

**HOW TO
MAKE
BUBBLE
TEA**

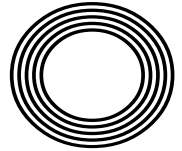
**FIVE
TIPS FOR
HIRING
A CAR**

Remembering jockey
LESTER PIGGOTT

NATURAL REMEDIES
to treat sunburn this summer

Sue
BARKER CBE

Presenter announces Wimbledon retirement after 30 years



FREE

Photo credit: BBC

Bespoke Surfaces

Resin | Paving | Stone

WE SPECIALISE IN ALL TYPES OF OUTSIDE SURFACES INCLUDING BESPOKE DRIVES, PATIOS & PATHS IN

- RESIN BOND
- RESIN BOUND
- RESIN CARPET
- PORCELAIN SLABBING
- NATURAL STONE
- BLOCK PAVING



**FREE ESTIMATES
PROFESSIONAL SERVICE**

CALL EMAIL OR VISIT US

WWW.BESPOKE-SURFACES.COM

RING KEVIN ON 07810 071118

OFFICE 01702 541514

INFO@BESPOKE-SURFACES.COM





Editor's notes...

JULY 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** LeighThorpeBay. I write this after the pomp and pageantry of the Queen's Platinum Jubilee, and still with the sounds of regal fanfare, tradition and celebration ringing in my ears.

For all the conjecture about the Royal Family and their relevance to our lives in 2022, a four-day weekend of celebrations I felt was a fitting tribute to a wonderful lady, Queen Elizabeth II.

And yet, what inspired and delighted me most weren't the big events at Buckingham Palace and St Paul's Cathedral. I was instead charmed by the plethora of street parties held in every corner of the country.

It dawned on me how much I had missed these community get-togethers, where streets were cordoned off, children played until sunset and neighbours took real time to catch up.

We'd seen this indomitable spirit in those days of lockdown, where people rallied together, but the Jubilee weekend saw that notion played out in celebration rather than fear.

Finally, after missing out for two years, we could revel in what really matters - the people around us and the streets on which we live. It's proof, if it was ever needed, that big things come from small actions.

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, Dean Shaw

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

PHIL STALHAM PHOTOGRAPHY
OPEN 10AM WEEKENDS IN JULY
107 LEIGH RD SS911H

NEW EXCLUSIVE GARDEN FURNITURE SETS & GAZEBOS



Life Ibiza Curved Corner Set



Timber Corner Lava Carbon



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

Call 01702 904000

HIGHGATE
HOME • GARDEN • LEISURE

SHOWROOM: 327 Southchurch Rd, Unit 8 Southchurch Business Park, Southend-on-Sea, Essex, SS1 2PE

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



A RACE *for the* TAPE

CELEBRATING THE LIFE OF THE LEGENDARY JOCKEY, LESTER PIGGOTT

We are used to identifying icons in popular culture – stars who have committed decades to their pursuit, taken home countless honours and, in the process, inspired a generation to try to emulate their achievements.

As far as the sporting world goes, from Muhammad Ali to Serena Williams, Freddie Flintoff to David Beckham, we can reel off the names of defining stars with relative ease, though despite their intense and varied achievements, the question of whether they can rival those of the late Lester Piggott is an interesting one.

Certainly in terms of longevity of a professional career, none comes close. Piggott, who passed away in May, rode his first winner at the age of just 12, way back in 1948, at Haydock Park. And five decades later, he was still taking the plaudits – his last winner also came at the Merseyside track, at the age of 59.

In total, Piggott rode a colossal 4,493 winners – a sporting legacy fuelled by half a glass of champagne each day, a few coffees and a handful of cigars.

Nicknamed the Long Fellow, given that at 5ft 8in he was tall for a jockey, his pedigree in the saddle never faded, and to back up the admiration he gleaned as the UK's favourite jockey, he had a rogue-like edge that, while courting admiration from contemporaries – and the opposite sex – also landed him in hot water from time to time.

This was never more the case than when the champion jockey was arrested and found guilty of tax evasion in 1986. He was subsequently given a three-year prison sentence (later reduced to one year) and stripped of his OBE, as it transpired he hadn't declared £1.3million of income received from riding, plus a further £1million from bloodstock operations.

It seemed peculiar that a multimillionaire would feel the need to defraud the public purse, but Piggott was very much a man in his own creation, and abiding by the rulebook wasn't part of his plan.

"If I was to toe the line, I would never have got to where I was in my career; I would never have ridden my first horse when I was 12," he said in an interview with the BBC. "I always wanted to take things one step further, to push the narrative, to challenge boundaries.

"I think if you want to get somewhere and if you want to be someone, this is the route you need to take... even if sometimes it may not work out the way you planned."

In 2021, Piggott was one of the first two entrants in the British Champions Series Hall of Fame – alongside the horse Frankel.

Although a private man, in later years Piggott remained active in the horse racing world, and was a close friend of the Queen. He had two daughters and a son, and passed away in hospital in Geneva, Switzerland, on May 29, aged 86.



Full of PRIDE

CELEBRATING THE PROGRESS OF PRIDE IN THE UK AND ELSEWHERE

It's perhaps surprising to note that Pride, a collection of events that celebrate the progress and popularity of the LGBTQ+ movement, actually comes from a place of conflict.

Certainly, our modern interpretation of Pride and, by association, LGBTQ+ Pride Month, which took place in June, is one where people can express their sexuality in a way that brings it into mainstream conversation.

It wasn't always like this. Back in 1969, and under the moniker Stonewall, a series of riots around Manhattan provided a watershed moment. The name referenced the Stonewall Inn, a gay bar in Greenwich Village where transgender people rioted following a raid by police.

Looking now at the way Pride is encouraged in all its forms, it's clear we have come a long way since then.

In the UK, parades in London and Brighton are some of the most popular of any live events held to celebrate Pride. Across the pond, various US presidents have committed to referencing and promoting Pride Month, while corporations the world over throw their collective marketing might behind that familiar multicoloured flag.

What's more, last year the United Arab Emirates supported the LGBTQ+ community in a way they had never before by raising the rainbow flag to celebrate Pride Month; and with the World Cup due to be held in Qatar at the end of the year, the Middle East remains under significant pressure to uphold its renewed pledge for dignity and equality.

These days, Pride is more than a dress code, a parade or a festival. It is a 24/7 lifestyle that encompasses people of all different persuasions, in pursuit of respect, tolerance and understanding. And it's a battle that's being won.



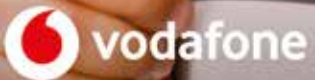
Photo credit: Birgitte Lucas/Shutterstock.com, Dave Smith, 1965/Shutterstock.com, Halcalica/Shutterstock.com, Ms Jane Campbell/Shutterstock.com

500Mbps
average speeds from
£33 a month*



Vodafone Full Fibre Broadband
Up to 25x faster and 5x more reliable than standard

Full Fibre without the price tag
Switch today
in-store | online | 08080 408 408



*Price rise by CPI+3.9% annually & £15 at the end of your 24m plan. Subject to credit check, acceptance, availability & terms: vodafone.co.uk/broadband
500Mbps: average download speed via wired connection. **25x faster:** Up to 25x faster than the average download speed of our standard broadband: Superfast 1 (35Mbps) vs. Pro Gigafast 900 (900Mbps) **5x faster:** Full fibre is up to 5x more reliable than fibre to the cabinet broadband. For verification see: vodafone.co.uk/broadband



CHASE HATTAN
WATCHES

MENS WATCHES WOMENS WATCHES VINTAGE



BUYING A WATCH

We stock not just the popular modern watches but vintage, collectable and everything in between. This includes watches from the 1960s to the modern day, and professional models from brands including Rolex, Cartier, Omega, Tag Heuer, Breitling and many more.



If we don't have it in stock, let us try and source it for you!

All of our watches pass through our in-house workshop and are presented with a 12 month guarantee, free delivery and 30 day returns.

SELLING A WATCH

We have been buying watches from the public for almost 10 years and always provide a fair price and a smooth, hassle-free selling process for our customers.



Send us over the details of the watch you're looking to sell either via email, WhatsApp or scan the below QR code for a link to our website and we will come back with a price.

We offer same-day bank transfer payment (ID required) and regular pickups in person across London and Essex or send to our Canary Wharf offices.

www.chase-hattan.com

info@chase-hattan.com

0203 059 7942

07719717980

40 Bank Street, 18th Floor,
Canary Wharf, E14 5NR

Rated Excellent on
Chase Hattan ★ Trustpilot

[ChaseHattanLondon](#)

[ChaseHattanWatches](#)

SCAN THE QR CODE TO
SEE OUR STOCK!



Calling all SHOPPING ADDICTS

In a recent study, London has been named the second best city for shopping in the world, with an overall shopping score of 8/10. The results come just days after the capital was crowned the third most popular city on the planet.

and its place as one of the world's most ideal cities for shopping is well established."

The study also revealed that London has a whopping 19 Rolex retailers.

HOW DID THE STUDY SCORE EACH CITY?

The study analysed cities all around the world based on the number of shopping locations, number of fashion shops within one mile, number of shopping malls within one mile, number of boutiques within one mile, and number of designer boutiques in the city.

WHO TOOK THE TOP SPOT?

Tokyo was crowned the number one shopping city in the world, with an overall shopping score of 9/10, boasting an impressive 1,970 shopping locations and 240 shopping malls and fashion shops within one mile. Paris took the third spot, with Sydney, New York and Boston also ranking strongly.

HOW DID LONDON FARE?

London ranked in second place due to gaining the second highest number of shopping locations (1,221) and its number of boutique stores within one mile (102). The researchers were particularly impressed by London's variety, saying: "London is one of the fashion capitals of the world,

WHO CAME OUT WORST?

Vienna was named the worst city to shop in the world, with just 267 locations. Munich scored nearly as badly, with only 15 shopping malls and six boutique stores within a one-mile radius of the city centre.

BEST SHOPPING DESTINATIONS IN LONDON:

Oxford Street | Regent Street | Knightsbridge | Bond Street | Mayfair | Westfield | Carnaby Street | Covent Garden.





CHEF *select*

THE CHERISHED KITCHEN IMPLEMENTS OF THE COUNTRY'S BEST CHEFS

While a good workman doesn't blame his tools, for those who specialise in the wonder of food, the perfect kitchen implement can transport an everyday dish into a work of culinary completeness.

We have collated the must-have cooking utensils and items for a selection of the UK's leading chefs, and in some cases, the results were surprising.

JAMIE OLIVER: Globally famous chef and restaurateur. "An empty jam jar: super cheap and super useful, for anything from salad dressings and salsas to storing pulses and spices."

YOTAM OTTOLENGHI: Respected food columnist and chef. "For years I struggled with all sorts of mashers, then I found the Masterclass potato ricer. It fits in a drawer, it's easy to handle and clean, and creates a mega-smooth mash. I now use it for mashing all my root veg."

CLARE SMYTH: Michelin-decorated female chef and previous winner of the Chef of the Year award. "My Big Green Egg barbecue. You can put whatever you like on it, pull down the lid and leave it for hours without having to do anything at all. Good food made with ease and no stress."

TOM KERRIDGE: Owner of award-winning The Hand and Flowers pub. "My Homer Simpson bottle opener, a present from my personal assistant, Zabrina. Each time I open a bottle, it goes, 'Mmmmmm, beer'."

JAMES COCHRAN: Winner of *Great British Menu* 2018. "It has to be my Braun J300 Juicer. I've been making amazing juices every morning to ensure I'm full of energy for the day."

MARWA ALKHALAF: Co-owner of Michelin restaurant, Nutshell. "Rubber spatulas of all shapes and sizes. They don't scratch and ensure that every last bit is scraped up. When you are working with precise recipes, especially with pastries, it's crucial every gram is accounted for."

Photo credit: amazon.co.uk, claresmyth.com, biggreenegg.com, actionfiguresitalia.it, @cochran_ja @Twitter, greatbritishchefs.com



Jamie Oliver



Yotam Ottolenghi



Clare Smyth



Tom Kerridge



James Cochran



Marwa Alkhalaf

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



Artificial Grass Cleaning



Artificial Grass Cleaning Service

- Pet odour treatments – using pet & child friendly products
- Moss & algae removal
- Grass pile lifting using power brush
- Deodorise & sanitise

Call: **07985 149730**

www.bntartificialgrasscleaning.co.uk



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

WELCOME TO WELLNESS



Huge range of Spas & Pools
IN STOCK for immediate delivery!



Visit Hot Tub Barn in Wickford for the fabulous range of hot tubs and pools by Riptide. With three spa ranges, world leading exercise pools and a first class customer and after sales service, we have a model to suit you and your home. Call us now on **01245 265036**.



4 person
Tranquility Mayfair



5 person
Infinity 770



Poseidon 6.0 Duo Combination Pool



Earn **CASHBACK** on selected models*

Alton Garden Centre
Arterial Road, Wickford
SS12 9JG ☎ 01268 923773
hottubbarnc.co.uk

*Terms and conditions apply



Hot Tub Barn is rated Excellent based on 1,400 reviews



HOME & DIY

ART THERAPY

with *Rebecca Sicardi*

WHY REBECCA SICARDI'S DESIGN VISION IS GOOD FOR THE HOME AND THE MIND



We can all relate to a piece of furniture, or a space, or an entire house transporting us to a place of mindful calm, but designer Rebecca Sicardi took the concept one step further when launching her interior design business in 2017.

Despite studying History of Modern Art at Manchester University, it was only when she began decorating her duplex apartment in Hackney that the concept of satisfaction and gratification really came to the fore for the designer, who prioritises subtlety, restfulness, neutral shades and stripped-back finishes in order to promote a place of sanctity, harmony and calm.

She explains: "I don't think it's a secret that most of us will respond well to relaxed, subtle shades and tones, and they really are at the heart of what I create as a template for thought.

"On top of that, I will add context, detail and stimulation in the form of statement pieces or effects that really stand out."

By the designer's own admission, it's not a revolutionary way of thinking; however, in an era where we are impacted by so many modes and messages, reconnecting with sanity, clarity and a sense of clearness could be the ultimate antidote to the world's ills.

The words 'sensitivity' and 'sanctuary' permeate so much of what Sicardi styles, with pastels, wood, stone and rattan offering a base on which everything else can be constructed.

As for Sicardi's recommendations for others looking to follow her design style, she suggests always checking colours carefully, especially 'off-whites', valuing texture and materiality over almost anything else, and using a pared-back palette as a starting point before adding on top, while always telling a story through the art and furniture you select.

She adds: "Don't expect it to work first time. Persist with what feels as if it might work, because with persistence, it will."

Photo credit: rebeccasicardi.com



LOCAL NEWS

from your neighbourhood



Photo credit: Leigh-on-Sea Town Council

Farmers' market to close for a 'few months'

Leigh Farmers' Market will temporarily close owing to dwindling stalls and visitors.

The market, which takes place monthly at Leigh Community Centre, announced on June 17 that it would be closed for a "few months", although it did state that it hopes to reopen in the autumn.

The market first opened in 2000 and is one of the longest-running markets in Essex.

Owing to COVID-19 restrictions, the market was closed for around 18 months before relaunching for its 21st anniversary in July 2021.

Although the relaunch was a great success, with a variety of stalls and a good turnout from the public, the market has struggled to continue this success over the last year.

Leigh-on-Sea Town Council (LoSTC), which

organises the market, believes this is owing to a number of factors, with a decline in stalls, especially the loss of a meat and bread stall, decline in footfall, the frequency of the market and the cost-of-living crisis all contributing to the market not being as popular as it once was.

Staff have trialled running the market on Saturdays as well as organising themed seasonal events, but these have also suffered from poor attendance.

A spokesperson for LoSTC said: "The stallholders would like to thank all our customers for their loyal custom in the past and assure you of our intention to continue to supply our customers in the interim period and moving forward.

"We feel passionately this market has an important role to play in the local community."

UP TO 50% LESS THAN A NEW FITTED KITCHEN by simply replacing the doors and worktops

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS



BEFORE



AFTER



- MODERN
- CLASSIC
- TRADITIONAL
- CONTEMPORARY

- > Replacement kitchen doors
- > Cost effective made to measure solution
- > Worktops and appliances
- > Quick installation in 2-3 days by local professionals

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

Call us now for a free estimate:
07894 714810

Checkatrade.com 9.8/10
Where reputation matters



dreamdoors.co.uk THE UK'S #1 KITCHEN MAKEOVER COMPANY





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

01702 789547

DESIGN SUPPLY INSTALL



OPULUX

BATHROOM & HEATING SHOWROOM

FACEBOOK: [OPULUXBATHROOMS](https://www.facebook.com/OPULUXBATHROOMS)
INSTAGRAM: [OPULUX_BATHROOMS](https://www.instagram.com/OPULUX_BATHROOMS)

Unit 31 Laurence Industrial Estate, Eastwoodbury Lane, SS2 6RH

Support sessions for refugees and families



Photo credit: Leigh-on-Sea Town Council

Sessions have been set up in Leigh-on-Sea to help support Ukrainian refugees and their host families. Leigh-on-Sea Town Council (LoSTC) launched the weekly sessions on June 9 with the aim of providing a social hub for Ukrainians to meet other families living in the local area.

The sessions take place in Lorna & Lottie's Café, on the ground floor of Leigh Community Centre, and offer the chance for host families to meet and create a strong local support network.

A spokesperson for LoSTC said: "The town council spotted a gap of providing a relaxed space for the different families to come together and get to know each other in a friendly and central location. "We aim to provide a translator at the sessions, and light refreshments will also be available."

The sessions are free of charge and take place on Thursday afternoons from 4pm to 5.30pm.

If you are interested in volunteering at the sessions or would like more information, call 01702 716288 or email council@leighonseatowncouncil.gov.uk

Police issue appeal after woman bitten by dog

Police are appealing for information after a woman was bitten by a dog in Leigh-on-Sea.

The victim, a woman in her 60s, was walking along St David's Drive at around 12pm on Thursday, May 26, when she crossed paths with another woman walking two dogs, believed to be French bulldogs.

As she moved to one side to let them pass, one of the dogs bit her on the hand, breaking the skin.

The dog owner has been described as a white woman in her 70s with blue eyes.

The dog has been described as light-coloured.

Essex Police are investigating the incident and confirmed to **VISION** LeighThorpeBay on June 29 that they are still appealing for information.

An Essex Police spokesperson said: "Anyone who

saw anything or has any CCTV, dashcam or doorbell footage or any information can submit a report at www.essex.police.uk

"Please quote the crime reference number 42/135324/22.

"You can also contact Crimestoppers anonymously on 0800 555 111."

Artists invited to studio for summer events

Leigh-on-Sea Town Council is pleased to be hosting two artists in residence in its studio space at Leigh Community Centre.

Susan Allen (pictured below left) and Kerry Doyland (pictured below right) are sharing the space after their previous residencies were put on pause owing to the pandemic.

They have received funding to provide a scholarship scheme for life drawing classes to support young artists.

They have also planned a series of art events over the summer holidays.

All sessions are free to attend and unless otherwise stated will be held at Leigh Community Centre from 2pm to 4pm.

The events include Drawing for Relaxation and Mindfulness on Wednesday, July 20, which will see participants learn easy, fun drawing techniques.

Dementia patients are invited to a special art session on Wednesday, July 27. All materials are provided.

On Wednesday, August 10, participants at the Walk and Draw event between 10am and 12pm will complete a gentle walk around Two Tree Island with lots of drawing. Bring a hardcover sketchbook or loose paper on a clipboard and pencil.

Young people and parents/carers can enjoy summer arts and crafts on Wednesday, August 17, while aspiring artists can learn basic watercolour skills and create a simple watercolour painting at the beginners session on Wednesday, August 24.

Booking is essential and spaces are limited. Please email susan_allen_smith@yahoo.co.uk



Photo credit: Leigh-on-Sea Town Council



Opening Hours:
Mon-Sat: 8am - 4pm
Free easy parking

ARTIFICIAL GRASS SALE NOW ON AT CANVEY WAREHOUSE



OPEN TO TRADE AND PUBLIC

T: 01268 680762

E: a1astroturf@gmail.com

www.a1astroturf.co.uk

Unit M, Kings Haven, Charfleets Industrial Estate, Canvey Island, SS8 0QW



Unit M, Kings Haven,
Charfleets Industrial Estate,
Canvey Island, SS8 0QW
Tel: 01268 680762

ARTIFICIAL GRASS CLEARANCE



£20,000 of remnants and part rolls
ALL MASSIVELY DISCOUNTED
From 4m² to 110m² to clear



LOCAL NEWS

from your neighbourhood



Stock Image

Residents warned not to swim in sea owing to algae

Residents and visitors were warned not to go into the sea at Thorpe Bay Beach during the recent heatwave for safety reasons.

Southend-on-Sea City Council issued the warning on June 16, when temperatures reached more than 30 degrees Celsius, following reports of algal blooms.

Blooms of toxic algae are rare in English coastal waters; however, government advice urges caution as it is difficult to tell if the algae is toxic by looking at it.

Subsequently, Southend-on-Sea City Council made the difficult decision to warn people not to go into the water on a section of Thorpe Bay beach near Roslin

Beach Hotel following the reports. A spokesperson for the council said: "This is a natural occurrence and increases rapidly in hot weather. "This will clear naturally but we are advising residents and visitors to avoid swimming at this section until it clears."

Thorpe Bay resident, John Elphwick, said: "It is a real shame, especially as the weather is so good, but safety has to come first.

"It's not as if you can't swim in other sections of the beach nearby. There will be plenty of places to go swimming and cool off."

Therapy dogs brought in to improve airport

London Southend Airport has teamed up with a dog therapy company to improve the service passengers receive when travelling.

After teaming up with Essex Therapy Dogs, the airport's new Top Dog passenger support service will help those who find travel more challenging. Expertly trained and conditioned dogs will provide friendliness and companionship throughout customers' journey through the airport.

Glyn Jones, CEO of London Southend Airport, said: "Therapy dogs are a fantastic addition, aiding the confidence of our passengers who need extra support. We cannot thank them enough for their commitment to our passengers."



Photo credit: Essex Therapy Dogs

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



NEED HOUSE CLEARANCE?

ATS House Clearance, a family-run business, covering Essex and surrounding areas. We provide the following services:

- House clearance
- Room clearance
- Single item removal
- Garage clearance
- Bereavement clearance
- Cleaning and tidying



01702 295495
07887 717703
26 High Street, Shoeburyness, SS3 9AP

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** 

Paving, Decking,
Garden Buildings
Local Landscape Gardener

07712 125 751
pollenlandscapes.com
pollenlandscapesltd@gmail.com

Pollen Landscapes

**ONLY
POSTS
★★★★ and ★★★★★
FENCES**

*** 07938 376764 ***

FENCING ★ CONCRETE

JAMES DUDDRIDGE MP

Member of Parliament for Rochford and Southend East

LOCAL NEWS THORPE BAY

It was fantastic to see the Southend Half Marathon returning to the seafront after a two-year postponement owing to the pandemic.

It was a very warm occasion for the 1,500-plus runners who took part – and for the spectators who lined the route in their masses from Shoebury East Beach down to Sealife Adventure.

I would like to say thanks to the events team at Havens Hospices, who did another wonderful job in organising the 13.1-mile run, supported by the local cadets, marshals and other volunteers too.

Let's hope lots of money was raised for this good local cause.

Elsewhere, Southend's police officers received special praise at a meeting of senior members of the government – including the Prime Minister – recently.

Home Secretary Priti Patel told the Cabinet that

our local force had been a national success story in tackling violent crime.

This comes after the city's police were the first in the country to pilot the Grip programme, which involves police forces operating high-visibility foot patrols for short periods of time within specific areas where data shows there is a risk of serious violence.

The tactic resulted in a 73 per cent drop in violent crime and a 31 per cent fall in street crime in the 20 highest crime hot spots in Southend on days when patrols visited, compared with days they did not.

Following its success in Southend, the government has since announced an additional £30million of funding for the enforcement programme nationwide.

Thank you and well done to our officers – I'm proud to see their work being recognised.

A LOCAL COMPANY BUYING FROM LOCAL MANUFACTURERS

ATLAS HOME SOLUTIONS

“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



Council to improve housing

Southend-on-Sea City Council (SoSCC) has said it is committed to improving housing across the borough, including in Thorpe Bay.

SoSCC has spent £12million on housing in the last year and says it will invest more as it strives for everyone to have “a good-quality, sustainable home that meets their needs”.

The £12million already spent includes £6.8million on refurbishing existing council housing, £3.8million to buy 23 homes – nine for council housing and 14 under the Next Steps Accommodation programme for people moving on from homelessness – and

£1.3million for building new council homes.

SoSCC says it will now aim to build more council homes in 2022/23, with plans to deliver 29 homes across five disused garage sites.

Councillor Ian Gilbert, cabinet member for housing and regeneration, said: “Creating more affordable housing is a key priority, and it is vitally important that the homes we have are of a decent standard.

“I'm pleased that not only are we investing in additional council homes, but that we're also doing what we can to tackle homelessness and bring the homes we already own up to a decent living standard.”



SUE BARKER CBE CALLS TIME ON WIMBLEDON AFTER THREE DECADES OF IMPECCABLE SERVICE

Sue Barker's decision to step away from presenting duties after this year's Wimbledon championships has perhaps sounded another death knell for the BBC, whose pursuit of relevance in an ever-changing media landscape continues to take away more from the organisation than it gives. As far as the 66 year old is concerned, Barker appears to have reached this endgame herself, rather than having the rug pulled from under her, as she did last year when, after 24 years of *A Question of Sport*, the Beeb's drive for diversity and representation saw her ousted from the show.

And of course, there is an argument to say that freshening things up is a necessity. After all, the BBC's Wimbledon coverage seems to largely feature stars of a very bygone era, the 1970s and 80s, with the likes of John McEnroe, Björn Borg, Billie Jean King and Martina Navratilova representing a generation of expert summarisers that few young tennis fans can relate to.

That said, the *A Question of Sport* experiment, now fronted by Paddy McGuinness, has failed as far as viewing figures go, and BBC executives will no doubt be wary of that as they begin to search for a replacement for someone who many feel is irreplaceable.

The BBC will have some faith that possible new presenter Annabel Croft, or perhaps Clare Balding CBE, or Andrew Castle, can go a long way towards filling the void, even if Barker's contribution and presence has always been huge. Not only does she convey events with brightness, humour and warmth, but she makes her guests feel reassured and comfortable too.

That mum-like demeanour feels increasingly rare in an era of television where high-octane, maximum impact entertainment is the norm, and her ability to play that out across other projects, including *Sports Personality of the Year*, plus athletics and Olympics coverage, sees her regarded as one of the very best of a generation.

Of course, the presenter was a brilliant tennis player herself back in the 1970s. She turned

pro at the age of 17, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She retired aged 28 after a series of injuries, having claimed 15 singles and 12 doubles titles across her career, and seamlessly made her way into the media world, initially with Australia's Channel 7. After three years at BskyB, she joined the BBC in 1993.

In 2021, Barker was presented with a CBE for services to broadcasting and charity, having previously been given an MBE in the year 2000 and an OBE six years ago.

What lies in wait next for the broadcaster, who is married to landscape gardener Lance Tankard and lives in the Cotswolds, is unknown, but what is certain is the fact she will be in high demand.

Sue Barker GAME, SET & MATCH



Lady THRILLER

THE LEGEND OF THE DARING LADY GODIVA

If you thought public displays of nudity were a risky manoeuvre in 2022, then consider the furore kicked up way back in 1040 when Lady Godiva went parading through the streets of Coventry wearing nothing but her birthday suit.

Not only was this plucky nude undertaking the bold move on horseback, but the subject also turned out, no less, to be the wife of the Earl of Mercia, the man responsible for putting in place an oppressive taxation policy in the city.

In fairness, Lady Godiva had given her husband fair warning of the brazen task she was about to undertake. Legend states that she made repeated pleas to the Earl, though they fell on deaf ears.

In preparation for her jaunt through the cobbled streets, Godiva did issue a proclamation that all persons should stay indoors and shut their windows.

There is said to have been just one person who disobeyed the lady's wishes, a tailor ever afterwards known as Peeping Tom, whose legend is arguably now even greater than her own.

The people of Coventry still, to this day, celebrate Lady Godiva's attempt to create a better life for residents – the Lady Godiva Clock, in the main shopping thoroughfare, displays her ride through the town, and also features Tom's voyeuristic actions from an upper window.

She is also featured in a permanent exhibition at the city's Herbert Art Gallery & Museum.

It's unclear as to whether this brave lady's efforts were successful, with different versions of the story passed down over the course of the past millennium.

What is accepted, however, is that Lady Godiva died in September 1067... fully clothed.

Photo credit: christodrey/Shutterstock.com

Andrew Miles Design

Kitchens, Bedrooms & Bespoke furniture
for a Free Quotation call
01268 514466
AndrewMilesDesign.com

AQUATECH
EXTERIOR CLEANING

- Gutter Clearing
- Driveway Cleaning & Re-Sanding
- Patio & Deck Cleaning
- Car Park Cleaning
- Stonework Cleaning
- Brickwork Cleaning
- & More...
- Fully Insured

Find us on Google

Contact Will for a FREE no obligation quote
07548 358891 aquatechec@gmail.com

MENTION VISION FOR 10% OFF ALL SERVICES

BEFORE

AFTER

Essex Cleaning Solutions
Specialist in domestic and commercial cleaning
Essex Cleaning Solutions are pleased to offer the following services

- Conservatory Exterior & Interior Cleaning
- All Exterior UPVC Cleaning
- Traditional Window Cleaning (No Poles)
- Driveway/Patio Pressure Washing
- Roof Tile Cleaning / Moss Removal
- General Building & Maintenance Available
- Painting and Decorating - Internal & External
- Roofing & Cladding - Installation & Repairs

THE GUTTER SURGEON
For residential & commercial gutters

☎ 01702 742164 ☎ 07828 332051
www.theguttersurgeon.co.uk
info@theguttersurgeon.co.uk
Find us on **The Gutter Surgeon**

ECS

ECS will never ask for payment until job completion to the customers satisfaction

FREE, no obligation quotation!

Freephone: 0800 699 0466 or Mob: 07749 220949 Mob: 07462 677211

www.essexcleaningsolutions.co.uk
essexcleaningsolutionsltd@gmail.com

Find us on

All major credit/debit cards accepted
Fully Insured

THE GUTTER SURGEON
• Gutter leaning at reduced rates • Gutter Vacuuming up to 40ft
• Gutter repairs at affordable prices • New gutters/facias & soffits installed
• Down pipes cleared, new down pipes added
• The Gutter Surgeon will to beat any like for like cleaning quote.

PROGR 
CHARGING POINTS LTD



YOUR LOCAL **EV** CHARGING POINT INSTALLER


Office for
Zero Emission
Vehicles

CONTACT US FOR A
FREE SITE SURVEY
01702 428981


Checkatrade.com
Where reputation matters

Web: www.progresschargingpoints.com

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

DOMESTIC LOCKSMITH

- Trade Counter Open to All
- Key Cutting
- Domestic Security
- Locks Supplied & Fitted to British Standard
- UPVC Lock Replacement
- Access Control
- Safes & Key Cabinets
- Non Destructive Entry
- MLA Approved Company
- Used by Essex Police
- Fast, Friendly & Reliable Service

FAST KEYS



VISIT OUR TRADE COUNTER



AUTOMOTIVE LOCKSMITH

- Keys Not Operating Lock?
- Remote Not Working?
- New Remotes Supplied & Programmed
- Remote Repairs
- Switches - Rubber Buttons - Cases
- Batteries



CHEAPER THAN ALL MAIN DEALERS

**10% DISCOUNT
WITH THIS AD**

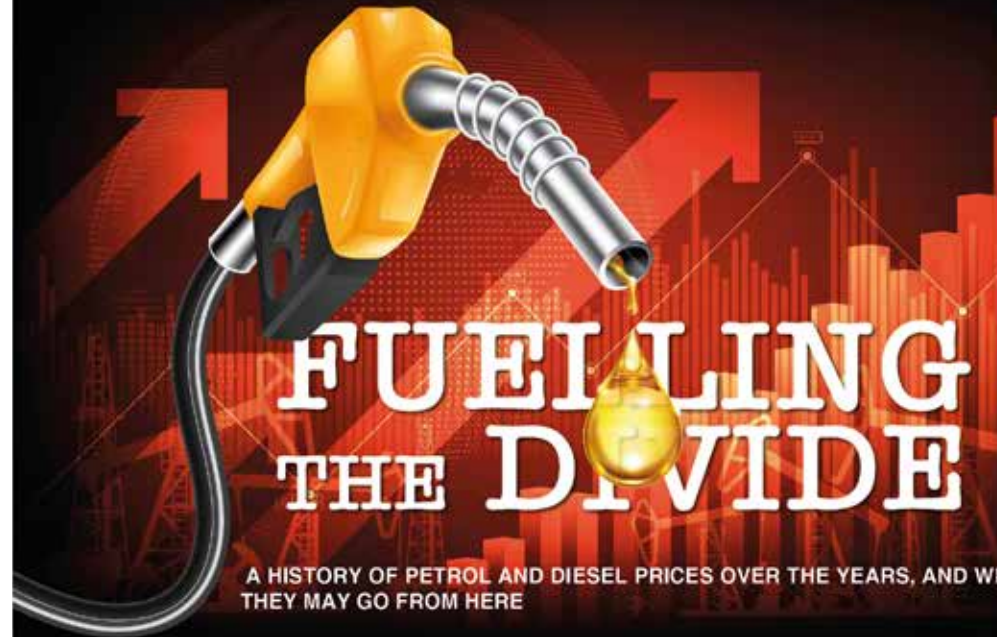
CONTACT US TODAY
01268 562592
sales@fastkeys.co.uk

Units 3 & 4 Pilot Close,
Fulmar Way, Wickford
SS11 8YW

www.fastkeys.co.uk



MOTORING



FUELLING THE DIVIDE

A HISTORY OF PETROL AND DIESEL PRICES OVER THE YEARS, AND WHERE THEY MAY GO FROM HERE

The devastation caused by the conflict in Ukraine has affected no one more than those immediately impacted by the war; and while it feels churlish perhaps to complain about the price of fuel at the pumps, it's not unreasonable to highlight the extraordinary increase in the price of filling up, and the very real impact it's having on home shores.

The current cost-of-living crisis is about much more than fuel, but the extent to which we rely on the ability to transport both ourselves and our goods around the UK means that even small fluctuations in petrol and diesel can have an onward effect across all retail and service sectors.

It's not just the war either – there is a multitude of other global factors contributing to an increase in logistics and refining costs.

Going forward, the threat of a full EU ban on Russian energy imports could see the cost of fuel climb even higher above the record prices we've seen – around £1.91/litre for petrol and £1.98/litre for diesel.

Even as recently as 2017, filling up at the pump was more than 30 per cent cheaper, and back in 2005, the amount we spend today would have got us twice as far down the road.

PETROL PRICES OVER TIME

15 years ago (Jun 2007)	96p/litre
10 years ago (Jun 2012)	£1.32/litre
5 years ago (Jun 2017)	£1.15/litre
3 years ago (Jun 2019)	£1.27/litre
1 year ago (Jun 2021)	£1.30/litre
7 months ago (Dec 2021)	£1.45/litre
4 months ago (Mar 2022)	£1.67/litre

DIESEL PRICES OVER TIME

15 years ago (Jun 2007)	97p/litre
10 years ago (Jun 2012)	£1.37/litre
5 years ago (Jun 2017)	£1.16/litre
3 years ago (Jun 2019)	£1.31/litre
1 year ago (Jun 2021)	£1.32/litre
7 months ago (Dec 2021)	£1.49/litre
4 months ago (Mar 2022)	£1.78/litre

To bee OR NOT TO BEE



THAT IS THE QUESTION – AS IN, ‘WHAT’S ACTUALLY THE DIFFERENCE BETWEEN A BUMBLEBEE AND A HONEYBEE?’

When it comes to buzzing beauties in our gardens, most of us would be none the wiser as to exactly what we’re looking at – we’ll simply exercise caution to prevent getting too close to them.

The truth, though, is that bumblebees and honeybees look and live very differently.

APPEARANCE

Bumblebees are bigger, have a puffier, more decorated exterior and subsequently buzz at a slower rate and lower frequency.

Honeybees are more streamlined and can often be mistaken for wasps.

NESTS

Honeybees will nest whenever they can find a decent space. A tree, a cave, a roof space, even under your car bonnet – they’re happy as long as they believe it’s a safe and secure space.

Bumblebees will create homes underground.

They have less of a need to build high as they’re not protecting a mass of honey, so will typically use abandoned burrows or holes underground.

JOB

Honeybees, as the name suggests, produce honey. Bumblebees, on the other hand, are responsible for transferring nectar from flowers.

STING

We all know the peril of a bee sting, though it’s only a honeybee sting that’s terminal... for the bee. Bumblebees have the ability to sting many times – you’ve been warned.

HIBERNATION

While bumblebees will see out the cold of winter in a safe, warm space, honeybees do not hibernate and will keep going throughout the cold months. They will rely on pre-stored food to last them through to the spring.





ARE YOU A LAWN LOVER?

From as little as

£18*

per treatment

* Based on a lawn size up to 40m²

Let's create the lawn we both love

Start your Lawn Care journey today:
 Call us on **01702 898037**
 Email: southendnorth@greenthumb.co.uk
 Visit: greenthumb.co.uk/branch

HELP YOUR LAWN TO THRIVE, NOT JUST SURVIVE

Over the last 30 years our love for lawns has grown and grown (just like our grass!). We combine our passion and enthusiasm with innovative technology as we continue to revolutionise UK Lawn Care. Our groundbreaking 12-month **Lawn Treatment Programmes**, keep your grass looking its best all year round, ensuring your lawn receives the love and attention it deserves.








Professional Carpet Cleaner offering Carpet & Rug cleaning services in Benfleet & Leigh-on-Sea, Essex areas

Range of Stain Removal | Pet Odour Cleaning | End of Tenancy Cleaning

07595 588027 | jzcarpetcleaningservice@outlook.com

www.jzcarpetcleaning.limited | [f jzcarpetcleaning](https://www.facebook.com/jzcarpetcleaning) | [i jzcarpetcleaning885](https://www.instagram.com/jzcarpetcleaning885)



Inspiring beautiful landscapes



Inspiring beautiful landscapes for over 40 years, CED Stone Landscape provides the most varied range of quality natural stone and hard landscaping products on the market. Discover the wonders of natural stone, porcelain paving, walling, decking and much more, all showcased at a CED display area near you.

- Natural Stone Paving & Setts
- Walling
- Porcelain Paving
- Cobbles & Pebbles
- CEDEC Footpath Gravels
- Gravels & Aggregates
- Boulders, Rockery & Standing Stones
- Composite Wood Decking

Visit the Depot or Shop Online at www.cedstonelondon.co.uk



01708 867 237 • sales@cedstone.co.uk • www.cedstone.co.uk

CED Stone Landscape West Thurrock • 728 London Road, Grays, Essex • RM20 3LU



GARDENING

SHADE

seekers

Is your garden more shady than sunny? While it can be a struggle to create a blooming outdoor space with limited sunlight, it can be done. Discover below five pretty plants that thrive in the shade.

STINKING IRIS: Although this may not be the most pleasant-sounding plant, stinking iris can actually make a very beautiful addition to a shady garden, especially in autumn, when its large seedpods split open to reveal orange-red seeds. Plant in full shade for best results.

WOOD SPURGE: There are many different varieties of spurge, but our favourite has to be *Euphorbia amygdaloides* var. *robbiae*. From late spring, this pretty plant bears lime-green flowers above dark green leaves. Plant in dry, shady spots such as underneath trees or along woodland borders.

SNOWDROPS: Snowdrops appear at the end of winter and bloom beautifully for weeks until your spring bulbs start to flourish. Delicate and dainty, snowdrops thrive in full shade and particularly in heavy, moist soils.

BELLFLOWER: If you are looking for a plant that will attract bees and other pollinators to your garden, then bellflower is a great choice. Ideal for growing at the back of a border, this attractive plant displays clusters of purple-blue bell-shaped flowers from summer through until autumn.

FOXGLOVE: As a woodland plant, foxgloves thrive in dappled or partial shade, so they do require a little bit of sun. There are many different varieties to choose from, with colours including bright pink, purple and peach.

OUR TOP TIPS FOR GROWING IN THE SHADE:

- > Improve the soil with lots of organic matter before planting
- > When planting under trees, remove any dry, impoverished soil between the large roots
- > Apply weathered wood ash from a bonfire or log burner to increase the potash in the soil
- > Mulch the whole area after planting with garden compost or composted bark chippings.





GARDENING



TOM MASSEY

HORTICULTURAL HERO

THE CONTEMPORARY GARDENER WHOSE PATH IS WELL DEFINED

In a post-COVID era where we appreciate the benefit of outside space in ways we have probably never done before, the appeal of young, energetic, stylish gardeners has never been so great. With that in mind, it's easy to see why Tom Massey has found himself riding a wave of popularity.

The London College of Garden Design graduate is best known as presenter of *Your Garden Made Perfect*, a show that uses virtual reality and the ideas of rival garden gurus to shape horticultural solutions for frustrated homeowners.

The success of the show has led Massey into fronting a variety of other projects, from hosting parts of the Royal Horticultural Show to being asked to design and install a moveable orchard near the Olympic Park. He also works privately for a number of clients.

"I think people are really starting to appreciate the flexibility of their gardens in a way they have never done before," he says. "There is so much technology that we can bring into our outside spaces, from lighting to entertainment systems to eco-friendly heating solutions, meaning longer nights outdoors rather than always having to migrate inside."

"Gardens have always been peaceful, restorative places, but making them social spaces too is a new trend that is great to see."

When designing gardens for private clients, Massey likes to combine lawned areas with statement architecture, often guiding the eye through the space, as if going on a journey. From wildflowers to wrought iron, his contemporary ideas are striking a chord with a new generation of homeowner.

He explains: "In the past, gardens had to be soft, flowing, purely natural spaces. While that's great for nature, it's not so practical for people."

"In my opinion, we should give ourselves the freedom to live in our gardens, using materials and ideas that are attractive and offer us the opportunity to relax."




Coulton
Tree Services

TAKING CARE OF YOUR TREES

- Tree Surgery
- Stump Removal
- Hedge Cutting
- Site Clearance

WE OFFER FREE NO OBLIGATION QUOTATIONS

PROFESSIONAL, RELIABLE & FULLY INSURED, WE COVER ALL ASPECTS OF TREE WORK IN THE ESSEX AREA

24 HOURS A DAY – 7 DAYS A WEEK

07824 617377 • www.coultontrees.co.uk
maxwell@coultontrees.co.uk

f @coultontrees

JD Groundworks
& garden maintenance

All garden works undertaken, regular maintenance rounds, garden clearance, overgrown gardens, fencing, patios, Summer house, shed erection and base, Astro turf to full landscaping.

No job to big or small

For a quote please call:
07866175710

Email: jdgroundworks21@gmail.com






MARTIN 'HANDY' HOLMES

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](https://www.facebook.com/martinhandyholmes)

Photo credit: www.tommassey.co.uk



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

apex
HEARING HEALTH

Blocked ears?

We can help!

A quick, safe, effective and affordable solution for removing earwax.

Earwax is naturally produced by your ear, but once it starts causing issues, it is time to speak to a specialist.

Apex Hearing Health are your local microsuction earwax removal experts.

Providing mobile microsuction earwax removal appointments in Leigh-on-Sea & the surrounding areas.

Appointment cost is £70 (includes both ears).

Contact us on the following:

t 01702 965 525
m 07869 804 271
e info@apexhearinghealth.co.uk

PARK HOLIDAYS

Steeple Bay Holiday Park

The best reason to choose a stay-cation!

Pet Friendly • Private boat slipway • Boat Storage • Fishing Lake • Pools • Shop • Owner Events

Holiday Homes from £19,995!

Please contact Lara for more info and see why everyone is choosing **A STAY-CATION!**

- Free 2022 sites fees
- Reduced fees till 2025 (t&c)

Contact Lara on 07415 239231 • l.wilson@parkholidays.com • Southminster, CM0 7RS

HIRE CAR *high-fives*

CLEVER TRICKS TO CONSIDER WHEN HIRING A CAR

Being taken for a ride when hiring a car is probably one irony too many, but it's possible to steer clear of hire car horror and save some additional money by following a few clever tricks.

INSURANCE INSANITY: Car hire companies profit from every level of insurance they sell, and as with most policies, you'll not need it 99.9 per cent of the time. Beware convoluted offerings, including a super collision damage waiver which, despite the name, still won't save you having to pay your excess. Others can take the excess down to zero but will cost you more than arranging private insurance. Alternatively, see what's covered on your credit card benefits.

THE POWER OF THE HOUR: Beware returning your hire car after hours – bringing it back late may well cost you an extra day's hire. Alternatively, think about the free trick on car hire when it comes to having a car on a day when the rental

centre isn't open. You'll find the cost for hiring Friday to Sunday is the same as Friday to Monday – in other words, you're getting a free day.

THE FUEL RULE: It always pays to return the car with the same fuel level in the tank. Returning it having not refilled will incur additional fees.

BOOK IN ADVANCE: As is usually the case, booking in advance will save you money. And in the COVID-19 era, many rental centres are insisting on pre-uploading your driver's licence and other ID documents, meaning you can save time on collection.

THE AIRPORT AGGRO: As we get back into the mindset of holidaying abroad, try to avoid airport rentals. They are notorious for expensive add-ons at a time when people are in a tense state of mind. The better solution is to get a taxi to a nearby town to pick up a prearranged rental.



Bubble BONANZA

Bubble tea has been trending on social media for a while now, with this Insta-perfect colourful beverage being every bit as tasty as it looks.

WHAT IS BUBBLE TEA?

Bubble tea is a Taiwanese recipe that is made by blending tea with milk, fruit and fruit juices and then adding tapioca pearls. While it is now all the rage in the UK, it has been enjoyed in countries such as China since the 1980s.

WHY IS IT CALLED BUBBLE TEA?

It is the tasty tapioca pearls that sit at the bottom of bubble tea and the floating bubbles that are created by vigorous shaking that give this increasingly popular drink its name.

Bubble tea can be served hot or cold, but always in a transparent cup and with a thick straw so that the pearls can be seen and sucked up with ease.

WHAT DOES BUBBLE TEA TASTE LIKE?

There are lots of different flavours of bubble tea that you can try, and you can even get various flavours of tapioca pearls. These pearls have a chewy

consistency that is somewhere between jelly and chewing gum.

HOW TO MAKE BUBBLE TEA

You will need:

Tea | Milk | Tapioca pearls | Honey or agave

How to make:

- Bring 3 cups of water to the boil and add 1 cup of tapioca pearls.
- Simmer until the pearls float to the top.
- Brew your chosen tea and allow to steep for 5 minutes.
- Chill the tea in the fridge or pour over ice to cool.
- Place the cooked pearls in a tall glass.
- Add honey or agave to sweeten if desired
- Pour your chilled tea two-thirds of the way up the glass.
- Add a splash of milk if you want a creamier drink.
- Stir and enjoy with a thick straw.

POPULAR BUBBLE TEA FLAVOURS

Taro milk tea | Matcha green tea | Mango tea | Brown sugar milk tea.



WILTSHIRE

EST. FARM 1991

FOODS

BRINGING
Sunshine
to your door

SPRING & SUMMER
2022

FREE DELIVERY

OVER 330 DISHES

NO CONTRACT

Easy Ordering by phone, online or direct with your driver
Call Basildon on 01268 288 887 or www.wiltshirefarmfoods.co.uk



BEGINNER'S GUIDE TO COOKING WITH *banana leaves*



We are literally going bananas for banana leaves. Beautiful to look at, fun to use and easy to cook with, once you've finished reading the below, you'll wonder why you didn't take advantage of these cheap and plentiful cooking aids before.

- HOW TO PREPARE BANANA LEAVES FOR COOKING**
- > Gently wash the leaves and then cut off the thick spine.
 - > Pass over an open flame quickly until the leaf turns bright green and glossy. This will soften the leaves for folding. Make sure to wear heat-resistant gloves when doing this and keep any flammable items out the way.
 - > Place on a chopping board and cut to the desired size.

TO STEAM FISH
A banana leaf makes a fragrant and convenient steaming packet that will ensure your preferred fish is both succulent and tasty. Wrap the leaf around any kind of firm-fleshed fish, such as halibut or snapper, and then simply add your favourite herbs and spices as well as some form of moisture, such as broth, wine or lemon juice. Secure with toothpicks. You can also use banana leaves to steam rice and meat.

TO GRILL VEGGIES
If your vegetables always stick to the grill, then a banana leaf provides the perfect solution. Just place the leaf on the grill first and then arrange your vegetables on top of it. This method will also add a mellow, smoky-sweet flavour to your vegetables. Also great for grilling prawns and other shellfish.

TO SERVE SUSTAINABLY
Banana leaves aren't just for cooking with; they also make great biodegradable serving platters, place settings and even linens for formal tables. Banana leaf boats make pretty bowls for rice, salads and desserts.

- TOP TIPS**
- > Although not toxic, banana leaves are hard to digest, so you should not eat them.
 - > Banana leaves are porous, so if you are baking, place the leaf packets in a pan to catch leaking juices.
 - > Banana leaves freeze really well. Blanch first and then wrap in greaseproof paper and place in freezer bags.



Lucky Penny

WHY IT'S IMPORTANT TO UNDERSTAND OUR KIDS' PERCEPTION OF MONEY

There's no parent who hasn't encountered the incessant pleading or hopeful yearning of a child who, while being commended for his or her persistence, has desperately failed to appreciate the value of something we all need perspective on – money.

While in the past the subject of finances was one largely kept clear of kids, experts now believe it's of real value to educate our youngsters as far as the daily cut and thrust of cash goes.

To do so, it is key to understand what our kids perceive as the value of money. It follows, then, that we can better manage expectations if we pinpoint their perspective. For instance, children under the age of seven will understand the concept of money and its function, but only later do they gather the sense of exchange, the idea of borrowing and the fact it comes in various forms.

Past the age of 10, kids glean how work interacts with money and the fact it can be preserved with good habits (or lost easily with bad ones). With that in mind, having a jar where kids can save money, see it accumulate and then spend it on a reward is one of the best introductions.

Parents or guardians should also use a scheme of rewarding tasks (or commissions) rather than the typical pocket money format where, effectively, a child is rewarded no matter what they do.

The importance of giving should also be emphasised, as well as opportunity cost – "If you buy this, you won't be able to buy that."

Early money management offers great practice for later life where, as we will all testify, temptations become much greater.





PUZZLES & TRIVIA

- ▶ ALUMINIUM
- ▶ BERYLLIUM
- ▶ CAESIUM
- ▶ CALCIUM
- ▶ CARBON
- ▶ COBALT
- ▶ GOLD
- ▶ IRON
- ▶ LEAD
- ▶ LITHIUM
- ▶ MERCURY
- ▶ NICKEL
- ▶ OXYGEN
- ▶ POTASSIUM
- ▶ RADIUM
- ▶ RUBIDIUM
- ▶ SILVER
- ▶ SODIUM
- ▶ STRONTIUM
- ▶ ZINC

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

JJ's Tuition

CENTRES IN BENFLEET, SOUTHEND & BASILDON

ONLINE LESSONS ALSO AVAILABLE

SPECIALIST ENGLISH, MATHS & SCIENCE TUTORING

PRIMARY, GCSE & A LEVEL

FOR A **FREE TRIAL** LESSON PLEASE CALL **07932 503 644**

www.jjstuition.co.uk

From £895* for a fully fitted electric garage door.

WAS £1,354 INCLUDING VAT.

Gotta get a Garolla.

WHAT'S INCLUDED WITH EVERY DOOR:

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

Trustpilot **4.8** out of 5 (Over 3,000+ reviews)

*Offer valid for openings up to 2.4m wide & including 2 remote controls, 55mm white slats, internal manual override.

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

Give us a call today and we'll come and measure up completely **FREE** of charge.

GAROLLA
ROLLER SHUTTER DOORS

www.garolla.co.uk

CALL US TODAY ON:
01708 545 657
MOBILE:
07537 149 128

LINES OPEN 7 DAYS A WEEK

DID YOU KNOW?

- ▶ Every planet in the solar system could fit in the space between the Earth and the moon.
- ▶ On Venus, one day (one rotation) is equal to approximately 243 days on Earth, but its year (a trip around the sun) is approximately 224 days on Earth. This means one day on Venus is longer than one year.
- ▶ Lightning can occur in space. It's caused by black holes.
- ▶ As a gas giant, Saturn is less dense than water. It would be able to float on water.
- ▶ The sun rises and sets on the International Space Station around 15 times a day.
- ▶ In space, no one can hear you scream. Sound is vibration travelling through molecules in the air, but as space is a vacuum, there are no molecules to vibrate.

WORD LADDER

FOOT

SHIN

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.



NATURAL SUNBURN REMEDIES



Don't put your life on hold

Nuffield Health Brentwood Hospital

According to a poll by the British Association of Dermatologists, 35 per cent of Brits have been sunburnt in the last year. Although we all know the dangerous effects of the sun's powerful UV rays, we can all be guilty of being a bit lax when it comes to applying sunscreen, so here's what to do if you start feeling the burn.

BAKING SODA AND OATMEAL

If your skin is feeling sore after too long in the sun, an oatmeal and baking soda bath is just what you need. Adding a few tablespoons of baking soda to a cool bath can help to minimise sun damage, and adding a cup of oats can soothe any irritation and help the skin to retain moisture.

COCONUT OIL

Once your initial sunburn has calmed down, coconut oil can be applied to the skin to moisturise and hydrate it. Coconut oil is also good for dry or peeling skin, as it helps to lock in moisture and keep the skin soft.

ALOE VERA

One of the most common ingredients in after-sun products, aloe vera is known for its cooling and soothing properties. If you have your own aloe vera plant, simply break off a chunk of the plant and apply the gel directly to the affected area. Alternatively, pick up some aloe vera gel at your nearest pharmacy or supermarket.

CHAMOMILE TEA

Did you know chamomile tea can soothe not only your mind but also your skin? To use chamomile as a sunburn remedy, brew a cup of tea as you usually would and then allow to fully cool. Soak a clean cloth in the tea and apply to the skin. Do not use this treatment if you are allergic to pollen.

WHAT NOT TO PUT ON SUNBURNT SKIN:

Petroleum jelly (Vaseline) | Ice or ice packs | Fragranced moisturisers.



At Nuffield Health Brentwood Hospital our experienced general surgeons specialise in a range of diagnostic and repair procedures. They are experts in their field and can provide rapid access to treatment.

Why choose Nuffield Health Brentwood Hospital for your general surgery?

Whether you are seeking results from a diagnostic procedure or looking at treatment options to remove a painful hernia, our team of experienced general surgeons at Nuffield Health Brentwood Hospital are experts in their field, providing you with rapid access to a personalised treatment plan.

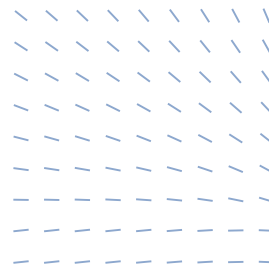
Some of the general surgery treatments available in Brentwood Hospital include:

- ◆ Appendix removal
- ◆ Colonoscopy
- ◆ Flexible sigmoidoscopy
- ◆ Gall bladder removal
- ◆ Gastroscopy
- ◆ Haemorrhoid removal
- ◆ Hernia repair
- ◆ Thyroid surgery
- ◆ Varicose vein surgery
- ◆ Weight loss surgery.

For more information or to book,

- Email brentwood.enquiries@nuffieldhealth.com
- Call **01702 898036**
- Visit nuffieldhealth.com/brentwood
- Follow us at [@nuffieldhealthbrentwoodhospital](https://twitter.com/nuffieldhealthbrentwoodhospital)

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



Just JAKE

JAKE DANIELS BECOMES THE UK'S FIRST OPENLY GAY FOOTBALLER IN THREE DECADES

They say young footballers go about their craft with a sense of fearlessness, and that's certainly the case where Blackpool forward Jake Daniels is concerned.

The 17-year-old, who signed pro terms with the Championship club in 2022, is yet to make a league appearance for the Seaside, though he has singlehandedly cultivated more column inches than any of his vastly more experienced teammates by coming out as the English Football League's only gay footballer.

For many years, conjecture over the possible treatment of gay footballers – in an environment where terrace banter very often crosses the line between acceptable and not – has clearly led to a huge number of gay footballers afraid to fly their true colours.

That's what makes Jake's revelation all the more brave – namely that someone right at the start of his football career has the confidence and honesty to nail his LGBT colours to the mast and declare, as would Gloria Gaynor, "I am what I am".

He said: "I can't really put a date on it, but I was probably five or six years old when I knew I was gay, so it's been a long time that I have been living with the lie.

"Now is the right time to speak. I feel like I am ready to tell people my story. I want people to know the real me.

"I have been thinking for a long time about how I want to do it, when I want to do it. I know now is the time. I am ready to be myself, be free and be confident with it all."

The UK's first openly gay footballer since Justin Fashanu way back in 1990, Jake is correct in his assertion that attitudes and values have changed. And while the late Fashanu was derided for his honesty and bravery, the fact Jake Daniels has been roundly praised shows just how far society has come since then.



Photo credit: Paul Dennis/TGS Photo/Shutterstock

Lifestyle & Mobility lifestyleandmobility.co.uk

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

 **Motability**

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



Checkatrade.com
Where reputation matters

THE VISION LISTINGS

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 898047

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

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

HEARING HEALTH

APEX HEARING HEALTH

Experienced Audiologist, providing mobile earwax removal. Fully insured and enhanced DBS certified. 01702 965525 | 07869 804271 | www.apexhearinghealth.co.uk

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

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/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

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.

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

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

To advertise call Nik on 01702 898026

WORDLADDER: FOOT, SOOT, SHOT, SHOP, SHIP, SHIN



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