

Photo credit: Matt Baron/BE/Shutterstock

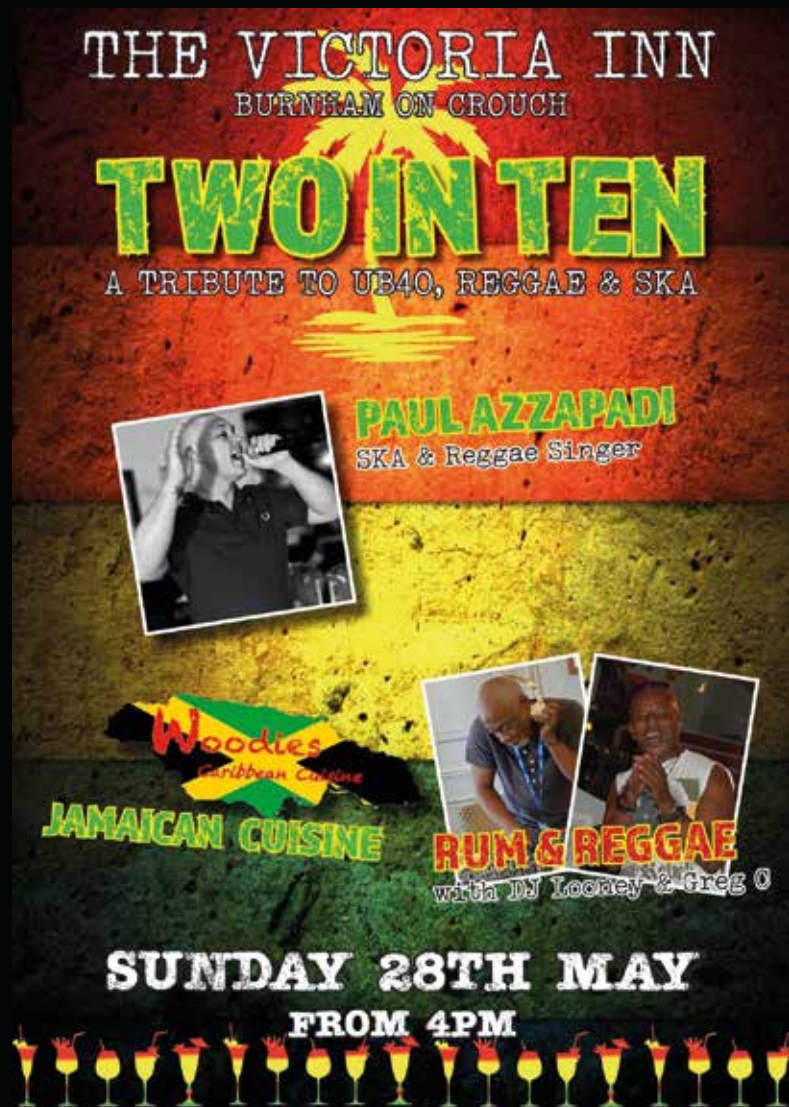
HOW TO
ENJOY
RHUBARB
SEASON

THE BEST SECOND CITIES
to visit across Europe

SWEET AS...
discover the health benefits of honey

LEWIS CAPALDI

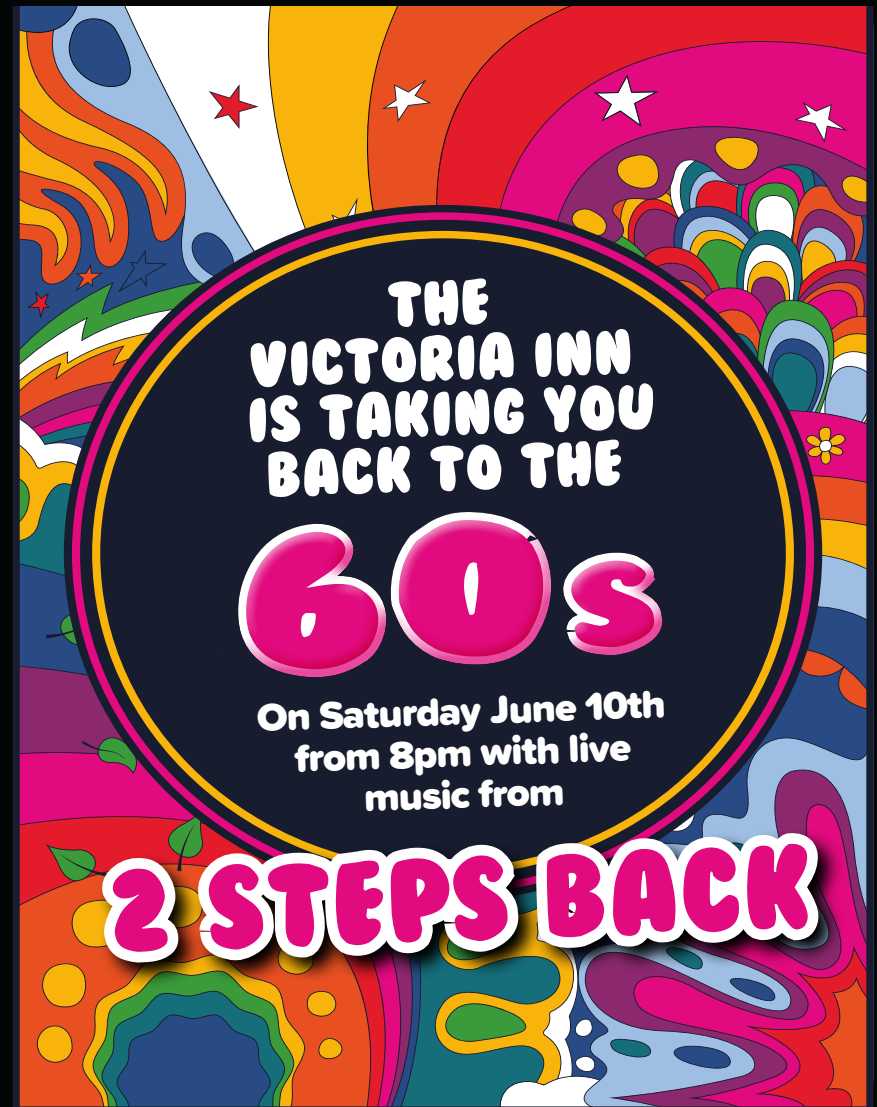
On overcoming life's challenges on the road to fame



GREAT BRITISH PUB FOOD
TRADITIONAL PUB
EVENTS & ENTERTAINMENT

thevicboc 01621 783585 thevicb_o_c

The Victoria Inn, Burnham on Crouch, CM0 8AJ



GREAT BRITISH PUB FOOD
TRADITIONAL PUB
EVENTS & ENTERTAINMENT

thevicboc 01621 783585 thevicb_o_c

The Victoria Inn, Burnham on Crouch, CM0 8AJ





MAY 2023

Editor's notes...



Nik Allen, Editor

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

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

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

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

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

Nik Allen

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

CONTACT US: www.visionmagessex.com | 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, Fiona Goble, Megan Milstead

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 TO FIND OUT MORE



Checkatrade.com
Where reputation matters

Lifestyle

Shutters & Blinds Ltd

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



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



FROM LILY SAVAGE

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

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

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

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

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

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

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

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

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

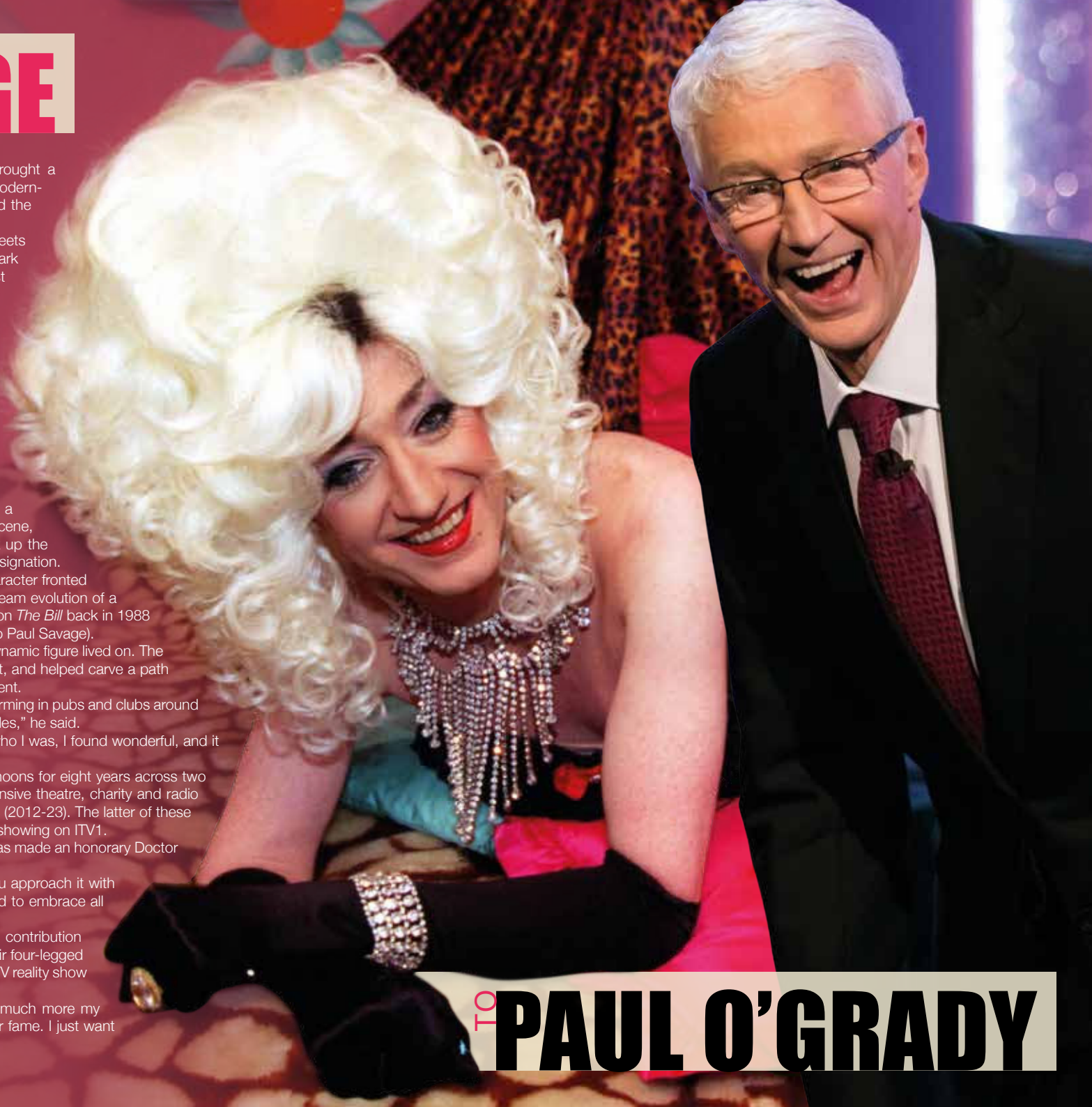
The successful *The Paul O'Grady Show* ran on weekday afternoons for eight years across two spells, and the entertainer also saw huge popularity across extensive theatre, charity and radio work, as well as the likes of *Blind Date* and *For the Love of Dogs* (2012-23). The latter of these popular TV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

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

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

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

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



TO PAUL O'GRADY

A GUIDE TO THE MOON



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

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

WHAT ARE THE PHASES OF THE MOON?

- 1. New moon:** You cannot see the moon when it is a new moon.
- 2. Waxing crescent moon:** In the Northern Hemisphere, you see the waxing crescent moon as a thin crescent of light on the right.
- 3. First quarter moon:** The first quarter moon
- 4. Waxing gibbous moon:** This phase is between a half moon and full moon. Waxing means it is getting bigger.
- 5. Full moon:** You can see the moon completely illuminated during full moons.
- 6. Waning gibbous moon:** This phase is between a half moon and full moon. Waning means it is getting smaller.
- 7. Last quarter moon:** This appears as a half moon but with the opposite half illuminated to the first quarter moon.
- 8. Waning crescent moon:** In the Northern Hemisphere, you see the waning crescent moon as a thin crescent of light on the left.



FULL MOON NAMES

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

January: Wolf Moon

February: Snow Moon

March: Worm Moon

April: Pink Moon

May: Flower Moon

June: Strawberry Moon

July: Buck Moon

August: Sturgeon Moon

September: Full Corn Moon

October: Hunter's Moon

November: Beaver Moon

December: Cold Moon

WHAT IS A BLUE MOON?

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

WHAT IS A HARVEST MOON?

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

WISE
DESIGNS
in GLASS
LTD

Maldon: 01621 744 336

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

Your guide to SPONGES

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

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

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

WHAT ARE THE MOST COMMON TYPES OF SPONGE?

NON-SCRATCH SPONGES

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

HEAVY-DUTY SPONGES

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

CELLULOSE SPONGES

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

HOW DO I CLEAN REUSABLE SPONGES?

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



Traditional fitted bedrooms

Designer Bedrooms

7, Robert Way
Wickford, SS11 8DD

01268 571799

sales@designerbedrooms.co.uk

(See website or call us for opening hours)

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

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.

10 Year
Guarantee!



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...



Odd shaped rooms
are our speciality!



Home Office/Studies



GREAT BRITISH INTERIOR DESIGNER:

HELEN GREEN

DESIGN STUDIO



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

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

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

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

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



How to get the look at home

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

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

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

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

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



Photo credit: helengreendesign.com

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

AIR SOURCE HEAT PUMPS
SOLAR BATTERY STORAGE
SOLAR PANELS

Contact us for your free quotation

143 High Street, Maldon, Essex, CM9 5BS
 07534 040 186
 Bradley@apollo ltd.com
 www.apollo ltd.co.uk

NEED A PLUMBER?

BLOCKED DRAINS, BLOCKED SINKS, BLOCKED TOILETS - CLEARED FAST

- Plumbing, Heating & Drainage
- Drains - Internal & External
- CCTV Surveys
- High Pressure Jetting
- Manual Rodding

- Toilets, Sinks, Bathrooms
- Emergency Plumbing & Drainage
- Insurance Work Undertaken
- Fully Qualified Engineers Covering Your Area

NO CALL-OUT CHARGE

We quote all prices including VAT - No Hidden Extras

CALL OUR FRIENDLY TEAM 24/7
01621 767816

Nº1 PHD **Trustpilot**
Reviews 404 • Excellent 4.6 Mar23
PLUMBING HEATING & DRAINAGE

SENIOR CITIZEN & NHS DISCOUNTS

No1 PHD Ltd, Company No: 11927404, Reg. in England & Wales.

ADD A

fiddle-leaf fig



PLANT TO YOUR HOME

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

WHAT ARE THE DIFFERENT TYPES OF FIDDLE-LEAF FIGS?

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

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

HOW TO CARE FOR A FIDDLE-LEAF FIG

A fiddle-leaf fig needs bright, filtered light to grow, as direct sunlight can burn its leaves. Any quality indoor plant potting mix is fine as long as the soil drains well.

This plant needs a moderate amount of moisture to thrive; too much can cause root rot and too little can cause the leaves to wilt. During the growing season (spring to autumn), water when the top inch of the soil feels dry, and then slightly less over winter. Also add a fertiliser specially made for this plant during growing season and remember to regularly clean its leaves.

HOW TO PRUNE A FIDDLE-LEAF FIG

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

WHERE TO BUY A FIDDLE-LEAF FIG

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



IT'S TIME FOR A CHANGE OF SCENE

Retire to a dream location the easy way



Move in ready homes available from £219,500



Do you dream of living on the coast? Relaxed days of fresh air, seaside walks and beach picnics? It's all there for you when you move to a brand-new, fully furnished home at Sandpiper Gardens, Clacton-on-Sea. You could also free up cash, save on bills and have less home maintenance to worry about. Whether you're retiring or semi-retiring, it's time to get more out of life.

- ✓ High-quality, low-maintenance, single-storey homes
- ✓ Safe, secure community of like-minded residents
- ✓ Private garden and parking
- ✓ No stamp duty
- ✓ Part exchange and assisted move options available

Get in touch to find out more or arrange a park visit:
www.tingdene-parks.net | 01933 422471 | info@tingdene.net



DESIGNING THAT SPECIAL 'YEW' SPACE

SLIDING WARDROBES • BATHROOMS • KITCHENS • HOME OFFICES & MORE

We've always had a passion for something different, something that gives you that 'wow' factor when you walk into the room. We are proud to use some of the best suppliers in the UK offering a great range and quality of tiles, sliding and fitted wardrobes, full Kitchen re-models & frontal changes as well as full Bathroom ranges. Kitchen and Bathroom samples (including sliding wardrobes) are also available and 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 after-care you deserve.

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

07549 014 855 • YEWINTERIORDESIGNS@GMAIL.COM • @YEWINTERIORDESIGNS

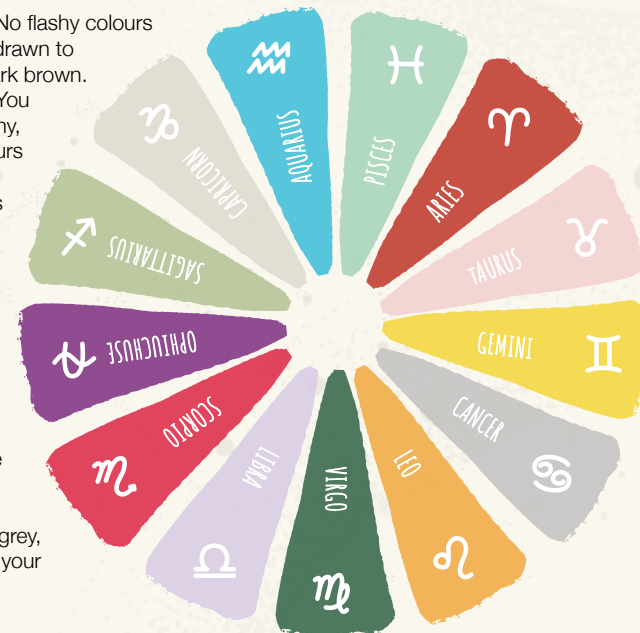
DISCOVER YOUR ZODIAC COLOUR PALETTE



HOME & DIY

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

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





The PEOPLE'S PALACE

Imagine living amid the smog, chaos and stench of Victorian London. Now imagine the bliss of fresh air and some live entertainment to take your mind off things. Alexandra Palace, which opened 150 years ago this month, was built to give Londoners that chance to escape the daily grind.

The palace opened on Queen Victoria's 54th birthday with a grand celebration. Tragically, fire destroyed the building just a fortnight after it opened. But two years later, it opened again – and this time it was bigger and better. There was a concert hall, theatre, circus, racetrack, boating lake, the Victorian equivalent of a food court, and even a Japanese-style garden.

Sadly, the privately owned palace and surrounding parkland struggled to make money. In 1900, the site was bought by the nation, and an Act of Parliament

decreed that it should remain “a place of public resort and recreation”.

During the First World War, the palace was home to refugees and later became an internment camp for ‘enemy aliens’. It became a refugee shelter again during the Second World War, and also a staging post for troops on their way back from Dunkirk.

But perhaps the palace is best known for its link to BBC television. The corporation launched the world's first television service from studios built in the palace's former dining rooms in 1936.

To this day, the palace continues to host leading events, including theatre performances, retail shows, gigs, fairs and festivals to honour its commitment to serve the public.

To find out what's on this summer, check out alexandrapalace.com/whats-on

Alexandra Palace was built as a north London version of Crystal Palace, which hosted The Great Exhibition in 1851. It was named after the Danish-born Princess Alexandra, who had just married Queen Victoria's eldest son – later to become Edward VII. It was called The People's Palace and soon became widely known as Ally Pally.

Celebrity comedian to front this year's mud race



Photo credit: Maldon Mud Race Twitter

Maldon Mud Race is returning this month, with comedian Jo Brand (pictured above right) set to start the event on Sunday, May 14.

Participants will take part in a number of races in the mud at Promenade Park to raise funds for various local charities, such as Farleigh Hospice and Brainwave.

Maldon Mud Race chairman Brian Farrington said: “The day involves nearly 12 months of planning and there are always a few surprises. As the event grows, we are expanding our offering to include our duck race and fancy dress competition, plus a wide range of stalls with snacks and promotional gifts.

“Last year saw nearly 20,000 people attend the event and we distributed more than £35,000.”

To find out more, head to maldonmudrace.com

housing that is designed for older people (which will include new homes built to meet the needs of people with accessibility requirements), and custom/self-build homes to meet the needs of people wishing to build or design their own home.”

To view the application, visit bit.ly/3LTTxot
Pigeon Investment Management Ltd has been contacted for comment.

Heritage centre receives sensory accreditation

The Maeldune Heritage Centre in Maldon High Street has been recognised for improving access for people with sight and/or hearing impairments.

The centre, which aims to celebrate the town's heritage and showcase local arts and crafts, is the first venue to receive the Sensory Access Charter Mark from ECL Sensory Service. The service supports those with sight loss and hearing loss, and the Charter Mark recognises organisations and businesses that have adapted to become more accessible.

Centre manager Lynda O'Brien said: “It is really important to us to make the centre as accessible as possible. ECL Sensory Service has been able to guide us on how small improvements can make a really big difference to our visitors.”

Faye Harburt, head of ECL Sensory Service, said: “The Maeldune Heritage Centre is a great venue. Supporting them to improve their visitor offer has been a privilege. The council's commitment to providing a better quality of life for residents is fantastic, and we are pleased to be working with them to support more businesses in the area.”

Plans submitted to build 100 new homes

Plans have been submitted to build up to 100 new homes on land near Edmund Street and Newman Drive in Burnham-on-Crouch.

Developers Pigeon Investment Management Ltd and Burwest LLP submitted the application to Maldon District Council on April 13, and it was validated on April 24.

They hope to build a mix of bungalows, affordable housing and custom/self-build properties.

The plans also aim to encourage sustainable travel with cycle and pedestrian links to local facilities.

The concept plan reads: “A mix of homes will be provided on the site, including affordable homes,



Photo credit: Maldon District Council Twitter

SIR JOHN WHITTINGDALE MP

Conservative MP for Maldon



I am always delighted to receive invitations to visit schools in my constituency or to meet pupils who are coming to Parliament. It is very important that young people learn about democracy and our system of government. I greatly enjoy these sessions and am fascinated by the huge range of questions that children want to ask. It was also notable that when paying tribute to Her Late Majesty The Queen, many MPs said that they were always asked on school visits whether they had met the Queen, and certainly that has been my experience too.

Recently, I visited All Saints' Primary School in Maldon to mark the start of the work on a new classroom as part of an extension of the school.

I was also able to speak with executive headteacher Phil Brown (pictured back row, second from left) and other members of staff about school funding and other relevant issues. I am very aware of the pressure

that schools are under and welcomed the £2.3 billion of additional funding for schools in both 2023/24 and 2024/25, which was announced in November's Budget. However, I know that the financial pressures are still very great and I will continue to make sure that ministers are aware of this.

Parliament now has an Education Unit which can organise visits for groups from schools. I will always try to come if a school from my constituency is visiting.

There is also an opportunity for teachers through the UK Parliament Teacher Ambassador Programme. Following the three-day programme, teachers will go back to their schools and will be able to develop their students' and colleagues' knowledge of UK Parliament and democracy.

If any school would like me to visit, or would like to come to Westminster, then please get in touch at john.whittingdale.mp@parliament.uk

WWW.JOHNWHITTINGDALE.ORG.UK


Burnham-On-Crouch Carnival

Saturday 30th September 2023

VISION

Vision magazine are pleased to announce they are now the official media sponsors for Burnham Carnival

Over the next four months we will be supporting the carnival and keeping our readers informed of all the events and attractions being organised for the event.

Carnival committee member Lorna Hart said: "We are so pleased to have the support of Vision magazine. It has been touch and go as to whether the carnival will go ahead this year so every little bit of support we get is important. We have had some amazing support so far from local businesses and hopefully the carnival is now secure, but we do still need more support and we have lots of sponsorships available, so if any businesses would like to help us please do get in touch"

You can email Lorna at burnhamcarnivalpress@gmail.com





YOUR LOCAL EVENTS

BABY YOGA

Black Rabbit Pub, 188 High Street,
Maldon, CM9 5BX
Thursdays, 10am – 10.45am



Photo credit: Black Rabbit Facebook

Bond with your baby at the weekly yoga sessions at Black Rabbit Pub. The classes encourage playful interaction and communication to promote healthy development, as well as relaxation through massages.

It must be booked in advance, so for more information and prices, head to www.happity.co.uk/schedules/basking-babies-maldon-black-rabbit-pub-baby-yoga-thursdays-10-00-10-45

DUCATI BBQ 2023

Hyside Motorcycles, Unit 9 Wycke Hill Business Park, Wycke Hill, Maldon, CM9 6UZ
Sunday, May 21, 11am

If you're into motorbikes, then you need to come along to Hyside's Ducati BBQ this month. You can enjoy live music from singer-guitarist Brad Luff and a delicious BBQ, as well as beers and soft drinks. The showroom will also be open for browsing, with a moto trainer on site to help.

To find out more, visit www.allevents.in/maldon/ducati-bbq-2023/200024349224137

MUSIC BINGO

The Anchor, The Quay, Burnham-on-Crouch, CM0 8AT
Thursday, May 25, 8pm – 10.30pm

The Anchor pub is hosting a music bingo this month, where guests will have the chance to win a cash prize. Combining disco, bingo and music entertainment, it's guaranteed to be a fun night out.

A five-game pack costs £10. No need to book, just show up on the evening.

THE TINA TURNER TRIBUTE

Village Hall, Arcadia Road, Burnham-on-Crouch, CM0 8EF
Saturday, May 27, 7pm – 11pm

You can expect to hear all of Tina's greatest hits, like *River Deep* and *Proud Mary*, as well as a live DJ act. There will also be a bar and hot food available.

Tickets cost £20 and more information can be found via www.facebook.com/events/village-hall-burnham-on-crouch/tina-turner-tribute-supporting-act-plus-dj-dan-/1408454466352295

WINGS AND WHEELS 2023

Stow Maries Great War Aerodrome, Hackmans Lane, Maldon, CM3 6RN
Sunday, May 28, 10am – 3pm

The Wings and Wheels air show is back this month following a huge success last year. You can enjoy aeroplane displays in the air and vintage cars on the ground. There will also be a café and BBQ.

Tickets cost £20 for adult admission and can be bought from www.stowmaries.org.uk/event-bookings/event/wings-and-wheels-2023/

WIZARD SCHOOL – CLASS OF 23

Creeksea Place, Ferry Road, Burnham-on-Crouch, CM0 8PJ
Wednesday, May 31, 11am – 1.15pm

Creeksea Place is offering *Harry Potter* fans the chance to dine in the Great Hall, find out what house you're in, cast spells, play Quidditch and meet some furry friends. There will also be an afternoon tea.

Tickets cost £30 per child and £10 for adults and can be booked via 01621 784535. Find out more at www.creekseaplace.co.uk/event



Photo credit: Creeksea Place Facebook

Enjoy the delights of the traditional British seaside

For those who crave a bit of nostalgia, and maybe worry that our ability to connect with iconic seaside locations of old is a thing of the past, a trip to Frinton-on-Sea is the perfect remedy.

There is little to rival the natural vibrancy of a sumptuous, sunny, sandy beach, as radiant sun beats down on the coolest, finest Essex sand.

And yet, where Frinton-on-Sea is concerned, serenity and nostalgia come as much from its vibrant rows of beach huts as they do from the wondrous natural environment.

Its architecturally precise promenade sees beach huts painted in a kaleidoscope of bright colours, and these have been an integral part of the town's heritage for more than 100 years. Simple in their form, they retail for upwards of £50,000 – yet if a 12ft square space is adequate for you to relax, change or store beach essentials in, then perhaps the investment is worthwhile? These picturesque huts have become a symbol of traditional British seaside culture and continue to draw visitors from far and wide, yet Frinton is about so much more.

Its unspoiled sandy beaches are award-winning and stretch for miles along the coast, and the gentle slope of the shoreline creates a shallow, safe swimming area that is perfect for families and children. Meanwhile, the absence of amusement arcades, commercial outlets and 'kiss me quick' hats ensures that this part of the Tendring coastline retains a sense of simplicity and class that few other resorts around the UK can rival.

Even the aforementioned promenade, adorned with Victorian-style streetlamps and ornate railings, holds a sense of class about it; while further back, extensive parkland shows the town's custodians are just as adept with grass as they are with sand.

Frinton-on-Sea has a population of fewer than 5,000. Although several times that number swarm into the area on hot summer days, it rarely feels anything other than idyllic. The next time you're looking for an idyllic British seaside escape, Frinton should be top of the list.



Rafadoodles



We offer natural treats including rabbits ears, pig snouts, chicken feet & more.

We also stock a range of shampoos, flea treatment, leads collars, harnesses

Rafadoodles.com

32 high street Burnham-On-Crouch cm08aa 01621 927171

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.trustpilot.com)  **Trustpilot**



DOES YOUR DOG HAVE HAY FEVER?

Did you know that dogs can suffer with hay fever? In fact, an estimated 10 per cent of pooches in the UK suffer with this seasonal affliction.

DOES MY DOG HAVE HAY FEVER?

Unlike in humans, who typically experience itchy eyes, sneezing and a runny nose, hay fever in dogs typically manifests itself on their skin. Look out for your dog itching, nibbling or rubbing any of the following spots:

Paws | Eyes, ears and mouth | Armpits | Abdomen | Legs | Around their bottom | Groin

In some cases, their skin may also look red, flaky and sore, or they may experience fur loss as a result of constant scratching.

WHEN IS HAY FEVER SEASON?

When your dog suffers with hay fever will be dependent on where you live in the UK and what strain of pollen your dog is sensitive to. However, that being said:

- > Tree pollen occurs from late March to mid-May
- > Grass pollen occurs from mid-May to July
- > Weed pollen occurs from the end of June to September

HOW TO TREAT HAY FEVER IN DOGS

Although hay fever cannot be treated, there are things that you can do to help manage their symptoms and make your dog feel more comfortable. Some of the available hay fever

treatments for dogs are:

- > Topical treatments, such as medicated shampoos and creams
- > Antihistamines (prescribed by your vet)
- > Essential fatty acid supplements
- > Medication to reduce your dog's immune reaction, such as steroids
- > Immunotherapy – although this is expensive and not always effective

HOW TO MANAGE HAY FEVER IN DOGS

- > Walk your dog early in the morning or later in the evening to avoid high pollen counts
- > Keep your dog's ears clean to prevent irritation
- > Wipe your dog's fur, skin and paws with a damp cloth after a walk
- > Wash their bedding regularly
- > Vacuum your home regularly
- > Use an air filter system in your home
- > Stay up to date with your dog's flea and worming treatments

CAN CATS GET HAY FEVER?

Yes, cats can also get hay fever and tend to experience many of the same symptoms as dogs, such as excessive itching, most commonly on the ears, bottom and paws. Cats may also snore as a result of an inflamed throat.

You can get topical creams and anti-itch wipes to alleviate their symptoms.



PETS

LEWIS CAPALDI



Someone We Love...

THE ENDEAVOURS, INSPIRATIONS AND INSECURITIES OF LEWIS CAPALDI

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

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

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

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

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

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

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

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

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

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

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

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

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

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



ISAs VS...

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

WHAT IS AN ISA?

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

The government sets a limit for how much can be saved each financial year and does not charge any tax on the interest you earn.

WHAT IS A SAVINGS ACCOUNT?

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

There are several different types of savings accounts, including:

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

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

SHOULD I OPEN AN ISA OR A SAVINGS ACCOUNT?

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



...SAVINGS ACCOUNTS



FAST, EFFECTIVE & PROVEN

ESSEX BASED LEAFLET, PRINTING & DISTRIBUTION SERVICE

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

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

CONTACT US

0800 086 2836

www.flyerdistributionessex.co.uk



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

**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

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

WICKVISION22



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



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



RAVISHING Rhubarb

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

What are the healthy benefits of rhubarb?

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

Rhubarb recipes

1 RHUBARB GIN

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

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

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

2 RHUBARB CHUTNEY

YOU WILL NEED: 250ml cider vinegar

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

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



FOOD & DRINK

Europe's best SECOND CITIES

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

1. BERGEN, NORWAY

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

2. KRAKÓW, POLAND

Poland's elevation into a popular location to visit over the past 20 years has been impressive, and this is no better exemplified than in the way Kraków, its second city, welcomes visitors.

A former European Capital of Culture, it is a creative tourist's dream, with arts, crafts, collections and museums, plus a host of theatres for the performing arts.

3. PORTO, PORTUGAL

Located on the Iberian Peninsula, many parts of Porto were built with the aim of luring in foreign investment, so it makes sense that Lisbon's smaller sibling has an abundance of interest and charm.

From bridges to cathedrals, elegant gardens to wine tasting – the city is the birthplace of port wine – it's a smorgasbord of tastes and flavours.

4. CORK, IRELAND

The last port of call for the Titanic before it headed off across the Atlantic, Cork has a lot going for it, with a bustling market, friendly people, and a renowned food and drink scene.

Much more personal than Dublin, it introduces tourists to the rural delights of southern Ireland.

5. KOŠICE, SLOVAKIA

A modern city with an eco edge, Košice combines incredible architecture dating back centuries with a defined approach towards sustainability and the repurposing of old spaces for creative industry.

With a warm welcome and thriving arts scene, this is an inspirational place which transports visitors into a world that reflects the past while embracing the future.



Why you'll love this park

Come and discover Steeple Bay and make your escape to a wonderful, waterside retreat with beautiful views of the estuary. Situated on the coast near Southminster,

the park is the hidden treasure of the South East of England, with ready access to the Mayland Creek.

If you're looking for a relaxing getaway for all the family then Steeple Bay is the right place to be. Choose to spend time in our Riverside bar or take a dip in the heated outdoor swimming pool, while the kids have fun around the park with Loopy and his friends. Or take to the nearby



waters; you don't have to be an active boatman to enjoy the location though, just relax and watch the boats and yachts go by.

The park boasts great facilities including a well-stocked fishing lake, an adventure playground and an amusement arcade. Along with our leisure pool, there is also a paddling pool for our very youngest guests.

A visit to the clubhouse will round off a perfect day with tasty food and drink available, along with live music and top shows during busier periods.

PARK HOLIDAYS
Holidays & Short Breaks



PARK HOLIDAYS

Steeple Bay Holiday Park

The best reason
to choose a
stay-cation!



Holiday Homes from

Please contact Lara for more info and see why everyone is choosing a STAY-cation!

...we have pre owned lodges from £99,995 including decking

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

Starting Price
£14,995!





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



GARDENING



GOT SOME FRONT

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

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

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

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

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

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

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

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

keeping your front garden low maintenance



TO DIG OR **NOT** TO DIG?



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

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

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

A GUIDE TO NO-DIG GARDENING

STEP 1: PREPARE THE AREA
Remove any large weeds and then cover the ground in a layer of light blocking material such as torn-up newspaper. If creating a no-dig area on grass, add a layer of manure and lime first.

STEP 2: ADD LAYERS
Add a layer of kitchen scraps, such as vegetable peelings or fruit waste, and a layer of compost made from leaves and grass cuttings. Then, add a layer of straw, another layer of compost, and finally another layer of straw.

STEP 3: MAKE WELLS FOR PLANTING
Create wells about 10cm deep in the top layer of straw and fill them with compost. Then, plant your seeds or seedlings into the wells. Water well and wait for your no-dig garden to grow.

Photo credit: charlesdowding.co.uk



Make a splash



Stuck for something to do with the kids on a typically rainy day in the UK? No need to fret; there will be smiles all round if you pay a visit to one of these top indoor waterparks.

Waterworld, Stoke-on-Trent

Frequently listed as one of the top indoor waterparks in the UK, Waterworld is a fantastic day out for all the family. Featuring 30 rides and activities for all ages, some of its most popular attractions include slides for toddlers, white-knuckle rapids and a wave pool.

Splashdown, Dorset

Splashdown offers 13 thrilling indoor and outdoor rides, as well as three splash zones for children under five. Our favourite ride by far is the Mississippi Drifter, where the whole family can ride on one inflatable tyre. The Infinity flume is also great fun, and you can even pick your own music!

Sandcastle Waterpark, Blackpool

The largest indoor waterpark in the UK, Sandcastle features an impressive 18 rides and attractions for you to enjoy. As well as the slides, wave pools and flumes, this waterpark has arcades, snack bars and cafés, so you can easily spend the whole day there.

Alton Towers Waterpark, Staffordshire

If you want to combine theme park rides with water slides, the Alton Towers Waterpark is the ideal choice for you and your family. With high-speed slides, waterfalls, tranquil lagoons and relaxing hot tubs, there's something for everyone at this popular waterpark.



A guide to make-up

EXPIRATION DATES

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

FOUNDATION: Shelf life of six months to one year

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

CONCEALER: Shelf life of six months to one year

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

LIPSTICK: Shelf life of one year

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

EYE PENCIL: Shelf life of one year

Pencils tend to last longer than other eye products as they are sharpened regularly. Keep away from steam for enhanced longevity.

MASCARA: Shelf life of three months

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

EYESHADOW: Shelf life of three to six months

Although powder eyeshadow can potentially last for up to two years, because it is used around the eyes, you should replace it more often.



Discover Maldon Skin Clinic

MALDON
SKIN CLINIC

Maldon Skin Clinic is a boutique private clinic that offers a unique and personalised service to our clients. Specialising in the latest laser and skin rejuvenation, we aim to provide safe and effective treatments in a professional and clean environment.



With the aesthetics industry booming, it is getting more common to find unsafe and unapproachable Clinics with inbuilt cliques that promote judgement and dissuade people from getting the treatments that they need.



That is why, in 2019, our owner/manager Eloise proposed something different.

When establishing Maldon Skin Clinics,

Eloise pledged to provide an aesthetic clinic where clients would never feel like they didn't belong. Our clients are at the top of our priority list, providing a comfortable space with friendly and professional staff to deliver exceptional holistic treatments.

All of our therapists are expertly trained and passionate about laser treatments. This passion drives the desire to provide the highest quality laser treatments that are available today.

Our therapists put your privacy and confidentiality at the heart of our client-centred treatments to enhance your personal well-being, confidence, and self-esteem. Our goal is for you to feel rejuvenated, refreshed and revitalised after each and every treatment.



MALDON SKIN CLINIC

Essex's premier boutique private skin clinic that offers a unique & personalised service to our clients

- ☐ Laser Hair removal ☐ Laser Skin treatments
- ☐ Non Invasive Lipo ☐ Microneedling ☐ Tattoo Removal
- ☐ Facial & Body Tightening ☐ FDA Approved Treatments

TO BOOK CALL 01621 493088 (Office hours only)

info@maldonskinclinic.co.uk ☐ www.maldonskinclinic.co.uk

22a West Station Yard, Maldon, CM9 6TS

OPENING HOURS Mon - Thurs 9:30am - 19:30pm

Fri 9:30am - 2:00pm ☐ Sat 08:00am - 2:00pm ☐ Sun - CLOSED





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

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

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

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

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

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

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

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

Photo credit: BBC-Love Productions-James Shack

10 things YOUR GP wishes you knew

Do you often find yourself Googling questions or symptoms you wish you could discuss with your doctor? Read on to discover 10 things your GP wishes you knew, and save yourself time and worry.

♥ You do not need to clean your ears

Earwax is needed to protect your ears and should not be removed with a cotton bud or any other small item. This may cause a perforated ear drum.

♥ You do not have to have a period on the pill

You don't need to have a break from the pill so that you have a period. Taking 21-day contraceptive pills back to back without having the seven-day break will not cause any ill effects.

♥ You don't need to bring down a child's fever

A fever shows that your body is fighting an infection so, if your child seems well in themselves, you do not need to bring down a high temperature. However, seek medical attention if it is 39.4°C or higher.

♥ Verrucas do not need to be treated

In most cases, a verruca will go away on its own in a few weeks or a month without the need for treatment. However, there are over-the-counter

remedies that you can use to treat them.

♥ You do not need to drink eight glasses of water per day

As long as you stay hydrated, aiming to drink eight glasses of water a day isn't a necessity.

♥ Watching TV in the dark isn't bad for your eyes

As long as you take regular breaks from watching TV or any other screen, watching TV with the light off is no worse than watching it with the light on.

♥ You can drink alcohol on some antibiotics

Most antibiotics do not interact with alcohol, so you can safely enjoy a drink if you feel well enough. However, you should always check the attached leaflet to be on the safe side.

♥ Being cold will not give you a cold

A cold is a virus and is not caused by cold temperatures or being outside.

♥ Cracking joints doesn't cause arthritis

Cracking of the joints is caused by bubbles of gas and is nothing to be worried about.

♥ The five-second rule isn't real

If your child eats food that has been dropped on the floor, this is highly unlikely to cause any problems.





**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 online
at www.visionmagessex.com

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

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



Honey

NOT JUST FOR SPREADING ON TOAST

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

How do bees make honey?

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

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

Healthy scalp and hair

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

Minor cuts, grazes and insect bites

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

Sore throats

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

Healthy sleep

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

Remember...

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



UNUSUAL SPORT:

Underwater Rugby

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

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

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

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

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

The underwater rugby ball is plastic and filled with salt

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

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

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

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



Photo credit: Ardan Fliessmann/Shutterstock.com

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



GUIDE TO BUYING A

USED SCOOTER



MOTORING

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

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

1 DOES IT RUN?

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

2 HOW LONG HAS IT BEEN SITTING?

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

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

3 CAN YOU STILL GET SPARE PARTS FOR THE SCOOTER?

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

4 WHO IS THE SELLER?

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



Photo credit: Martin Charles Hatch/Shutterstock.com



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



THE VISION LISTINGS

AIR CONDITIONING

P K 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

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.blackwellsfarmproduce.co.uk

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

INTERIOR DESIGN

YEW INTERIOR DESIGN

Designing that special 'YEW' space. Sliding Wardrobes, Bathrooms, Kitchens, Home Offices & More. Tel: 07549 014855 | yewinteriordesigns@gmail.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.apolloitd.co.uk

SHEDS

TONY TURNER

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

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

TREE SPECIALIST

TOLLESHUNT TREE CARE

Your local tree & hedge specialist. Call now for a free quotation & advice 01621 892619 | 07432 123689 | www.tolleshunttreecare.co.uk | tolleshunttreecare@gmail.com

BOOK VIA CALLING... 01621 398040

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

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



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

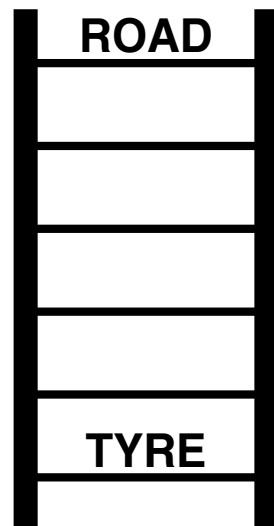
- ▶ ACCRA
- ▶ ADDIS ABABA
- ▶ ALGIERS
- ▶ CAIRO
- ▶ DAKAR
- ▶ FREETOWN
- ▶ GABORONE
- ▶ HARARE
- ▶ KAMPALA
- ▶ KINSHASA
- ▶ LILONGWE
- ▶ LUSAKA
- ▶ MAPUTO
- ▶ MOGADISHU
- ▶ MONROVIA
- ▶ NAIROBI
- ▶ NIAMEY
- ▶ NOUAKCHOTT
- ▶ VICTORIA
- ▶ WINDHOEK



DID YOU KNOW?

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

WORD LADDER



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 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 • Web: www.mitchellsjewellers.co.uk

