

**HOW TO
ENJOY
RHUBARB
SEASON**

THE BEST SECOND CITIES
to visit across Europe

SWEET AS...
discover the health benefits of honey

FREE

Photo credit: Matt Baron/BEI/Shutterstock

LEWIS CAPALDI

On overcoming life's challenges on the road to fame



SPRING OFFER
SAVE UP TO 15%*
**T&Cs apply*

Maximise your natural light with a beautiful skylight

- ✓ Free survey for flat roof and room design
- ✓ Wide range of lanterns and skylights available
- ✓ All our skylights are compliant with Building Regulation
- ✓ A complete extension or conservatory thermally efficient transformation
- ✓ All waterproofing products will have our LIFETIME guarantee as standard



Roof lanterns look great inside and out

Brochure and free sample available on request



For FREE advice and pricing please call 01268 859602 or visit www.flatroofs.net

**T&C's apply. Please see our website for details. Head Office: Linden House, 30 Linden Road, Benfleet, Essex SS7 4BA*

Advertisement Feature

Do you struggle to make the most of your conservatory all year round?

Too warm in summer and too cold in the winter. Does this sound familiar?

As the British weather becomes increasingly hotter a popular and cost-effective solution is to upgrade to a High-Tech thermally efficient Advance Conservatory Roof System. This creates a more contemporary, orangery style appearance whilst adding value at the same time.



- High-Tech offer:**
- ✓ FREE site survey and quotation
 - ✓ FREE Room design and roof design
 - ✓ Ideal for extensions, garages, kitchens or conservatories
 - ✓ Extensive choice of lantern styles
 - ✓ Aluminium, timber or UPVC frame options and colours
 - ✓ Clear or lightly coloured Pilkington glass as standard
 - ✓ Dual action self-cleaning tempered glass

At High-Tech, we assure you of a professional service using premier quality products with all materials meeting current Building Regulations. We will remove your existing roof and undertake any required structural works including reinforcing all joists to support the glass lanterns or flat roof.

A new UPVC roof line, thermal insulation and guttering are then fitted and made watertight with our lifetime guaranteed flat roof system. Once the glass lantern is installed we turn our attention to the interior finish including new electrics and lighting, finishing with plastered walls ready to be painted.

High-Tech have installed nearly 11,000 roofing projects. Every roof installed comes with a LIFETIME guarantee. Let us, a company built on trust transform your extension or conservatory.



Contact our friendly team today or pop into our showroom at 850 London Road, Leigh-on-Sea, Essex, SS9 3NQ

Scan the QR code to book your FREE site survey



See the quality of our products first-hand and buy with confidence.



Editor's notes...

MAY 2023



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** LeighThorpeBay.

This month, we witnessed a unique event in most of our lives: the royal ceremony in which a monarch is crowned.

The coronation of King Charles III, which took place on Saturday, May 6, was a momentous occasion that was celebrated with great pride and enthusiasm by all of us. It marked the first coronation since that of the late Queen in 1953, which was the first time the royal occasion had been televised. Millions of people tuned in to watch the ceremony, and the same was true this year. It was a time to come together as a nation and rejoice in the rich culture and history that make our country unique.

I had a significant event in my life take place at the end of April. I was lucky enough to be invited to 10 Downing Street to a Local Media Champions Reception with the Secretary of State for Culture, Media and Sport, RT Hon Lucy Frazer KC MP.

I felt honoured to attend and connect with other local media peers throughout the UK. With regional editors across the country invited to the event, it was good to see how far our publications have come to be in such esteemed company.

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, Fiona Goble, Darius Morgan

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

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



Sanders
Chalkwell Grange
NEW LUXURY CARE HOME IN LEIGH-ON-SEA
OPEN NOW
 TO REGISTER YOUR INTEREST, CALL OUR FRIENDLY TEAM:
01702 482252

FROM LILY SAVAGE

The death of Paul O'Grady MBE at the end of March brought a premature end to the life of one of our most respected modern-day entertainers – someone whose own reinvention helped the gradual process of changing attitudes in British society.

Growing up on the sometimes rough, often competitive back streets of Liverpool in the Swinging Sixties required more than a little spark and swagger, so it's probably little surprise that one of its finest exports, Paul O'Grady, created a career built on the foundation of his larger-than-life personality.

"As the saying goes, if you can't beat them, join them – and if you can't join them, become a drag act," laughed Paul O'Grady in one of this final interviews.

He departed from us at 67, seemingly with another decade or two of wit, charm and pzazz still ready to be unleashed, and the tributes have been extensive and heartfelt.

O'Grady had a number of jobs growing up, including working as a clerk, a waiter and a barman. It was only when he moved to London that he managed to create a career out of his passion for entertainment and performance.

The star's main outlet was the dynamic and daring Lily Savage, a drag queen act who became hugely popular on the underground scene, and eventually gained mainstream appeal when Channel 4 took up the option to give him a stint on *The Big Breakfast* after Paula Yates' resignation. The likes of *The Lily Savage Show*, *Blankety Blank* (which the character fronted for five years) and *Lily Live!* followed, showcasing the full mainstream evolution of a character. It was a long way from O'Grady's first TV appearance on *The Bill* back in 1988 as a transvestite prostitute informant named Roxanne (credited to Paul Savage).

While Lily Savage was eventually retired, the legacy of such a dynamic figure lived on. The character had opened doors for a brand of leftfield entertainment, and helped carve a path for LGBTQ+ rights and promotion across mainstream entertainment.

"I had been in that world since the seventies when I began performing in pubs and clubs around London, so it was all very natural for me, and had been for decades," he said.

"That I lived in a country that embraced me and loved me for who I was, I found wonderful, and it compelled me to go on to do other things."

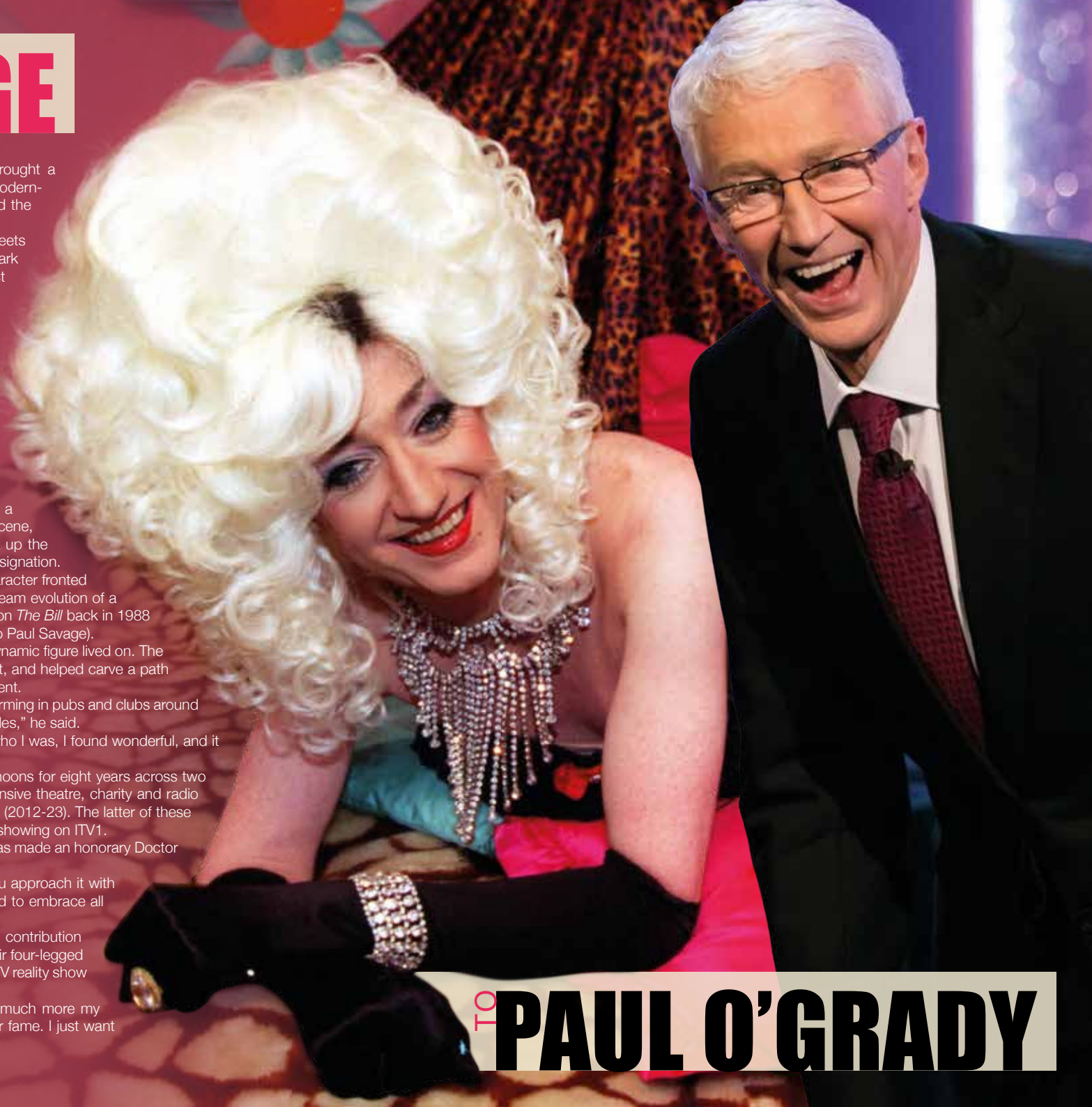
The successful *The Paul O'Grady Show* ran on weekday afternoons for eight years across two spells, and the entertainer also saw huge popularity across extensive theatre, charity and radio work, as well as the likes of *Blind Date* and *For the Love of Dogs* (2012-23). The latter of these popular TV programmes was filmed in late 2022 and is currently showing on ITV1.

In recognition of his contributions to TV, radio and theatre, he was made an honorary Doctor of Arts at De Montfort University Leicester in 2010.

"I always found you can talk about absolutely any subject if you approach it with interest, respect, humility and humour. That's the way I have tried to embrace all the challenges that have come my way," he said.

His funeral, which was held on April 20, featured a significant contribution from Battersea Dogs & Cats Home, who lined the streets with their four-legged residents in honour of the decade O'Grady spent presenting the ITV reality show at Battersea.

"I've always got on better with animals," he joked. "They are much more my type. As I've said before, I am not bothered about sex, money or fame. I just want a mongoose."



TO PAUL O'GRADY

A GUIDE TO THE MOON



Have you ever wondered why the moon appears to change shape each night? These are known as the moon's phases, and it isn't actually the shape of the moon that changes but our view of it.

Find out more about the different phases and names of the moon below.

WHAT ARE THE PHASES OF THE MOON?

- 1. New moon:** You cannot see the moon when it is a new moon.
- 2. Waxing crescent moon:** In the Northern Hemisphere, you see the waxing crescent moon as a thin crescent of light on the right.
- 3. First quarter moon:** The first quarter moon



FULL MOON NAMES

Each monthly full moon has a special name, many of which originated from Native American culture:

- January:** Wolf Moon
- February:** Snow Moon
- March:** Worm Moon
- April:** Pink Moon
- May:** Flower Moon
- June:** Strawberry Moon
- July:** Buck Moon
- August:** Sturgeon Moon
- September:** Full Corn Moon
- October:** Hunter's Moon
- November:** Beaver Moon
- December:** Cold Moon

appears as a half moon.

- 4. Waxing gibbous moon:** This phase is between a half moon and full moon. Waxing means it is getting bigger.
- 5. Full moon:** You can see the moon completely illuminated during full moons.
- 6. Waning gibbous moon:** This phase is between a half moon and full moon. Waning means it is getting smaller.
- 7. Last quarter moon:** This appears as a half moon but with the opposite half illuminated to the first quarter moon.
- 8. Waning crescent moon:** In the Northern Hemisphere, you see the waning crescent moon as a thin crescent of light on the left.

WHAT IS A BLUE MOON?

A blue moon is an additional full moon that appears every once in a while. Typically, a year contains 12 full moons – three in each season – but sometimes a 13th full moon appears, known as a blue moon. Blue moons usually occur once every two to three years but can occur twice in one year. This is next due to happen in 2037.

WHAT IS A HARVEST MOON?

The harvest moon is the full, bright moon that occurs closest to the start of autumn. The term comes from the days before electricity when farmers relied on the moonlight to harvest their crops at night.

YOU'RE LOCAL, WE'RE LOCAL



BTMK
ALAN SIMPSON

Mill Court, 19 London Hill
Rayleigh, Essex SS6 7HW
☎ 01268 745 406

BTMK
TODMANS

Barringtons, Hockley Road,
Rayleigh SS6 8EH
☎ 01268 774 073



For you & your business

- Business Law
- Commercial Property
- Employment Law
- Debt Recovery
- Insolvency
- Commercial Litigation
- Intellectual Property

For you & your family

- Divorce & Separation
- Child Issues
- Wills, Trusts, Probate & Tax Planning
- Litigation & Dispute Resolution
- Property
- Employment
- Personal Injury Claims

BTMK SOLICITORS **BTMK** GOODSON **BTMK** MARCUS BAUM **BTMK** TODMANS **BTMK** ALAN SIMPSON

☎ 03300 585 222 (24/7 all offices) ✉ info@btmk.co.uk
🌐 www.btmk.co.uk (live chat 24/7) *Lawyers for life...*



Offices in Southend-on-Sea, Leigh-on-Sea & Rayleigh. Meeting space available by appointment in London.

Turning ideas into reality...



Our stunning Dolby Atmos 9.6.2 Home Theatre room now open!

Home Cinema
Multi-room Music
Lighting Control
Home Security
Hi-Fi



Southend
132-134 London Road, SS1 1PQ
Tel: 01702 435255
E-mail: southend@rayleighhifi.com

www.rayleighhifi.com

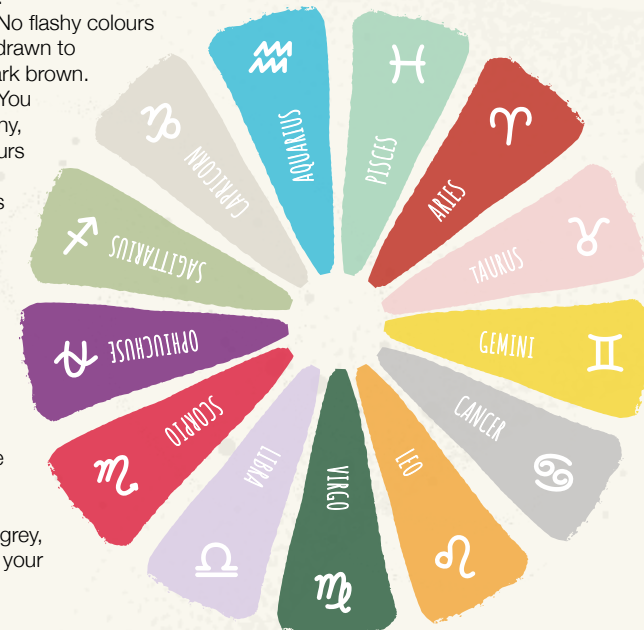
Chelmsford
216 Moulsham Street, CM2 0LR
Tel: 01245 265245
E-mail: chelmsford@rayleighhifi.com

Rayleigh
44A High Street, SS6 7EA
Tel: 01268 779762
E-mail: rayleigh@rayleighhifi.com

DISCOVER YOUR
ZODIAC
COLOUR PALETTE

Did you know that each zodiac sign has its own bespoke colour palette? Based around the concept of colour psychology, here are the best colours for you and your home, plus why you are drawn to them in the first place.

- > **AQUARIUS:** Elevated primary colours... Not one to stick to the rules, you're drawn to colours that stand out. Choose primary colours with a twist, such as turquoise or deep red.
- > **PISCES:** Soft and daydreamy colours... A true romantic, opt for soft hues such as seafoam green and lavender that promise to make you feel open and carefree.
- > **ARIES:** Big and bold colours... Energetic and passionate, you are linked to powerful colours that draw the eye, such as red and deep oranges.
- > **TAURUS:** Playful and bright colours... Light shades of pink and pastel green are perfect for your playful nature.
- > **GEMINI:** Contrasting colours... Geminis are associated with the colour yellow owing to their sunny disposition. Add in some neutral shades for enhanced balance.
- > **CANCER:** Gentle and cool colours... You gravitate towards cooler and lighter tones such as light blue and silver.
- > **LEO:** Striking and statement colours... You command attention, so bold and warm colours such as orange, yellow and gold are ideal for you.
- > **VIRGO:** Grounded and earthy colours... No flashy colours or concepts for Virgos. Instead, you are drawn to earthy tones such as forest green and dark brown.
- > **LIBRA:** Warm and welcoming colours... You have energy that likes to promote harmony, so lavender and pink are both great colours for you.
- > **SCORPIO:** Dark and moody colours... As a sensual and mysterious being, you are inspired by maroon and crimson tones.
- > **OPIUCHUS:** Deep and mysterious colours... Located between Scorpio and Sagittarius, you are both passionate and unpredictable. Purple should be your go-to colour.
- > **SAGITTARIUS:** Inspiring and intelligent colours... You want a space that makes you feel free, so greens and blues are the colours that draw you in.
- > **CAPRICORN:** Simple and minimalistic colours... Neutral colours such as white, grey, black and ivory are the perfect match for your calm demeanour.



PREPARE FOR SUNNIER DAYS AND STEP THROUGH NEW DOORS INTO YOUR OUTSIDE SPACE



VISIT OUR WEBSITE TO REQUEST A FREE QUOTE OR GIVE US A CALL

www.climatec-hi.co.uk
01702 447600

Love your outside space again with new aluminium doors from Climatec Home Improvements. Whether it's replacement French doors, bi-folding or a sliding door, your Climatec team are here to talk you through the options for the back, and front of your home.



WE TICK ALL THE RIGHT BOXES - SO WHY GO ANYWHERE ELSE?

- ✓ Large selection of traditional and modern styled aluminium/uPVC windows & doors
- ✓ Local factory & showroom
- ✓ Accredited manufacturer since 1993
- ✓ FENSA registered and approved Installers
- ✓ Supply only or supply & fit for Trade and Retail
- ✓ Energy Rated Windows of A and A+
- ✓ Customer focused staff
- ✓ Genuine prices with written quotes
- ✓ Free advice on window & door safety requirements
- ✓ Home visits, or virtual quoting by request
- ✓ 10 year installation guarantees



INSTALLSURE



WE MAKE THEM | WE FIT THEM | WE GUARANTEE THEM

Climatec Home Improvements Ltd is part of the Climatec Group
Fletchers Square, Temple Farm Industrial Estate, Southend-on-Sea, Essex SS2 5RN

Find us on Facebook, Instagram & Twitter



HOME & DIY

Your guide to SPONGES

A GUIDE TO CHOOSING THE RIGHT SPONGES AND HOW TO KEEP THEM CLEAN

While you may not have given much thought to sponges, if you hate doing the dishes or cleaning kitchen worktops, the right sponge can help to make tiresome tasks a breeze.

sanitise your sponge weekly and throw it away when it shows signs of wear. Ideal for cleaning kitchens, windows, countertops and bathrooms.

WHAT ARE THE MOST COMMON TYPES OF SPONGE?

NON-SCRATCH SPONGES

Sponges that are labelled as non-scratch are safe to use on non-stick pots and pans, as well as real wood surfaces. They also will not scratch the surfaces of ceramic bakeware. Non-scratch sponges are a good choice for cleaning glassware as they effectively remove dirt without causing any damage.

HOW DO I CLEAN REUSABLE SPONGES?

The best way to kill bacteria harbouring in reusable sponges is to clean them in your microwave or dishwasher. If you choose the former, wet the sponge thoroughly and heat on high for one minute. Alternatively, place on the top rack of your dishwasher with the drying cycle on. Do this once a week for best results.

HEAVY-DUTY SPONGES

As the name suggests, heavy-duty sponges are highly abrasive so should be used to remove tough, stuck-on dirt and debris from kitchen items such as stainless steel pans. Heavy-duty sponges are not suitable for non-stick cookware, as they are likely to scratch their Teflon coating, nor for ceramic cookware or copper pans.

CELLULOSE SPONGES

Cellulose sponges are made from recycled plant fibres, making them a good option for those who want to reduce their carbon footprint and become more sustainable. The main benefits of cellulose sponges are that they are low-cost and very absorbent. However, they are also prone to collecting bits of food over time, so you need to make sure that you





GREAT BRITISH INTERIOR DESIGNER:

HELEN GREEN

DESIGN STUDIO

Who doesn't appreciate a taste of luxury, especially when it comes to home design? One of the most famous names in British luxury interiors is Helen Green Design. Originally founded by the late Helen Green in 2002, the design house describes



itself as "a comprehensive luxury interior design studio synonymous with the creation of beautifully crafted, multi-layered, elegant interiors". And we agree.

Learn more about what makes Helen Green Design one of the best in the business and how you can recreate the look at home.

From stand-out homes in Belgravia to yachts that travel the world, Helen Green Design is behind a wide variety of exquisite home interiors.

Blending both modern and traditional elements, you can expect neutral shades paired with luxury textures to create wonderful designs that are always sure to impress.



How to get the look at home

While Helen Green Design is a design house that oozes sophistication and luxury, it is possible to get the Helen Green look at home. Here are some easy tips to help you make high-end more affordable:

1 Work with the details of your home. From panelling to intricate ceiling patterns, you can keep some of the original features of your home to contrast the modern touches you bring into it.

2 Keep spaces clean and clutter-free to let your statement furniture do the talking. Less is more to create an elegant look.

3 Use textures to add detail. From textured wall art to textured flooring and walls, you can easily add some features to make your interior look and feel more expensive.

Helen Green Design provides the perfect inspiration for any home looking for a high-class upgrade. However, you don't need a luxury budget in order to achieve this look in your own home.



Photo credit: helengreendesign.com

Let's make your conservatory

SPARKLE AGAIN!



- Exterior deep clean & polish
- Complete internal & external valet
- Decorative mouldings cleaned
- Solar panel cleaning



Please call: **01277 790 173** or **07726 323 800**

E: enquiries@ukccc.co.uk www.ukccc.co.uk

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



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

CHEAPER THAN ALL MAIN DEALERS

10% DISCOUNT WITH THIS AD

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

www.fastkeys.co.uk

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

Andrew Miles Design

Kitchen, Bedroom & Bespoke furniture

for a FREE Quotation call 01268 514466

AndrewMilesDesign.com

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

ADD A fiddle-leaf fig

PLANT TO YOUR HOME

If you are looking for a new indoor plant for your home, then a fiddle-leaf fig is a great choice. With large, glossy leaves and an impressive trunk, this statuesque tree can act as the focal point in any room.

WHAT ARE THE DIFFERENT TYPES OF FIDDLE-LEAF FIGS?

The most common type of fiddle-leaf fig plant is the ficus lyrata, which grows to around 10 feet tall when kept inside. Other varieties include:

- > **Ficus lyrata bambino** – a dwarf variety that grows to only a few feet tall
- > **Ficus lyrata compacta** – features smaller leaves and grows to around five feet tall
- > **Ficus lyrata variegata** – an uncommon variety with a mix of green and cream leaves

HOW TO CARE FOR A FIDDLE-LEAF FIG

A fiddle-leaf fig needs bright, filtered light to grow, as direct sunlight can burn its leaves. Any quality indoor plant potting mix is fine as long as the soil drains well. This plant needs a moderate amount of moisture to thrive; too much can cause root rot and too little can cause the leaves to wilt. During the growing season (spring to autumn), water when the top inch of the soil feels dry, and then slightly less over winter. Also add a fertiliser specially made for this plant during growing season and remember to regularly clean its leaves.

HOW TO PRUNE A FIDDLE-LEAF FIG

To keep your fiddle-leaf fig in optimal condition, cut back any damaged leaves, overgrowth or crossing branches. Make the cuts about an inch away from the trunk to avoid damage.

WHERE TO BUY A FIDDLE-LEAF FIG

You can buy fiddle-leaf fig trees either online or at some garden centres.



FROM YOUR AREA

LOCAL NEWS

Resident 'disgusted' over bird poo at station



A disgruntled Thorpe Bay resident has taken to social media to express his disgust over the state of the area's train station.

Commuter Joe Smith posted a video on Twitter of pigeons nesting in a ceiling crevice at the station, and the seating areas and platform covered in their excrement. In the tweet, he called on train operating company c2c to improve the situation.

Joe said: "c2c, when are you going to do something about the amount of pigeon poo and infestation of pigeons at Thorpe Bay? It's all over the benches, handrails, floor, signs – everywhere. It's disgusting!"

In response, a c2c spokesperson said: "We are sorry about this. The teams are in the process of putting in new conduit covers and spiking.

"Many of the pigeons are young and the teams are not allowed to do anything apart from clean up at the moment as per Department for Environment, Food & Rural Affairs (DEFRA) conditions. We are sorry for inconvenience caused."

DEFRA has been contacted for comment.

Man caught using dead woman's Blue Badge

A man who was caught fraudulently using his deceased mother-in-law's Blue Badge in Leigh-on-Sea has been fined.

Francisco Fernandez was caught by a plain-clothed counter fraud officer after having parked his car on double yellow lines on Leigh Road.

Fernandez explained to the officer that his mother-in-law was not with him at the time, prompting suspicion

which led to the Blue Badge being kept from him.

Further investigation discovered that Fernandez's mother-in-law had passed away in September 2021.

Appearing at Basildon Crown Court on Wednesday, April 19, Fernandez pleaded guilty to the charge of false representation concerning use of a Blue Badge. He was fined £369 and was ordered to pay a victim surcharge of £148 and £320.10 in legal costs, bringing the total amount to £837.10.

Staff complete 33-mile bike ride in memory of colleague

Staff at a Leigh-on-Sea accounting firm have completed a 33-mile cycle ride to raise money in memory of one of their cycling partners.

Michael Hallybone, who spent 33 years working at Platt Rushton, sadly passed away in February after being diagnosed with leukaemia.

To pay tribute to Michael, several employees of the firm took on a 33-mile bike ride on Saturday, April 22, starting at their offices and making their way through Rayleigh, Paglesham and Thorpe Bay. Several walkers also joined in with the fundraising.

All the money raised on the day went to Blood Cancer UK, a charity dedicated to funding research into all types of blood cancer, including leukaemia.

Posting on social media, the firm said: "Platt Rushton would like to congratulate its teams of cyclists and walkers for their efforts on Saturday. The cyclists completed their 33-mile route, and the walkers managed a respectable five miles!"

At the time of writing, the company has raised more than £4,600. To donate, visit www.justgiving.com/fundraising/platt-rushton-charity-cycle



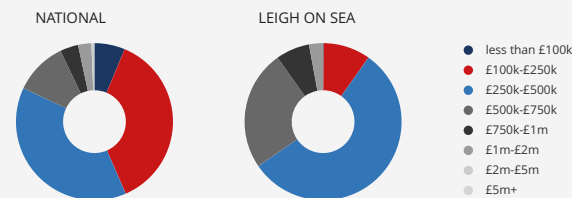
LEIGH-ON-SEA PROPERTY NEWS

kw CHARLOTTE ADAMS

LOCAL MARKET ROUND UP

Over the last 12 months the average sales price in Leigh on sea was **£417,788**. The total value of sales was **£340,099,284**.

Transactions by price band over the last 12 months



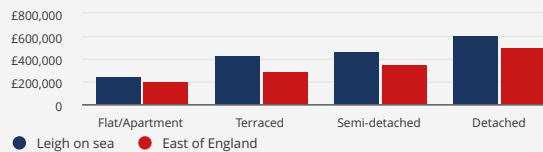
House price growth over 1 year and 5 years



Top transaction in last 3 months

£1,250,000
WESTERN ROAD
SS9

Average prices over last 12 months



Source: Dataloft, Land Registry



kw CHARLOTTE ADAMS

07827 325155

charlotte.adams@kwuk.com ■ www.kwuk.com

Disclaimer: This report is produced for general information only. Whilst every effort has been made to ensure the accuracy of this publication, Dataloft Ltd accepts no liability for any loss or damage of any nature arising from its use. At all times the content remains the property of Dataloft Ltd under copyright and reproduction of all or part of it in any form is prohibited without written permission from Dataloft Ltd. Published on 2023-04-21.

Hi, I'm Charlotte Adams – your new local property expert for Leigh-On-Sea.

I am delighted to bring this monthly local property column focusing on SS9 and surrounding areas.

I am a local estate agent living in Leigh-On-Sea and my aim is to bring you useful property content each month.

I have partnered with Keller Williams as it allows me to be a local independent agent, while having the backing of the world's leading Estate Agency brand.

I know the area well, understanding local school catchments, shops, business parks & public transport links.

Being a property developer myself, I know exactly what buyers are looking for and how to achieve the best possible price for your home.

I'm always happy to have an informal chat and offer guidance where I can, regardless of when you're thinking of selling, so get in touch today if you would like to find out more about working together.

Have a great month, see you in June.

Charlotte

NATIONAL MARKET

Price moderation of 6.8% is expected for the housing market over the course of 2023/24 according to the latest official forecasts by the Office of Budget Responsibility. Price growth of over 19% was recorded for 2021-22.

Economy

The UK economy remained static in February, the effects of strike action countering a rise in construction activity. In the three months to February the ONS report the economy grew by 0.1%

Transactions

The number of sales agreed in March 2023 was just 1% lower than in March 2019 according to Rightmove. This represents the first time the volume of sales agreed has been back to its pre-pandemic level since September 2022.

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

JAMES DUDDRIDGE MP

Conservative MP Rochford and Southend East



LOCAL NEWS



Last month, I completed my fifth London Marathon. Each year, I run the marathon on behalf of charities, and in March I announced that I would be running on behalf of Southend Royal National Lifeboat Institution.

To support my fundraising efforts, I joined local travel insurance brokers InsureandGo at the end of March for a charity work experience shift, which helped to raise £1,600. With all the support from my family, friends and constituents, I raised a total of £3,593.88.

Running alongside my Parliamentary colleagues, our fundraising efforts totalled £68,492.76 for good causes across the country, such as Barnardo's, St John's Hospice Lancaster, Geeza Break, Cancer Research

UK, Royal Surrey Charity and Maggie's Centres.

I am incredibly proud of my fundraising efforts this year, increasing my previous record by £186.88.

Looking back at the 2022 London Marathon, I found more time to prepare this year, and I even ran the Brighton Marathon to warm up. I completed the course in five hours and 34 minutes – albeit slightly sore once I crossed the finish line.

Finally, as ever, I'm here to help, so if you require my assistance as your Member of Parliament, then please do not hesitate to contact me via email at james@jamesduddridge.com or contact my office on 01702 616135.

WWW.JAMESDUDDRIDGE.COM

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





YOUR LOCAL EVENTS

PIXIE AND THE GYPSIES
Chalkwell Park Rooms, Chalkwell Park,
London Road, Leigh-on-Sea, SS0 9SY
Tuesday, May 16, 8pm till late



Photo credit: Pixie and the Gypsies

As well as featuring at Cork Jazz Festival, Cheltenham Festival, and Rye Jazz & Blues Festival, popular band Pixie and the Gypsies regularly perform sold-out shows at Ronnie Scott's The Spice of Life and PizzaExpress Jazz Club Soho.
To buy tickets, visit allevents.in/hockley/pixie-and-the-gypsies/200024300395223

THE AMAZING BLUES BROTHERS
The Royal Hotel, 1 High Street,
Southend-on-Sea, SS1 1JE
Friday, May 19, 7pm till late

Classic songs, sensational performers and a show that's on a mission from God. All this and more is packed into this superb high-octane, foot-pounding production, as these two fabulous singers recreate the magic of *The Blues Brothers*.
Featuring countless rhythm 'n' blues classics, plus all the hit songs from the popular movie, including *Everybody Needs Somebody to Love*, *Gimme Some Lovin'* and *Rawhide*.
Purchase tickets from www.leigh-on-sea.com/event/detail/the-amazing-blues-brothers-at-the-royal-hotel-southend.html

THE BODYGUARD
Cliffs Pavilion, Station Road, Southend-on-Sea,
SS0 7RA
Monday, May 22, to Saturday, May 27, various start times
This musical is based on the smash hit film starring Kevin Costner and Whitney Houston. Former Secret

Service agent Frank Farmer is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge – what they don't expect is to fall in love.
A romantic thriller, *The Bodyguard* features a multitude of Whitney Houston's greatest hits, including *I Wanna Dance With Somebody* and *I Will Always Love You*.
Tickets are available from bit.ly/3LyQVw1

MAGICAL BONES – SOULFUL MAGIC
Palace Theatre, 430 London Road,
Westcliff-on-Sea, Southend-on-Sea, SS0 9LA
Friday, May 26, 7.30pm

Following sell-out runs at Edinburgh Festival and across the UK, the highly skilled *Britain's Got Talent* finalist Richard Essien, better known as Magical Bones, takes to the road with a new show full of the most awe-inspiring magic you'll see this year.
He comes direct from appearances on *Penn & Teller: Fool Us*, BBC1's BAFTA Awards, ITV1's *This Morning* and Sky's *Around the World In 80 Tricks*.
Purchase tickets from southendtheatres.org.uk/online/tickets-magical-bones-southend-2023

THE ROLLING STONES STORY
Palace Theatre, 430 London Road,
Westcliff-on-Sea, Southend-on-Sea, SS0 9LA
Saturday, May 27, 8pm

The Rolling Stones Story is a high-energy concert celebrating the music of the world's greatest rock 'n' roll band. Experience a truly authentic Rolling Stones spectacle, complete with an awesome production, the finest musicians and the world's number-one Mick Jagger lookalike in Paul Ashworth.
To buy tickets, visit southendtheatres.org.uk/online/tickets-the-rolling-stones-story-southend-2023



Photo credit: The Rolling Stone Story



Enjoy the delights of the traditional British seaside

For those who crave a bit of nostalgia, and maybe worry that our ability to connect with iconic seaside locations of old is a thing of the past, a trip to Frinton-on-Sea is the perfect remedy.
There is little to rival the natural vibrancy of a sumptuous, sunny, sandy beach, as radiant sun beats down on the coolest, finest Essex sand.
And yet, where Frinton-on-Sea is concerned, serenity and nostalgia come as much from its vibrant rows of beach huts as they do from the wondrous natural environment.
Its architecturally precise promenade sees beach huts painted in a kaleidoscope of bright colours, and these have been an integral part of the town's heritage for more than 100 years. Simple in their form, they retail for upwards of £50,000 – yet if a 12ft square space is adequate for you to relax, change or store beach essentials in, then perhaps the investment is worthwhile? These picturesque huts have become a symbol of traditional British seaside culture and continue to draw visitors from far and wide, yet Frinton is about so much more.

Its unspoiled sandy beaches are award-winning and stretch for miles along the coast, and the gentle slope of the shoreline creates a shallow, safe swimming area that is perfect for families and children. Meanwhile, the absence of amusement arcades, commercial outlets and 'kiss me quick' hats ensures that this part of the Tendring coastline retains a sense of simplicity and class that few other resorts around the UK can rival.
Even the aforementioned promenade, adorned with Victorian-style streetlamps and ornate railings, holds a sense of class about it; while further back, extensive parkland shows the town's custodians are just as adept with grass as they are with sand.
Frinton-on-Sea has a population of fewer than 5,000. Although several times that number swarm into the area on hot summer days, it rarely feels anything other than idyllic. The next time you're looking for an idyllic British seaside escape, Frinton should be top of the list.





Southend-on-Sea

The Lounge Radio DAB

playing the finest in Jazz, Soul and Soulful House in Essex.

Book Now

Call or Visit our website for all booking details including different packages for dining, seating and more.

 www.theloungedab.co.uk

 The Lounge Dab

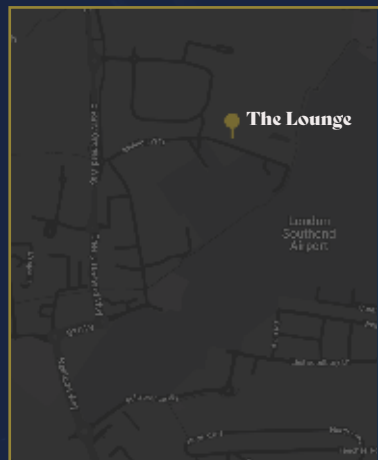
Contact Us

The Lounge Club, 18-19 Aviation Way, Southend-on-Sea, SS2 6UN

 01702 411 983

 www.theloungeclubsos.co.uk


 info@theloungeclubsos.co.uk




 @Theloungesos

 @TheLoungeClubVenue



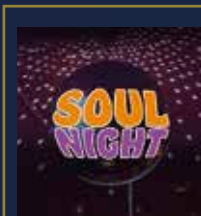
 www.theloungejazzbar.co.uk

 info@theloungeclubsos.co.uk

 01702 411 983

The Lounge Club

SOUTHEND-ON-SEA



5th May
Soul Party Night



6th May
Vivid



7th May
Carroll Thompson



12th May
Omar



13th May
Party Night



19th May
80s & 90s Party



20th May
Acid Lounge



26th May
Soul Party Night

18-19 Aviation Way, SS2 6UN, Southend-on-Sea

LEWIS CAPALDI

A black and white photograph of Lewis Capaldi performing on stage. He is wearing a dark long-sleeved shirt and dark trousers. He is holding an acoustic guitar and a microphone on a stand. He has a joyful expression, looking upwards and to the right. The background is dark and out of focus.

Someone We Love...

THE ENDEAVOURS, INSPIRATIONS AND INSECURITIES OF LEWIS CAPALDI

We live in a world where our leading male singer-songwriters no longer have to subscribe to the airbrushed, heavily manufactured, perfectly coiffured boyband façades of the stars of decades gone by.

This has helped to create careers and vast wealth for the likes of Ed Sheeran, James Arthur, Rag'n'Bone Man and, now, Lewis Capaldi.

For the vast majority of us, this is a relief. Not only does it lend hope that any of us can aspire to and reach the most ambitious of heights; more importantly, it dispels the faux perfection that emanates from TV screens, devices and digital radios.

"I grew up in that era where everyone looked like they had just stepped off a catwalk," begins Capaldi, the 26-year-old Scottish singer-songwriter who has captivated the hearts of many with his soulful voice and emotive lyrics.

"We don't have to play those games anymore and I think there is much more allowance for us to be ourselves. It's real progress."

The star, who rose to fame with his chart-topping single *Someone You Loved* in 2019 – a track currently ascending past a colossal three billion streams on Spotify – is reaping the rewards of two decades of soul-searching and hard work... a process that came to light via a recent Netflix documentary, *How I'm Feeling Now*.

The production shone a light on the perseverance that has patterned his rise to the top, as well as giving the artist the opportunity to open up about living with Tourette's syndrome.

The neurological disorder is characterised by involuntary movements and vocalisations, known as tics. "It's something that has always been with me and perhaps always will, but it's so important I use my platform to reassure other people that

Tourette's doesn't need to hold you back from what it is you want to do," he says.

"For years, I felt imprisoned by it, before realising I could use it as a stimulus, because sometimes you need something to rally against in your life, and Tourette's is that thing for me."

Perhaps we shouldn't be surprised at Capaldi's ability to counter life's challenges. A deep thinker, the Scot's emotional attentiveness frequently comes across in his music. From the breakthrough *Someone You Loved*, a poignant ballad, characterised by its raw lyrics and melancholic piano melody, that spent seven weeks at the top of the UK singles chart and reached number one in the US too, to the soulful vocals and introspective lyrics of *Bruises*.

In 2022, both *Forget Me* and *Pointless* made it to the top of the hit parade as well. The former track was Capaldi's first meaningful release in three years, and despite huge previous success, his candid uncertainty was on show in the promotion of the track, when he revealed, "It could be the beginning of a beautiful chapter in my life, or the very public downward spiral that, let's face it, I'm probably due."

Of course, the artist needn't have worried, and he is now embarking on a UK tour to accompany the release of his album, *Broken by Desire to Be Heavenly Sent*, on May 19.

Capaldi is a singer-songwriter of impeccable talent but, almost as important, devastating humility... and he's here to stay.



GOT SOME FRONT

Our front gardens are typically a bit more restrictive than the spaces behind our homes, but that doesn't mean we can't still make them look stunning.

They are the outdoor spaces that typically lack privacy, are exposed to dirtier air, and may even find themselves hosting a car or work vehicle. Therefore, for the added aggro our front gardens have to put up with, it's sensible to keep things simple, saving your energy for the private space at the back.

Beginning with plants and varieties of flowers, it's sensible to limit a front garden to perhaps just five or six variations. If you include too many different styles, it can create a hotchpotch of ideas that will only make your home look untidy.

Also try to prioritise privacy over prettiness. The front of our property is exposed to all and sundry, so carefully positioned hedges, shrubs and trees can keep unwanted eyes away. Just be sure not to

position larger living matter in front of windows to prevent blocking out the light.

When selecting plants, consider varieties that will last all year round, saving you a constant summer/winter change-up. Think summer roses that progress into gorgeous winter blossoms, and evergreens that will grace the changing seasons with constant class.

As far as a lawn goes, while artificial grass has never been better or looked more authentic, a small area of real grass, or perhaps one either side of a path, is low maintenance and can be taken care of with a simple mower. While it's tempting to bring a wild meadow into the equation, that look is always better achieved in a larger garden, where a rugged area is established in a well-tended garden.

Finally, if you're looking to pave or lay down slate or stone in a front garden, remember weeds will still work their way through, so keep an eye on things, particularly in the summer months.

keeping your front garden low maintenance



LOVE LIFE WITH A LUSH LAWN

Summer is coming. Warmer, longer days and a burst of beautiful flowers, all best enjoyed in the garden alongside a lush lawn.



GreenThumb Lawn Treatment Service has over thirty-six years' experience in being the best in lawn care and holds the secret to keeping lawns healthy and green, all year long. Alongside lawn treatments, preparing your garden to spend more time in it requires a little effort, but the results can be a gorgeous green space.

One of the most important lawn care jobs for a good-looking lawn is correct and regular mowing. Dry, sunny days are the best conditions for lawnmowing. Ensure mower blades are kept sharp or replaced when needed, to avoid causing damage to the grass plant. Cutting the grass too short, too soon will weaken the grass, attracting unwanted weeds and moss. It's best for a lawn to be cut

at least once a week, to a height of about 25mm (1"). In dry weather, increase the height of the cut up to 50mm (2").

A lawn needs to be watered, just as any outdoor or indoor plants do. Hotter, drier weather can turn a lawn yellow and dry. It's best to give a lawn a drink early morning or late in the evening.

Rake up any dead leaves and twigs and cut back overhanging shrubs and plants; grass needs as much direct sunlight and air as possible to stay healthy. It's also a good time to repair bare patches. To do so, carefully rake the patch to create a bed, sow the seeds with a little top-soil and don't let them dry out; they will germinate in a few days (temperature permitting).

GreenThumb have the solution to transform any piece of grass, whatever the size or condition – into a healthy, fresh and beautiful lawn.

HAPPY PLACE, If you love your lawn, you'll love GreenThumb. Our year-round treatments will give your grass the TLC it deserves.

GreenThumb Southend North - 01702 898 051
LAWN TREATMENT SERVICE southendnorth@greenthumb.co.uk



MARTIN 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

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



For residential & commercial gutters

☎ 01702 742164 ☎ 07828 332051

www.theguttersurgeon.co.uk

info@theguttersurgeon.co.uk

Find us on 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.



**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
essexcleaningsolutionsitd@gmail.com

Find us on

**All major credit/debit cards accepted
Fully Insured**



TO DIG OR NOT TO DIG?



GARDENING

Although it may seem strange, no-dig gardening is becoming increasingly popular owing to its ability to save time, banish weeds and ensure plants grow more healthily.

WHAT IS NO-DIG GARDENING?

No-dig gardening is a method of cultivation that aims for minimal disturbance of the soil. Made popular by Charles Dowding, an author and avid gardener, no-dig gardening requires less fertiliser and pesticide, is suitable for any size garden, and can be used to grow flowers, shrubs or vegetables.

WHAT ARE THE BENEFITS?

No-dig gardening is beneficial to your soil, garden and the environment, and can significantly reduce the need to weed. Soil stores a lot of carbon, which means that the more you dig, the more is released into the atmosphere. There is also evidence to suggest that digging upsets the structure of the soil.

A GUIDE TO NO-DIG GARDENING

STEP 1: PREPARE THE AREA

Remove any large weeds and then cover the ground in a layer of light blocking material such as torn-up newspaper. If creating a no-dig area on grass, add a layer of manure and lime first.

STEP 2: ADD LAYERS

Add a layer of kitchen scraps, such as vegetable peelings or fruit waste, and a layer of compost made from leaves and grass cuttings. Then, add a layer of straw, another layer of compost, and finally another layer of straw.

STEP 3: MAKE WELLS FOR PLANTING

Create wells about 10cm deep in the top layer of straw and fill them with compost. Then, plant your seeds or seedlings into the wells. Water well and wait for your no-dig garden to grow.

Photo credit: charlesdowding.co.uk



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



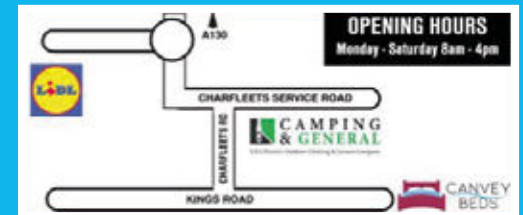
BED/MATTRESS WAREHOUSE SALE NOW ON



★ Guaranteed Lowest Prices ★

- Single to Superking
- Orthopedic
- Memory Foam
- Pocket Sprung
- Bunk Beds
- Mattress Toppers
- Headboards
- Storage Options
- Ottoman Beds
- Choice of Colour/Fabric

FAMILY BUSINESS
FREE DELIVERY
FREE EASY PARKING



OPENING HOURS
 Monday - Saturday 8am - 4pm

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

Tel: 01268 682888



SPORT

UNUSUAL SPORT:

Underwater Rugby

HEARING THE RALLYING CRY OF 'SWIM LOW, SWEET CHARIOT', IT CAN ONLY BE AN INVITATION TO PLAY UNDERWATER RUGBY

In 1961 in Cologne, Germany, a new variation on a hybrid sport containing elements of rugby and water polo was invented.

Named underwater rugby, for perhaps rather obvious reasons, the first championships took place some 17 years later, even though the sport's overseers were still unclear as to what the rules should be.

Ultimately, it was decided that there should be six players per side in the pool at any one time, with further substitutes from a total squad of 15 able to be made during the two 15-minute halves.

Most team formations comprise of two forwards, two backs and two goalkeepers or left-wingers, with the aim being to keep possession and score after outwitting the opposition through speed, skill and holding your breath.

The underwater rugby ball is plastic and filled with salt

water and the players have to score in steel goals which are located at the bottom of opposing ends of the pool. The pool dimensions have to be between 12m and 22m in length, 8m and 12m wide, and with a depth of 3.5-5m.

No kicking, hitting or strangling is allowed, but it's a contact sport so, within reason, anything else goes. Officials are present to judge possible offences, resulting in punishments such as warnings, free throws or two-minute penalties.

There were 18 countries involved at the last World Championships in 2019, where Colombia became the first non-Nordic nation to win a gold medal, beating two-time and defending champions Norway in the final in Graz, Austria.

Underwater rugby is said to be the only true 3D sport in the world in the way both the ball and the players can travel in three dimensions and in all directions – imagine, for instance, having a teammate 5m below you in a pool. For this reason, its popularity is exploding.

Photo credit: Arden Flessmann/Shutterstock.com



SANCTUARY FOUND

OFFICES • MANCAVES • GARDEN ROOMS



● LOCAL FAMILY RUN BUSINESS WHO BUILD DREAMS FOR LIFE WITH EXPERIENCE, PRIDE AND INTEGRITY.

SANCTUARY FOUND

NEVER KNOWINGLY BEATEN ON A LIKE FOR LIKE QUOTE

● SPECIALISING IN LIGHT GAUGE STEEL OR TANALISED TIMBER FRAMEWORK.



See our work on www.sanctuaryfound.co.uk

● ALL WORK GUARANTEED AND FULLY INSURED.

Seeking Sanctuary...
SANCTUARY FOUND...

● COME AND VIEW ANY PREVIOUS PROJECTS TO WITNESS THE OUTSTANDING QUALITY OF OUR WORKMANSHIP.

Whom build dreams with experience, pride and integrity

Call Jon on 07508 339 804
or email info@sanctuaryfound.co.uk



WE GO THAT EXTRA MILE

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 ● Lead Work
- All Types Of Building Work Undertaken ● Int/Ext Painting & Decorating
- Textured Wall Coating ● Damp Proofing & Mould Repair Specialists

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



● Freephone: 01268 855636 ● Landline: 01702 668696 ● Mobile: 07916945904
Web: www.basildonroofingcompany.co.uk ● Email: info@basildonroofingcompany.co.uk

WHEN YOU BUY FROM A SMALL BUSINESS



YOU'RE **NOT** HELPING A CEO
BUY A THIRD HOLIDAY HOME

YOU'RE HELPING TO PAY FOR...

*a little girls
dance classes*



A YOUNG BOY'S
TEAM JERSEY

**MUM AND DAD TO PUT
FOOD ON THE TABLE**



SUPPORT YOUR LOCAL BUSINESSES
AND LET THEM KNOW YOU SAW THEM FIRST IN... **VISION**

RAVISHING Rhubarb



FOOD & DRINK

An unusual vegetable owing to its very sour yet slightly sweet taste, rhubarb is instantly recognisable by its deep pink hue. Super simple to grow, rhubarb is popular for both sweet and savoury dishes.

Serve as it is or strain the liquid through a muslin-lined sieve first.

2 RHUBARB CHUTNEY

YOU WILL NEED: 250ml cider vinegar

| 100g golden caster sugar | 300g chopped rhubarb | 4 chopped medjool dates | 1 tsp grated ginger | 1 cardamom pod

HOW TO MAKE: In a pan, heat the cider vinegar and caster sugar until dissolved | Add the chopped rhubarb, ginger, dates and cardamom pod and cook for 15-20 minutes | Once you have a thick chutney consistency, season with salt to taste | Store in sterilised jars for up to two years (unopened).

What are the health benefits of rhubarb?

- Contains high levels of fibre, which is linked to lower cholesterol levels
- A good source of vitamin K, which is beneficial for your bone and heart health
- Full of antioxidants that protect the body from free radicals
- May help with digestion and to treat digestive disorders

Rhubarb recipes

1 RHUBARB GIN

YOU WILL NEED: 1kg pink rhubarb stalks | 400g white caster sugar | 800ml gin

HOW TO MAKE: Wash the rhubarb, trim the stalks and discard the base and leaves | Cut the stalks into 3cm lengths and place in a sterilised jar with the sugar. (To sterilise jars, wash in soapy water, rinse and then dry in the oven for 20 minutes at a temperature of 140°C/120°C fan/gas mark 1) | Shake and leave overnight | After 24 hours, add the gin, seal and shake again | Leave for four weeks before drinking |





DOES YOUR KITCHEN NEED AN UPDATE?

SAVE MONEY WITH A MAKEOVER



CHOOSE FROM OUR EXTENSIVE RANGE OF OVER 500 DESIGN AND COLOUR OPTIONS

Doors • Drawers • Panels

Plinths • Trims • Handles • Worktops

MOBILE SHOWROOM – WE COME TO YOU
FREE NO-OBLIGATION CONSULTATION & DESIGN
PROFESSIONAL FITTING SERVICE
FULLY QUALIFIED FITTERS

CONTACT US TODAY

01268 977950

info@kitchensrenewedessex.co.uk

www.kitchensrenewedessex.co.uk



FAST, EFFECTIVE & PROVEN

ESSEX BASED LEAFLET, PRINTING & DISTRIBUTION SERVICE

Flyer Distribution Essex covers a majority of the CM, SS & CO postcode areas

- One off drops OR regular monthly drops
- Targeted Demographics - delivered direct to homes
- Cost effective Printing service available
- Direct Pick up service available from your Essex based address

CONTACT US

0800 086 2836 • www.flyerdistributionessex.co.uk



FASHION



She may only recently have become a recognised TV star, but Esme Young has had a career most budding fashionistas can only dream of.

On first impressions, fashion designers Esme Young and Patrick Grant make unlikely candidates for a sparkling television duo, but that is precisely what they have become as judges on *The Great British Sewing Bee*.

Both have decades of experience in the fashion industry, yet it is Young's effervescent wit and charm that has made her a media darling in her twilight years. She is a natural in front of the camera, but given the Bedfordshire native's illustrious life and career – as revealed in her memoir *Behind the Seams: My Life in Creativity, Friendship and Adventure* – this is hardly surprising.

After graduating from Central Saint Martins in the early 1970s, Young and three of her female friends launched the Camden-based fashion collective Swanky Modes, whose designs appeared in *Vogue*

and were snapped by the likes of David Bailey and Helmut Newton. During these carefree years, Young lived in a squat in Maida Vale, partied with the likes of David Bowie and the Sex Pistols, and saw Swanky Mode dresses worn by superstars of the era such as Grace Jones and Cher.

In the 1990s, Young moved into cinema. Her creations included Leonardo DiCaprio's shirt in *The Beach* and Renée Zellweger's iconic bunny outfit in *Bridget Jones's Diary*.

Alongside her judging role, Young teaches at Central Saint Martins, where she passes down her sartorial wisdom. Musing on how she was taught darning, mending and crocheting by nuns at the all-girl convent school she attended, the talented designer confesses that while seeking perfection in the seams and sleeves she judges, she also wants to be excited and surprised by contestants' creativity.

It seems that, even at 74, Esme Young's best days remain ahead of her.

Photo credit: BBC-Love Productions-James Slack



A guide to make-up

EXPIRATION DATES

Be honest, how often do you check the expiration date on your make-up? If the answer is hardly ever, then you're not alone. Unfortunately, out-of-date make-up can cause a whole host of problems, including skin irritations and eye infections.

FOUNDATION: Shelf life of six months to one year
You can keep your foundation germ-free for longer by keeping your fingers away from the neck of the bottle and gently dripping the formula onto the back of your hand before applying. If your foundation starts to separate, it definitely needs to be binned.

CONCEALER: Shelf life of six months to one year
Similar to foundation, concealer can last up to one year as long as you keep it out of direct sunlight and avoid touching the applicator with your fingers. Again, if it separates, throw it away.

LIPSTICK: Shelf life of one year
Typically, a lipstick should last for around 12 months. However, if you notice a change in texture, whether it has started to dry out or become gloopy, or if it starts to smell funny, it is no longer usable. Remember to store your lipstick in a cool, dry place.



EYE PENCIL: Shelf life of one year
Pencils tend to last longer than other eye products as they are sharpened regularly. Keep away from steam for enhanced longevity.

MASCARA: Shelf life of three months
If you don't want to get a nasty eye infection, you should be replacing your mascara once every three months or sooner if you notice that the formula has started to become clumpy or smell strange. Never share mascara.

EYESHADOW: Shelf life of three to six months
Although powder eyeshadow can potentially last for up to two years, because it is used around the eyes, you should replace it more often.



Honey

NOT JUST FOR SPREADING ON TOAST



On May 20, it's World Bee Day – a time to celebrate those buzzing bugs that make honey.

How do bees make honey?

Using their hollow tongues, bees suck up the nectar from flowers and store it in part of their stomach. Back in the hive, they regurgitate the mixture and spread it through the honeycomb cells. They then fan it with their wings to evaporate the moisture and turn it into honey. There are more than 300 different kinds of honey, depending on the flowers the nectar comes from.

Of course, honey is delicious spread on toast. But did you know it's also a great natural health and beauty aid because it contains micronutrients, including vitamins, minerals and antioxidants? It also has moisturising, antibacterial and anti-inflammatory properties. For maximum benefits, choose raw, organic honey.

Healthy scalp and hair

To treat your scalp, use a tablespoon or two of honey straight from the jar. Leave for a couple of hours before rinsing and shampooing. For a hair mask, mix a tablespoon of honey with the same quantity of olive oil. Leave on for 15 minutes before rinsing and shampooing.

Minor cuts, grazes and insect bites

If you're unlucky enough to suffer a cut or bite, simply dab on some honey to help with the healing process.

Sore throats

To relieve a sore throat, mix a tablespoon of honey with ¼ teaspoon turmeric in a mug of warm water or tea, and sip when you need it. You can also use the mixture as a gargle.

Healthy sleep

A tablespoon or two of honey before bed, eaten or in a drink, can help regulate your blood sugar and make you feel relaxed.

Remember...

Never give honey to children under one year as certain bacteria in honey can produce toxins in a baby's intestines. Also remember that honey is high in sugar and calories. The information here is for guidance only – it is not medical advice.





PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

- ▶ ACCRA
- ▶ ADDIS ABABA
- ▶ ALGIERS
- ▶ CAIRO
- ▶ DAKAR
- ▶ FREETOWN
- ▶ GABORONE
- ▶ HARARE
- ▶ KAMPALA
- ▶ KINSHASA
- ▶ LILONGWE
- ▶ LUSAKA
- ▶ MAPUTO
- ▶ MOGADISHU
- ▶ MONROVIA
- ▶ NAIROBI
- ▶ NIAMEY
- ▶ NOUAKCHOTT
- ▶ VICTORIA
- ▶ WINDHOEK

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

DID YOU KNOW?

- ▶ Members of the Royal Family are not allowed to sign autographs. This is in case somebody tries to forge their signature.
- ▶ During her reign, Her Majesty Queen Elizabeth II sent more than 300,000 congratulatory cards to people celebrating their 100th birthdays, and more than 900,000 messages to couples marking their diamond (60th) wedding anniversary.
- ▶ King Charles III, the former Prince of Wales, has been the heir apparent since he was three years old.
- ▶ In November 1965, while a student at Gordonstoun School, the then-Prince of Wales played the lead in Shakespeare's *Macbeth*.
- ▶ The former Prince of Wales has presented the weather forecast on the BBC.

WORD LADDER

ROAD
TYRE

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.

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

Improve, Don't Move!

Maximise the value of your home.

- SPACE-SAVING - MAXIMISE YOUR GARAGE HEADROOM
- SECURITY-ENABLED AUTO-LOCKING SYSTEM
- CHOICE OF 21 COLOURS TO MATCH YOUR HOME
- REMOVAL AND RECYCLING OF YOUR OLD DOOR
- DEDICATED AFTER-CARE TEAM

GAROLLA 01708 545 657

ROLLER SHUTTER DOORS **LINES OPEN 7 DAYS A WEEK**

www.garolla.co.uk

Trustpilot 4.8 out of 5 / 4,700 reviews	Yell 4.8 out of 5	Checkatrade Where reputation matters 9.8 out of 10	CE APPROVED
--	----------------------	--	-------------

BESPOKE ELECTRIC DOORS MANUFACTURED IN THE UK

FREE FITTING
PAYMENT ON INSTALLATION

PRICED EXAMPLE **£895**
COMPACT • UP TO 2.4M

GAROLLA ★ PREMIUM
Increased Security • Double Insulation
One-Touch Close

PRICED EXAMPLE **£1,990**
PREMIUM • 3.4M • ANTHRACITE



Does your home need more space?



We are builders of the highest quality garden rooms, individually designed to meet your requirements. Office, workshop, studio, playroom, bar, or simply to give your home more space, we will work with you to develop your dream garden room.

Using the latest ground screw foundation technology, we ensure tested and certified quality, whilst eliminating the environmental and disruptive impact a cement-based foundation would produce.

Based in Leigh-on-Sea, we offer a local, hands-on approach, that incorporates a friendly service with professionalism, quality, and value – without the additional overheads of a large or national company.



"Amazing job by Christian and his team! GO WFH were recommended to us and did not disappoint, with their professionalism and attention to detail." Mr and Mrs Wright, Westcliff

"From the start, through design, planning and build, Christian worked with me to bring to life my vision of the perfect garden office. I've never been happier, or more productive, working from home." Omar, Leigh-on-Sea

Custom-built Garden Rooms

Office, Den, Studio,
Workshop, Gym,
Playroom, Annex...

What will your garden room be?

- ✓ Add additional space and real value to your home
- ✓ Somewhere to work, play or exercise
- ✓ Bespoke design and highest quality build
- ✓ Meeting all relevant building regulations
- ✓ Industry-leading ground screw piling system

07739 807 301 | info@gowfh.co.uk



BUSINESS & PROPERTY

If you want to start saving, then you may be wondering where to put your hard-earned cash. Two of the most popular options are ISAs and savings accounts, but which one is best for you?

be saved each financial year and does not charge any tax on the interest you earn.

WHAT IS AN ISA?

ISA stands for individual savings account and offers a tax-efficient way to save money. There are four types of ISAs:

- Cash ISAs
- Stocks and shares ISAs
- Innovative finance ISAs
- Lifetime ISAs

The government sets a limit for how much can

WHAT IS A SAVINGS ACCOUNT?

A savings account offers a safe place to put aside your money and allows you to earn varying amounts of interest. Depending on your circumstances, you may have to pay tax on any interest earned.

There are several different types of savings accounts, including:

- Easy-access accounts
- Fixed-term accounts
- Regular savings accounts

ISA	Savings Account
Completely tax-free	Interest is taxed if you earn over £1,000 for basic tax earners and £500 for high tax earners per year
You can deposit up to £20,000 per year	No limits on deposits
Limited to opening one type of ISA per year	No limits on how many accounts you can open
Good for large amounts and long-term saving	Good for large amounts and long-term saving

SHOULD I OPEN AN ISA OR A SAVINGS ACCOUNT?

Before you decide whether to open an ISA or a savings account, you need to determine your needs and savings goals. Typically, you can earn more competitive interest rates on a savings account and, depending on the account, you may be able to both deposit and withdraw money. However, an ISA is a good choice if you want to protect yourself from paying tax on any interest earned.



...SAVINGS ACCOUNTS

Europe's best SECOND CITIES

FIVE EUROPEAN COUNTRIES WHERE THE LESSER-KNOWN SECOND CITIES OFFER, ARGUABLY, MORE THAN THE CAPITAL

1. BERGEN, NORWAY

Many people visiting Scandinavia will instantly migrate towards Oslo for its green spaces, architecture and nightlife, yet for those looking to sample a more stylish, artistic side of Norwegian culture, Bergen is the choice. A seductive port decorated with colourful houses and romantic cobbled streets, it is the gateway to the fjords.

2. KRAKÓW, POLAND

Poland's elevation into a popular location to visit over the past 20 years has been impressive, and this is no better exemplified than in the way Kraków, its second city, welcomes visitors. A former European Capital of Culture, it is a creative tourist's dream, with arts, crafts, collections and museums, plus a host of theatres for the performing arts.

3. PORTO, PORTUGAL

Located on the Iberian Peninsula, many parts of Porto were built with the aim of luring in foreign investment, so it makes sense that Lisbon's smaller sibling has an abundance of interest and charm. From bridges to cathedrals, elegant gardens to wine tasting – the city is the birthplace of port wine – it's a smorgasbord of tastes and flavours.

4. CORK, IRELAND

The last port of call for the Titanic before it headed off across the Atlantic, Cork has a lot going for it, with a bustling market, friendly people, and a renowned food and drink scene. Much more personal than Dublin, it introduces tourists to the rural delights of southern Ireland.

5. KOŠICE, SLOVAKIA

A modern city with an eco edge, Košice combines incredible architecture dating back centuries with a defined approach towards sustainability and the repurposing of old spaces for creative industry. With a warm welcome and thriving arts scene, this is an inspirational place which transports visitors into a world that reflects the past while embracing the future.



GUIDE TO BUYING A

USED SCOOTER

Whether you are a first-time buyer or are seasoned in the world of scooters, a used one can save you a pretty penny.

Below are four questions you need to ask before buying a used scooter.

1 DOES IT RUN?

While this may seem like a no-brainer, before you buy a used scooter, you need to make sure that it actually runs. Once you have established that it does, the next step is to listen to how it sounds. Four-stroke engines should have a smooth hum, whereas two-stroke engines should sound like a gentle chainsaw, so make sure you listen out when you do a test drive.

2 HOW LONG HAS IT BEEN SITTING?

If you are purchasing a used scooter online, take a close look at the pictures. Does the scooter look dusty? If yes, then it may

have been sitting unused for a while. Make sure you check the battery and the tyres as both of these are likely to need replacing.

3 CAN YOU STILL GET SPARE PARTS FOR THE SCOOTER?

While you can still get spare parts for most scooters that have come out in the last decade, it is always worth checking before you sign on the dotted line. Don't forget to also be vigilant of scooters that are missing several body panels, as this can be a sign of a crash or that the scooter has been stolen.

4 WHO IS THE SELLER?

You can choose to buy a used scooter from either a dealership or a private seller. While there are advantages and disadvantages for each option, a dealership is a safer bet as you can find out about their reputation online and they are more likely to provide detailed checks on their scooters.



Photo credit: Martin Charles Hatch/Shutterstock.com



**We could fill
Wembley Stadium
MORE THAN TWO TIMES
with our monthly
readership...**

**...OVER 207,500 PEOPLE IN ESSEX
READ VISION MAGAZINE'S MONTHLY**

Photo courtesy of PA Images

CONTACT US TODAY TO GET YOUR BUSINESS SEEN BY OUR READERS

Your
Monthly
Lifestyle
Magazine



See all our magazines online
at www.visionmagessex.com

Did you know this isn't the only **VISION** magazine in Essex?

Billericay Shenfield Bishop's Cleeve Brentwood Ongar Chelmsford Beaulieu Epping Theydon Halstead Braintree Hertford
Hornchurch Leigh Thorpe Bay Loughton Maldon Burnham Rayleigh Wickford South Woodford Tendring

THE VISION LISTINGS

AIR CONDITIONING

PK REFRIGERATION LTD

Domestic/Commercial Air Conditioning & Cool Room Specialists. Installation, Service & Repairs. Call 01268 774623 | sales@pkrefrigeration.co.uk | www.pkairconditioning.co.uk

BEDS

CANVEY BEDS

Bed/Mattress Warehouse Sale Now On. Guaranteed Lowest Prices. Family Business. Free Delivery. Free Easy Parking. Unit M, Kings Haven, SS8 0QW. Tel: 01268 682888

BEDROOMS

DESIGNER BEDROOMS LTD

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

BESPOKE FURNITURE

ANDREW MILES DESIGN

Kitchens, Bedroom and Bespoke Furniture. For a Free Quotation call 01268 514466 | AndrewMilesDesign.com

CLEANER

MOLLY MAID

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

ESSEX CLEANING SOLUTIONS

Specialist in domestic & commercial cleaning. FREE, no obligation quotation. Call 0800 699 0466 | 07749 220949 | 07462 677211

FLAT ROOFING

HIGH-TECH

Lifetime Guaranteed Flat Roofing. Contact our friendly team or pop into our showroom at 850 London Road, SS9 3NQ. Free advice & pricing, call 01268 859602 | www.flatroofs.net

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

A1 ASTROTURF

Artificial Grass Sale Now On At Canvey Warehouse. Open to Trade & Public - Unit M, Kings Haven, SS8 0QW. T: 01268 680762 E: a1astroturf@gmail.com | www.a1astroturf.co.uk

GARDEN ROOMS

SANCTUARY FOUND

Offices, Mancaves, Garden Rooms. See our work on www.sanctuaryfound.co.uk Call Jon on 07508 339804 or email info@sanctuaryfound.co.uk

GENERAL BUILDING

MARTIN HOLMES

Interior/exterior work, patios/driveways, decking, tree work, garden clearance, fencing, carpentry, interior/exterior painting, all aspects of building/gardening work. 01702 898031

GUTTERS CLEARING

THE GUTTER SURGEON

For residential and commercial gutters. 01702 742164 | 07828 332051 | www.theguttersurgeon.co.uk | info@theguttersurgeon.co.uk

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

HOME TECHNOLOGY & SUPPORT

RAYLEIGH SOUND & VISION

Home Cinema, Multi-room Music, Lighting Control, Home Security, Hi-Fi. Visit us at Southend, Rayleigh & Chelmsford. Tel: 01702 435255 | www.rayleighhifi.com

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

LEAFLET DISTRIBUTION

FLYER DISTRIBUTION ESSEX

Leaflet, printing & distribution service. Cover a majority of CM, SS, CO postcodes. One off drops or regular monthly drops. Call us on 01277 554045 | www.flyerdistributionessex.co.uk

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

LOCKSMITH

FAST KEYS

Domestic & Automotive Locksmith. Cheaper than all main dealers. Visit trade counter, Units 3 & 4 Pilot Close, SS11 8YW. 01268 562592 | sales@fastkeys.co.uk | www.fastkeys.co.uk

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

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

WINDOWS & DOORS

CLIMATEC HOME IMPROVEMENTS

We make them. We fit them. We guarantee them. Tel: 01702 447600 / www.climatec-hi.co.uk

WANT TO APPEAR IN NEXT MONTH'S VISION LISTINGS?

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

Company name:

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

.....

.....

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

Payment option: Card    Direct Debit

Please return to: Lifestyle Magazine Group Ltd, 55 Crown Street, Brentwood, Essex, CM14 4BD or email los@visionmag.co.uk. *£180 +VAT for a 12 months plus agreement. Payments can be made monthly or upfront

DISCLAIMER: **VISION** does not represent or endorse the accuracy or reliability of any of the advertisements, nor the quality of any products, information or other materials displayed, purchased or obtained by any customer as a result of an advertisement or any other information or offer in connection with the service or products. The opinions expressed in articles, reviews and stories are strictly those of the individual authors and do not necessarily reflect the views of **VISION**.

To advertise call Nik on 01702 898026

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

WORDLADDER: ROAD, LOAD, LORD, LORE, TORE, TYRE



Chalkwell Grange

LUXURY CARE HOME IN LEIGH-ON-SEA

HOME-FROM-HOME
LIVING

WELLBEING-
FOCUSED CARE

COMPASSIONATE
EXPERT TEAM

MAKE NEW FRIENDS, BE PART OF A
COMMUNITY AND LIVE MEANINGFULLY AT
CHALKWELL GRANGE.

TO REGISTER YOUR INTEREST,
CALL OUR FRIENDLY TEAM:
01702 482252

**OPEN
NOW**

