

THE  
JOY OF  
HOLI  
FESTIVAL

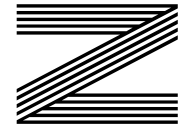
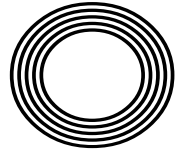
TOP 5  
tech-free  
holidays

*Why we celebrate*  
ST PATRICK'S DAY

VIVA MAGENTA:  
Pantone Colour of the Year

PETER  
JONES CBE

How this dragon proved he's impossible to slay



FREE

Photo credit: BBC/Graeme Hunter/  
Caroline McDonald



## BE A GOOD EGG



This Easter wouldn't it be nice to do something amazing?

The Victoria Inn, Burnham on Crouch, launches its Easter campaign after the success of its Christmas campaign. It will work just the same as the Christmas campaign only this time with Easter eggs.

You bring an Easter egg to the pub and they will distribute it to the underprivileged children in the local area in time for Easter.

**SO BE A GOOD EGG THIS EASTER AND GIVE AN EASTER EGG TO AN UNDERPRIVILEGED CHILD IN OUR LOCAL AREA**

GREAT BRITISH PUB FOOD  
TRADITIONAL PUB  
EVENTS & ENTERTAINMENT

 thevicboc 01621 783585  thevicb\_o\_c

The Victoria Inn, Burnham on Crouch, CM0 8AJ



# The Victoria Inn Dog Show

Sunday 9th April from 2pm

### CATEGORIES

- Most Handsome Hound
- Prettiest Bitch
- Golden Oldie (over 8 years old)
- Cutest Puppy (under 1 year)
- Most Obedient or Best Trick
- Funniest Thing on Four Legs

- Judging will be carried out by two independent judges.
- All entries will get a treat.
- It's all fun or bring your dog along and give it a go





**WE WILL ALSO HAVE STALLS HERE INCLUDING**

All Raw Limited (raw dog food)  
Pasty's Pawfect Treats (home made dog treats)  
LD The Creator (hand drawn illustrations)  
Bad Wolf Designs (home decor and dog tags)  
The Guide Dogs Trust



**WINNERS RECEIVE PRIZES AND A ROSETTE REGISTER ON THE DAY**

GREAT BRITISH PUB FOOD  
TRADITIONAL PUB  
EVENTS & ENTERTAINMENT

 thevicboc 01621 783585  thevicb\_o\_c

The Victoria Inn, Burnham on Crouch, CM0 8AJ





# Editor's notes...

MARCH 2023



Nik Allen, Editor

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

I recently saw a picture of basketball player LeBron James making a shot that would break the all-time scoring record in the NBA. Although this was an iconic moment, it was the crowd that caught my eye.

Out of around 200 people in the shot behind him, in the crowd you could count on one hand how many of them did not have their smartphones out videoing this moment. In a world where you can see every sporting moment on video nowadays, it made me realise how important it is to remember to live in the moment and enjoy it with our own eyes, rather than through a

camera lens.

I have been more conscious of this now, even when I'm at home, to spend less time on my phone and more time in the moment. Having a daily cut-off point when my phone gets locked away for the evening and also on weekends has helped me spend less time staring at a screen.

So how about setting yourself the challenge of stepping away from your phone this month? You'll be amazed at how your quality time with family and friends improves when you no longer have this distraction to hand.

*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](http://www.visionmagessex.com) | [maldon@visionmag.co.uk](mailto:maldon@visionmag.co.uk) | 01621 398040

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

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Jacob Collick

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

## DO YOU WANT TO EARN EXTRA £?

**VISION** NEEDS LOCAL DISTRIBUTORS!

EMAIL [MALDON@VISIONMAG.CO.UK](mailto:MALDON@VISIONMAG.CO.UK) TO FIND OUT MORE



**Checkatrade.com**  
Where reputation matters

# Lifestyle

## Shutters & Blinds Ltd

[www.essexwindowshutters.co.uk](http://www.essexwindowshutters.co.uk)



**Save up to £230 with our FREE FITTING on all Shutter ranges**

- Local small family run business
- Specialising in made to measure shutters and blinds
- First Floor Showroom open Monday-Friday 9am-3pm

*If you bring some rough measurements, we are happy to provide a free quotation*

### New Lifestyle Blind Range

Wood & Faux Wood Venetian Blinds  
Roller Blinds  
Day & Night Blinds



Proud to sponsor Maldon & Tiptree FC & Burnham Ramblers FC

**Get in touch today for a free no obligation quote**

T: 01245 426620 • M: 07971 574 958 • E: [adam@essexwindowshutters.co.uk](mailto:adam@essexwindowshutters.co.uk)



Unit 2, 49 Cutlers Road, South Woodham Ferrers, CM3 5WA



# The story of ST PATRICK



In the USA, some people celebrate St Patrick's Day not just by wearing green clothes, but also by drinking green beer or milkshakes and eating green bagels and grits. Chicago even dyes its river bright green. If you think all this sounds more American than Irish, you're spot on. People join in the parades and celebrations whatever their heritage, but about one in every 10 citizens in the USA claims to have Irish ancestors. So what's the real story behind St Patrick's Day on March 17?

St Patrick was born in Britain around 386 AD into a well-to-do Roman family. His birth name was Maewyn Succat, and he grew up on the west coast, probably in Wales. At age 16, he was kidnapped by pirates and taken to Ireland, where he was sold as a slave. His job was to look after sheep for his master, a Druid high priest.

During his time as a slave, Maewyn devoted himself to Christianity, his parents' faith, and became determined to convert pagan Ireland.

After six years in captivity, Maewyn persuaded some local sailors to let him board their ship. After landing in France, he made his way back to his family in Britain. And from there, he travelled back to France to train as a priest in Auxerre.

When he was ordained, Maewyn changed his name to Patricius – or Patrick – which comes from the Latin for 'father figure'. Then, Pope St Celestine sent him to Ireland to spread the Christian message.

At first, the Irish people weren't keen. Patrick was threatened, robbed and beaten. But his strategy of persuading the most influential people first, including his former slavemaster, eventually paid off. He also had the good sense to incorporate pagan rituals into church practices to make them more appealing. Over the years, Patrick and his fellow missionaries spread their teachings across the country and set

up churches, monasteries and schools.

It's believed that Patrick died on or around March 17, 461 AD, when he would have been in his mid-70s. He died in Saul in County Down, Northern Ireland, and he's said to be buried in Downpatrick.

The Catholic church never formally declared him a saint, because the system for creating saints didn't start until the 12th century. But the Irish people and their leaders recognised him as one because of the decades he'd spent spreading the gospel.

The Irish have celebrated St Patrick's Day for more than 1,000 years. Traditionally, it involved donning a shamrock, going to church and tucking into a traditional meal of cabbage and bacon. But over the years, some St Patrick's Day fun from the USA has caught on back home. You won't find green beer – and certainly not green rivers. But there are plenty of lively parades, particularly in Dublin, with traditional singing, dancing and colourful floats.

Photo credit: TZIDO SUN/Shutterstock.com

# Holi

## THE FESTIVAL OF COLOURS

If you're lucky enough to experience the Hindu festival of Holi in India, it's an experience you'll never forget. People put aside their differences and come together to celebrate the end of winter and the beginning of spring, based on the Hindu lunar calendar.

This year's festival takes place on March 7 and 8 in India and among Hindu communities across the world. But what really happens at Holi, and how did it come about?

On Holi day itself, people take to the streets, singing and dancing and throwing powdered dyes and coloured water at each other – so it's no surprise that everyone ends up drenched in a rainbow of colours.

The colours of the dyes are significant. Red is associated with purity, green with vitality, blue with calm, and yellow with piety.

In the evening, when everyone's had a chance to freshen up and put on clean clothes, people visit their friends and exchange sweets.

In some places, people start celebrating the evening before Holi by lighting a bonfire. As a token of gratitude for the harvest, people throw coconuts, wheat sheaves and green chickpeas into the flames.

The bonfire tradition is based on the tale of a witch called Holika. She was burned to death in a fire by the Hindu god Lord Vishnu for trying to kill her devout nephew. To this day, some people burn an effigy of her on their bonfire.

The origin of the coloured dyes may lie with another Hindu deity, Lord Krishna. When he was a boy, he loved practical jokes, including throwing coloured water over his playmates.

But others say the custom comes down to Holi falling at a time of year when people are most at risk of catching diseases. Before the tradition of flinging around colourful dyes started, people threw herbs to keep ailments at bay.

Whatever the reason, Holi is definitely a time to celebrate life – and long may it last.

Photo credit: BearPhotos/Shutterstock.com

**WISE**  
DESIGNS  
*in* GLASS  
LTD

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](http://www.wisedesignsinglass.co.uk)  
email: [info@wisedesignsinglass.co.uk](mailto:info@wisedesignsinglass.co.uk)



# BACK TO THE

# eighties

If you're planning to paint your walls white and buy a sleek grey sofa, it's time to rethink. After years of Scandinavian minimalism, things in the world of interior decorating are changing. So it's time to ditch those clean lines and cool colours – and plump for something warmer and more inviting instead.

Interior experts predict that brown-based colours, like caramel, coral and terracotta, are set to make a big comeback this year. Pastels are proving popular, too – especially dusky pink and soft greens.

If you're after new wallpaper or soft furnishings, there's an eighties vibe here, too. Think ditsy country florals, colourful gingham and tropical prints. Choose cushions with frilly edges. And instead of the hard lines of a minimalist sofa, opt for something chunkier, curvier and squishier instead. It's all so much cosier. While you're at it, don't forget to buy a rattan chair or two – and treat yourself to a glass-topped table.

If you want to put up some shelves, opt for brass ones, preferably with curved edges. To adorn the shelves, choose rounded vases and bowls. And if you can get hold of some eighties-style candlesticks, show them off by adding some twisted candles – they're easy to find and cost just a couple of pounds.

For those decorative touches, add a touch of macramé. This could be a wall hanging, lampshade or plant hanger. And talking of plants, check out the Maidenhair and Boston ferns in your local garden centre. You won't find many plants more reminiscent of the eighties than these.

Like any style revival, of course, there are some things you'll need to leave firmly back in the eighties. So don't revive anything that's yellow pine, think carefully before you decide to reinstate those frilly roman blinds, and whatever you do, don't lay carpet on your bathroom floor.



Photo credit: thegoodpainter.com, wrenkitchens.com, litad.com

## Designer Bedrooms

7, Robert Way  
Wickford, SS11 8DD

01268 571799

[sales@designerbedrooms.co.uk](mailto:sales@designerbedrooms.co.uk)

(See website or call us for opening hours)



Traditional fitted bedrooms

Fully installed by our own professional fitters.



sliding doors

Whether your taste is traditional or contemporary, with either hinged or sliding doors, we have just the bedroom for you... all made to measure in our own factory and installed by our own professional fitters.

Need some inspiration?... then take a look at the many photos of completed work on our website at:

[www.designerbedrooms.co.uk](http://www.designerbedrooms.co.uk)

Need a professional design...? then call us to arrange for a free no obligation home visit.

Want a quick quote...? then pop in to see us with your plans or room dimensions.

We are a local, family owned business and have been creating & installing bespoke furniture since 1992...

We have a large showroom at our factory in Wickford with easy parking.

No Salesmen - No Gimmicks Guaranteed...

10 Year Guarantee!



Odd shaped rooms are our speciality!



Home Office/Studies

0%  
INTEREST FREE  
CREDIT  
AVAILABLE\*

# IT HAS TO BE SLIDEROBES®

LIVING BEDROOM HOME OFFICE UNUSUAL SPACES

Experts in bespoke fitted furniture.

Book a free, no obligation design appointment at [sliderobes.co.uk](http://sliderobes.co.uk)  
or call our free phone number 0800 454 465

\*Credit is subject to status and affordability. Terms & Conditions apply. Reddington Jordan Ltd T/A Sliderobes Unit 3C Deacon Trading Estate, Forstal Road, Aylesford, Maidstone, Kent, ME20 7SP, Register No. 728723 is a credit broker not a lender and is authorised and regulated by the Financial Conduct Authority. Credit provided by Novuna Personal Finance, a trading style of Mitsubishi HC Capital UK PLC, authorised and regulated by the Financial Conduct Authority (Register no. FRN 311518).



HOME & DIY

# TILE- *Tastic!*



If you're looking for an affordable and highly effective way to update your kitchen, then installing new kitchen tiles is the way to go.

With so many different styles and designs to choose from, you are guaranteed to find something you love from our list below.

**TONAL SHADES:** Neutrals, greys and creamy whites remain a safe but sophisticated choice for your kitchen and promise to make this pivotal space look both fresh and clean. However, rather than sticking to just one colour, why not combine several

tonal shades? Choose tiles with a naturalistic finish for a warm and welcoming atmosphere.

**COLOUR BLOCKING:** If you're not a fan of patterned tiles but you still want to make an impact, colour blocking is a great solution. Put a spin on your standard brick tiles by arranging them in horizontal, vertical or even diagonal stripes of colour. Alternatively, play around with different widths of coloured tiles on the floor to see what looks best.

**EXPOSED BRICK:** Add character to your kitchen with exposed brick-style tiles that are perfect for both feature walls and splashbacks. Much more affordable than using actual bricks, brick slips, which are tiles that are made to look like bricks, allow you to achieve the same look without breaking the bank.

**HEXAGON TILES:** If bright colours in your kitchen aren't your thing, then why not add an extra dimension by filling the space with different shapes? For example, white hexagon tiles can be used to create a sleek and contemporary look in a modern kitchen.

**3D TILES:** 3D tiles have seen a surge in popularity in recent years owing to their ability to add the wow factor to any style of kitchen. Choose from sharp geometric shapes, undulating wave patterns or more subtle textured tiles.



Photo credit: freclaytile.com, Future PLC/Mark Scott via idealhome.co.uk, tiles360.co.uk, loveproperty.com



Pantone Colour of the Year 2023:

# Viva MAGENTA

**A** bold and brave shade, Pantone's Colour of the Year for 2023 is Viva Magenta. Perfect for anyone who wants to start the spring feeling empowered and unstoppable, there are lots of ways that you can incorporate this colour into your home.

### What is Viva Magenta?

According to the colour experts at Pantone, Viva Magenta is "a pulsating colour whose exuberance promotes a joyous and optimistic celebration, writing a new narrative". A hybrid shade of red, pink and purple that provides the perfect balance between warm and cool tones, Viva Magenta is an inclusive colour that is easy to add to your home.

### What does Viva Magenta represent?

The story behind Viva Magenta is all about the balance between our digital and physical lives. In recent years, people have become drawn to nature in their homes and Viva Magenta has been chosen to reflect our pull towards natural colours. Furthermore, it reflects the movement surrounding climate change, sustainability and land protection.

### How can you use Viva Magenta in your home?

Incorporating Viva Magenta is an easy way to add a touch of fun to your home. Some of the best ways to incorporate this shade into your existing interior design include:

- Paint a magenta feature wall in your bedroom or living room
- Invest in an eye-catching magenta sofa
- Add pops of colour through rugs, curtains, pillows and other soft furnishings
- Paint your kitchen cabinets a rich pink or invest in a magenta splashback
- Try magenta dinnerware to create a sense of opulence in your dining room

### What colours go well with Viva Magenta?

Viva Magenta pairs well with both yellow and turquoise, as well as being a good match for most dominant colour categories.

Photo credit: zen-living.ca, snugsofa.com



# Joe's Carpets

WE COME TO YOU  
PERSONAL HOME SERVICE

FAMILY RUN BUSINESS ♦ ESTABLISHED SINCE 1999

## The Mobile Carpet Shop

### Home Selection Service

- ♦ Supply & Fit
- ♦ Repairs & Refits
- ♦ Free Estimates & Advice
- ♦ Free Gripper Rods

**A Friendly & Tidy Service**

Will Move Furniture & Uplift Old Carpets

**CONTACT US ON 01621 398 019**  
**OR 07748 808094**

## 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](https://www.uk.trustpilot.com)  Trustpilot





# How to use LEFTOVER paint

Anyone who's decorated their home will know the dilemma of what to do with leftover paint. You'll often find tins left over after painting projects, which normally end up gathering dust (or rust) in your shed or garage.

So what should you do with all that leftover paint? Here are five ideas for some simple projects for your unused paint.

### ADD A COLOURFUL ACCENT

While you might not have enough paint left over for a whole wall, you can use it to paint part of a wall. An accent behind some shelving, around a photo frame or simply to break up a block of colour can add a nice contrast to your walls.

### UPCYCLE SOME FURNITURE

Leftover paint can be used to upcycle old furniture. From a pop of colour to a more neutral hue, your unused paint can bring a new lease of life to a piece in need of a facelift.

### PAINT A PATTERN ON THE WALL

Patterned walls don't just have to come from wallpaper. From polka dots to lines and animal-style splodges, you can use your paint to create a cool contrasting pattern that will add some interest to your space.

### GIVE PLANT POTS A MAKEOVER

Want to brighten up your plant pots? Use your leftover paint to give them a new look and instantly brighten up your garden and windowsill.

### PAINT PHOTO FRAMES

Adding a little colour to photo frames can make them stand out and is an ideal way to upcycle them, saving you some money and helping the environment too.

Finding ways to use up your leftover paint will help you prevent waste and help you do some interesting and colourful DIY projects around the home.



Photo credit: gillio-designs.com, mixandmatchdesigns.com, framedridge.com



# Faux Flowers Galore

At this time of year, there aren't too many flowers in parks and gardens. Shop-bought faux versions can be just as beautiful as the real thing, but why not impress your friends and family by creating your own?

These stunning tissue-paper flowers are simple to make and an ideal family craft – though young children will need a bit of help.

You can make each flower from a single colour of paper – or choose two or more. Alternate the colours or stack batches of colours on top of each other. Making your tissue-paper florals is all about trying different things and deciding what you like best.

When you're done, display your flowers as they are or string them into a garland. If you make them with stems, simply arrange them in a vase.

### YOU WILL NEED:

- > Coloured tissue paper: 8 pieces of 8 x 13cm paper for a medium flower | 10 sheets of 10 x 15cm paper for a large flower
- > Wire twist ties (if you don't need stems)
- > 50cm chenille sticks/pipe cleaners in green or brown (for the stems)
- > A pair of scissors

### HOW TO MAKE:

1. Stack the pieces of tissue paper into a neat pile.
2. Plect the stack of paper into a concertina shape, starting at one of the long sides.
3. Use the twist tie or end of the chenille stick to tightly tie the middle of the paper strip.
4. Using the scissors, cut each end of the strip into a point or curve – or gently round them.
5. Carefully separate each layer of tissue paper.

### TOP TIPS:

- > It's easier to cut the tissue paper rectangles as a stack rather than individually
- > When separating the layers, do one side first then the other
- > A mix of medium and large blooms works best if you're making a bunch of flowers.



Photo credit: theapplihomemaker

**You've popped the cork,  
now light the wick!**



Treat yourself to one of our candles, upcycled from champagne and liquor bottles to add a bit of luxury to your happy place



Scan the QR code & visit our website  
or go to [www.wickinc.co.uk](http://www.wickinc.co.uk)

Make sure you use our special  
**VISION** discount code for  
10% off your first order!

**WICKVISION22**



**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](mailto:TONYTURNER16984@SKY.COM)

WWW. [TONYTURNERSHEDS.CO.UK](http://TONYTURNERSHEDS.CO.UK)

WHITEHOUSE FARM, NEW LANE, MALDON, CM9 6PJ

*Apello*  
Renewable's

**AIR SOURCE HEAT PUMPS**

**SOLAR BATTERY STORAGE**

**SOLAR PANELS**



**Contact us for your free quotation**

**Save with renewable  
energy from your  
award winning  
energy specialist**

Whether you're looking for solutions to  
combat the growing prices of energy or  
to make the most out of your existing  
system, we have the answer for you

143 High Street, Maldon, Essex, CM9 5BS | 07534 040 186 | [www.apolloitd.co.uk](http://www.apolloitd.co.uk)  
Bradley@apolloitd.com

# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS MALDON



Photo credit: Maldon District Council



## Council supports green awareness campaign

Maldon District Council (MDC) supported the Heybridge and Maldon Climate Action Partnership by celebrating Green Hearts February.

The community came together to make and display green hearts in local shops as part of the partnership's Show the Love campaign, which aims to raise awareness of climate change and urge environmental action from MPs.

The hearts were made by the Maldon Men's Shed from waste wood, and by the local Women's Institute using fabric.

Visitors to the shops were encouraged to write messages on the wooden hearts showing their care

for the environment, a message to an MP or a wish for the planet. The messages were written in chalk so the hearts could be reused in the years to come.

Councillor Penny Channer, Leader of MDC, said: "As part of the council's Our Home, Our Future Climate Action Strategy, we committed ourselves to five climate pledges, two of which are Show Nature We Care and Create Less Waste.

"This is a wonderfully creative and visual way in which local people can join with us in those aims, using recycled materials to send a positive message."

For more information, search 'Heybridge and Maldon Climate Action Partnership' on Facebook.



Photo credit: Sark

# Designing that special 'Yew' space



Throughout our years of experience working within the industry we have discovered that there is a fair amount of inferior quality materials available, resulting in more faults, more returns/replacements and subsequently more time and potentially money wasted.

When it came to working on our own properties we found there was a serious lack of variety on offer, especially as we weren't prepared to sacrifice on quality either. As a result, we have used many different suppliers over the years, enabling us to shortlist some of the best available in the UK.

We've always had a passion for something different, something that gives you that 'wow' factor when you walk into the room, and are pleased to now be in a position to offer a great range and quality of tiles, sliding and fitted wardrobes, full kitchen re-modelling and frontal changes as well as full bathroom ranges. We also offer slab and solid worktops together with other styles and ranges to suit all budgets.

Like many families, we spend a lot of time at home, meaning we understand the importance of making your house feel like a home and giving it that extra special feel when it comes to designing a 'Yew' space.

We will look after you from start to finish and ensure you receive the aftercare you deserve.

We'd be delighted to hear from you if you need any help, advice or a free quote.



# Restaurants raise £17k for earthquake fundraiser

Maldon restaurants raised more than £17,000 in one day last month to provide temporary shelter, food and blankets to those affected by the recent earthquakes in Turkey and Syria.

The owners of Maldon Spice, SARK Restaurant & Cocktail Bar and Paparazzi Essex decided not to charge for food at the fundraiser, instead asking customers to donate the cost of their meal to the appeal.

Customers and sponsors alone donated £16,095, with SARK owner Sami Barli and former Maldon Mayor and Maldon Spice owner Abdul 'Jhual' Hafiz

donating £906 between them.

Sami had previously spoken of how one of his chefs had lost seven members of his family in the earthquakes, with others who could not be contacted.

Sir John Whittingdale, MP for Maldon, attended the fundraiser, and said: "I want to say a huge thanks to Sami and Jhual, and to all the staff of both restaurants. And also to everybody who has been so incredibly generous, to raise a spectacular amount of money for an incredibly important cause."

As of February 27, more than 50,000 people have died from the devastating earthquakes.

# Sea salt company expansion plan is approved

The famous Maldon Sea Salt firm is set to double production after expansion plans were approved at a Maldon District Council meeting on Thursday, February 16.

Permission was granted for the new headquarters at Oval Park in Langford, replacing the current Wycke Hill site.

A statement to the council said: "Maldon Sea Salt is expanding its operation to keep up with demand.

"Recent investment in infrastructure will see the company doubling its production capacity to keep pace with this ever-increasing demand.

"Once production is fully operational, further investment in infrastructure such as storage, packaging and distribution will be required."

Applications for a business park, a new car park and a design and technology firm were also approved for the same site, creating more than 300 jobs.



Photo credit: Tarik Keam Muslu/Shutterstock.com



- SLIDING WARDROBES
- BATHROOMS
- KITCHENS
- HOME OFFICES
- AND MORE



Call us on 07549 014855  
or drop us an email on  
yewtreeinteriors@gmail.com

**BOOK YOUR FREE QUOTE NOW**



# LOCAL NEWS

*from your neighbourhood*



Photo credit: Chelsea Crump, Jolly Fryer Burnham

## Chippy donates £500 towards child's cause

The owners of a popular fish and chips restaurant in Burnham donated £500 towards treatment for a young boy with a head growth defect.

Fifteen-month-old Harry Crump (pictured left) was diagnosed with severe brachycephaly, a defect which means his head has grown in a misshapen way.

Though it won't affect his development, it would be a deformity Harry would live with for the rest of his life and his parents Chelsea (pictured right) and Ian worry it would affect his confidence as he grows up.

Because of this, they have set up a fundraiser to pay for a custom fitted helmet which would encourage his head to grow in a more natural way. The treatment is

currently not available on the NHS and costs £2,750.

The Jolly Fryer in Burnham donated the last £500 needed for the treatment, saying: "We are here for you Harry, and this will now get you your custom fitted helmet you need buddy."

Last month, Harry and Chelsea visited the Jolly Fryer to say thanks to Vasili (pictured third from right) and the rest of the staff at the restaurant.

The family has also partnered with Tree of Hope, a charity which supports those fundraising for children's medical costs.

To donate to the fundraiser, visit [www.justgiving.com/fundraising/harry-crump2023](http://www.justgiving.com/fundraising/harry-crump2023)

# YOU'RE NOT ALONE



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

## CONTACT US TODAY TO GET YOUR BUSINESS SEEN BY OUR READERS

Your Monthly Lifestyle Magazine **VISION**

See all our magazines at [www.visionmagessex.com](http://www.visionmagessex.com)

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



## The best local wines, drinks, food ...and more

Sitting on the south-facing slopes of the Crouch Vale near the village of Althorne in Essex, Clayhill Vineyard make their own still wines on site along with grape juices, apple juices and liqueurs.

The vines produce quality grapes used for still and sparkling wine production all over the UK, many of which have performed extremely well in competitions, as well as a small range of wines for local sale.

A number of varieties have now joined the original plantings, as the vineyard experiments to see which variety fares best in their mission to create delicious wines.



Being situated on a coastal peninsula between the Rivers Crouch and Blackwater gives Clayhill Vineyard the advantage of a mesoclimate. This brings mild winters and hot dry summers, which have proved to be ideal conditions to produce quality grapes for quality wines.

A new tea room opened at the vineyard in 2017, offering visitors the chance to enjoy a light lunch or coffee and cake in the cosy indoor space or on the glass balcony overlooking the vines and the river. There are also outdoor picnic tables, and dogs are welcome.

To find out more, search 'Clayhill Vineyard' on Facebook

### 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



Photo credit: Nick Wood

# RNLI collection boxes rolled out in town

The community has come together to help raise funds for the Royal National Lifeboat Institution (RNLI) station in Burnham-on-Crouch.

The RNLI is the largest charity saving lives at sea and around the coasts of the UK, with the Burnham-on-Crouch station on hand year-round to provide aid and support to those in need.

A series of collection boxes have now been rolled out across the town, featuring QR codes to allow people to easily donate using their mobile phones.

This comes after Royal Burnham Yacht Club raised £600 for the Burnham RNLI through charity calendars, with commodore Will Dallimore (pictured holding cheque on the right) donating the money at a

presentation in late January.

Mr Dallimore said: "We were delighted to be able to support our RNLI with the sale of our charity calendar, and we are looking forward to more fundraising opportunities in 2023 to help support this vital charity."

"We wanted to show our appreciation for the volunteers who go out on the water, often in very difficult conditions, saving lives at sea."

Daniel Rodwell, head of fundraising at Burnham-on-Crouch RNLI (pictured holding cheque on the left) said: "We are very grateful to Royal Burnham Yacht Club for its support. The funds raised will be used by the Burnham-on-Crouch lifeboat station towards operational running costs."

## Hog roast owners discuss risks and success

The owners of an Essex-based caterer have spoken about the risk of taking over a business during the COVID-19 pandemic, as well as their subsequent success.

Burnham-on-Crouch locals Drew and Kat (pictured right) took over Essex Hog Roasts Ltd in April 2021, having known and worked with the previous owners for 10 years.

Although it was a risk taking over the business during such a tumultuous period, they said their first year was a "great success".

Kat said: "We had a short first season and catered for approximately 80 events. We then followed on to our second seasoning catering for more than 100 events, with this year having more than 45 booked in already – we're excited to head into another successful year."

"We like to think that our success is due to our passion for food and enthusiasm to meet new people."

To find out more, visit [www.essexhogroasts.co.uk](http://www.essexhogroasts.co.uk)



Photo credit: Essex Hog Roasts Ltd

# PETER JONES

AND A HOST OF TALL TALES

At 6ft 6", formidable *Dragons' Den* mainstay Peter Jones CBE has a lofty view over more than just his business landscape.

His is a stature that has evolved over four decades of being at the cut and thrust of business, on the way amassing a personal fortune of more than £1.2billion.

The idea of standing up to one of the formidable commercial minds in *Dragons' Den* is, ultimately, a thing few entrepreneurs relish. The hit BBC reality business show puts pitchers through their paces en route to a prospective investment offer, yet few who duel with telecoms wizard Peter Jones ever emerge victorious.

The 56 year old has been the only Dragon to appear in every season of the hit show, the 20th series of which is currently airing on BBC One.

He has mastered the art of pulling off a devastating look of utter incredulity, although the element of surprise is part of what makes the show so entertaining.

"Over so many years in business, there should

be few things that surprise me," he begins, "and by now I thought I might have exhausted the ability to be surprised or shocked by some of the ideas or investment valuations that come my way.

"In truth, though, people will always surprise you, and that's what makes the show so entertaining. You can expect the unexpected, because it will always arrive."

That line perfectly encapsulates Jones's climb to becoming one of the country's most successful and best recognised entrepreneurs. Growing up in Langley, Berkshire, before moving to Maidenhead at the age of seven, his first business was in the production of personal computers, a venture he began at the age of just 16.

While the business excelled at first, the evolution of home computing in the 90s saw Jones lose ground. A series of bad decisions led to the collapse of his enterprise, and with it went his millionaire status. At 28, he was forced to sell the remnants of the company to IBM and start again.

Subsequently joining Siemens, he was soon branching out again by himself, launching Phones International Group in 1998, a business that garnered more than £14million in sales in its first year alone.

Further personal ventures in TV, retail and lifestyle projects have been supplemented with more than 60 investments via *Dragons' Den* – where Jones is regarded as the most plain-speaking and shrewdest on the panel.

"I think when it comes to business, it's important to be polite and engaging, but ultimately you can't hang about," he says. "If something needs to be said, it needs to be said, and tiptoeing around the issue has been the death of many a good idea."

As well as gaining a CBE in 2009, he runs The Peter Jones Enterprise Academy and The Peter Jones Foundation – both committed to driving and promoting the next generation of business minds, no matter what barriers exist in someone's life.

As for the most salient business lesson of them all – Jones insists there is nothing more defining than starting again from scratch. "Failure is arguably the best route to success," he says. "Most entrepreneurs have been at the point where the hopelessness seems profound. I've been there myself, and to be that low, only to rise back up, is one of the most fulfilling things you can do. Ultimately, never give up."

Photo credit: BBC Studios



# THE HOT DRINKS hero

MEET THE MAN BEHIND THE INVENTION FOR HOT (AND COLD) DRINK LOVERS EVERYWHERE

The next time you unscrew your flask to pour a coffee, spare a thought for Scottish scientist Sir James Dewar. He was the man who made it happen – even though keeping your drinks hot wasn't what he had in mind.

Dewar, who died 100 years ago this month, was best known for his work on the liquefaction of gases. It's not the right place for a chemistry lesson, but when gases are in liquid form, they're much easier to store, so it was important work.

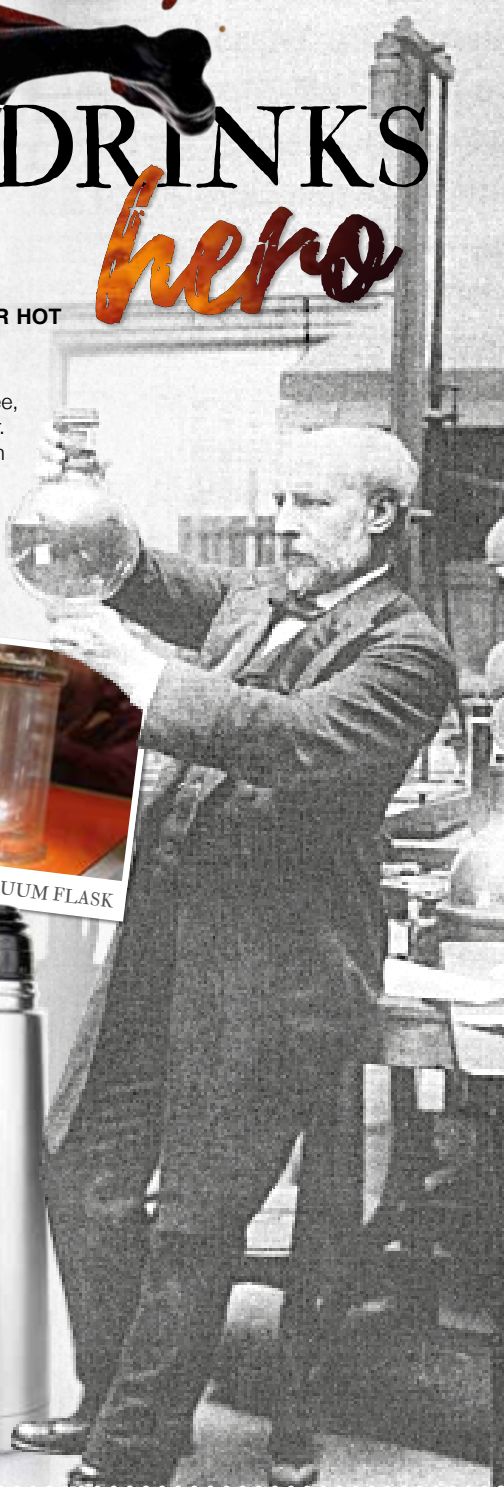
The problem was that Dewar couldn't keep the liquid gases cold enough for long enough to study them. And when they got too hot, they turned into gas again.

To solve the problem, he put his glass flask of liquid gas into a bigger flask. Then he created a vacuum between them and mirrored their outside walls. So the inside flask was almost perfectly insulated, and heat couldn't reach the liquid inside.

Dewar exhibited his creation at London's Royal Institution on Christmas Day 1892. The principle behind his flask is the same one behind the vacuum flasks manufactured today.

Dewar's invention could have made him a wealthy man. The problem was he didn't take out a patent. But the German glassblower who made Dewar's flask had an idea: he realised that the flask could keep liquids warm as well as cold and spotted a gap in the market. He created a flask in a protective metal casing and set up a company called Thermos – Greek for 'hot'. He successfully applied for a patent in 1904 – and the Thermos flask was born.

Dewar sued Thermos for using his invention. Sadly for Dewar, he lost the case. But, refusing to retire, he carried on working as a professor at the Royal Institution until his death at the age of 80 in 1923.



## Equity Release: Unleash the potential of your home's Equity

Equity release has gained popularity among homeowners who are in their retirement years and wish to access the equity in their home without having to sell it. The cost of living continues to increase, and inflation has hit double digits, making equity release a valuable solution for supplementing retirement income. According to a recent study\*, around £3.3bn of the total £5.58bn released in 2022 was used to repay unsecured or secured debt as new customers focused on strengthening their finances as rising interest rates and inflation ate into retirement budgets. Some of the most common uses of equity release:

- Gifting** - Equity release can be used for gifting to family members. By accessing the equity in their home, homeowners can gift money to their loved ones without having to dip into their retirement savings.
- Debt repayment** - By accessing the equity in their home, homeowners can use the money to pay off debts, such as credit cards or personal loans, and reduce their monthly outgoings. This can provide much-needed financial relief and help them manage their finances more effectively.
- Home improvements** - One of the most popular reasons for using equity release is to fund home improvements

### TRUSTED HOME FINANCE

We are local Equity release and Mortgage advisers with over 10 years' experience in financial services. Tom and the team take great pride in making sure that any decisions are thoughtfully considered and right for the individual circumstances. We offer face to face or telephone advice on Mortgages, Equity Release and Protection products from our office based in Quest Place, Maldon.

\*Key Market Monitor Q4 2022 Report

Now open in Maldon



**TRUSTED HOME FINANCE**  
MORTGAGE AND EQUITY RELEASE SPECIALISTS



Proud to be a Member of the

Equity Release Council






Check out our website

Find the right Equity Release solution for you!



01621 483437



enquiries@trustedhomefinance.co.uk

This is a lifetime mortgage. To understand the features and risks, please ask for a personalised illustration. Check that this mortgage will meet your needs if you want to move or sell your home or you want your family to inherit it. If you are in any doubt, seek independent advice.

A fee may be charged for equity release advice. The exact amount will depend on your circumstances, but we estimate this will be £399 on completion.

Trusted Home Finance Limited, is an appointed representative of The Right Mortgage Limited, which is authorised and regulated by the Financial Conduct Authority. Trusted Home Finance Limited is registered in England and Wales with company number 14179093. Registered office: 3 Hutley Close, Witham, Essex, CM8 1FZ



# How to get A PATENT

Thinking about applying for a patent to stop others from copying or selling your invention without your permission? Find out everything you need to know about how to get a patent in the UK below.

### WHAT CAN YOU PATENT IN THE UK?

To patent an invention in the UK, it must be:

- ✓ New – it must not have been made publicly available anywhere in the world
- ✓ Inventive – it cannot be an obvious change to something that already exists
- ✓ Something that can be made and used, a technical process or a method of doing something

### WHAT CAN YOU NOT PATENT?

There are some things that you are not allowed to patent, including:

- ✗ Literary, dramatic, musical or artistic works
- ✗ A way of doing business, playing a game or thinking
- ✗ A method of medical treatment or diagnosis
- ✗ A discovery, scientific theory or mathematical method
- ✗ The way information is presented

- ✗ Essentially biological processes such as crossbreeding animals or plants
- ✗ Software that has a non-technical purpose

### HOW MUCH DOES A PATENT COST?

When you apply for a patent, you must pay fees to the Intellectual Property Office (IPO) when you file your application and also for processing your application after you file. This costs at least £310 if you complete the process. You may also want to hire a patent attorney for help and advice.

### HOW TO APPLY FOR A PATENT IN THE UK

Getting a patent in the UK is a fairly complicated process and it can take several years, even with professional help. Therefore, you should only start the application process if you are confident that your invention is new and that a patent meets your needs. If you decide to go ahead, then you need to:

- Prepare detailed documents that describe your invention
- File these documents with the IPO

Typically, around 18 months after you apply, the IPO will publish your application in full. You may then have to amend your application based on its recommendations.



## 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

01277 554045

[www.flyerdistributionessex.co.uk](http://www.flyerdistributionessex.co.uk)





Award-winning farm shop & produce, supporting local, trusted farmers & small businesses



[www.blackwellsfarmproduce.co.uk](http://www.blackwellsfarmproduce.co.uk)



Hérons Farm, Colne Road, Coggeshall, Colchester, Essex CO6 1TQ



Mon – Fri: 8:00 AM – 5:30 PM  
Sat: 8:00 AM – 4:00 PM  
Sun: 10:00 AM – 3:00 PM



# THE BELL INN

**SALOON & PUBLIC BAR  
RESTAURANT SERVING LOCAL FRESH CUISINE**

Take Away Available • Events • Farmers Market • Dog Friendly

If you would like to make a booking for our restaurant please call us on  
**01621 868154** or email [info@thebeckinghambell.com](mailto:info@thebeckinghambell.com)  
[www.thebeckinghambell.com](http://www.thebeckinghambell.com)



The Bell Inn, Beckingham Street, Tolleshunt Major, Maldon CM9 8LL



FOOD & DRINK



## CELEBRATE BRITISH PIE WEEK, STARTING MARCH 6, WITH SOME TASTY TREATS

**Spicy Vegan Pie**

**INGREDIENTS:** 1 onion, thickly sliced | 50g small broccoli florets | 2 red peppers, cut into chunks | 350g courgettes (2 medium), thickly sliced | 2 tsp cumin seeds | 1 tbsp avocado oil | 200g low-fat houmous | 50g coriander (chopped) | Zest of one lemon | A pinch of chilli flakes | 375g packet of ready-rolled puff pastry (dairy free) | 225g sweet potato, peeled and thinly sliced | Non-dairy milk

**HOW TO MAKE:**

- > Heat the oven to 220°C/fan 200°C/gas 7.
- > In a roasting tin, mix all the vegetables (except

the sweet potato) with the oil and cumin. Roast for 25 minutes then mix in the houmous, coriander, lemon zest and chilli flakes.

- > Turn the oven down to 200°C/fan 180°C/gas 6.
- > Cut the pastry into two rectangles and lay one on a baking tray. Layer the sweet potatoes on top, leaving a 2cm border, then top with the vegetable mixture.
- > Drape the remaining pastry over the filling and press the edges to seal.
- > Brush with milk and bake for 25-30 minutes till golden brown.

**INGREDIENTS:** 150g granulated sugar | 4½ tsp cornflour | 225g rhubarb, cut into 1.5cm slices | 1 orange (juice and zest) | A pinch of cinnamon | 4 sheets of filo pastry (each approx. 48cm x 25.5cm) | 2 tbsp melted butter | 2 tsp icing sugar

**HOW TO MAKE:**

- > In a medium saucepan, mix the sugar and cornflour together, then add the rhubarb, 4 tbsp of orange juice and a teaspoon of zest. Cook gently till it's thickened. Add the cinnamon and cook for 10 minutes, then leave to cool.
- > Heat the oven to 200°C/fan 180°C/gas 6.
- > Lay the filo sheets on top of each other, brushing with melted butter between layers.
- > Spread the filling along one of the longer sides and roll it up, folding in the ends as you go.
- > Make a few cuts in the top, then bake for 15-20 minutes till golden.
- > Cool, then sprinkle with icing sugar.

**Rhubarb Strudel**



Photo credit: foodporn.com



# DIY Mother's Day BEAUTY GIFTS

**D**o you want to help your child make a handmade gift for their mum, grandmother or mother figure this Mother's Day? Beauty gifts are always welcomed and provide the perfect opportunity for mums to enjoy a little me-time.

**Microdermabrasion scrub**  
Combat the signs of ageing with this super simple microdermabrasion scrub.

**How to make:**  
Mix 6 tbsp of sugar with 3 tbsp extra virgin olive oil | Add 3-5 drops of lemon juice | Add ½ tbsp baking soda and 3 drops of lavender oil | Mix thoroughly | Spoon into a small pot and add a handwritten label

**Rose whipped body butter**  
Give the gift of super-soft skin with this luxurious body butter.

**How to make:**  
Melt 1 cup of coconut oil and 1 cup of shea butter in a small bowl | Leave the oils to cool slightly | Mix the oils using a whisk or standing mixer until you have

a whipped cream-like consistency | Add 8 drops of rose absolute and whip for a further 1-2 minutes | Spoon into a mason jar and add a pretty bow

**Lemon peppermint bath salts**  
Add an element of fizz to bath time with this aromatic bath salt.

**How to make:**  
Mix ½ cup of fine sea salt and 1 cup of Epsom salt in a medium-sized bowl | Stir in 15 drops of lemon essential oil and 5 drops of peppermint oil | Scoop the bath salts into a mason jar and tie on a small measuring spoon with some ribbon

**Honey facial mask**  
Soothe sensitive skin with this natural facial mask.

**How to make:**  
Mix together 1 cup of honey, 1 tbsp of cinnamon and ½ tbsp nutmeg | Stir until the spices are fully incorporated with the honey | Pour into a bottle that has been sterilised with boiling water | Cover the bottle with some pretty parchment paper or fabric.



# TECH-free TRIPS



**D**o you and your family need a break from technology? Are screens taking over your lives? Then these phone-free holiday destinations are just the antidote you need.

**QUIRPON ISLAND, NEWFOUNDLAND, CANADA**  
If you can think of nothing better than spending your next getaway marvelling at the wonders of Arctic life such as polar bears, puffins and icebergs, then this is the holiday destination for you. Located in the far reaches of the North Atlantic, there is virtually no phone service and definitely no wi-fi.

**PARRANO, ITALY**  
If you're looking for a remote destination in Europe, then the Eremito retreat in Parrano, Italy, is just what the doctor ordered. Boasting 21 rooms and only a 90-minute drive from Rome, there is no internet, wi-fi or television, so you're guaranteed a tranquil and restorative stay.

**DENALI NATIONAL PARK & PRESERVE, ALASKA**  
Denali National Park is home to the Sheldon Chalet, a luxury five-bedroom lodge that is only accessible by plane or helicopter. Perfect for those who want to experience nature in the extreme, the panoramic views of snow stretch for miles. Plus, with no mobile phone coverage or internet, you can enjoy the peaceful silence with zero distractions.

**BADEN-BADEN, GERMANY**  
If you love a spa break, the Villa Stéphanie mansion and spa is just the digital detox destination for you. Located in the famous spa town of Baden-Baden, this decadent five-star hotel boasts a sauna, plunge pool, thermal suite and private gym. And, of course, no technology in sight.

**TOP END, NORTHERN TERRITORY, AUSTRALIA**  
As you would expect, there is no wi-fi deep in bush country, so you can kick back and relax or enjoy the local wildlife, including blue-winged kookaburras, magpie geese, wallabies and crocodiles. Book into the Bamurru Plains safari lodge for a restful night's sleep and five-star dining.



Photo credit: wehretalians.com, theluxuryarctictravel.com, theluxuryspedal.com, kumint.co.uk



# PACK IT IN



IN HONOUR OF NATIONAL NO SMOKING DAY ON MARCH 8, HERE ARE SEVEN TIPS ON HOW TO QUIT SMOKING FOR GOOD

### BE PREPARED

It's unlikely you'll simply wake up one morning and decide to never smoke again. Smoking is an addiction, so take time to come up with a plan that gives you the best chance of quitting for good.

health to finance to the feeling of having achieved something important – will help you stop smoking.

### DON'T GIVE UP

Quitting is hard. Know that and give yourself a break should you fail. Each day is a new day, and it is never too late to stop.

### SEEK ALTERNATIVES

Though they may be tempting, e-cigarettes are not the ideal way to quit, as they still contain nicotine. However, they are less harmful than tobacco cigarettes.

### REWARD YOURSELF

Put away those pounds you would have spent on cigarettes and you'll soon see the benefits. Treating yourself to something special is the least you deserve for persevering with such a difficult task.

Nicotine replacement therapy, on the other hand – in the form of gum, lozenges and patches – can help with withdrawal side effects.

### BE TRIGGER AWARE

If you crave a cigarette every time you have a few drinks at the pub, it may be best to stay home or, even better, hit the gym. Knowing what makes you want to smoke and then doing the opposite is a useful technique to help you avoid temptation.

### TELL YOUR FRIENDS

Not only is it reassuring to have some enthusiastic cheerleaders on your side, but your buddies can also help you on your way.

### KNOW YOUR REASONS

Whether you want to run a marathon or are motivated to quit for the sake of your young children, having a clear purpose – from



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

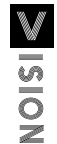


Photo credit: Crangey/Shutterstock

## IT'S NOT ROCKET SCIENCE!

CALL NOW FOR AN OUT OF THIS WORLD DEAL

Your  
Monthly  
Lifestyle  
Magazine



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

**“BIG ENOUGH TO  
COPE AND SMALL  
ENOUGH TO CARE”**

Tolleshunt Tree Care are a local independent family business who have been serving the local community for over 20 years with all kinds of tree surgery.



#### What is a Tree Surgeon/Arborist?

An arborist, tree surgeon, or (less commonly) arboriculturist, is a professional in the practice of arboriculture, which is the cultivation, management, and study of individual trees, shrubs, vines, and other perennial woody plants in dendrology and horticulture.

#### What do we do ?

At Tolleshunt Tree Care we are a genuine, NPTC City and Guilds qualified tree surgeons with many years of experience. Tree surgery has been a family trade for many years and we excel in providing the



highest tree surgery solutions in the local area. We provide a professional and friendly approach, with a commitment to providing the highest standard of work every time. We serve domestic and commercial clients all over Essex. (NPTC qualified and fully insured)

#### Tree Stump Removal Specialists

Tolleshunt Tree Care will cut down the stump as low to the ground as possible before being ground out. Stumps and roots are ground into chips and mulch causing minimum disturbance to the surrounding area.

#### What is the difference between Stump Grinding and Stump Removal?

The short answer to this question is this: stump removal retrieves the entire stump from the ground, leaving a void behind, whereas stump grinding essentially “shaves down” the stump so that it is ground level. It requires a team of trained professionals with the proper equipment to safely and effectively carry out either service.

#### What are the advantages of stump grinding?

Stumps that are left behind can regrow and produce new leaves and branches. Any regrowth can mean a second, possibly costly, attempt at tree removal. Stump grinding makes sure this won't happen as the stump and the roots are both removed in order to prevent any regrowth.



# TOLLESHUNT TREE CARE

**YOUR LOCAL TREE & HEDGE SPECIALIST**



**Sectional Felling - Tree Felling - Tree Reductions - Tree Removal**

**Stump Grinding - Stump Removal - Crown Reduction**

**Tree Pruning & Crown Raising - Pollarding & Tree Thinning**

**Hedge Maintenance - Shaping - Storm Damage - Dead Wooding**

**CALL NOW FOR A FREE QUOTATION & ADVICE**

**01621 892619 or 07432 123689**

**SAFE - RELIABLE - PROFESSIONAL - FULLY INSURED**

**WWW.TOLLESHUNTTREECARE.CO.UK**

**tolleshunttreecare@gmail.com**





# Pet DIET



Are you worried about your pet's weight? Perhaps you've allowed them to over-indulge during the winter months? With as many as half the nation's dogs and cats being overweight, it has never been more important for pet owners to take control of their pet's health and help them to lead a happy and healthy life.



**Calculate calories:** If you don't know how many calories your pet needs each day, then now is the time to find out. While you may think that you can simply refer to the recommended amount on their preferred pet food, this does not take into account metabolism, age and other factors such as activity levels. Ask your vet for a bespoke calorie allowance.

**Measure meals:** Many pet owners simply guess how much they are feeding their pet, or they offer an all-you-can-eat buffet and fill their bowls readily throughout the day. However, it is a much better idea to use a pet measuring cup so that you can make sure you give them the correct amount at each meal.

**Tactical treating:** If you are guilty of giving your pet a few too many treats, then tactical treating offers the perfect solution. This involves choosing low-calorie, no-sugar treats that are beneficial to their health. Carrots and apple slices are a good choice for dogs, and cats enjoy broccoli florets, green beans and catnip. Don't forget that you need to factor these extra calories into their total daily intake.

**Experiment with exercise:** When it comes to keeping your pet healthy and at their ideal weight, daily exercise is key. As well as daily walks for dogs and allowing your cat to explore in the garden, there are lots of other fun exercises you can enjoy with your pets, such as playing fetch, interacting with toys, tug of war and obstacle courses.

**Signs your pet is overweight:** Visual signs such as excess body fat around the stomach, spine and waist | Lack of grooming | Reduced mobility | Difficulty breathing.



# A GARDEN IN WINTER

If you're visiting Sheffield this year, the multi-award-winning Winter Garden offers the chance to take a step away from the bustle of Britain's fourth-biggest city. It's wheelchair and buggy friendly, open every day except Christmas Day, and entry is free.

**WHAT EXACTLY IS IT?**  
It's an exotic landscaped garden housed in a vast greenhouse with soaring arches and a glass roof. It houses around 2,500 plants, all originating from temperate climates in the Southern Hemisphere. There are also bedding plants, which are changed five times a year – so there's always something new to admire.

The Winter Garden is 75m long, 23m wide and 21m high – that's big enough to house 5,000 average domestic greenhouses. And it's not just about plants – there's also an art gallery, a café and shops at the garden. So allow plenty of time for your visit.

The greenhouse was opened in May 2003 by the late Queen Elizabeth II, and was designed by London

architects Pringle Richards Sharratt and Bath-based construction consultants Buro Happold.

**WHAT TYPES OF EXOTIC PLANTS ARE THERE?**  
As well as a stunning bamboo curtain, lush tree ferns and elegant grasses, you can also feast your eyes on some of these:

- > Thorny acacia trees, which in their native habitat are an important food source for animals, including giraffes and elephants
- > Pines from the araucaria family, including monkey puzzle trees
- > Palm-like cordylines, often grown as houseplants in the UK
- > Desert plants like cacti, agave and aloe vera
- > Eucalyptus trees, mostly found in Australia and prized for their timber, the oil in their leaves and providing food for koalas
- > Low-growing phormiums, which are native to New Zealand and have elegant, sword-like leaves
- > Trachycarpus palm trees, known for their chunky trunks.

Photo credit: travellight/Shutterstock.com



GARDENING

# GET **wildlife** READY



**O**ur gardens start to bloom in earnest this month – but March can be a surprisingly tricky time for wildlife. That includes humble but helpful insects and worms, as well as bees, birds, amphibians and hedgehogs. So what can you do to help?

### LEAVE FOOD FOR HEDGEHOGS

Leave out water and meat-based cat or dog food – ideally chicken in jelly. Do this when it's getting dark, and remember to throw away any uneaten food the next morning. If you have hedgehogs in your garden, you could also buy a hedgehog house or even build one.

### FEED THE BIRDS

Birds need calorie-rich food at this time of year to get ready for breeding. Choose sunflower hearts (seeds without the husk), fat balls or suet pellets. Steer clear of peanuts just in case adult birds feed them to their young and cause them to choke.

### BEE KIND

If you're adding new garden plants, choose ones with open flowers that are rich in pollen and nectar. Good choices include aconites, evergreen clematis, primroses, and winter-flowering heather and honeysuckle.

### BUG LOVE

Helpful insects and even earthworms find it hard to flourish in March as food sources can be scarce. To help them, create a log pile in a shady spot. You might also want to start a compost heap. And, while you don't have to turn your garden into a jungle, insects will love it if you let a corner of your garden grow wild.

### POND LIFE

March is the main breeding month for frogs, toads and newts. To make your pond amphibian-friendly, select the plants they like to breed around, such as marsh marigold, water forget-me-knot and brooklime. You could add plants such as hornwort and curled pondweed to keep the water oxygenated and help shelter tadpoles from predators.



# 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 **VISION**

See all our magazines at [www.visionmagessex.com](http://www.visionmagessex.com)

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



**Shaun Baker**  
ESTABLISHED 1989  
**CarCare Ltd**



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



# 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** 01245 830 047

**ROLLER SHUTTER DOORS**



LINES OPEN 7 DAYS A WEEK

www.garolla.co.uk



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



MOTORING

## DOUBLES, SINGLES AND MORE... ROAD MARKINGS AND HOW TO WORK THEM IN YOUR FAVOUR

We're all familiar with the sight of single and double yellow lines – yet where many of us have fallen foul of road markings, it's because we may not understand what they mean.

This guide to road markings may not make it any easier to find a parking space in your local area, but at least you'll know the risk you're taking when you apply the handbrake.

### SINGLE LINES

Single yellow lines are an indication that waiting restrictions are in place, albeit only at certain times of the day. The intention is to eliminate congestion at busy times.

Always look for the accompanying signs, which will state the times when parking is prohibited. However, you may stop there.

If you see a single red line, stopping is also prohibited at certain times.

### DOUBLE LINES

Parking on double yellow lines is prohibited at all times, unless there is accompanying signage which may indicate an ability to park there on rare or seasonal occasions.

With both single and double yellows, the good news is you get five minutes' grace, and a traffic warden must observe your car for the full duration of those five minutes before writing out a ticket.

If you see a double red line, the message is simple – no stopping (or parking) at any time.

### ZIGZAG LINES

White or yellow zigzag lines offer the same instruction as double red lines, except they are placed near places of high public footfall, such as on level crossings or outside schools and places where emergency services may operate, such as hospitals.

### LOADING OR UNLOADING

To confuse matters, loading and unloading is permitted on double and single yellow lines, but only if it's continuous. You'll get between 20 and 40 minutes, depending on your vehicle.

However, if two yellow stripes are seen emerging from the road and up the curb, even loading and unloading is prohibited. For one yellow stripe, stopping is permitted based on the times shown.

EMERGENCY





# CAMERA JARGON

## Explained!

**W**ant to improve your photography skills? Then spending time with a camera is a good place to start. While mobile phones are great for point-and-shoot, for the best photos a camera is required. At first glance, a camera can seem confusing with all its buttons and settings. Fortunately, we've got you covered with our simple guide to some basic camera terms.

**Exposure:** One of the most important terms to learn in photography. Getting the exposure right will help you take great photos with all of the elements in balance. Put simply, exposure is the amount of light that reaches your camera. Too much or too little exposure can affect the quality of your photo. The 'exposure triangle' is the combination of aperture, shutter speed and ISO that will help you capture the perfect photo.

**Aperture:** The hole that allows light into the lens, represented by the f-number. The lower the f-number, the more light is allowed into the lens. It's the aperture that helps

you determine which elements of the shot are in focus, allowing you to play with your depth of field.

**Depth of field:** The distance between the closest and furthest subjects in a photo. A shallow depth of field will put your main subject in focus, creating a blurred backdrop for your subject to sit against. A deep depth of field helps to put the backdrop or landscape in focus, blurring the nearest object.

**Shutter speed:** Controls how much light is allowed into the camera from the lens. It signals how long the lens is open to capture the light. A low shutter speed is ideal for most situations, but when you are faced with fast-moving subjects (such as animals or sports) you'll want to use a high shutter speed to prevent blurring.

**ISO:** The ISO settings determine the light sensitivity. The higher the ISO, the brighter your images. A higher ISO may cause images to feature noise or grain, which can be more difficult to fix during the editing process than an underexposed shot.

### Points to consider when purchasing a camera:

- > Rent or borrow a camera first to trial the settings.
- > Consider the size and weight to discover what's right for you. Mirrorless cameras are more portable with auto-focus features, while a DSLR has more changeable features.
- > For high-quality photos, look for cameras with the largest sensor size. Generally, the larger the sensor, the higher quality your photos will be.
- > A high number of megapixels (MP) will help to produce images that are highly detailed, but the downside to this is that they don't perform as well in low light. Something around the 20MP mark performs well for most situations.
- > Invest in a range of lenses to get the most out of your camera. A macro lens is ideal for detailed close-up shots, while a long lens will help you capture high-quality shots from further afield, such as landscapes or wildlife.

Capturing the perfect shot means finding the balance between the three key settings (aperture, shutter speed and ISO). Don't be afraid to experiment and get creative.



# CHEESE ROLLING

UNUSUAL SPORT...

**A lump of dairy, a hill, an ambulance on standby – it's the Cooper's Hill Cheese Rolling Championship**

**W**e've all heard of cheese rolling. Indeed, many of us have seen the frankly

terrifying sight of grown men and women hurtling down Cooper's Hill in Gloucestershire on a balmy spring bank holiday in pursuit not just of a 9lb lump of Double Gloucester cheese, but also of the respect of the local community.

The annual event, which takes place on a slightly terrifying 200-yard slope in the town of Brockworth, has become iconic as the go-to cheese rolling event in the UK, yet it attracts competitors from all corners of the world.

While the perception is that anyone who catches the cheese takes the title, in truth this is a 'race to the bottom', with the first person across the finish line claiming the delightful dairy.

Now classed as an extreme sport, there is a series of individual races for have-a-go heroes to compete and contort in, with local legend Chris Anderson the most successful participant in the event's near 200-year history, having won a record 23 races. Ironically, the ex-1st Battalion light infantryman doesn't even like the cheese on offer, insisting on a passion for cheddar instead.

Injuries are commonplace – not just to participants, either. On many occasions, spectators have been struck by the tumbling cheese, which can reach speeds of up to 70mph as it tumbles downhill.

While COVID-19 halted the 2020 and 2021 events, the festival returned in 2022, complete with all manner of sprains, bashes, aches and breaks. Perennial champ Anderson has since announced his retirement, clearing the decks for a new era of southwestern sadist when the event returns this year on Monday, May 29.

While Brockworth hosts the country's most famous competition, there are other cheese rolling events across the UK with their own take on the concept, albeit none quite as flavoursome.

Photo credit: Simon Chapman/Anp/Shutterstock - visitgloucester.co.uk



# 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

## AIRPORT TRANSFER & CHAUFFEUR

### MP EXECUTIVE TRAVEL

Airport Transfers, Night Outs, Events / Functions. Passenger options 4, 6 & 8 capabilities. T: 07411 502815 | www.mpexecutivetravel.co.uk | mick@mpexecutivetravel.co.uk

## BLINDS & SHUTTERS

### WORTH & CO BLINDS

Essex's leading blind, awning & interior shutter specialists for over 100 years. Call us on 01245 830087

## FINANCIAL SERVICES

### TRUSTED HOME FINANCE

Mortgage & Equity Release Specialists. Find the right Equity Release solution for you! T: 01621 483437 | E: enquiries@trustedhomefinance.co.uk

## 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

## GATES & RAILINGS

### STEEL BOUTIQUE ESSEX

Made to measure gates, railings, handrails & more, designing, manufacturing & installing high quality, hand crafted, metal-work. 07967 208875 | info@steelboutiquessex.com

## JEWELLERS

### MITCHELLS JEWELLERS LIMITED

Newly refurbished workshop, On-Site Goldsmiths. Repair Service. 107 High Street, CM9 5EP. 01621 859969 | enquiries@mitchellsjewellers.com | www.mitchellsjewellers.co.uk

## KITCHEN, BATHROOMS & BEDROOMS

### DESIGNER BEDROOMS

Traditional Fitted Bedrooms, Sliding Doors, Odd shaped rooms are our speciality, home office/studios. 7 Robert Way, SS11 8DD. 01268 571799 | www.designerbedrooms.co.uk

## 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

## BOOK VIA...

**MALDON@VISIONMAG.CO.UK**

## 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

### THE BELL INN

Saloon & Public Bar. Restaurant serving local fresh cuisine. 01621 868154 | info@thebeckinghambell.com | www.thebeckinghambell.com

# THE VISION LISTINGS

## RENEWABLE ENERGY

### APOLLO RENEWABLES

Air Source Heat Pumps, Solar Battery Storage, Solar Panels. Contact us for your free quotation. 07534 040186 | 143 High Street, Maldon, CM9 5BS | www.apollold.co.uk

## 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

## 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

## WINDOWS & DOORS

### WISE DESIGNS IN GLASS LTD

PVCu, Hardwood, Aluminium. Domestic & Commercial. Free no obligation estimates. 01621 744336 | www.wisedesignsinglass.co.uk | info@wisedesignsinglass.co.uk

### EZ 2 OWN

Your local experts for entrance doors, replacement windows, garage doors, patio doors and conservatories. Please call for a free quote or information pack 01621 781133

**JOIN THE LISTINGS**

For just **£180** +VAT per year

## SHEDS

### TONY TURNER

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

## JOIN THE LISTINGS

For just **£15** +VAT per month

## 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

## CAR GARAGE

### SHAUN BAKER CAR CARE LTD

Garage Service. Vehicle Maintenance, Transmission Repairs, MOT Repairs & Maintenance, Air Con and more services. Please call on 01621 851871 | 120a High Street, CM9 5ET

## 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

## FARM SHOP

### BLACKWELLS FARM SHOP

Award Winning Farm Shop & Produce, supporting local, trusted farmers & small businesses. Herons Farm, Colne Road, CO6 1TQ | www.blackwellfarmproduce.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 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: DEER, BEER, BEAR, SEAR, STAR, STAG



# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

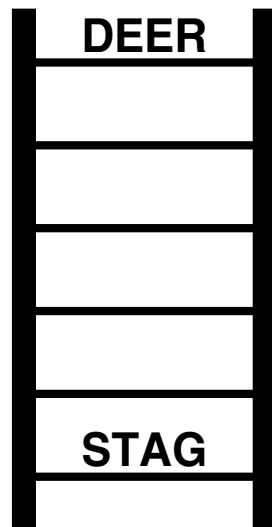
- ▶ BUFFALO
- ▶ CAMEL
- ▶ CHEETAH
- ▶ CROCODILE
- ▶ DONKEY
- ▶ ELEPHANT
- ▶ HEDGEHOG
- ▶ HIPPOPOTAMUS
- ▶ LION
- ▶ LIZARD
- ▶ PANDA
- ▶ REINDEER
- ▶ RHINOCEROS
- ▶ SALAMANDER
- ▶ SNAKE
- ▶ SPRINGBOK
- ▶ TIGER
- ▶ TURTLE
- ▶ WARTHOG
- ▶ WOMBAT



## DID YOU KNOW?

- ▶ There are 63 million pairs of chopsticks manufactured in China every year – that's 126 million single sticks.
- ▶ In Pakistan, a small city called Sialkot is where 40 per cent of the world's footballs are produced.
- ▶ Covering 2,653 miles, Chile is the world's longest country from north to south.
- ▶ There are more than 2,100 castles stand in Germany.
- ▶ Canada has more lakes than every other country in the world put together.
- ▶ Iceland has no army and is recognised as the world's most peaceful country.
- ▶ Disneyland Paris is the most visited place in Europe.

## 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.

Essex's Leading Blind, Awning & Interior Shutter Specialists for over 100 Years

Worth & Co  
**Blinds**  
Established Since 1889

Call us today on 01245 830087 or 01702 467581



- Factory Showroom with Free Parking
- Large Luxaflex Inspiration Display
- Patio Awning Showroom
- All types of Interior Window Blinds
- Custom-Made Window Shutters
- Motorised Internal Blinds
- Roller Garage Doors
- Home & Commercial



As a local company we offer a wide choice of Blinds, Shutters, Patio Awnings & Roller Garage Doors & with competitive prices all year plus **FREE NO OBLIGATION QUOTATIONS**

[www.worthblinds.com](http://www.worthblinds.com) [sales@worthblinds.com](mailto:sales@worthblinds.com)

Unit 13 Parkside Centre, Potters Way, Temple Farm Industrial Est, Southend SS2 5SJ

# Mitchells

JEWELLERS LIMITED



## Perfect Gifts for that special someone...

- The largest independent selection of Diamond & Wedding rings in Maldon
  - Contemporary & elegant designs
  - Platinum, Gold & Silver Jewellery
  - Bespoke design service available on site
  - Jewellery and Watch repairs, Alterations and Valuations for Insurance and Probate

Newly Refurbished Workshop  
On-site Goldsmiths

## WE BUY GOLD

For all **GOLD**  
(including old or broken)  
plus

**SECOND HAND  
JEWELLERY & WATCHES**



## DID YOU KNOW WE OFFER A JEWELLERY REPAIR SERVICE?

Pop in and see us in store for a free no obligation quote, our repairs are carried out on site by our master goldsmith in our newly refurbished workshop – we offer a same day premium rhodium plating service along with all other repairs

OPENING HOURS: MONDAY - SATURDAY: 9:30am 5-30pm

107 High St, Maldon, Essex CM9 5EP • Tel: 01621 859969

Email: [enquiries@mitchellsjewellers.com](mailto:enquiries@mitchellsjewellers.com) • Web: [www.mitchellsjewellers.co.uk](http://www.mitchellsjewellers.co.uk)

