

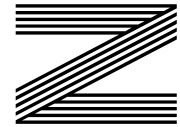
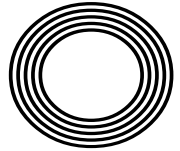
**LEARN
HOW
TO DO
PET CPR**

Dry January
The best places to visit

LEARN THE BASICS
of British Sign Language

Frankie
DETTORI

The jockey's racing success in the saddle



FREE

Photo credit: Terry Harris/Shutterstock



Established since 1999 and still number one in Essex



WINDOWS



DOORS



FASCIA/ SOFFITS



CLADDING



@ALPINEHOMESSEX



ALPINE_HOME_IMPROVEMENTS INSTA

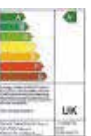
ALL OUR STAFF WILL FOLLOW GOVERNMENT SAFETY GUIDELINES AT YOUR PROPERTY

01277 263355

www.alpinehomeimprovements.co.uk
office@alpinehomeimprovements.co.uk

14a ONGAR ROAD, BRENTWOOD, ESSEX CM15 9GB (near Sainsburys)

TEN YEAR INSURANCE BACKED GUARANTEE WITH EVERY INSTALLATION





Editor's notes...

JANUARY 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Maldon Burnham. Happy New Year 2022. That still sounds strange to me. Sometimes I forget what year we are in as the past two seem to have rolled into one long year. Most of you, I hope, are reading this after having a well-deserved rest over Christmas (which I certainly needed). Every year, I make New Year's goals - I don't call them resolutions as it sounds wishy-washy to me. But goals/targets sound more assertive as they are made to be achieved. My goals personally are all about making more time to relax and have some me time. With two young kids - a three year old and an 18 month old - there isn't too much time to relax after work. Since my three year old has never been a believer in a good night's sleep, 4am wake-up calls have been the norm in our house for years now, and it's catching up with me.

Business-wise, we are on a recruitment drive this year and I am looking at adding a couple more people to our team. So if you are keen to take on a new challenge, we are looking for a client relationship manager as well as more distributors to help deliver our magazines every month in your local area. Please feel free to send me an email or call for a chat if you are interested. I wish you all the very best for 2022.

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 | maldon@visionmag.co.uk | 01621 398040

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

CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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

WANT TO EARN EXTRA £ EACH MONTH? DISTRIBUTORS NEEDED!



SUPPORT LOCAL BUSINESSES



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

CONTACT NIK TODAY TO APPLY

Your Monthly Lifestyle Magazine **VISION**

t: 01621 398040 m: 07860 683239
e: maldon@VISIONmag.co.uk
w: www.VISIONmagessex.com



British Sign Language

basic phrases

Around nine million people in the UK are deaf or hard of hearing, with deafness being the third most common disability in the world.

Currently, there are more than 151,000 British Sign Language users in the UK, not including translators and interpreters.

Whether you know someone who is deaf or hearing impaired or not, why not make 2022 the year you learn this useful new skill?

WHAT IS BSL?

BSL stands for British Sign Language, and it is the language of the deaf community in Great Britain. BSL involves a combination of hand shapes and movements, lip patterns, facial expressions, and shoulder movements. It also has its own grammar that is structured completely differently from spoken English.

WHY LEARN BSL?

Language is key to relationships and, for those who are deaf or hearing impaired, relying on lip reading and guessing games can act as a communication barrier. By learning sign language, you will be able to interact better with the deaf community. Plus, learning a new skill can be lots of fun.

UNDERSTANDING THE BSL ALPHABET

Fingerspelling is the method used to spell out names and places using hand signals and finger adjustments. While fingerspelling on its own isn't sign language, it can help you to communicate with someone who is deaf. It is often used to spell words that do not have a sign and for instances when the other person is not familiar with a particular sign.

British Sign Language uses two-handed gestures to spell words – see BSL alphabet below:

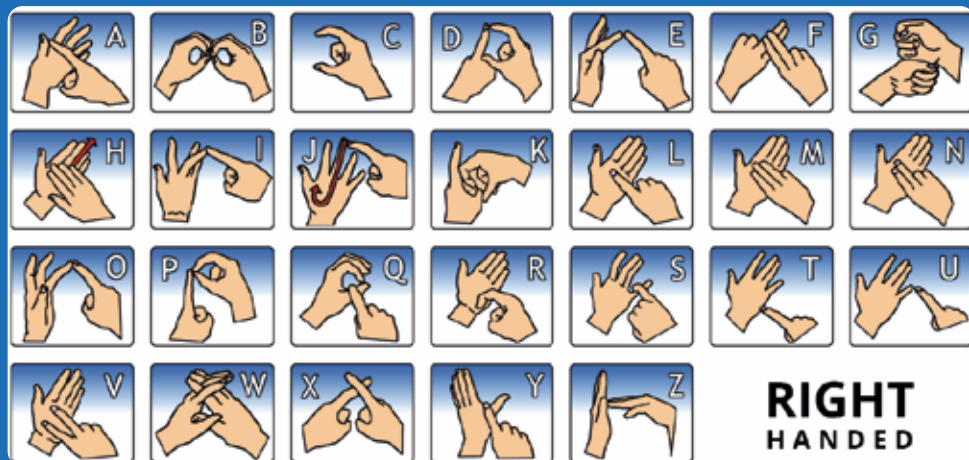


Photo credit: british-sign.co.uk

BASIC BSL SIGNS:

'How are you?'

- > With your hands flat, run your fingertips up your chest
- > Then move your hands forward with a thumbs-up gesture
- > When signing this phrase, use a questioning expression.

HOW ARE YOU?



'What is your name?'

(signed as 'name what')
To sign 'name'

- > Make the tips of your index and middle fingers (N shape) to touch your forehead
- > Then twist your hand forwards at the wrist until your fingers are in front of your face.

WHAT IS YOUR NAME?



To sign 'what'

- > Point your wrist out in front of you with your palm facing forward
- > Then put your pointer finger up and wiggle it from side to side
- > When signing this phrase, use a questioning expression.

PLEASE/
THANK YOU



'Please'

- > Place the fingertips of your dominant hand on your lips
- > Then move the hand away from your face, keeping hands in the same position
- > Mouth 'please' at the same time.

'Thank you'

- > Use the same sign as 'please'
- > Mouth 'thank you'.

SORRY



'Sorry'

- > Make your hand into a fist
- > Rub your fist against the centre of your chest in a circular motion.

FIND OUT MORE ABOUT BSL AT WWW.BRITISH-SIGN.CO.UK

HELP ME!

If you were in a dangerous situation, would you know how to discreetly ask for help?

Cases of domestic violence surged during the pandemic. Fortunately, there are several new services to help victims get the help they need without putting themselves in more danger.

1. SIGNAL FOR HELP GESTURE

Launched early in the pandemic to combat the rise in domestic abuse, this gesture can be silently displayed during video calls to alert family, friends or colleagues that someone needs help.

To make the gesture, put your palm up, tuck your thumb in and close your fingers.

2. PHARMACY ANI

A codeword scheme created by pharmacies to offer a lifeline to domestic abuse victims, if someone asks for an ANI (action needed immediately), a trained member of staff will take them discreetly aside to offer help or call the police. This scheme has been rolled out across Boots stores and many private pharmacies.

3. IPHONE EMERGENCY SOS

Apple's iPhones now come with a feature that allows you to discreetly make an emergency call and simultaneously share your location. From iPhone 8 handsets onwards, simply press and hold the side button and one of the volume buttons until the emergency SOS slider appears. Drag the slider to call the emergency services. To use this service on an iPhone 7 or earlier, rapidly press the side or top button five times until the slider appears.

4. ASK FOR ANGELA

Designed to prevent sexual violence in hospitality venues, all you need to do is approach a member of staff and ask for Angela if you feel unsafe or threatened and they will help you out of the situation.

5. SILENT 999

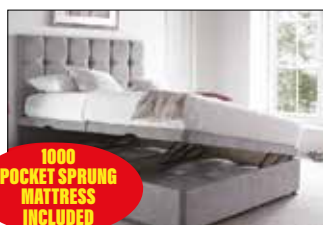
If you can't speak or you are scared you may be overheard, you can cough or tap your phone handset when ringing 999, and trained call handlers will recognise this as a distress signal. Alternatively, dial 55 once connected.

6. WHAT3WORDS

What3Words is a free smartphone app that gives every three by three square metre of the globe a unique three-word code. If you are lost, all you need to do is give the emergency services your code and they will be able to pinpoint your location almost immediately.



ESSEX BEDS JANUARY SALE

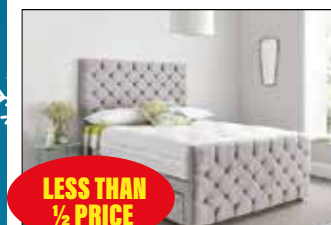


Was
£1299
NOW
£799

**SAVE
£500**

**1000
POCKET SPRUNG
MATTRESS
INCLUDED**

**Top of the Range Ottoman Divan Set
Includes mattress, now less than half price**



Was
£1249
NOW
£599

**SAVE
£700**

**LESS THAN
½ PRICE**

A beautiful luxuriously Upholstered Bed Frame



Was
£1249
SALE
£599.95

**SAVE
£650**

**LESS THAN
½ PRICE**

**The latest in Gel Technology for comfort and coolness.
This double divan comes with 2 Free Drawers**



Was
£899.95
SALE
£499.95

**SAVE
£400**

**New hybrid memory and springs mattress
with deep 2 drawer divan**



Was
£1999.95
SALE
£999.95

**SAVE
£1000**

**50%
OFF**

**Latest technology pocket sprung Divan
with super cool fillings**



**LESS THAN
½ PRICE**

Was
£1699
SALE
£799.95

**SAVE
£900**

**King Size Divan Set - super high specification with
over 2000 individual hand nested springs, providing
the highest levels of support & comfort**

MANY SIZES OF HEADBOARDS **TO CLEAR**

SOUTHEND
201 London Road,
Westcliff-on-Sea SS0 7BP
01702 434342

HADLEIGH
245-256 London Road,
Hadleigh, Essex SS7 2DE
01702 557972
Email: essexbeds@hotmail.co.uk

MALDON
2 Market Hill
Maldon, Essex CM9 4PZ
01621 854897

**All Stores Open Sunday
Free Parking at all Stores
SUPER FAST DELIVERY
Find us on Facebook**





Maldon: 01621 744 336
Rayleigh: 01268 780 896

Find us on  



PVCu • Hardwood • Aluminium
Domestic & Commercial



- Windows • Doors • Conservatories
- Lightweight Tiled Roof Conservatories • Fascias
- Soffits • Guttering • Sliding Sash Windows • Lanterns
- Bi-folding Doors • Composite Doors

Existing Double Glazing Repairs:

- Replace misted / broken double glazed units
- Replace window & door handles / hinges
 - Re-align dropped windows & doors
- Conservatory roof repairs, upgrades & replacements

Free, no obligation estimates

www.wisedesignsinglass.co.uk
email: info@wisedesignsinglass.co.uk

VERY PERI

Colour of the year 2022



Photo credit: etonasterka/Shutterstock.com, www.pantone.com

As interior design enthusiasts everywhere waited with bated breath, Pantone announced its colour of the year – and it wasn't what anyone was expecting.

What is the Pantone colour of the year for 2022?
For the very first time, Pantone created a new shade that didn't already feature in its existing catalogue of colours. Described as "a dynamic periwinkle shade of blue hue with a vivifying violet red undertone", Very Peri marries the constancy of blue with the excitement and energy of red.

What does this colour symbolise?
According to Pantone, Very Peri is a symbol of the transitional times that we are going through as the world emerges from lockdowns and experiences unprecedented change. Its unique colour combination is meant to deliver dynamism, creativity, imagination and moving forward. Furthermore, as our physical and digital worlds become more intertwined, Very Peri is a shade that looks just as at home in the natural world as it does on screen.

How to incorporate Very Peri into your home
Very Peri is an incredibly versatile shade that is suited to many different materials, textures and finishes within the home. If you are worried about using too much colour, Very Peri is a great shade for creating a feature wall, either with a splash of paint or some playful wallpaper. It also works just as well in transitional spaces, such as the hallway, as it does in the main rooms of your home. Alternatively, you could invest in a few periwinkle home accessories or refresh some old wooden furniture with this warm and uplifting shade.



The season of COSYING UP

TIPS ON GIVING YOUR BEDROOM A WINTER MAKEOVER ON A BUDGET

As temperatures plummet and the dark nights set in, you won't be the only one contemplating hibernation this winter. While you might not be able to spend the whole season in bed, you can at least make it a little cosier to help you get through the winter months.

Check out some budget-friendly ways of giving your bedroom a winter makeover.

CHANGE UP YOUR COLOUR SCHEME

One of the easiest ways to add a winter touch to your bedroom is to change up your colour scheme. Think grey tones or muted shades of pink and red. Cushions, curtains and ornaments can help you add some colour without going overboard with your spending.

EMBRACE WARMING TEXTILES

Bringing in some warming textiles can make your bedroom feel much cosier. Fluffy or bouclé throws, along with cushions, are perfect for this time of year, adding that hygge touch that will also keep you warm at night.

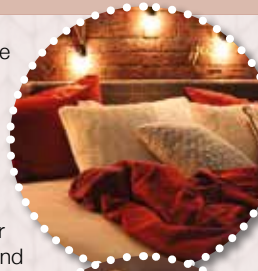
SOFTEN YOUR LIGHTING

Some softer lighting is just what you need to hide away from those dark winter evenings. If you don't have a dimmer switch, buy dimmable smart bulbs so you can lower your lights to create a warmer tone while also saving some energy. Adding candles or fairy lights can also create a winter-friendly ambience to help you settle in at night.

EMBRACE WINTER FRAGRANCE

Fill your room with winter fragrance to make your bedroom even more relaxing. Popular winter fragrances include warming vanilla, amber and tobacco, while spicy cinnamon and clove will help you capture the essence of winter.

Giving your bedroom a winter makeover is the perfect way to embrace nights in and rest up. With some simple changes, your bedroom will have that cosy Scandi vibe in no time.



Carpets Direct

Guaranteed Lowest Prices

- ✓ **FREE FITTING** Established 26 years
- ✓ **FREE home visits**
- ✓ **SPECIALISES** in twist pile

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
01621 398 019

mastercard VISA

www.carpets-direct.co.uk

THE ONE STOP SOLUTION FOR SHEDS & GARDEN FURNITURE

QUALITY SHEDS
GARDEN FURNITURE
CUSTOM TIMBER BUILDINGS

Tony Turner

MANUFACTURERS OF QUALITY SHEDS

CALL 01621 742184

EMAIL: TONYTURNER16984@SKY.COM
WWW. TONYTURNERSHEDS.CO.UK

WHITEHOUSE FARM, NEW LANE, MALDON, CM9 6PJ

Lifestyle Shutters & Blinds Ltd

www.essexwindowshutters.co.uk

CALL US TO CLAIM FREE FITTING WITH THIS ADVERT

- Local small family run business
- Specialising in made to measure shutters & blinds
- 1st floor showroom open Monday-Friday 9am-3pm

T: 01245 426620 • M: 07971 574 958 E: adam@essexwindowshutters.co.uk
Unit 2, 49 Cutlers Road, South Woodham Ferrers, CM3 5WA

Sue Campbell

MCFHP MAFHP

Home Visiting
Foot Health
Practitioner

Services
provided are:
Routine nail care,
Corn and Callus
Ingrowing toe nails
Hard Skin & Treatment of
common foot problems

01245 917744
or 07583 477846

WANT MORE BUSINESS?

CALL 01621 398040
TODAY TO ADVERTISE



DO YOU WANT TO DEFEAT DAMP & CONQUER CONDENSATION?



benham
preservation

QUALITY DAMP SERVICES FOR
DOMESTIC, HISTORIC & COMMERCIAL PROPERTIES

- ◆ DAMP PROOFING ◆ RISING DAMP ◆ CONDENSATION
- ◆ WOODWORM ◆ DRY/WET ROT

DON'T DELAY - CONTACT US TODAY: 01245 708900

www.benhampreservation.co.uk info@benhampreservation.co.uk

DESIGN YOUR OWN KITCHEN

with our expert help

YOUR LOCAL KITCHEN DESIGNER

A great kitchen is the heart of any home, so make your dream a reality with help from your local kitchen experts at Dream Doors Chelmsford. From design to fit, our professional team will help you create your ideal kitchen.

Carl and Lora, owners of Dream Doors Chelmsford, will be on hand to help you create the perfect kitchen for your home. The Dream Doors showroom features kitchen cabinets, worktops and appliances, as well as designs and styles ranging from monochrome kitchen spaces to traditional country, so you can find the inspiration you need to make over your kitchen. Carl and Lora will be happy to talk through your ideas and help you design and build a practical but stylish kitchen that serves your everyday needs.

ENTIRE KITCHEN REFURBISHMENT

Should you wish to start from scratch, our Dream Doors designers can work with you to oversee an entire kitchen refurb, from initial design to final fitting conducted by our local expert kitchen fitters.

We are a local kitchen company you can trust, with many years' experience of transforming spaces with our sleek designs and bespoke finishes. Every

kitchen is made to measure so you can design your own kitchen to suit your lifestyle. Cabinets, worktops, lighting, flooring and furnishings are all part of the service, and we supply and install appliances too.

KITCHEN MAKEOVERS

Classic and contemporary kitchen design doesn't have to involve the replacement of an entire kitchen. New kitchen doors and worktops are an affordable option that can transform the overall look and feel of your kitchen. Even if you want to swap styles completely to a monochrome or high-gloss finish, this can all be achieved on a budget with help from our expert design team. With us, you can achieve your dream kitchen for up to 50 per cent less than the cost of a full kitchen refit. Why not pop into our Chelmsford showroom to see what is on offer?

ARRANGE A VISIT FROM OUR KITCHEN PLANNER

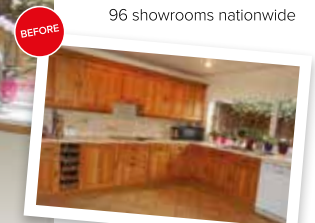
Carl and Lora can visit your home to help you plan and design your new kitchen. Simply arrange an appointment so they can come and take your ideas on board and provide you with a free, no-obligation quote. To book your home, call 01245 358 990 or email cm@dreamdoors.co.uk.

QUALITY KITCHEN MAKEOVERS

by simply replacing the doors and worktops



THE UK'S #1 KITCHEN MAKEOVER EXPERTS. EST. 1999



DREAM DOORS®
NEW LIFE FOR OLD KITCHENS
www.dreamdoors.co.uk

2A Victoria Court, New Street,
Chelmsford, CM1 1GP
Call us now for a free estimate:
01245 358 990

DO YOU DREAM OF A NEW KITCHEN?

From simple door
replacements to complete
fitted kitchens

Fully installed by local
professionals in just a few days

Choose from a large selection
of doors, worktops and
appliances

96 showrooms nationwide



Checkatrade.com
Where reputation matters
AVERAGE SCORE **9.7/10**



LOCAL NEWS

from your neighbourhood



Photo credit: Google Maps

Council agrees to spend £150k to save popular attraction

At a meeting earlier this month, Maldon District Council (MDC) agreed to allow up to £150,000 to be spent on saving a popular Maldon attraction, after numerous health and safety issues were identified.

Despite repairs being made in 2020/21, the surface of the splash park in Promenade Park has deteriorated, according to a report presented to MDC's Strategy and Resources Committee.

Councillor Chris Leslie, MDC's director of resources, said in a report: "Without the investment in a new surface, the splash park will be unable to operate

during 2022/23 and would remain closed indefinitely. "The closure would be a significant loss to the district's tourism offer, as well as to local residents."

Recent inspections, according to cllr Leslie, "identified the health and safety risk of trip hazards as well as the risk of encouraging bacterial growth".

The report suggests that £10,000 be allocated to the cost of electrical repairs at the splash park and £140,000 for the cost of resurfacing work.

According to the report, the proposed works should begin in the spring.

Have your say on the future of area's transport

Transport East wants Maldon residents' views on its draft strategy, which will help guide transport investment in Essex over the next 30 years.

They have developed a draft regional Transport Strategy and are now inviting locals to have their say by completing their public consultation.

Covering Essex, the ambitious strategy sets out a series of priorities for better transport for all those

living, working, and learning in the region up to 2050.

The strategy has been developed following analysis of technical evidence, as well as talks with the public and the company's partners.

The eight-week public consultation is open until Sunday, January 30.

To take part, please visit www.transporteast.org.uk/public-consultation



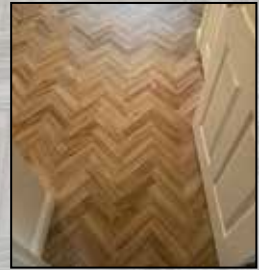
The full flooring service brought to your home

A Clarke Carpets & Flooring are a leading mobile carpet and flooring supplier/fitter with flooring options to suit all budgets. Being a mobile business with minimal overheads enables them to be very competitive on prices.

A Clarke Carpets & Flooring was founded in 2012. Aaron completed a full two year apprenticeship and spent the following seven years working for a top carpet fitting company before branching out on his own.

Aaron has built a reputable name for himself and his company. His over 10 years of experience, huge client base and long list of excellent reviews speak for themselves.

A Clarke Carpets & Flooring pride themselves on being able to



bring all the samples to your home to choose from comfortably, and compare to existing home decor. They take time to measure every job carefully and find the flooring that best suits your needs.

A Clarke Carpets & Flooring can take away all the stress and hassle. No being pestered by salesman in stores. No trying to second guess matching current home decor or trying to visualise colour matches. No wasted time travelling to stores. A Clarke Carpets & Flooring are here to help, and best of all, they won't be beaten on price.

Contact us today for your free quote and samples brought to you: call 01621 928770, email clarky319@hotmail.com or visit www.aclarkecarpets.com.



The Flooring Store that Comes to Your Door

Supply and Fit: Vinyl ■ Laminate ■ Carpets ■ LVT



New LARGER Showroom

Very Competitive Prices
Free Home Quotations
All works fully insured and guaranteed

Tel: 01621 928770
Mob: 07718 063942
info@aclarkecarpets.com
www.aclarkecarpets.com

- Options to suit all budgets
- Highly experienced fitters
- Domestic & Contract work
- Any written quotation beaten by at least 10%
- 1000's of samples to choose from
- Many quality remnants in a range of colours and sizes in stock at unbeatable prices
- We stock carpets, vinyls, LVT and laminate at our new warehouse

Unit 1, Red Lion Business Centre, Burnham Road, Latchingdon

furnish&Co

Bespoke joinery

Makers of fine,
fitted and free
standing furniture



Bedrooms & dressing rooms ■ Kitchens & utility rooms ■ Home offices
Alcove & audio cabinets ■ Bespoke free-standing furniture

CONTACT US: 01621 398 028

www.furnishandco.co.uk

Email: info@furnishandco.co.uk

We are proud to be
endorsed by Which



MAKE YOUR WILL... ...IN THE COMFORT OF YOUR OWN HOME

**Do you and your family have the peace of mind of an up-to date Will,
or a Power of Attorney for yourself or your parents,
or Legal Guardians for your children under 18?**

My professional services for arranging personally-tailored Wills, Powers of Attorney, Probate and expert guidance on Inheritance Tax and Care Home Fees, are offered to applicants seven days a week on a fixed fee basis in your own home, regardless of consultation time and number of visits.



MARTIN ENGLEMAN AIPW AFPC
Qualified Member of the Institute of Professional Will Writers – Certificate in Mortgage Practice & Equity Release, Chartered Insurance Institute – Diploma, Personal Finance Society

Please visit www.businessadvisoressex.co.uk for more detailed information, then call me for a fixed fee quotation and free advice

Please note that weekend home visit meetings are offered at no extra cost

Office: 01268 761022
Mobile: 07901 948745
1 Nesbit Close, Wickford,
Essex SS12 0PT

ENGLEMAN WILLS
+ POWERS OF ATTORNEY + PROBATE



Photo credit: Lucid Formation/Shutterstock

Appeal to landowners to clear their private drains

Essex County Council (ECC) is urging landowners and people with gardens next to roads in Maldon to do their part to help minimise flooding by clearing private drains and ditches.

In October alone, more than 9,000 roadside gullies and catchpits were cleared by the busy cleaning teams in Essex.

However, residents in Maldon are responsible for private drainage and ditches and are being asked to ensure that they are clear and draining properly.

Gardeners can also play their part by clearing leaves, twigs and branches from front gardens, meaning less debris will be washed into drains and gullies.

Councillor Lee Scott, ECC cabinet member for highways maintenance and sustainable transport, said: "Flooding is an issue that has to be dealt with, not just in the county, but globally. While we work hard to try to reduce flooding where we can, it is important that we work together as partners to help alleviate the problem for the good of the community."

Strategy to tackle climate change approved

A strategy for how and when Maldon District Council (MDC) will aim to tackle climate change and engage with residents to help bring about positive change was approved following a council meeting last month.

The strategy, entitled Our Home, Our Future, sets out five climate action pledges that focus on action being taken to help everyone kick the car habit, create less waste, and show nature we care. The pledges also include a commitment from MDC to "be an authority that leads by example" and to "demonstrate a strong policy commitment to climate action".

Leader Designate of MDC, councillor Richard Siddall, said: "Since declaring a climate emergency back in February 2021, a great deal of work has gone into developing the strategy that will help us to focus

on areas where climate action can be made between now and 2030.

"Climate action is a broad subject that requires a huge amount of investment and innovation. This strategy enables the council to welcome Climate Action Friends to help us deliver local action and engagement with service providers and communities.

"We encourage everyone to get on board, support this work and sign up to become a Climate Action Friend. To register your interest, please email CAF@maldon.gov.uk"

MDC's lead youth Climate Action Friend, Hattie Phillips, said: "I am hopeful and optimistic that the work the council is doing will support people like me and lots of other Climate Action Friends in the community to have conversations."



LOCAL NEWS MALDON



LOCAL NEWS

from your neighbourhood



Photo credit: David Wilson Homes

School pupils bury memories of the pandemic

Pupils from a Burnham school left a legacy at a new development in Burnham-on-Crouch last month, as they buried a COVID-19 time capsule onsite.

As the pandemic has been a difficult time for many, David Wilson Homes took the opportunity to invite 30 Year 6 children from St Mary's C of E Primary School to make their mark at the new Corinthian Place development on Maldon Road and bury their memories of the past 18 months.

With the help of Long Creations, David Wilson Homes distributed booklets for the pupils to complete ahead of the event, detailing information about themselves, how they have felt during the pandemic, and what they did to stay in touch with their community.

To be opened in 2071 – 50 years from now – the time capsule has given the children a chance to be part of the history of the area. They have also helped the homebuilder leave a legacy for the next generation

at Corinthian Place.

Geraldine Denham-Hale, headteacher at St Mary's C of E Primary School, said: "The children were very excited to have the opportunity to send a message for local people 50 years in the future.

"They had lots of fun imagining what life might be like and what they would be doing in 2071."

Annette Hurst, sales director at David Wilson Homes Eastern Counties, said: "We've all been part of history over the past 18 months and, rather than dwelling on what has undoubtedly been a difficult period, we wanted to encourage local school pupils to stamp their place on the timeline of our Corinthian Place community.

"We'd like to thank the pupils at St Mary's C of E Primary School for helping us to leave a lasting legacy for our current and future residents at this growing community."

SILVERTHORN SKIP HIRE

SKIP HIRE TO YOUR DOOR

**Brand New 4, 6, 8 Yard Skips
Transit Tipper Wait & Load Service**

PRICES BEGIN FROM:
4 Yard: £200 • 6 Yard: £230 • 8 Yard: £250

CONTACT US TODAY

01621 840229 • 07738 110443

silverthornwaste silverthornskips



ORDER YOUR LOGS FOR WINTER NOW!



We are an established timber yard based in Maldon, Essex providing timber & fencing supplies to the public and trade



**Home & Garden
Construction and Farming**

Tel: 01621 891999 • www.southwoodtimber.co.uk
Broad Street Green Road, Great Totham, Maldon, Essex CM9 8NU
Local Delivery Service Available

**NOW STOCKING
DuraPost®
GUARANTEED FOR
UP TO 25 YEARS**



JS TREECARE
PROFESSIONAL
SAFE & RELIABLE

**TREE SURGERY
HEDGE TRIMMING
FELLING & CLEARANCE
PRUNING & POLLARDING
CROWNING & TOPPING
LANDSCAPING SERVICES**

ALL RUBBISH TAKEN AWAY IS RECYCLED

FULLY PUBLIC LIABILITY INSURED

City Guilds NPTC Qualified

FREE QUOTATIONS & ADVICE
0800 303 2290 - 07983 675053
jstreecareinfo@gmail.com

www.jstreecare.com
1 OAKTREE, THE STREET, LITTLE TOTHAM, MALDON, ESSEX CM9 8JQ

ESSEX BROADBAND LTD

POOR WI-FI & BROADBAND COVERAGE?

WE CAN SUPPLY:
Services to outbuildings
Temporary broadband or Wi-Fi
Temporary Wi-Fi for events
Wi-Fi to farm buildings
Wi-Fi to any outdoor spaces

Call us now on 07421 712217
essexbroadband@gmail.com

Our surveys are free and we can be with you as soon as you need

WHITES AGGREGATES
Building Supplies

Sharp Sand
Building Sand
Road Plainings
10mm & 20mm Ballast
10mm & 20mm Shingle
Decorative Stone
Type-1 Crush
MOT Type-1
Play Bark
Topsoil

Bulk bag waste removal AVAILABLE

FREE local same day delivery within 5miles

07958471481
whitesaggregates@hotmail.com

Business owner announces cake competition winner



A business owner from Burnham recently ran a competition to mark her cake company's third anniversary. Gemma Williams, the owner of Cakez, celebrated the special occasion by asking members of the community to nominate someone to win a cake worth more than £200.

After receiving many heart-warming nominations, Jessie (pictured left), a young paediatric nurse at Broomfield Hospital, was announced as the winner after she was nominated by her mum, Sue (pictured right).

Jessie shared her prize with her colleagues and the children in the hospital. Gemma said: "I thought it was important, this year more than ever, to create a winning cake for someone who needed a boost, and to know that someone was thinking of them."

Marine police officer in the New Year Honours list

A Burnham marine officer has been recognised in the Queen's New Year Honours list for her outstanding charity work.

Marine Unit Police Constable Dawn Wood received a British Empire Medal (BEM) last month. She is best known for completing a solo row of the Atlantic to highlight the problem of plastic pollution in our oceans.

PC Wood has built relationships between the police and the marine community along the Essex coast. She is also highly respected for her conservation work and incredible achievements as an endurance athlete.

She recorded the second-fastest time by a woman to cross the Atlantic Ocean in February 2019 when she completed the 3,000-mile journey from the Canary Islands to Barbados in 53 days, battling raging seas and howling winds to raise more than £20,000.

She was also named fundraiser of the year by the Marine Conservation Society.

PC Wood said: "I had to read the letter three or four times; I couldn't believe it. I thought (the medal) would just be for the solo row, but to be recognised for the work that I've done in maritime policing is just unbelievable. I'm not normally lost for words, but I was this time."

PC Wood has visited more than 50 schools and community groups to share her inspirational story and promote conservation and awareness of plastic pollution. In 2023, she plans to complete another incredible charity feat as part of a four-woman team rowing the Pacific Ocean from San Francisco to Hawaii.

Firefighters help to rescue trapped horse

Firefighters rescued a horse after it became stuck in a ditch in Burnham last month.

Crews were called to Marsh Road, Burnham, on Wednesday, December 22, after a horse became trapped when its rider attempted to cross a dyke.

After spending more than two hours stuck in the ditch with water up to its stomach, firefighters managed to free the horse.

Station manager Syd Barrett said: "Three of the horse's legs were trapped and the water was up to its stomach."

"When the Animal Rescue Unit arrived, two firefighters got into the water and set up the lifting equipment."

"Working with a vet, who sedated the horse, crews lifted it out of the ditch. Despite being in the water for two hours, it was not too distressed and was able to walk away."

"I'd like to praise our firefighters, including supporting crews who worked well with the Animal Rescue Unit. They all displayed excellent skills and were professional throughout."



Photo credit: Essex Fire and Rescue Service

Jet in INJECT

HOW SCIENCE HAS PRODUCED A VACCINATION THAT REQUIRES NEITHER NEEDLES, INHALERS OR PILLS

In yet another example of modern science pushing the extremes of how we understand the human body, scientists at the University of Waterloo in Ontario have developed a tool that could eliminate the need for needles altogether.

It uses a high-pressure jet of serum that passes through an opening in the skin that is no wider than the width of a human hair.

Named Cobi and created by Cobionix, the robot first scans the entire human body to find an optimal site where the injection can be done.

While AI-based software remains in its infancy, the speed of the technology means rapid advancements are likely. What it means for the industry is an approach that, in years to come, can lean much less on the manual, fiddly and sometimes unsuccessful manner in which injections are carried out. That also means protecting healthcare workers, lowering the cost of injections, improving patient outcomes, and lessening wastage.

In addition, where the infrastructure of

something like a vaccine rollout means taking over great swathes of space in and around buildings, as we have seen across the UK where COVID-19 is concerned, a Cobi-driven operation would require a much smaller set-up. This could have profound life-saving implications for developing countries, though it's expected to be two years before Cobi is ready for commercial use.

This is not the first time an AI-led automated device has been talked about as a solution to the coronavirus outbreak. In Egypt, in a hospital just outside Cairo, a robot nurse called Cira-03, is busy conducting COVID-19 tests and passing on public information messages to patients.

Tim Lasswell, co-founder and CEO of Cobionix, said: "Cobi is a versatile robotics platform that can be rapidly deployed to complete tasks with 100 per cent autonomy."

Photo credit: waterloo.ca/COBIONIX



COMPUTER SERVICES

Don't struggle with IT, call the experts!

- Friendly support direct to your door
- For all your computer needs
- Low rates (no VAT), no call out charge
- Homes and small businesses covered

www.dhcomputing.co.uk **01621 834992** help@dhcomputing.co.uk

ESTABLISHED 1989

AUDI • VW • SKODA • SEAT SPECIALISTS

GARAGE SERVICE

- VEHICLE MAINTENANCE
- TRANSMISSION REPAIRS
- MOT REPAIRS & MAINTENANCE
- AIR CONDITIONING
- VEHICLE DIAGNOSTICS
- AUTO ELECTRICIAN
- ADVICE AND SUPPORT
- BRAKE CHECKS
- PRE PURCHASE INSPECTIONS
- VEHICLE COLLECTION SERVICE

Call: **01621 851871** ● Email: enquiries@shaunbakercarcare.co.uk
www.shaunbakercarcare.co.uk ● 120A High Street, Maldon, CM9 5ET
 Open Monday-Friday from 8.00am to 5.00pm

FRANKIE DETTORI

riding HIGH

A book, a film and a few more hundred rides – Frankie Dettori’s love affair with racing continues.

As sporting icons go, Frankie Dettori betters most, in spite of his diminutive 5ft 4in frame. Having turned 51 in December, the Milan-born jockey continues to push his place in the sport.

There’s a new book, *Leap of Faith* – an autobiography detailing the passion, positivity and perseverance of someone still going strong.

There’s the documentary movie, *Dettori* – a stunning showcase of a life as the rock star of racing.

Mostly, though, there is a competitive reality that many lose under the radar. So used are we to seeing Dettori on our screens, across entertainment shows and as a genuinely likeable celebrity face, it’s easy to forget this is someone still powering around racecourses on a weekly basis.

In 2021, Dettori has had more than 200 rides, and more than one-fifth of those saw the charismatic Italian come home to the sound of victory cheers.

Dettori has succeeded off the back of something very simple – he is a fierce competitor, a charmer and an entertainer. From the early days of stardom in 1990, when in one season he became the first teenager since Lester Piggott to ride a hundred winners, to his legendary seven victories achieved at Ascot in September 1996, to finally breaking his Epsom Derby jinx at the 15th time of asking, the rider has always embraced what it is to live in the spotlight that shines so brilliantly over the sport of kings.

“I know how lucky I am to be living this life,” says Dettori, who was sent by his father to the UK in 1984, aged just 14, to work for Luca Cumani, the Italian thoroughbred horse trainer and breeder. The premise was simple – become the world’s best jockey.

“It is good days and some bad days, like everyone else, but I am grateful every day at what the sport has given me, and as much as I can pay back, I will.”

A fixture on the racing card for more than three decades, and someone who has prolonged his freelance riding career since parting company with Godolphin Racing in 2012 in the wake of a six-month drugs ban – something he has described since as “a moment of weakness that I will always feel shame for” – Dettori can claim to have lived through multiple generations and incarnations of the sport.

“There is always an interesting balance between the jockey, the horse and the trainer,” says Dettori. “Everything is configured around that axis and if at any point one of those three things begins to deteriorate, you simply won’t win races.”

Dettori, who lives near the Newmarket course with his wife, Catherine, and their five children, knows that retirement may be nearing. When that day comes, the jockey may console himself in the knowledge that his career in the media will continue to flourish. He is already a regular on Racing TV, and away from the track has spent many years exploring entrepreneurial pursuits, not least his chain of restaurants.

“I’ve always been someone who wants to have a lot of fun,” he says – how else would you describe his stint in the *Celebrity Big Brother* house in 2013? “I have a passion for life and a thirst to reach out and take the next project, and I’m sure I’ll always carry that on.”

“There is always an interesting balance between the jockey, the horse and the trainer”





LOOK INTO OUR PIES

The Victoria inn Burnham On Crouch is the only self-proclaimed Pie Pub in Essex

With an extensive range of Pieminister pies served with mash or chips it certainly is a pie lover's dream. Take a look at their mouth-watering pie meals:

All our pie meals are served with our red wine and onion gravy on the side

Pie and Mash or Pie and Chips £8.50

Pie and Mash or Pie and Chips with our special minty mushy peas £9.50

The Motorship – Pie and Mash or Pie and Chips with mushy peas topped with crispy onion and finely grated cheddar cheese £10.50

NOW PICK A PIE!

Moo

British beef steak and ale

Also available gluten free for £1 extra

Kate and Sidney

British beef steak, kidney & craft Ale

Fungi Chicken

Free Range chicken, portobello mushroom & chestnut mushroom

Heidi v

Goats ccheese, spinach, sweet potato and red onion

Evergreen v/vg

Kale, spinach and edamame beans

Wild Shroom v/vg

Portabello & chestnut mushroom, asparagus & white wine

Moo and Blue

British beef steak and Stilton

Moolin Rouge

British beef steak, dry cured bacon and red wine

Free Ranger

Free range chicken, ham, leek & thyme

Kevin v/vg

Chestnut mushroom, tomato, quinoa, baby onion & red wine

Saag Pie-Neer v

Pea, paneer, spinach, potato, chilli & mango

Mook A Doodle v/vg

Tofu, leek, smoked garlic & white wine



It's not just pies, The Victoria inn also serves light bites and homecooked daily specials from 12 noon till 8pm Monday – Thursday and from 12 noon till 6pm Friday and Saturday.



Our roast dinners on a Sunday served from 12 noon till 3.30pm are a best seller. They often sell out and at just £10.95 they are great value.

OAP's 25% off every Wednesday

 thevicboc  thevicb_o_c

 01621783585

The Victoria Inn,
Burnham on Crouch, CM0 8AJ



GREAT BRITISH PUB FOOD

TRADITIONAL PUB EVENTS & ENTERTAINMENT

At the heart of your local community



CLAYHILL VINEYARD

In the heart of the Crouch Valley Region.
It will take your breath away . . .



Join us and relax in the beautiful surroundings of our vineyard & Café.

Take in the stunning Crouch Valley views while enjoying from a selection of hot or cold drinks, light lunches, cakes, cookies and baked goods from our onsite Café.

Fridays & Weekends

10am to 4pm

CHECK FACEBOOK FOR
UPDATED INFORMATION



Clayhill Vineyard, Lower Burnham Road, Latchingdon, Essex. CM3 6HF

Tel: 07771 995460 - Facebook: Clayhill Vineyard / Coffee & Cake



Come home to a clean house



Our professionally trained team of maids will make your home sparkle with each visit. We know it's not a one-size fits all service, that's why we work to tailor our cleans to your individual needs, schedule and budget.

Call us today to arrange your no obligation in home quote

Emma Brooks

01245 494003

emma.brooks@mollymaid.co.uk

www.mollymaid.co.uk/locations/chelmsford/



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

Positivi-tea



FOOD & DRINK

DO YOU LOVE HERBAL TEA BUT CAN'T FIND THE RIGHT BLEND FOR YOUR TASTES AND HEALTH NEEDS? IF YES, THE BELOW DIY TEAS ARE EXACTLY WHAT YOU NEED

Calming Chamomile

If you are looking for a tea blend that can help you unwind in the evening, then this is the perfect choice for you. All the herbs used in this tea contain both calming and soothing properties.

INGREDIENTS: 2 tsp of dried chamomile | ½ tsp of dried liquorice root | 1 tsp dried ginger root.

For a more potent insomnia remedy, switch the ginger for valerian root. Serve hot.



Happy Hibiscus

If you favour a more zingy and uplifting tea blend, then hibiscus is a great herb to use. Enjoy either hot or cold in the morning or as an afternoon pick-me-up.

INGREDIENTS: 2 tbsp dried hibiscus | 1 tsp mint leaves | 1 tsp lemongrass.



Rich Chai

Chai tea is incredibly popular owing to its health benefits, rich taste and filling nature. To make the below tea blend, crush the spices in a mortar and blend with black tea. Add milk to finish. Perfect with breakfast.

INGREDIENTS: 1 tsp dried ginger | ½ tsp peppercorns | 2 inches of cinnamon stick | 1 tsp cardamom | 1 tsp cloves | 3-5 tbsp Assam black tea.



Chocolate Delight

For those who crave something sweet, this herbal chocolate blend will not disappoint. Use boiling water to brew the tea and melt the chocolate. Enjoy at any time of the day.

INGREDIENTS: 1 tsp chocolate drops | 2 tbsp pure rooibos tea | 1 inch vanilla pod | ½ tsp cocoa shells.

Add a pinch of dried mint leaves for an After Eight-tasting tea.



Simple Two-Ingredient Tea Blends

- Rose petals and black tea** – rich in antioxidants; may alleviate menstrual cramps.
- Lemongrass and green tea** – has anti-inflammatory properties; may relieve anxiety.
- Lavender and white tea** – can help combat insomnia and improve mood disorders.
- Cinnamon and rooibos tea** – use to balance sugar levels and prevent premature ageing.
- Mint and green tea** – has antibacterial properties; can improve digestion.





All hail the BACON BUTTY!

The bacon butty has been named the UK's favourite sandwich, beating both cheese and pickle and ham and cheese to claim the number one spot. With one in five picking this British classic, let's take a closer look at what makes a great bacon sandwich.

HISTORY OF SANDWICHES

The sandwich is named after John Montagu, 4th Earl of Sandwich, who is said to have ordered his valet to bring him a piece of meat tucked between two pieces of bread. Today, the humble sandwich remains the UK's favourite lunch, with one in five Brits claiming to eat one every day.

HOW DOES THE NATION LIKE THEIR BACON BUTTIES?

More than a quarter of Brits choose sliced white as their bread of choice when making a bacon butty. Coming in second is the French baguette, with wholegrain bread in third place. Somewhat surprisingly, it's mayonnaise, not ketchup, that is the nation's sauce of choice when it comes to making a bacon sandwich, with 48 per cent of Brits favouring this creamy condiment.

HOW TO MAKE THE ULTIMATE BACON BUTTY

While everyone has their own personal preferences when it comes to making a bacon sandwich, below is our go-to recipe for creating the ultimate bacon butty.

You will need: A white or brown bloomer loaf or even a roll | 4 slices of smoked back bacon | Ketchup or brown sauce | Butter – ideally salted Lurpack.

How to cook the bacon: Always pan fry your rashers rather than bake them in the oven | Fry over a medium heat so that the fat renders down and the meat caramelises | Fry until the bacon is fairly crispy but do not let it shrink too much.

How to make: Gently toast one side of the bread/roll in the leftover bacon fat | Generously butter the other slice | Add the bacon | Top with either ketchup or brown sauce | Sit back, relax and enjoy.



Credit: Brazen via foodhub@wearebrazenpr.com



Shop for the planet

We are Yessam Limited – pronounced 'yes sam' – your local sustainable convenience store, based at 8 High Street, Maldon. With more than 200 product lines (excluding our alcohol and tobacco selection) and a bakery offering fresh bread and sweet treats, we aim to provide quality goods while maintaining our commitment to eco-friendly living.



Our passion is to be more eco-friendly and socially responsible than most other convenience stores. This includes expanding our eco-friendly and Fairtrade range to more than 30 products, as well as providing sustainable products such as bamboo toothbrushes, shampoo bars and Divine chocolate. We endeavour to reduce unnecessary plastics, we aim to do good by both our people and our planet.

We also pride ourselves on value for money, with a sandwich lunch deal or breakfast combo deal for £3.80.

We are holding our celebratory open day on Saturday, January 22, so do pop by and check out our range of eco-friendly and Fairtrade essentials and treats.



Your local, eco-friendly store and bakery

We provide fairly traded and sustainable essentials – and treats – at your convenience

| | |
|-------------------|--------------------|
| Confectionery | Off-Licence |
| Essentials | Tobacco |
| Baked Goods | Stamps |
| Fresh Fruit & Veg | Pay Point Services |

Open from 7am - 9pm

8 High Street,
Maldon CM9 5PJ
01621 731640
info@yessam.co.uk
www.yessam.co.uk



AN ICON, AB-SOLUTELY



THE LIFE OF VIRGIL ABLOH AND THE LEGACY THAT LIVES ON IN HIS MEMORY

There are many musicians, artists, and even sportspeople who have had the benefit of a notable name carrying them forward at some point in their lives.

Virgil Abloh, the American fashion designer and entrepreneur, had, by his own admission, that very platform when he interned at Fendi back in 2009 and began producing t-shirts for Kanye West.

The rap star was bowled over by such an edgy, modern, confident person, whose range of talent and influence circumnavigated not just textiles and fashion, but also engineering and architecture, for which he earned a degree and a master's respectively.

While Kanye's ability to open doors sent the Illinois-born creative into fashion houses and propelled the popularity of his first company, Pyrex Vision, it was with the high-end streetwear brand, Off-White, that founder Abloh truly excelled.

Revealing his modus operandi – namely that any product need only represent a difference of three per cent from another – proved a nod to the devilish detail of fashion and the fact that, in many ways, there are no truly original designs anymore. To that end, in the final years of his life, he was one of the first to call an end to streetwear, insisting that vintage styles were the future in very much the same way as they were the past.

The success of Off-White led Abloh to become one of Louis Vuitton's artistic directors, and collaborations with others from Nike to the US Open to Ikea saw high-profile stars such as Serena Williams laud the talent of this beloved family man.

Sadly, Abloh was harbouring a secret that was to mean his all-too-brief flirtation with fashion would come to an end. In 2019, the designer was diagnosed with cardiac angiosarcoma, a type of cancer. He kept the diagnosis private and died on November 28, 2021, in Chicago, aged just 41. The showreel may be over for Abloh, but the catwalk music plays on.

Photo credit: Ovidiu Hrubaru/Shutterstock.com



CHASE HATTAN WATCHES

Chase Hattan was established in 2014. We have built our business on reputation and word of mouth. Customer satisfaction and repeat business are of utmost importance to us. Whether you are buying or selling we are committed to guiding you through all of your watch requirements.

We stock vintage, modern, new, pre-owned watches from brands including:

Rolex, Tag Heuer, Breitling, Omega and many more.

All of our watches come with next day delivery, 12 month guarantee and 14 day return policy.



Rated 'Excellent' on Trustpilot

Call Us on 0207 510 1756 or email info@chase-hattan.com

Make an appointment to visit us at: 5 Indecon Square | Lightermans Road | London E14

- [ChaseHattanLondon](#)
- [ChaseHattanWatches](#)
- www.chase-hattan.com

SCAN THE QR CODE
TO SEE OUR STOCK!



LA Beauty Paradise

Established since 2010

AESTHETIC TREATMENTS

- Skin Boosters
- Skin Peels
- Lip Augmentation
- Micro Needling
- Microdermabrasion
- Dermaplaning
- Anti Wrinkle Injections
- Filler Treatment - world leading filler used
- Micro Blading (Brows)

BEAUTY SERVICES

- Pedicures
- Manicures
- Spray Tans
- Gel Nails
- Nail Extensions
- Lash Extensions
- Lash Lifts
- Massage
- Indian Head Massage
- Waxing ● Tinting

TUESDAYS ARE GOLDEN YEARS DAY
10% OFF for all over 50s

More energy
Less fatigue
Vitamin B12

Is your B12
being correctly
prescribed?

All our technicians are
fully qualified & insured
to inject & prescribe B12

£35.00 each
Course of 4
£120.00

BE SAFE WITH
VITB12 SHOT

AVAILABLE BY APPOINTMENT ONLY
01621 786688

01621 786688

9-10 Mildmay House
Foundry Lane
Burnham On Crouch
Essex CM0 8BL

www.labeautyparadise.com

 [labeautyparadise1](#)

 [Labeautyparadise](#)

Follow our  page for the latest offers

**LOYALTY SCHEME
AVAILABLE TO
ALL CLIENTS**



20% OFF
UNTIL END OF FEBRUARY
OFFER VALID IN STORE
AND ONLINE

JOKO

YOUR MAKE-UP SPECIALIST

- Mineral based – paraben free
- Cruelty free (not tested on animals)
- Up to 98% natural ingredients

SHOP ONLINE OR VISIT US IN STORE
www.jokomakeup.co.uk   [@jokomakeupuk](#)
1 High Street, Burnham-on-Crouch, CM0 8AG

HOW TO CLEAN hair-styling TOOLS

DID YOU KNOW THAT YOUR HAIR CAN BE DAMAGED BY PRODUCT BUILD-UP ON STYLING TOOLS SUCH AS STRAIGHTENERS?

HOW TO CLEAN HAIR STRAIGHTENERS/CURLING IRONS

If you want to achieve the perfect look, you need to ensure you are cleaning your flat and curling irons frequently, as both hairspray and thermal sprays can quickly build up on your styling tools.

Step 1: Unplug your tool and allow to completely cool down.

Step 2: Wet a micro cloth with lukewarm water and squeeze out any excess liquid.

Step 3: Rub the damp cloth gently over the surface of the plates.

Step 4: For stubborn residue, pour a small amount of nail polish remover onto a cotton ball and wipe over the plates.

Step 5: Allow your styling device to completely dry before using again.

NB: Never use face or baby wipes to clean your hair straighteners or curling irons and never submerge them in water.

HOW OFTEN SHOULD YOU CLEAN STRAIGHTENERS AND CURLING IRONS?

Ideally, you should clean your hair straighteners and curling irons after every third use to prevent build-up from becoming ingrained in the plates.

HOW TO CLEAN YOUR HAIRDRYER

Many people wrongly believe that you do not need to clean a hairdryer. In fact, the back vent can harbour a whole host of germs and bacteria.

Step 1: Remove or open the back vent.

Step 2: Use a toothpick or tweezers to remove any dirt or debris from the filter and then wipe clean with a damp cloth.

Step 3: Clean the nozzle and body with a damp cloth to remove any build-up of hair products.

Step 4: Allow the dryer to fully dry before using again.

Step 5: Repeat once a week for optimum results.



BEAUTY





Are your jeans feeling a tad tight after the festive season? Do you want to realise a healthier and happier you in 2022 and beyond? If yes, a personal trainer might be just what you need.

The motivation to succeed

January is one of the most popular times of the year for joining a gym, yet a massive 50 per cent of new members quit or stop going within six months. The beauty of a personal trainer is that you are committed to a particular time and place, and you are much more likely to work harder with a professional motivator by your side.

You can learn about health and fitness

Certified personal trainers aren't just fitness fanatics who choose to combine their passion and their job. They know about human physiology, body mechanics, exercise science, and so much more. This means that they can help you to train smarter to see the results you want.

A personalised plan

As the name suggests, a personal trainer will give you a personalised health and fitness plan that is specifically tailored to your body's needs and the results you would like to see. They will take into consideration any injuries you have, as well as any body imbalances that could be affecting your progress.

Nutritional advice

Weight loss is 80 per cent diet and 20 per cent exercise, so if you want to start shifting the pounds, you need to make sure you are eating the right foods to support your weight loss and your activity levels. A personal trainer will be able to advise you on proper nutrition, showing you how much protein you need and how to incorporate more fruit and veg into your diet.



HOW TO PERFORM CPR ON PETS



If you own a pet, you should make it a priority to learn how to deliver CPR to them in the safest possible way. While pets with underlying health conditions are unlikely to recover, if your healthy animal's heart has stopped, then CPR could save their life.

HOW TO CHECK IF YOUR PET NEEDS CPR

- 1. Check their airway:**
Pull their tongue forward and check to see if there is anything lodged in their throat. If there is, remove it.
- 2. Check their breathing**
Look and listen to see if they are breathing. Can you see their chest rising and falling? Can you feel breath from their nostrils? If not, check immediately for a heartbeat.
- 3. Check their circulation**
Place your hand or ear over their chest where the elbow meets the ribcage. Can you feel or hear a heartbeat? If no heartbeat is found then start CPR.

HOW TO PERFORM CPR ON YOUR PET

- > Place your pet on their right side on a firm and flat surface
- > Dogs that have a barrel-shaped chest can be

- placed on their backs
- > Compress the chest at two per second at the widest part of their chest
- > For large dogs, use both hands interlocked
- > For small dogs, use one hand
- > For cats, use one hand to compress the chest from both sides while they are lying on their side
- > Make sure that each compression depresses the chest by a half to two-thirds and allow the chest to return to normal after each compression
- > After 30 compressions, extend their neck, close the mouth and blow down their nose
- > Give two breaths, allowing one second for the chest to fall
- > Check for a heartbeat again
- > If no heartbeat, repeat the process, giving 30 compressions and two breaths until veterinary help arrives.

TOP TIP:
Use the beat of the song *Staying Alive* to keep the right pace





THE BEST PLACES AROUND THE WORLD TO SPEND DRY JANUARY



Did you overindulge a little during the festive period? Are you more than ready to get on the wagon and give Dry January a try?

If yes, then these sober-friendly holiday destinations are just what you need to stay on the straight and narrow.

SANTORINI, GREECE

Beloved by honeymooners and those wanting a romantic getaway, while you can still buy booze in Santorini, this stunning beach destination is better known for relaxation, eating, and exploring the local villages.

MALAYSIA

If you want a holiday destination where it is too expensive to drink alcohol, then Malaysia is the country for you. With one of the world's highest alcohol taxes and alcohol highly restricted and even banned in some places, you won't have much choice but to find other ways to have fun.

PERU

For those who are seeking delicious alcohol-free alternatives, this South American country certainly delivers. Choose from nutrient-rich juices made

from local fruits, or chicha morada, a Peruvian speciality made from dried purple corn.

THE MALDIVES

One of the most popular destinations for winter sun, it is forbidden for locals to drink alcohol in the Maldives, and they are instead used to drinking tea and coconut water. While you can still indulge in the island's resorts, why not enjoy a truly authentic experience and go booze-free?

MOROCCO

Unlike us Brits, alcohol is not really part of Moroccan culture, so you won't see many offerings in local bars, hotels and shops. Instead, focus on exploring its ancient cities and stunning architecture, as well as its many markets, which are perfect for grabbing a bargain or two.

TOKYO, JAPAN

Although alcohol is easy to get hold of in Japan, like Morocco, this country does not have a strong drinking culture, so you won't feel pressured to drink. Instead, check out the high-tech entertainment or visit a sumo stable and see the country's national sport live in action.

CareCompare
 Helping you find quality in-home care

We take the stress and hassle out of finding care by matching you with CQC-registered care companies who can take care of your needs

HOW IT WORKS

- ✓ ENTER YOUR CARE NEEDS
- ✓ RECEIVE HIGH QUALITY CARE OFFERS
- ✓ CHOOSE AN OFFER AND CONNECT

www.carecompare.net

ALL TREE WORK UNDERTAKEN

ESSEX TREE CARE LTD

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

ESSEX TOP RATED TREE SURGERY COMPANY 2017/2018 ON

★★★★★ Checkatrade.com
 Where reputation matters

City & Guilds
NPTC
 Qualified workforce

CALL TODAY FOR YOUR NO OBLIGATION QUOTE WITH NO HIDDEN EXTRAS

01277 551170 / 0208 787 5755
www.essex-tree-care-ltd.co.uk

CATER

ROOFING CONTRACTORS LTD.
The Traditional Roof Restorers

- All roof repairs
- Re-roofing
- Chimney rebuilds
- Rubber roofing
- Guttering
- Fascias & soffits
- Leadwork
- Peg tiling
- Slating
- Oak, Chestnut & Cedar
- Shingles
- Listed buildings

Tel: 01621 788119
Mob: 07894 506031

Email: cater.roofing@btinternet.com

We specialise in the restoration of Historic and Listed buildings, approved by English Heritage and the National Trust



Daniel Landscapes Ltd

All of your Landscaping & Tree Care Needs



- Tree Surgery & Removal
- Pollarding & Pruning
- Hedge Trimming
- Shrub Pruning
- Garden Clearance
- Site Left Tidy
- Driveways & Patios
- Paths & Brickwork
- Gravel Gardens
- Fencing & Turfing
- Drive & Patio Cleaning
- Tarmacadam/Tar & Chip

Tel: 01621 892 659 or Mob: 07495 766 372

info@daniel-landscapesltd.co.uk

www.daniel-landscapesltd.co.uk

WAYSIDE, PLAINS ROAD, LITTLE TOTHAM. NR MALDON. ESSEX. CM9 8JF



GARDENING

GO GREENER

WITH YOUR
ECO-FRIENDLY
OUTDOOR SPACE



When it comes to helping the environment, every little helps. There are a lot of things you can do to build greener habits, starting with your own garden. Creating an eco-friendly garden is the perfect way to support the environment from home – no matter the size of your space. Make your garden more sustainable with the following tips.

USE RECYCLED MATERIALS

Using recycled materials is one of the major ways you can make your garden more eco-friendly. This could include wooden palettes, old plant pots, and plastic food containers. You could also consider upcycling dated or discoloured garden furniture.



SUPPORT NATURE'S POLLINATORS

Nature relies on bees and insects for pollination. The growing decline in their populations could have serious consequences for food production and much more in the future. Planting some bee-friendly flowers could help you play your part in boosting their numbers, while also bringing some colour to your garden. Popular bee-friendly flowers include lavender, honeysuckle, snapdragons, bluebells, and primroses.



CONSERVE WATER

Taking steps to conserve water will help the environment, as well as keep your bills low. Having some water butts will help you collect rainwater that you can use for watering flowers, topping up your pond, and other garden tasks. You should also avoid sprinklers and over-watering your garden to help reduce your water use.



MAKE YOUR GARDEN WILDLIFE-FRIENDLY

There are different things you can do to encourage wildlife visitors to your garden. This helps increase biodiversity and gives you your own chemical-free pest control. Build a pond, put up some bird boxes, and provide some food sources to encourage these welcome visitors to your garden.



You can prevent pests and weeds without having to resort to chemical methods. Some herbs, such as chives, rosemary and mint, make excellent pest deterrents, while you can manually remove weeds to keep them from taking control of your garden.

GET COMPOSTING

Instead of buying compost from the garden centre, why not make your own? Start collecting your vegetable peelings, lawn cuttings, teabags, egg boxes, shredded newspaper, and cardboard to cut down on waste and put it to good use.





Photo credit: www.gardenersworld.com

ECO-FRIENDLY POTS

Want to make your green fingers even greener? You could try making your own plant pots

Plant pots made from newspaper are an excellent way to recycle, and because they're biodegradable, you won't need to transfer your plants when they're ready to be planted outside.

Simple and quick, you can get the whole family involved in making DIY plant pots.

What you need:

Newspaper | A mould | A seed tray | Compost | Seeds

How to make:



1. Find a suitable mould: Find something that could work as a mould, like a tube or a tin. You may need a range of moulds if you're planting different types of seeds.



2. Cut newspaper strips to size: Cut strips of newspaper that are long enough to wrap around the mould multiple times. You could also fold newspaper into narrow strips to boost the layers. You're aiming for four to six layers of newspaper.



3. Wrap your strips tightly around the mould: Wrap the paper around tightly, securing the sides to keep the structure rigid. You'll need to fold the paper over the bottom of the mould so that you can keep everything securely in place. Folding the ends down tightly means you won't need any other materials to secure your pot.



4. Remove the paper carefully from the mould: Slide the paper off the mould, taking care not to cause any tears.



5. Plant your seeds: Transfer your paper pot to a seed tray and plant your seeds. When they've outgrown the seed tray, you can transfer your paper pot to another pot and let the newspaper break down naturally.

Making your own paper plant pots helps you reuse materials and gives you a solid structure for planting seeds. Give it a try and do your bit to be greener.



BRUCE KING

on getting and staying motivated

KNOW YOUR WHY



In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to wake up and stay motivated.

Motivation is so often thought of as something you have done to you, or you do to yourself to get yourself moving, usually in the direction of achieving your goals.

If you struggle with motivation, there are thousands of personal development coaches out there who will happily take your money and do what they can to motivate you. But in most cases, the results will only be temporary.

The most important thing you need to understand is what motivation really is.

Motivation comes from the word 'motive' (reason).

Your motivation comes from your motive, your 'why', your reason for wanting to achieve your goals.

Doesn't that put a totally different light on it?

Without a why, no goal will be very inspiring or motivating.

Yet when you define your why – what it will really

mean for you, how amazing you'll feel, what you'll have and be able to do when you've achieved your goals – you will be massively more motivated, most if not all the time. And you probably won't need anyone's help to motivate you.

So, to define your why, here's an exercise I use with many of the people I coach.

Invest at least half an hour (it's going to be one of the most valuable half-hours ever), think about the following question and write down your answers. And don't stop until you cannot think of anything else to write, no matter how long it takes.

Ask yourself – why do I do what I do?

Keep that piece of paper with you and whenever you need motivating, read it.

That's all the motivation you should ever need.

More information:

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



Electric avenue

WE'RE ALL AWARE OF THE ECO MOTORING REVOLUTION, BUT DO WE REALLY KNOW THE DIFFERENCE BETWEEN ELECTRIC AND HYBRID CARS?

We are living in a brave new era as far as the vehicles we drive are concerned. These shimmering, humming specimens cruise around our streets almost imperiously, but for those of us keen to rid ourselves of a gas-guzzling giant, it seems many of us aren't clued up on the comparison.

Electric

An electric car is, quite simply, a fully electric vehicle. It will never require a trip to the petrol pump, and that means the cost of running it is significantly reduced compared to its fuel-hungry cousins – in fact, the estimated running costs of an electric car are just 25 per cent of what it costs to run a petrol or diesel vehicle.

The downside of an electric car is the need to recharge the battery. This can typically take several hours, which can cause a headache when it comes to long road trips, so you need to plan

ahead if you do have a long journey.

However, the development of rapid electric chargers seems capable of dramatically reducing this time, in some cases down to as little as half an hour.

Hybrid

A hybrid car runs on electricity, but also has a fuel tank in order to boost or prolong performance. In most models, the petrol powers the wheels, while the electric element propels the drive.

There are a range of hybrid variations – from mild, where the battery rarely drives the wheels on its own; to full hybrid, where the wheels are powered by the engine and the motor working together; to a plug-in hybrid, where a much bigger battery can be charged independently. This means you get all the benefits of green motoring with a petrol back-up if needed (which it typically will be if travelling more than 30 miles).



BRITAIN'S GREATEST SPORTING MOMENTS...

CANTONA'S KUNG FU KICK

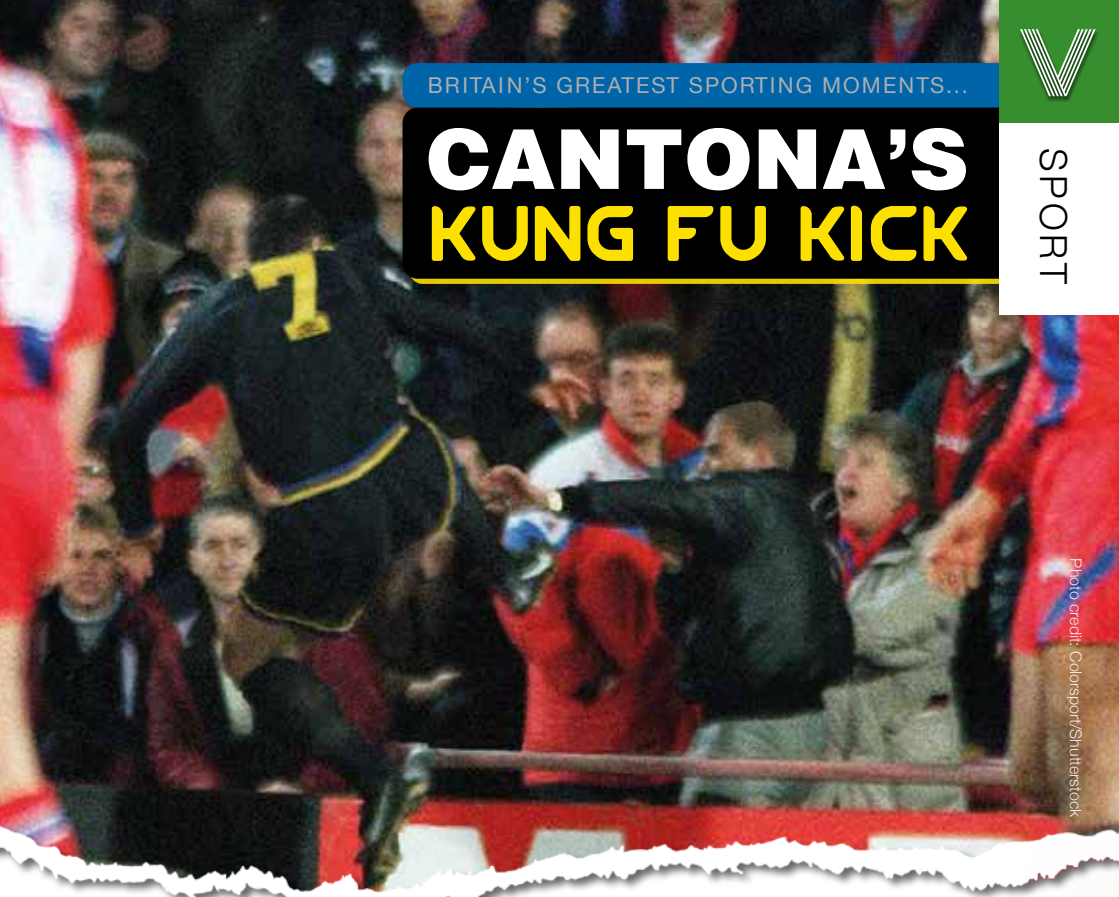


Photo credit: Coloursport/Shutterstock

EACH MONTH, WE LOOK AT ONE OF THE MOST SIGNIFICANT EVENTS IN BRITISH SPORTING HISTORY. THIS MONTH, IT'S ERIC CANTONA'S KUNG FU KICK AT SELHURST PARK

Eric Cantona's kung fu kick at abusive Crystal Palace supporter, Matthew Simmons, on the night of January 25, 1995, will go down as one of the Premier League's most remarkable moments.

The fiery Frenchman had just been dismissed after clashing with Palace's Richard Shaw, as United toiled in South London. As he walked along the touchline towards the changing rooms, the entrance for which is located at the corner flag, Simmons came down a flight of steps to verbally abuse the striker.

That, in itself, is nothing remarkable for footballers of any era, but Cantona's temperament, demeanour and lack of tolerance were already hot topics, and he lurched into the crowd, studs first, in pursuit of his abuser.

While Crystal Palace dished out a life ban to the supporter, somewhat harshly, Cantona had clearly crossed a line and was subsequently barred from

football for nine months by the Football Association.

It says a lot for United's backing of one of their leading stars that, during that period, they renewed the Frenchman's contract. In interviews since, he has largely dismissed the incident, although did at one point claim that he was fighting back against "the hooligan's BNP [British National Party] background", not that the footballer would have known that at the time of the incident.

Without Cantona, United lost the league title by a solitary point to Blackburn Rovers. His return came the following season in a home match with Liverpool when his late penalty rescued the hosts.

In a parallel universe, he may even have been playing for the Merseyside club – three decades ago, in 1991, and a year before he signed for United, Cantona was offered to then-Liverpool manager, Graeme Souness. He turned down the offer to sign the controversial player given his fiery reputation back in France.

THE VISION LISTINGS

APARTMENTS

STAYCATIONS MALDON

Luxury apartments in Maldon. Short term & long term lets. www.staycationsmaldon.co.uk | 07936 532114 | info@staycationsmaldon.co.uk | 15 Kings Head Centre, CM9 5PN

BEDS

ESSEX BEDS

Est. 1976. Maldon address – 2 Market Hill, Maldon, Essex, CM9 4PZ. 01621 854897. Free parking at all stores. Super Fast Delivery. Find us on Facebook.

BESPOKE JOINERY

FURNISH & CO

Fitted & free standing furniture. Bedrooms, dressing rooms, kitchens, utility, home offices, alcove & audio cabinets. 01621 398028 | www.furnishandco.co.uk | info@furnishandco.co.uk

BUILDING SUPPLIES

WHITES AGGREGATES

Sharp sand, building sand, road plainings, ballast, Shingle, decorative stone, play bark, topsoil. FREE same day delivery within 5 miles. 07958 471481 | whitesaggregates@hotmail.com

BUSINESS SERVICES

HELEN WATSON COPYWRITER

Content for blogs, product descriptions, website copy & press releases. Book your FREE Chat. 07854 346421 | helen@helenwatsoncopywriter.co.uk | www.helenwatsoncopywriter.co.uk

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

CAR GARAGE

CARTY'S MOT CENTRE

MOT's, servicing, repairs. T: 01621 784879 | Unit 6 Station Ind. Estate, Burnham On Crouch, CM0 8RW

CLEANING

MOLLY MAID

Our professionally trained team will make your home sparkle. We tailor our cleans to your individual needs, schedule and budget. 01245 494003 | emma.brooks@mollymaid.co.uk

COMPUTER REPAIRS

DH COMPUTING

Friendly support direct to your door, all computer needs, low rates (no VAT), no call out charge, homes/small businesses covered. 01621 834992 | help@dhcomputing.co.uk

DAMP SERVICES

BENHAM PRESERVATION

Quality Damp Services for domestic, historic & commercial properties. Damp proofing, rising damp, condensation, woodworm, dry/wet rot. Contact us today 01245 708900

FASHION

THE BRA CONSULTANCY

Lingerie based boutique based in Edwards Walk, Maldon. Book a consultation today. T: 07790 270503 | 07507 741025 | www.thebraconsultancy.com | CM9 5PS

FLOORING

CARPETS DIRECT

Carpets, vinyl's, laminates, wood flooring, free fitting, free home visits, 80% wool twist pile specialists. Call on 01621 398019

GARAGE DOORS

GAROLLA GARAGE 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 01621 880052

MARK FINCH

Finch Fabrications Specialist Garage Doors Since 1987. Call Mark Finch on 07388 828285

GARDENS

JA CONTRACTS

Driveways, patios, landscaping, decking, artificial grass, turfing, fencing, driveway cleaning, jetwashing, sealing. 07785 774463 | john.jacontracts@gmail.com | jacontracts.co.uk

OVEN CLEANING

ALPHA OVEN CLEANING

Quality guaranteed, ovens, grill, back plate, fan blade, racks, grill trays, hobs, extractors, microwaves, BBQs. Call or text 07366 717474 | info@alphaovencleaning.net

PUBS & RESTAURANTS

THE VICTORIA INN

Great British pub food. Traditional pub events & entertainment. At the heart of your local community. T: 01621 783585. The Victoria Inn, Burnham On Crouch, CM0 8AJ

SHEDS

TONY TURNER

Sheds & Garden Furniture. Quality sheds, custom timber buildings. Call 01621 742184 | tonyturner16984@sky.com | tonyturnersheds.co.uk | Whitehouse Farm, CM9 6PJ

THE VISION LISTINGS

SHUTTERS & BLINDS

LIFESTYLE SHUTTERS & BLINDS LTD

Local Family Business, specialising in made to measure shutters & blinds, showroom open Mon-Fri, 9am-3pm. 01245 426620 | 07971 574958 | adam@essexwindowshutters.co.uk

SKIPS

SILVERTHORN SKIP HIRE

Skip hire to your door. Brand new 4, 6, 8 yard skips. Transit tipper wait & load service. Contact us today 01621 840229 | 07738 110443

TIMBER SUPPLIES

SOUTH WOOD TIMBER

Established timber yard in Maldon, providing timber & fencing supplies to public & trade. 01621 891999 | southwoodtimber.co.uk | Broad Street Green Road, CM9 8NU

TRAVEL

STEEPLE BAY HOLIDAY PARK

Best reason to choose a stay-cation! Holiday homes starting from £14,995. FREE 2022 fees, payment options available. 07415 239231 | l.wilson@parkholiday.com | CM0 7RS

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

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 maldon@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 01621 398040

PUT YOUR BUSINESS IN THE VISION LISTINGS...CALL 01621 398040 TODAY

WORDLADDER: BEAR, BEER, BEGS, BEES, BUGS, HUGS



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

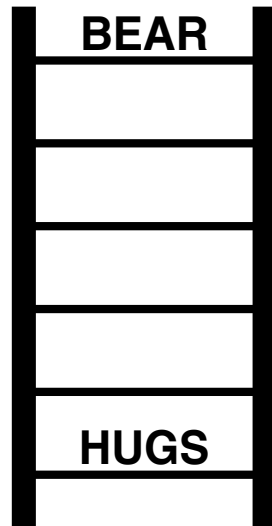
- ▶ BARN
- ▶ BURROW
- ▶ CATTERY
- ▶ CAVE
- ▶ COOP
- ▶ EARTH
- ▶ FORMICARY
- ▶ FORTRESS
- ▶ HIVE
- ▶ HOLE
- ▶ HOLT
- ▶ KENNEL
- ▶ LAIR
- ▶ LODGE
- ▶ NEST
- ▶ PADDOCK
- ▶ ROOST
- ▶ SETT
- ▶ STABLE
- ▶ VESPIARY

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

DID YOU KNOW?

- ▶ The smallest bone in the body is called the stapes and can be found in your ear
- ▶ The brain is the most complex organ of the body. It contains nearly 90 billion neurons
- ▶ There are 26 bones in the human foot
- ▶ Women blink more than men
- ▶ As well as unique fingerprints, everyone has a unique tongue print
- ▶ A newborn baby has more bones than an adult. As they grow older, the bones fuse together
- ▶ Fingernails grow faster than toenails
- ▶ If you measure yourself in the morning, then again at night, you're taller in the morning
- ▶ Your heart beats about 100,000 times in a day.

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

WANT TO EARN EXTRA £ EACH MONTH?

DISTRIBUTORS NEEDED!



CONTACT NIK TODAY TO APPLY

Your Monthly Lifestyle Magazine



t: 01621 398040 m: 07860 683239
 e: maldon@VISIONmag.co.uk
 w: www.VISIONmagessex.com



KINGS HEAD CENTRE

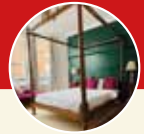
Heart of historic Maldon
since 1552



The perfect



for Valentines...



VALENTINES PACKAGES AVAILABLE
INCLUDING LUXURY SUITE & DINNER
CALL FOR MORE DETAILS: 07936 532 114

Luxury apartments for Staycations
& long term lets

WWW.STAYCATIONSMALDON.CO.UK



TKO The Spa
Beauty Treatments

www.thespamaldon.co.uk
01621 859790



KeyMann
Residential & Commercial Lettings

www.keymann.co.uk
01621 855994



Casa la Negra
*Traditional Spanish Farmhouse
Holiday Home Rental*

www.casalanegra.com
07768 983358



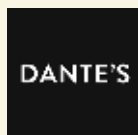
Carlton Jewellers
Jewellery and Watches

www.carltonjewellers.co.uk
01621 856267



FINALE **Finale**
Fashion Boutique

www.facebook.com/Finale-Accessories
01621 854471



Dante's
Lunch • Dinner

www.dantesbrasserie.co.uk
01621 851214



Visit The Kings Head Centre to see other local businesses



Kings Head Centre, 38 High St, Maldon CM9 5PN

01621 855994

