *Fever Pitch*.

It was a conclusion to a torrid season that will never be forgotten, nor beaten.

Photo credit: Colorsport/shutterstock



UNUSUAL SPORT...

KNOB THROWING



Photo credit: www.dorsetknobthrowing.co.uk

Only in Dorset would the gift of a hearty, wholesome biscuit be rewarded with the recipient promptly throwing it as far as they possibly could into a field.

Yet rather than taking the position of a biscuit besmircher, the matter in hand – or rather, out of it – is all part of the sport of Knob throwing, the Dorset Knob being the name for a traditional biscuit baked in the south-west. And while you may attempt to stifle that snigger, consider the fact that we've all been eating Hobnobs for years without even a second thought for the name.

While the biscuits have been in production since the end of the 19th century, the sport itself is a relatively new entity. It was first held in 2008 at the Frome Valley Food Festival in Cattistock, with the intention of promoting local specialities and producers – although how this translated into unceremoniously launching the produce around a field remains unclear.

It's said that the idea came about thanks to a documentary from actor Robbie Coltrane, which featured people throwing Yorkshire puddings. And it's fair to say the Dorset Knob has now gone on to supersede its Northern edible cousin. The event has taken place every year since, with the exception of the last two iterations when the festival was cancelled because of COVID-19.

During the sport, three Knobs are thrown from a designated line, with the longest effort recorded. There are no age restrictions, and the record for the longest throw is in excess of 30 metres.

The festival also encompasses Knob eating, Knob painting, a Knob and spoon race, guess the weight of the big Knob, Knob darts, and a Knob pyramid, and is scheduled to take place this year on May 1.

With normal life returning to both our city and rural areas, don't be surprised to see copycat Knob throwing up and down the country – it's a (biscuit) barrel of laughs.

WHAT A KNOB



BRAMBLES
ADALAH

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



SMALL BUSINESSES ARE OUR BIGGEST PRIORITY



ACCOUNTANCY SERVICES LTD

Contact us to discuss all your accounting needs

07368 821345
www.bspaccountancyservices.co.uk
ben@bspaccountancyservices.co.uk

41a Ambleside Drive, Southend-on-Sea, SS12UT





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



BRUCE KING

on 'The convincer'



Parrot PHRASING



BUSINESS & PROPERTY

In his latest column, sales mentor and personal growth coach, Bruce King, discusses an easy technique to help bring people round to your way of thinking.

There are so many ways to get people on your side, so let me share just one technique. It's the use of paraphrasing and parrot phrasing.

Paraphrasing means you repeat something back to someone in your own words; alternatively, when a prospect hears you using their words, that's parrot phrasing.

Here's an example from when my wife and I were visiting a car showroom.

I said to the salesman: "We're off on a skiing holiday and I'm looking for a car that's safe in snow, has a built-in roof rack that will take at least three pairs of skis, and a big boot for luggage. And I need one with some speed for the autobahns and power to get me up steep hills in the snow."

He led me over to a car and said: "This car goes like a rocket, has four-wheel drive, will easily take

skis, and has a big boot too!"

That was paraphrasing. I was not convinced he understood precisely what I wanted.

What he should have said is: "Here's the Audi XYZ, ranked number three on the safe car list, four-wheel drive – really safe when driving in snow. There's a built-in roof rack with plenty of room for skis and a massive boot for your luggage and ski equipment. It has a powerful but economic engine with tremendous speed when you want it, and lots of power to get you up steep hills."

That's parrot phrasing. It tells me what I want to know, in words I used, and builds up great rapport.

So, from now on, don't paraphrase. Instead, be a parrot when convincing people.

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



Top LGBTQ+ DESTINATIONS for 2022

To celebrate LGBT+ History Month, we have sought out the top six most welcoming cities across the globe for LGBTQ+ visitors.

1. SAN FRANCISCO, UNITED STATES

One of the most progressive cities in the United States, San Francisco is known as the LGBTQ+ capital of America and boasts a rich history of gay rights activism.

Head to the Castro District, or visit in June to enjoy the annual Pride parade.

2. COPENHAGEN, DENMARK

Denmark was one of the first countries to legalise same-sex civil partnerships and has a long reputation for inclusive social attitudes.

Visit Centralhjørnet, one of Europe's oldest gay bars, or celebrate Pride in August.

3. SYDNEY, AUSTRALIA

Welcoming and open-minded, Sydney is a great destination for LGBTQ+ travellers. Whether you are single or coupled up, head to Oxford Street to experience this city's vibrant nightlife with an

abundance of LGBTQ-friendly clubs and bars.

Book a flight for late February/early March to enjoy Sydney's famous Gay and Lesbian Mardi Gras.

4. TORONTO, CANADA

Canada has some of the most progressive laws on LGBTQ+ rights in the world, so you can expect an accepting attitude when you choose to holiday here.

Make a beeline for the lively Church and Wellesley district to experience a thriving LGBTQ+ scene.

5. BRIGHTON, UNITED KINGDOM

If you want to stay in the country, Brighton is often considered the LGBTQ+ capital of Britain. With no shortage of LGBTQ-friendly bars, clubs and hotels, as well as an annual Pride parade in August, you will feel right at home in this vibrant seaside town.

6. MANCHESTER, UNITED KINGDOM

Another UK destination, Manchester's notorious Gay Village is a must-visit for any LGBTQ+ traveller. Known for its lively nightlife, Manchester has also received global recognition as one of the most LGBTQ-friendly cities in the world.



LEATHER-FREE ALTERNATIVES

for the cruelty-free fashionista



Whether you are embracing a vegan lifestyle or are keen to explore ethical fashion, these innovative leather-free alternatives are taking the fashion world by storm.

MUSHROOM LEATHER

Made from the caps of a mushroom type called phellinus ellipsoideus, mushroom leather can be used and treated just like animal leather, but is engineered in an environmentally friendly way. As well as being sustainable, mushroom leather is water-repellent, non-toxic, durable and super soft.

PINEAPPLE LEATHER

The most widely known and widely used leather alternative, pineapple leather – also known as Piñatex – is made using pineapple leaves which otherwise would be burnt or discarded. Strong, durable, lightweight and breathable, this leather-free alternative is also significantly cheaper than animal leather.

CORK

Although not an imitation of leather, cork is a great choice for forward-thinking fashionistas. Sturdy, waterproof, recyclable and renewable, if you love to stand out from the crowd, this quirky, cruelty-free material is the one for you. It is a natural fibre that comes from cork trees, and by rocking cork, you are actively helping to prevent the desertification of cork oak forests.

RECYCLED RUBBER

If you are looking for leather-free accessories, then recycled rubber is just what you need. Created from objects like tyres and fire hoses, rubber is easy to care for and incredibly long-lasting. However, as this material does take a long time to break down, only invest in recycled rubber items if you plan to use them indefinitely.

APPLE LEATHER

Apple leather, as the name suggests, comes from apple harvesting. Made using the discarded skins and cores, apple leather is very similar in appearance to animal leather, but has a more paper-like feel. This means that it is the perfect texture for adding different backings, coatings and effects to garments.



MOTORING



50 years of RENAULT 5

ICONIC, ANGULAR AND LIKE NOTHING THE UK CAR MARKET HAD SEEN BEFORE, WE LOOK BACK ON THE LAUNCH OF THE RENAULT 5 50 YEARS AGO

The Renault 5, for a long period, would be regarded as one of the most iconic run-around cars on the road.

Its launch on January 28, 1972, ushered in an era of convenience motoring, where the ranging, gas-guzzling saloons were finding themselves put to one side in preference for modern machines that would set the trend for years to come. They were a world away from the old-fashioned Hillman Imps, and became the precursor for the trendy hatchback.

The original 5, which would stay in production for 14 years, with more than five-and-a-half million being produced, almost never happened at all. Michel Boué, a Renault employee, sketched a design for the car in his spare time and outside his normal duties.

It was only because Renault executives heard

about the popularity of his drawings that they asked to take a look. So impressed were they that they authorised an immediate development programme.

The public was similarly taken with a model that combined sharp lines with Gallic flair – a so-called ‘supermini’ with a hatchback design that contained the unusual feature of taillights that progressed right the way up from the bumper.

The model’s launch price in the UK was £4,149 – that’s around £60,000 today factoring in inflation – though despite the hefty figure, sales were good.

In the years that followed, Renault would cement the status of its iconic model by launching a number of variants, including an Alpine model, a US version called Le Car, and even a Turbo option that competed successfully in motorsport events.

A second generation came about in 1984, with production finally ceasing in the mid-90s. Sadly,

Boué died of cancer in 1971, just months before the car he designed hit the market, but his legacy continues to live on.



Only £895 for a fully fitted electric door.
Gotta get a Garolla.

NOW ONLY £895 WAS £1,354 INC VAT

WHAT'S INCLUDED WITH EVERY DOOR:

- FREE EXPERT MEASURING & FITTING
- TWO REMOTE CONTROLS
- ACOUSTIC & THERMAL INSULATION
- AVAILABLE IN 21 COLOURS
- FREE DISPOSAL OF YOUR OLD DOOR

Offer valid for openings up to 2.6m wide & inc; 2 remote controls, 55mm white slats, internal manual override.

Garolla garage doors are strong and solidly built. They're made to measure in our own UK factories. The electric Garolla door rolls up vertically taking up only 8 inches inside your garage. Our expert installers will fit your new door and take away the old one so there's no mess.

Give us a call today and we'll come and measure up completely Free.

GAROLLA
ROLLER SHUTTER DOORS
GOTTA GET A GAROLLA

CALL US TODAY
ON **01702 910 173**
MOBILE
07537 149 128
www.garolla.co.uk

PROGRESS CHARGING POINTS LTD

YOUR LOCAL EV CHARGING POINT INSTALLER

Office for Zero Emission Vehicles

CONTACT US FOR A FREE SITE SURVEY
01702 428981

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

Checkatrade.com
Where reputation matters



Weather WATCH



How reliable are the weather forecasts on our phones?

As rapidly changing mediums go, the weather is one of the most extreme, yet we hang so much hope on forecasts and will happily berate the weather forecaster when expected rain – or worse, sunshine – doesn't materialise.

We are equally scathing when the technology we use – online or via apps – on our computers, tablets and phones doesn't warm our spirits as far as the weather goes. And yet, our gadgets are more accomplished and accurate than ever when it comes to giving us an indication of what lies ahead.

The simple rule as far as weather goes is that the shorter the period, the more accurate the prediction. So while modern forecasts are pulled together by networks of computerised data, in simple terms, only short-term predictions are ever to be taken as gospel.

Any predictions beyond three weeks are, essentially, guesswork, while a margin of error of around two to three degrees Celsius can be expected for forecasts around a week away. That drops to a single degree when the prediction timeframe is condensed to 48 hours.

The most popular weather apps

The Weather Channel: Powered by IBM, this is the most accurate by detail and track record.

Dark Sky: This app is so good that Apple bought the company to ensure its bright interface and easy-to-understand design stayed exclusive to iOS.

AccuWeather: The firm celebrates 50 years of predicting the weather in 2022 and its app remains one of the most detailed out there.

BBC Weather: The most popular app in the UK, its popularity has much to do with our use of other Beeb assets, namely the website and iPlayer.

Carrot Weather: This chipper weather app combines accurate forecasts with sarcasm, wit and philosophy, and is well worth a look.

How tall?

WHAT ARE THE TALLEST MAN-MADE BUILDINGS AND STRUCTURES IN THE UK?

The UK is famous for its historic buildings, including more than 4,000 castles, palaces, and sprawling country estates. But modern Britain is home to some amazing skyscrapers and tall buildings too. But what are the tallest buildings and structures in the UK?

TALLEST BUILDING: THE SHARD

The accolade for tallest building goes to The Shard, located in London, standing at 310 metres (1,020 ft) tall.

Construction on The Shard began in 2009 and was completed in 2012, before officially opening to the public in February 2013. It's home to several offices, multiple restaurants and bars and, of course, the Shangri-La Hotel, giving visitors plenty of places to enjoy some of the best views in the whole of London.

TALLEST STRUCTURE: THE SKELTON MAST IN CUMBRIA

While The Shard is recognised as being the tallest building in the UK, it doesn't clinch the title of tallest structure. That honour goes to the Skelton Mast in Cumbria, a communications mast standing at an impressive 365 metres.

The Skelton Mast may not be the most photogenic of structures, but its size is still impressive.

BUILDING VERSUS STRUCTURE: WHAT'S THE DIFFERENCE?

So if the Skelton Mast is the UK's tallest structure, why isn't it classed as the tallest building? That's because a building is a closed structure and therefore has walls and a roof – giving The Shard the edge to be named the UK's tallest building.

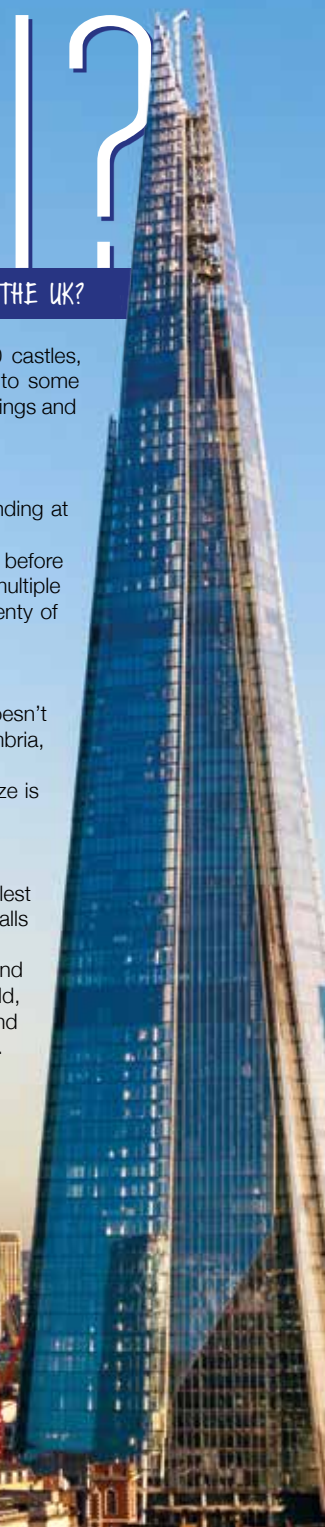
While The Shard and the Skelton Mast take the prize for tallest building and structure in the UK, they're a long way from being the tallest building in the world, with the Burj Khalifa in Dubai standing at a huge 828 metres tall. The second tallest building is Merdeka 118 in Kuala Lumpur, standing at 678.9 metres tall.

If you've never been to The Shard or the Skelton Mast, perhaps you need to add them to your bucket list.



Photo credit: Michael Whitfield/Skelton Transmitting Station for Wikimedia Commons

The Skelton Mast in Cumbria



THE VISION LISTINGS

ARTIFICIAL GRASS

DICKINSON MOORE LTD

Massive Sale, Massive Stock. Tel: 01268 680762 | Email: canvey@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

BUILDING

ADDSpace LONDON LTD

We provide a high quality Building service. Extensions, lofts and internal renovations. Members of Federation Master Builders. Call 01702 898037

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

DRY CLEANERS & IRONING SERVICE

PRESTIGE DRY CLEANERS

FREE Collection & Delivery on all cleaning. Dry Cleaning, Household Laundry, Curtain Cleaning, Service Washes, Ironing. Call Chris anytime on 07468 142402

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 715931 | 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

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

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

THE VISION LISTINGS

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

OVENGLEAMERS

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

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/repared, 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

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**.

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

ACROSS: 1. IGNITE, 7. TOWERING, 8. NAB, 9. BRIDAL, 10. JAVA, 11. EJECT, 13. PENCILS, 15. LIFT OFF, 17. ASSAY, 21. INCH, 22. BERLIN, 23. NUT, 24. STANDARD, 25. EARTHS
DOWN: 1. IGNORE, 2. NIBBLE, 3. ETUDE, 4. SWELTER, 5. PROJECTS, 6. SNIVEL, 12. CATCHING, 14. OFFBEAT, 16. INNATE, 18. SONNET, 19. YOUTHS, 20. BRIDE



Helping you get
better, faster

The UK's largest network of private hospitals

Southend Private Hospital

Part of Circle Health Group



01702 608908



15-17 Fairfax Drive,
Westcliff-on-Sea, SS0 9AG



www.bmihealthcare.co.uk

Services

- Cataract Surgery
- Laser Cataract Surgery
- Refractive Eye Surgery
- Age-Related Eye Diseases
- Cosmetic Eyelid Surgery
- Carpal Tunnel Release
- Hand Surgery
- Skin Cancers