

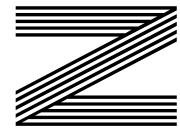
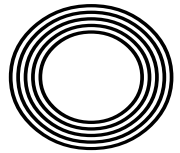
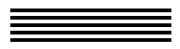


**TIPS TO
MANAGE
SCREEN
TIME**

**SPRING
BLUEBELL
BEAUTY
SPOTS**

ROCKET RECIPES
Make your own rocket pesto

Dancing Queen
50 years of ABBA world domination



FREE

Photo credit: John Angelillo/UPI/
Shutterstock

Kate
WINSLET CBE

Award-winning actress returns to the small screen

The Victoria Inn

Burnham-On-Crouch

Sausage and Cider Festival

Bank Holiday Weekend

4th, 5th & 6th of May 2024

- Over 10 Different Ciders to try
- A Variety of Sausages and Live Music

Saturday: Meg Jessop & Miss Morgan

Sunday: The Ampstels & The Young Gunz

Monday: DJ Lauren



If you don't fancy sausage or cider don't worry, the pub will be open for wines, spirits, cocktails, pies and pints.



THE AMPSTELS





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





Editor's notes...

APRIL 2024



Nik Allen, Editor

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

As someone who values punctuality as a cornerstone of work and business, imagine my chagrin at arriving late to the office twice last week.

What made it worse was that this timekeeping tardiness wasn't of my own doing - no late night, missed alarm or lost car keys to blame! Instead, it was a perplexing barrage of roadworks that doubled my journey time.

These had started appearing at the start of March, and by the end of the month had resulted in miles of red cones across major local routes.

We all know we have to endure and navigate the roadworks that appear just as the end of the financial year approaches. 'Spend it or lose it', as the saying goes, and councils will spend away so they can protect against cuts to their budgets the following year.

I wouldn't mind so much, were it not for the number of times great swathes of roads have been put out of action where no discernible work is taking place. No diggers, no workmen, no resurfacing. Nothing.

At a time when council tax rates are going up, is it too much to ask that the money we pay is actually put towards something that makes life easier, not more difficult?!

Until next month, take care of yourself, each other, and those traffic cones!

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 FEATURES | 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

[X](#) @visionmagessex | [Instagram](#) @visionmagessex | [Facebook](#) Vision Magazine Essex

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Panayiota Demosthenous

All pages are recyclable



FAST, EFFECTIVE & PROVEN

ESSEX BASED LEAFLET, PRINTING & DISTRIBUTION SERVICE

CONTACT US 0800 086 2836

www.flyerdistributionessex.co.uk

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



Jolly Fryer

Simply the Best Chip Shop in Burnham

We fry in beef dripping and vegetable oil – spoilt for choice



Trustpilot



Jolly Fried Chicken

COMING SOON

We only serve fresh fish

Looking to satisfy your craving for Cod in a crispy batter, Fluffy Chips or other delicious dishes?

We're the takeaway for you



WE OFFER EASY ONLINE DELIVERY OR CLICK AND COLLECT FROM OUR WELL LOCATED PREMISES

43 High Street, Burnham-on-Crouch CM0 8AG

www.jollyfryerburnham.co.uk

sales@jollyfryerburnham.co.uk | 01621 762594

We deliver to a 5 mile radius from our shop

OPEN 6 DAYS A WEEK

Mon 12-8pm
Tues 12-8pm
Wed 12-8pm
Thurs 12-8pm
Fri 12-9pm
Sat 12-9pm
Sun Closed

GIMME!GIMME!GIMME!

THE RESURGENCE OF POP ICONS ABBA – 50 YEARS SINCE THEIR EUROVISION WIN

Fifty years ago this month, a Swedish pop group called ABBA wowed the Eurovision stage with their catchy hit, *Waterloo* – even though the UK gave them precisely ‘nul points’. This victory launched the band into legendary status in the world of pop music. But what have they been up to since then?

WHO WAS IN ABBA?

ABBA was made up of two couples: Agnetha Fältskog and Björn Ulvaeus, and Benny Andersson and Anni-Frid Lyngstad. The group enjoyed worldwide success throughout the 1970s and into the 1980s with pop classics like *Dancing Queen*, *The Winner Takes it All*, and *Gimme! Gimme! Gimme! (A Man After Midnight)*. They had nine UK chart-toppers and sold up to 385 million records worldwide.

THE BIG SPLIT

In 1982, the pop world was shocked when the group announced they were breaking up. Around the same time, each couple within the group also parted ways. But the band members kept busy. Agnetha and Anni-Frid both released solo albums, and Anni-Frid devoted herself to charitable work. Björn and Benny forged individual careers, but also continued working together on shows like the award-winning musical *Chess* and the *Mamma Mia!* stage show.

BACK TOGETHER AGAIN

Fast forward to 2016, and the group shocked the world once again with the announcement of their reunion. They were going to appear as virtual avatars in a groundbreaking entertainment experience called *ABBA Voyage*.

In a joint statement, the members expressed their joy at reuniting after more than three decades apart, saying: “We all four felt that, after some 35 years, it could be fun to join forces again and go into the recording studio. So we did. And it was like time had stood still and that we only had been away on a short holiday.”

A RESOUNDING TRIUMPH

The show featured super-realistic avatars of the band, looking just like they did in the late 1970s. They played a mix of new and old hits, and the show was a massive hit. In May 2022, all four members attended the premiere in London and the newspapers had a field day.

In November 2021, ABBA released their ninth and final studio album, *Voyage* – their first release in 40 years. The reviews might have been mixed, but fans loved it. It soared to the top position in the UK charts, earned four Grammy nominations, and brought the group’s music to a new generation of fans. And, of course, it will help to make sure the *Money, Money, Money* continues to roll in!

50 YEARS ON

This May, BBC One is showing a special documentary called *ABBA: Against The Odds*, commemorating the 50th anniversary of ABBA’s Eurovision triumph. The programme will coincide with the 68th Eurovision Song Contest, where Years & Years singer Olly Alexander will be representing the UK. Coincidentally, this year’s show is being held in ABBA’s own country – in Malmö, Sweden, on Saturday, May 11. The documentary promises to unveil the untold story of the iconic supergroup, showcasing their remarkable journey to global fame.

“WE ALL FOUR FELT THAT, AFTER SOME 35 YEARS, IT COULD BE FUN TO JOIN FORCES AGAIN”

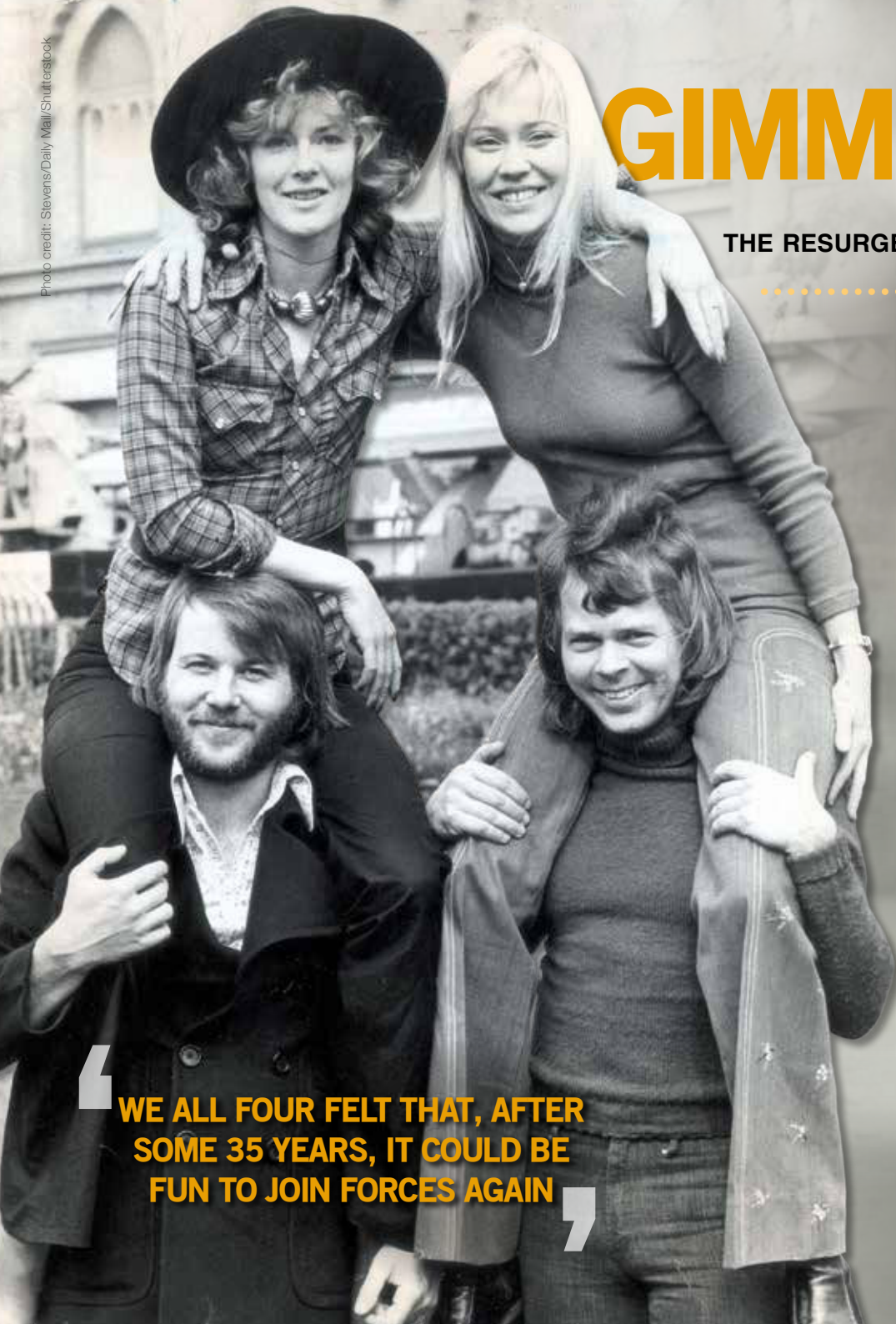




Photo credit: Ken McKay/ITV

a new morning

WITH TV PRESENTERS BEN AND CAT TAKING OVER AS THE NEW HOSTS

Following a challenging few months for the show, ITV bosses have pinned their hopes on Ben Shephard and Cat Deeley to take forward the continued renaissance of *This Morning*.

Having stepped in during a turbulent interim period, the charismatic pair are now the permanent hosts for the Monday to Thursday slots, succeeding Phillip Schofield and Holly Willoughby, who departed the show in May and October respectively.

Both new presenters are veterans of British TV. Deeley rose to prominence as the host of *SMTV* alongside Ant and Dec. She also gained recognition by earning an Emmy Award nomination for her role as the host of *So You Think You Can Dance?* in the United States.

As well as previously hosting ITV's *Good Morning Britain*, Shephard, who started his career on Channel 4's *The Bigger Breakfast*, has also held presenting gigs for *T4*, *The Xtra Factor* and *Ninja Warrior UK*. He also previously stood in for Schofield on *This Morning* several times, and currently fronts the

game show *Tipping Point*.

The 49 year old said: "I get a bit longer in bed, so I am grateful for the opportunity!

"*This Morning* is such a prestigious show and it's a real honour to be taking my place on the sofa."

With such experience and long-time popularity with UK viewers, it is not surprising that the photogenic pair have been trusted to reinvigorate what is considered to be a British institution.

Also, given the show's failure to win at the audience-voted National Television Awards in September 2023 (for the first time in 13 years), Deeley and Shephard will have their eyes on a very specific prize in 2024!

In recent months, *This Morning* has featured an ever-rotating line-up of presenters, including Andi Peters, Sian Welby, Mollie King, Josie Gibson, Craig Doyle, Emma Willis, Christine Lampard and Rylan Clark. Alison Hammond and Dermot O'Leary, who have previously presented the show throughout the week, will continue to co-host the show on Fridays.

Bella's

The only Italian à la carte in Burnham and The Dengie



LUNCH SET MENU (Served every lunch until 2pm)

Starters

- Zuppa del Giorno** – Soup of the day served with bread
- Bruschetta al Pomodoro (VG)** – Marinated tomato in garlic, basil, virgin olive oil on bread
- Pate della Casa** – Bella's Duck and pork pate served with toast, fresh salad & chutney
- Funghi Trifolati (VG)** – Mixed mushrooms fried with a touch of garlic, olive oil on homemade focaccia
- Penne alla Siciliana (VG)** – Pasta cooked with aubergine, mozzarella, parmesan & tomato sauce
- Melanzane alla Parmigiana (VG)** – Sliced aubergine baked with parmesan, mozzarella & tomato

Main Courses

- Tagliatelle al Salmone** – Pasta ribbons with salmon chunks, white wine, cherry tomatoes
- Penne alla Traviata** – Penne pasta cooked with chicken and bacon in a mushroom and tomato sauce with a touch of cream
- Spaghetti Bolognese** – Spaghetti cooked with homemade Bolognese sauce
- Tortellini Ricotta & Spinaci (VG)** – Tortellini filled with ricotta & spinach with a cream & pesto sauce
- Tagliatelle alla Carbonara** – Egg pasta in a rich creamy sauce, cheese & smoked pancetta
- Risotto Vegetariano** – Creamy risotto cooked with garden peas; courgette & carrots finished off with Parmigiano Reggiano shaves
- Salmone alla Sorentina** – Pan fried wild salmon fillet in white wine, garlic, cherry tomato & herbs, potatoes & vegetables
- Maiale alle Mele** – Slowly cooked Burnham pork belly with apple & cider sauce & creamy mash and vegetable
- Pollo ai Funghi** – Breast of free-range chicken with a rich mushroom & cream sauce served with potatoes and vegetables



Desserts

- Sticky Toffee Pudding** – Traditionally made sticky toffee coated with butterscotch sauce (contains dates)
- Panna Cotta (GF)** – Italian homemade Panna Cotta
- Crostatina di Mele & Gelato di Vaniglia** – Shortcrust pastry with apple purée and slices of apple and vanilla ice cream
- Homemade Tiramisu** – Traditional Tiramisu with savoiardi biscuits mascarpone, amaretto & espresso
- Torta Limone & Gelato di Vaniglia** – Sweet shortcrust pastry filled with lemon egg custard, icing sugar and vanilla ice cream
- Cheesecake** – White chocolate and Baileys fresh cream cheesecake (gluten free/vegan av)
- Torta Caprese (GF, lactose free)** – Italian chocolate cake made with olive oil and served with vegan/dairy ice cream
- Chocolate and Caramel Cake (Vegan)** – served with vegan ice cream
- Trio of Italian Sorbets** – (Selection: lemon, mango, raspberry)
- Trio of Italian Gelato** – dairy ice creams – (Selection: vanilla, chocolate, strawberry, coconut, vegan ice cream)

Coffees, liqueurs & after dinner drinks available
Prices on request

One course £19.95 – Two Course £24.95 – Three Course £29.95

Set Prices are inclusive of VAT | Service at customer's discretion | Please note that the menus do not list all ingredients. If you have any specific dietary requirements or intolerances, please ask a senior member of staff who will be happy to assist you. The prices & menu are subject to change



80 Burnham High Street, Burnham on Crouch CM0 8AA
01621 782686 | bellas.bistro@yahoo.co.uk | bellas_restaurant_burnham

Partner of The Vita Bella in East Hanningfield

MAKE YOUR OWN OTTOMAN

Ottomans are stylish, practical and perfect for storage, but there is no denying that they can be expensive to buy. But what if we told you that you could easily make your own with just a few basic supplies and a bit of DIY know-how?

HOW TO MAKE YOUR OWN OTTOMAN

You will need:

A wooden crate | Castor wheels | Dark wood wax | Short wood screws | Standard wood screws | Plywood | 2 x wood battens | Upholstery foam | A piece of fabric | Spray adhesive | Wadding | A staple gun

How to make:

1. Apply furniture wax to the crate to make it look more rustic and aged.
2. Fix the castor wheels to the base of the crate using short wood screws.
3. Measure the top of the crate and then cut a piece of plywood to these measurements.
4. Cut two battens of wood, one inch shorter than the width of the plywood lid.
5. Cut a piece of upholstery foam the same size as the lid.
6. Stick the foam to the back of the plywood lid using the spray adhesive.
7. Cut a piece of wadding that is large enough to wrap around the foam and then cover the lid with it, and secure it with the staple gun.
8. Cut your chosen fabric so that it is big enough to wrap around the lid.
9. Cover the lid with the fabric and use the staple gun to secure it to the underside.
10. Add the battens of wood to the underside of the lid using two standard wood screws. These will stop the ottoman lid from sliding around.

CUSTOMISATION TIPS

- > For a child's bedroom, stencil their name onto the side of the crate.
- > For a nautical theme, attach rope for handles.
- > For a retro feel, cover the lid with an old pair of jeans or a vintage dress.

Photo credit: Gracie Oaks viawayfair.co.uk, August Grove via wayfair.co.uk, canarystreetcrafts.com, pillarboxblue.com



FREE QUOTES

JRS PAINTING SERVICES



ALL ASPECTS OF PAINTING WORK COVERED INCLUDING:

DOMESTIC, BOTH INTERIOR AND EXTERIOR
COMMERCIAL
BEACH HUTS

FOR ALL ENQUIRIES, PLEASE CONTACT JAMIE ON:

07712 524 407

JAMIESANDERS273@YAHOO.COM



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





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

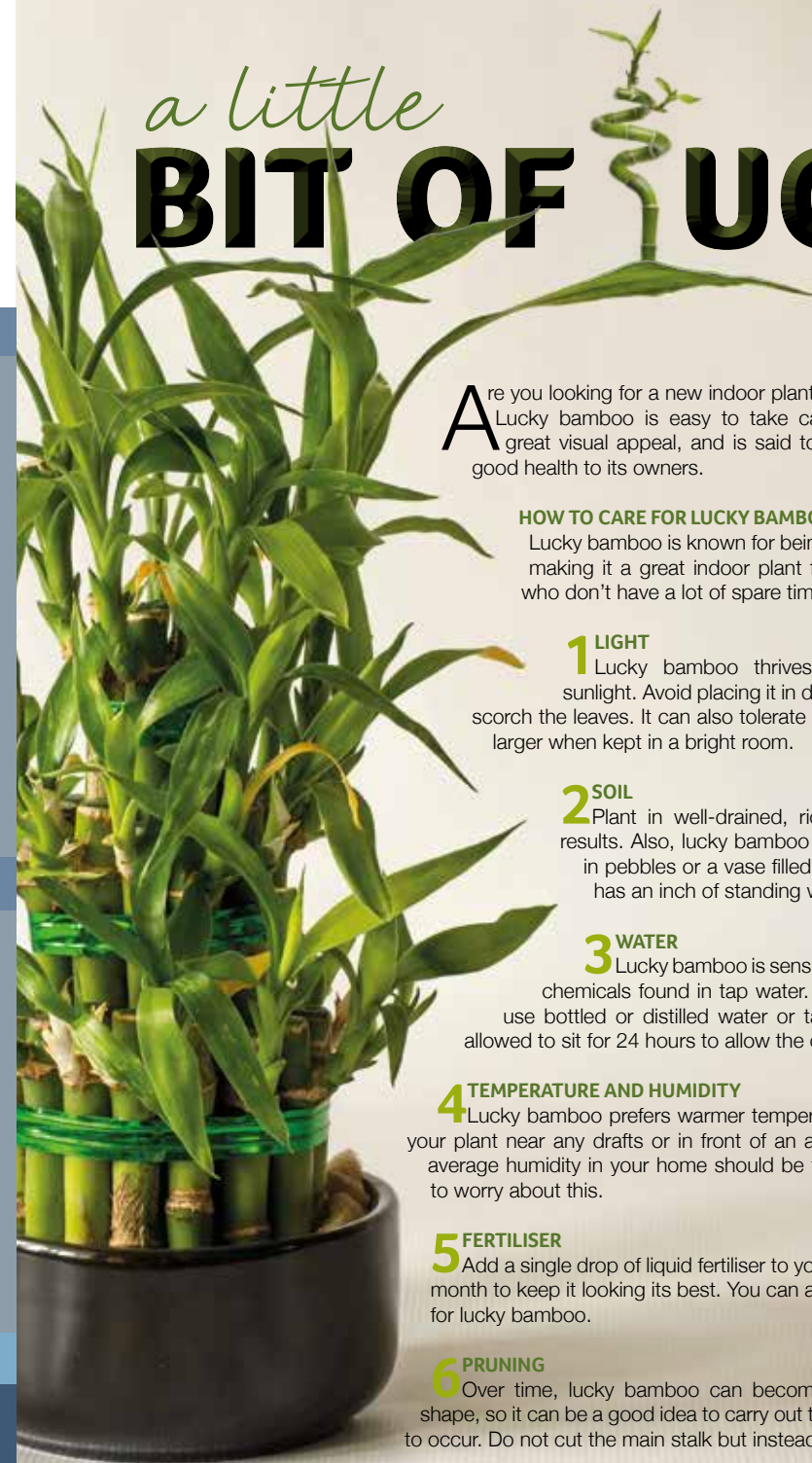
T: 01245 426620 • M: 07971 574 958 • E: adam@essexwindowshutters.co.uk

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



HOME & DIY

a little BIT OF LUCK



Are you looking for a new indoor plant for your home? Lucky bamboo is easy to take care of, provides great visual appeal, and is said to bring luck, wealth and good health to its owners.

HOW TO CARE FOR LUCKY BAMBOO

Lucky bamboo is known for being virtually indestructible, making it a great indoor plant for beginners and those who don't have a lot of spare time.

1 LIGHT

Lucky bamboo thrives in bright but filtered sunlight. Avoid placing it in direct sunlight as this may scorch the leaves. It can also tolerate light shade but will grow larger when kept in a bright room.

2 SOIL

Plant in well-drained, rich potting soil for best results. Also, lucky bamboo does well when housed in pebbles or a vase filled with water, as long as it has an inch of standing water at all times.

3 WATER

Lucky bamboo is sensitive to chlorine and other chemicals found in tap water. Therefore, it is better to use bottled or distilled water or tap water that has been allowed to sit for 24 hours to allow the chlorine to evaporate.

4 TEMPERATURE AND HUMIDITY

Lucky bamboo prefers warmer temperatures, so avoid placing your plant near any drafts or in front of an air conditioning unit. The average humidity in your home should be fine so you do not need to worry about this.

5 FERTILISER

Add a single drop of liquid fertiliser to your lucky bamboo once a month to keep it looking its best. You can also buy special fertilisers for lucky bamboo.

6 PRUNING

Over time, lucky bamboo can become top-heavy or lose its shape, so it can be a good idea to carry out trimming when this starts to occur. Do not cut the main stalk but instead focus on the offshoots.



INTERIOR DESIGN PROFILE

STUDIO IRO

THE INTERIOR DESIGN STUDIO TEACHING US TO EMBRACE IMPERFECTION...



Studio Iro is the design studio of founder Lucy Carrell, whose work is inspired by the Japanese practice of Wabi, where beauty is found in imperfection. Studio Iro's portfolio contains understated designs that have subtle details to create warm spaces that leave a lasting impression.

A CLOSER LOOK AT STUDIO IRO

Studio Iro creates styles that are eclectic and beautiful, bringing together a range of influences to create looks that are always unique. From antique furniture to colour blocks that add interest and style, you should expect the unexpected and watch it all come together perfectly.

Studio Iro uses textures and original features of properties to create looks that are unique to each space. Colour pops through art, textiles and accessories add fun elements to looks that are

easy to recreate in your own home.

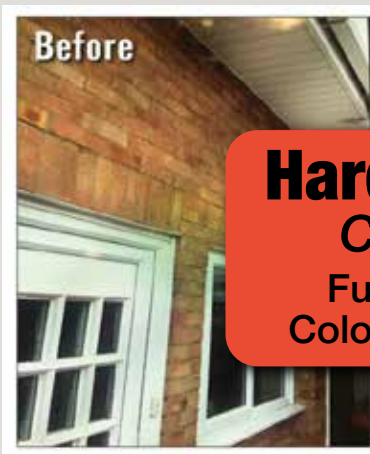
CREATING THE LOOK IN YOUR HOME

Lucy describes her designs as "soulful and warm", and this is a theme you can easily recreate in your own space. Some Studio Iro-inspired tips include:

- > Imperfections should be embraced, such as bricked walls, adding their own beautiful touch to your project. Not everything needs to be flawless.
- > Keep an eye out for antique furniture, like a sideboard and armchair that can add some character to a more contemporary home.
- > Use abstract or fine art and decorative wallpaper to lift your spaces and bring in some patterns and textures.
- > Embrace florals and greenery to add further detail to your space and make it look more homely.



AZTEC BUILDERS & MAINTENANCE



HardiePlank Cladding
Full Range of Colours Available

List any job big or small that needs addressing, we will quote them all – then you choose what to get done and when

- Interior & Exterior Work
- All Brickwork
- UPVc Fascias, Soffits, Guttering & Cladding
- Painting & Decorating
- Patios
- Roofing – flat, pitched etc.
- Wallpaper Specialists
- Block Paving
- Carpentry
- Wall & Floor Tiling
- Driveways
- All General Repairs
- Plastering & Coving
- Extensions

FAMILY RUN BUSINESS ESTABLISHED SINCE 1999

Will Beat Any Written Quote • Full Public Liability Insurance

Call us now for a FREE estimate

Tel: 07866 804180 • 01621 502153

email: aztec.pm@hotmail.co.uk

Henry's Clean Sweeps



No Mess, No Fuss
Chimney Sweep
Service



- Local and friendly
- Professional and clean
- Fully trained
- Fully insured
- Smoke draw test and certificates available

07907 015654

henryscleansweeps@gmail.com
Based in Burnham-on-Crouch

GET AWAY, RELAX & UNWIND AT

PARK HOLIDAYS

Holiday Home Ownership

Steeple Bay Holiday Park

HOLIDAY HOMES

STARTING FROM JUST **£12,995!**

LOW FINANCE AVAILABLE

Free site fees 2024 & then Reduced until 2026
Available on selected models
Payment Options Available | Low Deposits

Brand New
Lodge Development
Luxury Lodges from
£99,995

Holidays &
Short Breaks

Holiday Home
Ownership



Please contact Lara for more information

01621 774001 07415 239 231

Lwilson2@parkholidays.com Southminster, CM0 7RS

Bringing the Choice to You

Our approach is about always putting the customer first

Let us bring our mobile showroom come to you. Our free no obligation home selection service, allows you to choose from the comfort of your own home, choose from our wide range of carpets and vinyls that complement your decor. Joe's Carpet shop and home selection service is a friendly, family run business that has been established since 1999. Within that time Joe's Carpets has built up a reputation for providing a high quality service at a low cost. We pride ourselves on the fact that no job is too big or small for our carpet fitters.

We will provide quality carpets & vinyls at unbeatable prices. You can expect free quotations & expert advice, with repairs and refits undertaken. Our skilled professionals will uplift and disposal of old materials - we are licensed waste carriers, so you know your waste is disposed of correctly. We can move your furniture and carpet & vinyl remnants, and our service includes free gripper rods, door trims and hard boarding & screeding.



Joe's Carpets can bring our carpet and vinyl samples directly to you to choose in the comfort of your own home, or you can visit our carpet showroom in person during our opening hours. Alternatively you could call us on 07748 808094 to arrange a suitable appointment for us to visit you.



The care you deserve

- Personal care
- Medication Support
- Meal Preparation
- Community support and Shopping
- Overnight Care
- Companionship
- Domestic Tasks
- Hourly Care

01245801401

info@elsieshelppathome.com

www.elsieshelppathome.com



Elsie's Help at Home, Croxtens Mill, Blarford Hill,
Little Waltham, Chelmsford, CM3 3PJ

Joe's Carpets

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



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



HISTORY

GOING THE DISTANCE

A brief history of the London Marathon, in advance of this year's event on April 21

While we have the Ancient Greeks to thank for the world's most recognised long-distance running event (it's named after the 25-mile route from Marathon to Athens, embarked on by a Greek messenger who announced victory over invading Persians in 490BC, then promptly collapsed and died), the modern incarnation of the challenge is a very British creation.

Indeed, from a standardised 25-mile distance, the challenge was extended by a mile and 385 yards ahead of the 1908 Olympic Games in London, with Queen Alexandra requesting the race start on the Windsor Castle lawns and finish in front of the royal box at the Olympic Stadium.

The random boost in mileage stuck, and the marathon has evolved to become one of the toughest (yet at the same time perfectly achievable) endurance challenges.

Globally, there are thousands of official marathons that take place every year, yet of them all, no one has ever run one quicker than Kelvin Kiptum, who

was tragically killed in a car crash in his native Kenya on February 11 of this year. His time of two hours and 35 seconds (and a barely believable mile pace of four minutes and 36 seconds) at the 2023 Chicago Marathon is an incredible legacy to leave.

The London Marathon is arguably the world's favourite. Conceived by Chris Brasher and John Disley in 1981, it has men's, women's and wheelchair variants. At the first event, there were 6,255 finishers, with Dick Beardsley and Inge Simonsen crossing the finish line first hand-in-hand.

Kiptum holds the current London Marathon record (2:01:25), the fastest of more than one million entrants across the past four decades. More than £1 billion pounds of sponsorship has been raised for good causes during that time.

With nearly 580,000 applicants in 2024 – an almost fourfold increase compared to a decade ago – the London Marathon has never been more popular. Beginning in Greenwich Park, it finishes on The Mall, and almost 99 per cent of runners who start will finish.

If you feel inspired, entries will soon open for the 2025 event. And even if you decide not to run, it's still a great event to witness as a spectator, with a lively atmosphere and community spirit as crowds come together to cheer on the runners.

Photo credit: Ted Blackmore/Daily Mail/ Shutterstock



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

THAT PERSONAL TOUCH

Keith, owner of KG Windows set up this business to give quality service to local customers, and prides himself on his workmanship and expertise in window and door installations, offering advice and ideas to improve your home.

WINDOWS: We only install the very best windows and they are "A" rated UPVC products to ensure longevity and best thermal performance. They are available in different colours and styles to compliment your home. We provide free estimates from single window repair to complete window installation. All our products and workmanship carries a Certass certificate with a 10 year guarantee.

DOORS: We have many different styles of door available, whether you want something modern or more traditional. You can select the colour and style from our extensive catalogue of composite, patio and stable doors, as well as the furniture, fixtures and fittings. If you are looking for something specific we are happy to speak to our suppliers.

Contact us for further information:
Phone 01621 335999 or 07866 45493
Visit www.kgwindowsanddoors.co.uk
Find us on [f @KgWindowsDoors](https://www.facebook.com/KgWindowsDoors)

KG WINDOWS & DOORS

property maintenance



Great price. Great service. We were very specific in what we wanted and this wasn't a problem. Really pleased. Thanks

"After spending weeks looking for a window company, getting quotes and reading some worrying reviews online we found KG Windows & Doors and decided to give them a try. We are so glad we did, Keith's work is excellent. The price was really good and the end result is fantastic."

KG WINDOWS & DOORS

property maintenance

WINDOWS INSTALLATION & REPAIR COMPOSITE DOORS | PATIO DOORS | STABLE DOORS

- WE INSTALL UPVC PRODUCTS FOR YOUR PROPERTY
- NO PRESSURE JUST A FRIENDLY POLITE SERVICE
- 10 YEAR GUARANTEE ● CERTASS CERTIFICATED

TEL: 01621 335999 ● MOB: 07866 454293

www.kgwindowsanddoors.co.uk

www.facebook.com/KgWindowsDoors



The stunning Elizabethan mansion – Hill Hall

Among Essex's many notable buildings, one in particular offers visitors a glimpse into England's rich past.

Hill Hall was originally constructed for Sir Thomas Smith during the reign of Queen Elizabeth I, covering approximately 50 hectares. Enveloped by an 18th-century landscaped park providing dramatic vistas atop a high ridge, with grounds descending in every direction, it offers breathtaking views across the rolling landscape.

The gardens, designed by prominent architects Reginald Blomfield and Philip Tilden, retain features from the late 17th century and are nestled within the parkland for which Humphry Repton, a renowned landscape gardener, created a design in 1791.

Located southeast of Epping – near Junction 27 of the M25 – its approach is through a carriage drive lined with young lime trees, leading directly to the hall's gates. This path closely follows the original drive of the house, despite various modifications over the centuries.

The hall itself was built between 1569 and 1575.

Adorned with terracotta and cut-brick dressings, it features a north front with mullioned windows and central Elizabethan entrance arch under a Tuscan portico.

The garden to the south displays nine bays with outer three-storey towers, while the east front – remodelled in 1714 – boasts giant half-columns and a family coat of arms. Despite numerous alterations by the Smith family, the original Elizabethan layout remains largely intact.

A blend of historical and modern landscaping, surrounding gardens to the east, south and west of the hall feature a late 19th-century flagstone terrace, mature trees and remnants of 17th-century formal gardens.

Later, it briefly became a women's prison hosting, among others, Christine Keeler, the model involved in the Profumo affair, who was jailed for perjury.

Hill Hall has now been divided into private houses, but parts remain open to the public for pre-booked tours on Wednesday afternoons.

Photo credit: Heritage Image Partnership Ltd/Alamy Stock Photo



LOCAL FEATURE



Sports legend celebrates community links

Though not a native of Brentwood, legendary British boxer and former world champion Frank Bruno MBE's significant association with the area packs a punch.

During his 14-year boxing career, which started in the 1980s, Frank Bruno MBE was known for his exceptional punching power and dynamic resilience. It led him on the path to becoming a national hero in Britain, as a nation celebrated not just his sporting achievements, but also his unique personality.

His connection to the Brentwood and Ongar area was also something that became greatly aligned with his professional journey. It began during the peak of his career after he moved to the area, as he found the environs a serene contrast to the intense and brutal arena of boxing.

His presence also helped to raise the profile of the region, drawing attention to its community and cultural offerings, as he engaged with local events and charities and endeared himself to residents, becoming a beloved local figure.

It showed in his career as he eventually fought 45 times, winning 40 bouts – 38 of which were by knockout. His most notable victory came against Oliver McCall in 1995, when he won the WBC heavyweight title – a significant moment for both British boxing and Bruno's status as a UK icon.

After retiring, Bruno willingly discussed his own battles with mental health and wellbeing, becoming an advocate for raising awareness of such issues, particularly among men. His openness has been instrumental in helping to reduce stigma.

His autobiography, *Frank: Fighting Back*, chronicles his life, career and struggles, offering an intimate examination of the life of a sports legend. His ongoing association with the local area highlights the enduring bond between the public figure and the community he chose to call home.

Frank Bruno's story is one of hardiness, community engagement and the power of sport to unite and uplift.



Photo credit: Northville Collection/ANL/Statensboka



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



Storm & Son's Ltd

PAVING & LANDSCAPES

OUR FIELD OF EXPERTISE EXTENDS TO:
DRIVEWAYS · PATIOS · FENCING · ASTRO TURF
BRICKWORK · GARDEN DESIGN · JET WASHING
PORCELAIN · DROPPED KERBS
DIGGER AND DRIVER HIRE



At Storm And Sons our aim is to provide customers with the best possible service. We're a team of professionals with over 25 years of experience who tackle everything from complex large projects to smaller scale jobs. Fuelled by our commitment to excellence, we go the extra mile to make sure clients are completely satisfied with our work. All work is fully insured up to £10 Million. **Contact us today to get your free estimate!**

01245 981 670 07799 628 630
stormandsonspaving@gmail.com
www.stormandsons.co.uk



ROOFING CONTRACTORS LTD.

The Traditional Roof Restorers



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



Tel: 01621 788119
Mob: 07894 506031

Email: cater.roofing@btinternet.com

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



THE WINDOW MAN

WINDOWS | DOORS | INSTALLATION | REPAIRS

"Your Friend in the Trade"

Proudly Providing the Complete Service

FAMILY-RUN BUSINESS SERVING THE LOCAL COMMUNITY FOR OVER 25 YEARS

SUPPLY, REPAIR & REPLACEMENT
DOUBLE GLAZING | TRIPLE GLAZING
UPVC | ALUMINIUM WINDOWS
HARD WOOD WINDOWS
FRENCH & PATIO DOORS
PORCHES & CONSERVATORIES
BI-FOLD DOORS

REPAIR SERVICES AVAILABLE 8AM - 8PM
CAT FLAPS | KNOCKERS | LETTER BOXES
SPYHOLES | CYLINDERS | HANDLES
HINGES & LOCKS FOR WINDOWS & DOORS
TRICKLE VENTS | SEALED GLASS UNITS
LEADED & GEORGIAN GLASS
CONSERVATORY ROOF REPAIRS | PANELS
EVERYTHING WE DO IS FULLY GUARANTEED & WE PRIDE OURSELVES IN OUR ABSOLUTE ATTENTION TO CUSTOMER CARE



CONTACT US TODAY FOR YOUR FREE OF CHARGE, NO OBLIGATION QUOTE

01268 527112 | 01245 207225

www.thewindowmanessex.net [@thewindowmanessex](https://www.facebook.com/thewindowmanessex)

YOUR LOCAL EVENTS



WHAT'S ON

SPRINGTIME BLOSSOM PAINT PARTY

Black Rabbit, 188 High Street, Maldon, CM9 5BX
Monday, April 22, 7pm



Photo credit: Express Yourself Paint Parties

Enjoy a relaxed and enjoyable evening painting springtime blossom under the expert instruction of workshop leader Emily. For just £29, the team will supply everything you need, including a quality stretched canvas, acrylic paints, brushes, an easel and an apron, as well as expert tuition. Your canvas will be pre-traced. No experience is needed. You can either follow the instructions or express yourself by adding your own personal touches.

Tickets cost £29 from www.bit.ly/3VUFXqz

A NIGHT OF MUSICAL THEATRE WITH ALEX JAMES ELLISON

The Canary Shed, Creeksea Place Farm, Burnham-on-Crouch, CM0 8PJ
Friday, April 26, doors open at 7.30pm for an 8pm start

Join the talented Alex and his piano in The Canary Shed for an evening of singalong musical theatre. The bar will serve cocktails alongside a full bar menu, with snacks also available.

Tickets cost £20 and can be bought from www.t.ly/MOaUt

VINTAGE & ANTIQUE OPEN AIR MARKET

Museum of Power, Hatfield Road, Langford, Maldon, CM9 6QA
Sunday, April 28, 8am

Haddon Events, in conjunction with the Museum of Power, present this spring outdoor vintage and antique market. Expect to find stalls selling antique

and vintage items including jewellery, silver, coins, vintage fashion, handbags, furniture, sculpture, garden ornaments, household effects, curios, art, collectables, ceramics and much more.

Admission costs £3, and more information can be found at www.t.ly/YiEtA

SPRING AWAKENING HALF-DAY RETREAT

The Canary Shed, Creeksea Place Farm, Burnham-on-Crouch, CM0 8PJ
Sunday, April 28, 11am - 4pm

Explore the powerful symbolism of rebirth, renewal and joy this spring. Experienced practitioner Vicky will start the morning with a combination of gentle breathwork, yoga and sound to warm up the body, clear the mind and set the focus for the day. After lunch, Vicky will lead a playful yoga workshop. Then, join Chloe for a movement is medicine session, combining movement, music and nervous system regulation techniques to release stress, tension and emotion.

Tickets cost £75 from www.t.ly/dTGbb

POWER OF THE PAWS DOG SHOW

Museum of Power, Hatfield Road, Langford, Maldon, CM9 6QA
Sunday, May 5, 9am

Enjoy a day dedicated to dogs, with a six-class dog show plus best in show, dog agility and dog displays. There will also be a selection of dog-based stalls, craft stalls and exhibits, food vendors, children's rides, activities and more. The miniature trains will be running and the Astaria model village will be open.

Entry costs £9 for adults and £5 for children. For more information, head to www.t.ly/a2D2q



Photo credit: Museum of Power

Kate WINSLET

Photo credit: David Fisher/Shutterstock



She was the prim beauty who won our hearts on the doomed deck of the *Titanic*. Wind forward almost three decades and Kate Winslet CBE wows again as a ferocious female leader who makes grown men quake in their boots.

Once upon a time in Hollywood, there were two unspoken rules: first, glamorous film stars generally played the roles of glamorous women; and second, a jump to television often meant your career was in terminal decline!

Thankfully, like most things in Tinseltown, neither of these caveats remains true.

Take Kate Winslet in HBO's *Mare of Easttown*, for example a critically acclaimed 2021 miniseries in which her character Mare Sheehan – a detective sergeant and lifelong resident of Easttown – is tasked with investigating a local murder while also dealing with personal and professional challenges. The show was lauded for its gritty realism, encapsulated by Winslet's Mare, a downtrodden, frumpy and dishevelled woman who is a far cry from the actress's usual splendour.

"It's always been good to step outside who I really am," the *Titanic*, *Eternal Sunshine of the Spotless Mind*, *Hamlet* and *Avatar: The Way of Water* actress begins. "Some actors like the security of a certain type of characterisation, but for me that feels boring. My contentment actually comes in taking risks; and of course, some work, and some don't!"

Most for Winslet have worked, thankfully; so much so that rather than push her daughter away from the emotional perils of the entertainment industry, as so many parents do, she has encouraged her to carve out a niche. In 2022, the Reading-born beauty starred in *I Am Ruth*, a deeply moving film for Channel 4 which explores the ruptured relationship between Ruth (Winslet) and her teenage daughter, Freya, played by Winslet's own first-born child Mia Threapleton, whose mental health is becoming increasingly compromised by her mobile phone.

"I've always kept my children away from the media and that part of the industry. And in the case of Mia, not only has this protected her, but I think also kept the idea of acting and performing pure and wholesome, and that's really important."

Indeed, with her lookalike daughter embarking on her own acting career, 48-year-old Winslet could consider early retirement, especially considering she's already won an Oscar, two Emmy Awards and numerous BAFTAs, as well as being awarded a CBE by Her late Majesty Queen Elizabeth II in 2012 for services to drama.

Instead, she has delivered one of her finest performances yet in six-part satire, *The Regime*.

Created by *Succession* alum and *The Menu* cowriter Will Tracy, the Sky Max series features Winslet as the manicured and manic dictator of an imagined European state.

Primarily filmed at the picturesque Schönbrunn Palace in Vienna, Austria, with additional scenes shot in the baroque rooms of Wentworth Woodhouse, near Rotherham, *The Regime* is a fever dream that simultaneously terrifies, baffles and entertains viewers.

"You've got to keep pushing in this industry. As they say, standing still is going backwards!"

Push she does, something aided by a happy private life and marriage with Edward Abel Smith. The couple contentedly exist in the rural confines of West Wittering on the Sussex coast, turning away from the red carpets and flashbulbs. "Of course I will do what I can when promoting projects, but outside that, I've never been too fussed about the scene.

"I've never missed it, and I don't think it's ever missed me!"

How to MANAGE your EMAIL INBOX!

TOP TIPS TO KEEP YOUR EMAIL INBOX UNDER CONTROL AND MORE ORGANISED

Do you struggle to keep on top of your emails? If yes, then you are far from alone, with the average professional spending a whopping 4.1 hours each day responding to work messages. Furthermore, more than one-third of office workers state that 'email fatigue' has made them want to quit their jobs.

1. ONLY KEEP EMAILS THAT REQUIRE IMMEDIATE ATTENTION IN YOUR INBOX

Although this may seem a little extreme, keeping only emails that require your immediate attention in your inbox can make this tedious task feel a lot more manageable. Move all non-urgent emails to relevant subfolders. Aim to have 25 emails or fewer in your inbox at the end of each day.

2. CREATE A WAITING FOLDER FOR ACTION-PENDING EMAILS

For any emails that require an action from someone else before you can respond, a waiting folder is a great idea. This way, they are not taking

up space in your inbox and you can simply take a look at the end of each day or once a week to remind yourself of any projects that are still pending.

3. MAKE SUBFOLDERS OR USE A LABEL SYSTEM

If you receive hundreds of emails a day, then subfolders are a must. These can be used to group together important email chains so that you can easily reference something when you need to.

4. USE YOUR CALENDAR TO TRACK EMAILS

For emails that require more than just a simple reply, we recommend that you add them to your email calendar with a reminder of when a follow-up email is required. You can also use an appropriately coloured follow-up flag to easily identify emails that require further attention.

5. CREATE TEMPLATES FOR GO-TO RESPONSES

Tailoring a reply for every email is time-prohibitive, so stock responses, can be a real life saver. Save a few different generic responses and tweak accordingly.



Experts in solving the financial and human challenges of retirement



**ARE YOU RETIRED OR
LOOKING TO RETIRE IN THE
NEXT 3 YEARS?**



WE CAN HELP ANSWER THESE CRITICAL QUESTIONS...

- ❓ Do I have **enough** to live with freedom?
- ❓ What does my retirement **look & feel** like?
- ❓ How do I turn my nest egg into an **income**?
- ❓ How do I move from an accumulation mindset to a **spending** one?

**Financial Planning | Retirement Coaching | Wealth Management
| Retirement Income | Tax Planning**

65b High Street, Maldon, Essex
 team@tfp-fp.com
 01621 851563
 www.tfp-fp.com

Download our FREE retirement toolkit



- West One Wood Flooring International Ltd is a specialist in the manufacturing, installation and restoration of antique reclaimed and new timber flooring
- We can supply and fit a variety of stunning timber floors for domestic properties and commercial projects
- Installation is by a skilled friendly professional team who offer high quality service and aftercare
- Our flooring is competitively priced with innovative solutions to suit your needs
- If your existing wooden floor needs restoring, our skilled teams will transform your worn floor back to its former beauty. We are experienced with all types of wooden floor and will carry out the necessary specialist repairs and finishes. Most timber floors are salvageable, our team of expert restorers will point you in the right direction.



www.westonewoodflooring.co.uk

Call us on 01277 630837
01245 204231

Email: info@westonewoodflooring.co.uk
Unit 3 Blackall Industrial Estate, Hamberts Rd,
Sth Woodham Ferrers, Essex CM3 5UW

**FULLY FITTED
PRICES FROM
£995**

**UNBEATABLE
VALUE ELECTRIC
GARAGE DOORS**

- ✓ FREE installation
- ✓ FREE 5 year warranty
- ✓ Manufactured in the UK
- ✓ Fitted by a local Garolla engineer
- ✓ The UK's No.1 recommended

GAROLLA
ELECTRIC GARAGE DOORS

★ Trustpilot
★★★★★
4.7 out of 5

BOOK A FREE SURVEY TODAY
01279 510 063
GAROLLA.CO.UK

Bluebells

The Sweetest Flower

As April arrives, bluebells emerge in woodlands, parks and gardens across the country, reminding us that spring is most definitely here. For centuries, these delicate blue flowers have captured the hearts of poets, artists and nature lovers. But sadly, they're not in bloom for long – usually from mid-April to early May. So get out and enjoy their beauty before it starts to fade. These are some of the best places to see dramatic displays of bluebells this spring.

Leigh Woods, Bristol: Admire a sea of bluebells against the dramatic backdrop of the Clifton Suspension Bridge.

Bodnant Garden, Conwy: Spanning more than 80 acres, Bodnant Garden is especially beautiful when the bluebells take over the Old Park.

Blickling Estate, Norfolk: Visit the Great Wood and Temple Walk at the birthplace of Anne Boleyn to see one of the country's best bluebell displays.

Mount Stuart, Bute: Visit this Victorian gothic mansion to see bluebells take over the stunning woodland below thousands of mature trees.

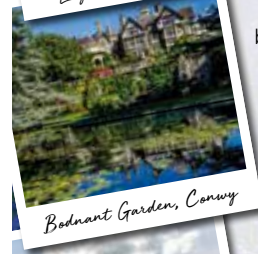
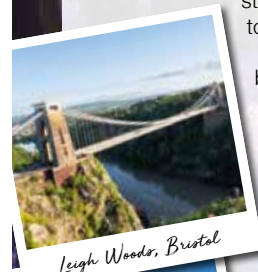
There are also dazzling bluebell displays at:

- > Hatfield Park and Garden, Hatfield, Hertfordshire
- > Whippendell Wood, Watford, Hertfordshire
- > Norsey Wood, Billericay, Essex
- > Blake's Wood, near Danbury, Essex

Fun Bluebell Facts

- > The UK is home to more than half of the world's bluebells.
- > The UK has two types of bluebells: the scented native English bluebell and the unscented, more upright Spanish bluebell. The Spanish bluebell was originally an ornamental plant and many see it as a threat to our cherished native species.
- > It's a criminal offence to uproot wild bluebells.
- > Other names for bluebells include cuckoo's boots, wood hyacinth, lady's nightcap and witches' thimbles.

Remember to tread gently when visiting bluebell woods so we can all help to preserve their beauty for future generations.



Vaycay

LUXURY TRAVEL

Experience Your Own Private Mexican Paradise: Visit Beachfront By The Fives in 2024



Set amidst the untouched beauty of Xcalacoco Beach in the Riviera Maya, The Beachfront by the Fives Hotels stands as an exclusive sanctuary for discerning travellers. This boutique hotel, reserved for adults, features 38 meticulously designed rooms, promising a secluded haven of luxury. With its soft, powdery sands, pristine waters, and beautiful surroundings, this hidden retreat exudes tranquillity, offering guests a private escape to paradise.

Guests of The Beachfront by The Fives Hotels are treated to direct access to the captivating Xcalacoco Beach, where they can bask in the sun, take refreshing dips in the ocean, partake in thrilling water sports, or enjoy romantic strolls along the shore. Alternatively, they can unwind by the hotel's serene swimming pool, complete with plush loungers and attentive poolside service, ensuring a truly indulgent holiday experience.



Santa Sirena, an exclusive beachfront restaurant and bar on the Mexican Caribbean shores, showcases culinary excellence. With a rustic-chic vibe and oceanfront seating, guests savour exquisite Mexican fusion cuisine for a memorable gastronomic adventure reserved for the hotel's esteemed guests.

The Epic Oceanview Superior Room offers unparalleled comfort and luxury, inviting travellers to unwind with partial Caribbean Sea views. These elegantly appointed rooms blend comfort with nature, featuring private balconies, flat-screen TVs, well-stocked minibars, spacious modern bathrooms, and tasteful furnishings.

Beachfront provides an all-inclusive experience with access to Essence at the Fives Beach next door. Enjoy spa services, a well-equipped gym, and a choice of 14 restaurants and bars. Guests can also explore nature walks through the cenotes, encountering monkeys, coates, and opossums, creating a memorable and immersive vacation experience.

Prices start from £1852pp*
This includes flights & hotel with All-Inclusive

*Prices are per person based on 2 adults sharing Epic Garden View room on all-inclusive. Correct at the time of going to press. All prices are subject to change. Terms and conditions apply.



Located in the heart of Witham, Vaycay Luxury Travel is a brand-new luxury travel agency, offering customers a first-class complimentary planning service to help book the finest holidays around the world. From the sandy beaches of the Caribbean to falling in love with the Indian Ocean, our specialists bring their knowledge and travel expertise to provide a holiday that'll surpass your wildest dreams.

From the minute you walk through the door, you'll be met with an unrivalled experience. Begin with a champagne welcome followed by a consultation with one of our expert travel advisors who will discuss every aspect of your trip - including hotel, flights, transfers and excursion

Our extensive database of global getaways ensures you'll bring home a lifetime of memories, whether that is an exclusive Caribbean stay, a romantic cruise, an African safari adventure or visiting the most magical places on Earth.



To book your perfect getaway

**Contact Christine or Jo at
Vaycay Luxury Travel**

01245 207649

sales@vaycayholidays.com

119 Newland Street, Witham, Essex CM8 1BE



vaycayholidays.com



BEGINNER'S GUIDE TO *Pineapple lily*



Eucomis, aka pineapple lily, makes an impressive addition to any garden with its exotic-looking blooms and tufts of vibrant leaves. However, despite their show-stopping appearance, they are relatively easy to grow, making them perfect for beginners.

What are the different varieties of pineapple lily?

- 1 **Eucomis comosa:** A tall variety that grows up to 75cm, with large leaves that boast a slightly wavy edge.
- 2 **Eucomis autumnalis:** Produces a long, thin flower spike that is topped with a small rosette of leaves.
- 3 **Eucomis bicolor:** A two-tone variety that has pale green flowers with maroon edging.
- 4 **Eucomis pallidiflora:** Known as the giant pineapple lily, this variety can reach up to 2m when in flower.

Where to plant pineapple lilies

Pineapple lilies are tender plants that need plenty of sun to thrive. Choose the warmest and brightest spot in your garden and make sure the soil is well drained. You can plant pineapple lilies in either borders or containers.

How to plant pineapple lilies

If growing pineapple lilies in your garden, plant bulbs 15cm deep in fertile, well-drained soil. Keep the plants well watered during growing season (April to early October).

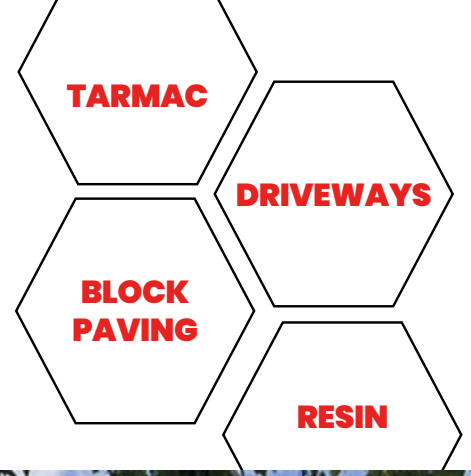
If growing in containers, plant bulbs in a wide, shallow pan, if possible, but a normal flower pot will do. Use a loam-based compost (a mixture of clay, sand and silt) with added sharp sand to improve drainage. Allow at least 7.5cm between bulbs and make sure the top of the bulb is just below the soil's surface. Just like plants in the garden, water well during growing season.

How to care for pineapple lilies

Keep pineapple lilies well watered during the summer but dry in the winter by either digging up the bulbs or moving pots indoors in autumn. Remove any dead leaves and spent flowers at the end of each growing season.



**Producing Immaculate
Finishes for Decades**



- ◆ **Essex's leading road & surfacing contractor**
- ◆ **Grab Lorry Hire Essex**
- ◆ **A family business**
- ◆ **Established for decades**



☎ 01621 772429 ✉ info@ljanderson.co.uk 🌐 www.ljanderson.co.uk



**DO YOU WANT TO SAVE ENERGY?
DO YOU WANT TO RETAIN HEAT?
DO YOU WANT TO SAVE MONEY?
DO YOU WANT TO PROLONG THE
LIFE OF YOUR EXTERIOR PROPERTY?**

As Properla Approved Installers we offer a range of exterior super hydrophobic waterproof and 100% breathable coatings for your roof or walls, designed to reduce energy costs and protect the exterior of your property and save you money.

CLEANING & COATING SERVICES

**PROPERLA & RENOTEC WALL & ROOF COATINGS
APPROVED INSTALLERS**

**ENERGY SAVING TRUST APPROVED PRODUCTS IN THE RANGE
ALL PRODUCTS COME WITH A 10-20 YEAR
MANUFACTURERS GUARANTEE**

- Roof & Wall Coating ■ Driveway Cleaning & Coating
- Wood impregnator ■ Damp & Mould Prevention
- Insulation Removals ■ Solar Panel Cleaning

Call us: 07810 562 506 or visit: www.ecocoats.co.uk



Come home to a clean house

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

Call us today to arrange your no obligation in home quote

**Emma Brooks
01245 494003**

emma.brooks@mollymaid.co.uk
www.mollymaid.co.uk/locations/chelmsford/



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

SCREEN SHOCKER

TECHNOLOGY

Do you know how many hours a day you spend glued to your mobile phone? How about your kids? Are they more likely to be seen staring at a screen than playing with their toys?

- > How are your eating habits?
- > Are you sleeping okay?
- > Do you get any physical exercise?

If you are not happy with your answers, then it may be time to look at reducing your daily screen time.

How much time are people spending on screens?
The average screen time for people aged 16-64, across different platforms and devices, is an estimated six hours and 37 minutes per day. Mobile devices account for most of this, with users spending an average of three hours and 46 minutes on their smartphones, with desktop computers not far behind at two hours and 51 minutes.

How screen time adds up over one year

1 hour	→	15 DAYS	a year
2 hours	→	30 DAYS	a year
3 hours	→	45 DAYS	a year
4 hours	→	61 DAYS	a year
5 hours	→	76 DAYS	a year
6 hours	→	91 DAYS	a year
7 hours	→	106 DAYS	a year

What problems are associated with too much screen time?
Too much screen time can cause a whole host of problems for adults and children alike, including: Obesity | Sleep disturbance | Depression | Anxiety | Hyperactivity | Poor language development | Inferior social development | Low moods | Headaches/eye strain | Light sensitivity | Shorter attention span | Frustration and less impulse control

How to know if you are spending too much time in front of a screen
If you are unsure whether or not you are spending an unhealthy amount of time in front of a screen, ask yourself the below questions:
> How often do leave your house and socialise?

- How to manage and reduce screen time**
- > Create tech-free zones, such as mealtimes and bedtime
 - > Set and enforce daily/weekly screen time limits
 - > Consider using an app that controls the length of time your child can use a device
 - > Eliminate background TV from your home
 - > Try to spend more time outdoors as a family
 - > Set clear work boundaries.



Why work for us?

There are few jobs more rewarding than a career in care. At ECL, we look for people who share our values and passion to make a positive difference to people's lives throughout the community.

Join our growing team of approx. 1,400 staff across Essex, West Sussex and Havering, helping us to achieve our vision of being the supplier of choice for Adult Health and Social Care.

What we can offer you

We value our staff and invest in them to ensure we can offer the highest levels of care. Our aim is to make sure they feel rewarded for their amazing contribution.

ECL is proud to be an equal opportunities and disability confident employer. We positively encourage applications from suitably qualified and eligible candidates regardless of sex,

race, disability, age, sexual orientation, gender reassignment, religion or belief, marital status or pregnancy and maternity.

All staff at ECL receive:

- A minimum of 24 days annual leave per year (plus bank holidays, pro rata), rising with service
- NEST pension scheme with matched contribution up to 6% upon joining if eligible
- Paid travel time with mileage paid at 45p per mile
- Full induction and training with ongoing support
- Funded training programmes and career progression including NVQs/QCFs
- Annual pay and performance review including bonus scheme
- Staff benefits scheme providing access to discounts from a wide range retail brands, restaurants, holidays, and more
- A healthcare support scheme to claim back the cost of dental, health and optical treatment plus, a range of other health & wellbeing benefits
- Reimbursement of professional membership where this is required to undertake your role
- Referral scheme of up to £1500*

As a front-line member of staff, you'll receive extra benefits such as:

- A higher rate of pay than many of our competitors
- Double pay on bank holidays
- Free enhanced DBS check
- Free uniform & PPE
- Free company smart phone
- Guaranteed permanent or bank hours depending on preference
- Regular paid overtime opportunities
- Take the next step in your career and become part of the ECL team

**Terms and Conditions apply*



Hiring Now!

We're recruiting Community Care Assistants

**in Braintree, Halstead,
Burnham-on-Crouch
Chelmsford, Maldon
and surrounding areas**

With leading rates of pay

£12.20 Monday to Friday, £14.20 weekends

Plus £500 new starter bonus

- Flexible guaranteed contracted hours
- Fully paid induction at normal hourly rate
- 45p mileage allowance
- Travelling time paid between calls
- Annual salary reviews and performance bonus
- Healthcare support scheme
- Ongoing training and career development paid for by ECL
- Up to £1500 'refer a friend' scheme available to staff

Full and
Part-Time
contracts
available



APPLY NOW

www.ecl.org/careers

03330 139921

recruitment@essexcares.org

ecl
Person centred care

Operating hours: 8.30 – 5.00 Monday to Friday



FIND OUT MORE, VISIT

www.ecl.org/mid-essex-jobs

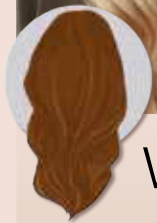
Your Career Starts Here.

ECL is the trading name of Essex Cares Limited, Registered in England and Wales
VAT Number: GB 945649774 Company Number: 06723149
Office: Seax House, Victoria Road South, Chelmsford, Essex, CM1 1QH

ecl
Person centred care



Balayage ^{VS} HIGHLIGHTS



Want to lighten your hair in time for summer? Find out the difference between balayage and highlights, plus how to choose the right lightening method for your hair.

What is balayage?

Balayage is a French word that means 'to sweep'. In the world of hairstyling, this phrase refers to a hair colouring technique in which highlights are hand-painted or swept onto the surface of random sections of the hair without the need for aluminium foil. Balayage offers a natural, sun-kissed glow to your hair.

Why choose balayage?

- Ask your hairdresser for balayage if you want:
- Colour that blends seamlessly into your natural hair colour
- A sun-kissed glow
- A new colour that is just a few shades lighter than your natural colour
- Hair that gets lighter towards the ends

How long does balayage last?

Balayage lasts longer than regular highlights because of the seamless application. You can go many months without the need for a top-up if your hair is already naturally light.

What are highlights?

Traditional highlighting offers a more conventional way of lightening your hair colour and involves using aluminium foil to help saturate individual strands of hair from root to tip. This results in a more pronounced contrast between your base colour and the lightened hair.

Why choose highlights?

- Ask your hairdresser for highlights if you want:
- A stark contrast between your lighter highlights and darker, natural hair
- A more structured pattern of lightened hair
- Evenly coloured hair from root to tip

How long do highlights last?

Highlights tend to last between one and two months before your root colour will start to show through. The greater the contrast in colour from your natural hair, the more frequently maintenance will be needed.



BARBER TIME



PRECISION CUTS, PERSONALISED SERVICE

YOUR TRUSTED LOCAL BARBER SHOP

NO APPOINTMENTS NECESSARY - WALK-INS WELCOME

- Affordable haircuts
- Comfortable & friendly salon
- Drinks available

Car seat available for children

07466 232195
136 Station Rd,
Burnham-on-Crouch
CM0 8HQ





NATIONAL STRESS AWARENESS MONTH

APRIL IS ALL ABOUT LEARNING TO REDUCE STRESS

Do you suffer with stress? If yes, then you are far from alone, with one in 14 adults admitting to feeling stressed every single day and more than one-third feeling stressed at least once a week.

WHAT CAUSES STRESS?

Sometimes stress is caused by one big event or situation in your life, or it might be an accumulation of lots of smaller things. People often feel stressed if they are under a lot of pressure, are facing big changes in their life or are worried about something. You may also feel stressed if you feel like you don't have control over a certain aspect of your life or you have responsibilities that you find overwhelming.

HOW DOES STRESS MAKE YOU FEEL?

Stress can affect your emotions, your body and how you behave in many different ways. Some of the ways stress can make you feel include: Feeling irritable, angry or impatient | Feeling overwhelmed | Feeling anxious or depressed | Not being able to enjoy yourself | Not having a sense of humour | Feeling uninterested in life | Feeling neglected or lonely | Existing mental health problems getting worse

In severe cases of stress, some people may also experience suicidal thoughts.

WHAT ARE THE MOST COMMON PHYSICAL SYMPTOMS OF STRESS?

Difficulty breathing | Panic attacks | Trouble sleeping | Muscle aches and headaches | Fatigue | Chest pains and high blood pressure | Sweating | Changes to your menstrual cycle | Existing physical conditions getting worse

HOW TO REDUCE STRESS

There are many techniques that you can try to reduce stress, including: Being more active | Eating a healthy diet | Avoiding unhealthy habits such as drinking alcohol and smoking | Practising meditation | Laughing more | Connecting with loved ones | Getting sufficient sleep | Seeking counselling | Limiting your time on social media | Working smarter, not harder.



Nice to MEAT YOU



Italian cured meats are the flagship of Italian traditional cuisine and can be enjoyed in a number of different dishes, both hot and cold. Find out all about our favourite varieties below and how to pair them with other foods for some unbelievable taste sensations.



SALAMI: Salami is one of the oldest Italian cured meats and is made from ground pork and seasoned with garlic, salt and spices. It is stuffed into casings and then hung to cure, ferment and dry. Do not cook with salami but instead add it to a sandwich or charcuterie board with cheeses such as pecorino or provolone.



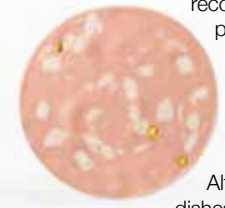
PROSCIUTTO: Prosciutto is made from the whole hind leg of a pig and is one of the most popular Italian-style cured meats. Slice very thinly and add to salads or wrap around freshly sliced cantaloupe melon for a tasty snack or delicious canapé.



SPECK: Speck is a cured meat that is produced from the pork leg and is first smoked and then cured. It is typically flavoured with spices such as nutmeg, juniper berries and bay leaves. This Italian cured meat is delicious in a risotto, as a cold appetiser or roasted on skewers with apple.



BRESAOLA: Bresaola is a type of cured beef that is made from the leg of the cow and infused with spices such as garlic, pepper and juniper during the drying process. It is rich in protein and low in fat, making it ideal for those watching their weight. Drizzle with olive oil and fresh lemon on an antipasto platter or enjoy with salty cheeses like parmesan.



MORTADELLA: Mortadella is instantly recognisable by its strong scent and pink colour. Mortadella is composed of cured pork and pistachios, and spiced with black pepper and myrtle berries. This cold cut works well with other meats, cheeses, bread and condiments such as mustard. Alternatively, add to cheese-based pasta dishes or stuff in ravioli.



PEABERRIES PIZZA

MAKE A SLICE OF
HAPPINESS



SCAN HERE TO
ORDER ONLINE



BURNHAM
SOUTHMINSTER
ALTHORNE
ASHELDAM
+ MORE

ONLY ON
FRIDAYS
ALL PIZZA'S

£10

📍 41 High Street, Burnham on Crouch

☎ 01621 929477

🌐 www.peaberriescoffee.co.uk/pizza



FOOD & DRINK

YOU rock(et) MY WORLD

A GUIDE TO GROWING, STORING AND
COOKING WITH THIS CLASSIC SALAD GREEN

Used in salads since Elizabethan times, rocket has a distinct peppery flavour that people tend to either love or hate. Easy to grow and prepare, find out everything there is to know about this leafy salad green right here.

How to grow rocket

Rocket can be sown either indoors in containers filled with multi-purpose compost or directly into the soil. A sunny spot is best for spring sowings, whereas mid-summer sowings are best in a cooler spot in light shade. There are two main types of rocket you can grow:

1. WILD ROCKET

This is a perennial plant that is robust and easy to grow even in poor soil. It produces long, deeply divided leaves that have a strong peppery flavour.

2. SALAD ROCKET

This is an annual plant that has a shorter life span and produces dark, delicate leaves that offer a milder taste.

How to store rocket

Rocket should be stored in the bottom part of your fridge, known as the salad drawer, in either a brown paper or perforated bag. Consume within two days for optimum freshness. If you would like to freeze rocket, make sure you chop up the leaves first and then place them in an airtight container as whole leaves do not thaw well.

How to use rocket in cooking

Rocket can be mixed with other salad leaves to add a hint of spice, scattered on a pizza or used to garnish pasta dishes. It can also be wilted directly into pasta or eggs; just make sure you add it at the last minute to retain its flavour.

Some of our favourite rocket recipes include:

- Rocket pesto (see recipe below)
- Prawn, fennel and rocket risotto
- Ricotta and rocket lasagne rolls
- Slow-roasted tomatoes and rocket

How to make rocket pesto

- Combine 50g pine nuts, 100g rocket, 50g parmesan or vegan alternative, 150ml olive oil and 1 garlic glove in a blender.
- Season with salt and pepper and blend to a paste.
- Store in an airtight container in the fridge for up to five days.



I CAR-NT BELIEVE IT

THE WEIRDEST THINGS BIG CAR COMPANIES MAKE... THAT AREN'T CARS

Automakers are talented, skilled and enterprising across different types of technology, so it follows that, on occasion, their creations may go beyond simply four wheels.

LEXUS HOVERBOARD: Branded as Slide, Lexus's hoverboard embodies futuristic dreams with its spindle grille design and bamboo material. It's a functional hoverboard, representing a blend of imagination and Lexus's automotive style.

NISSAN PROPILOT CHAIR: This autonomous chair, following Nissan's Intelligent Parking Chair, offers a solution for those weary of standing in lines. It follows a pre-set path, mirroring semi-autonomous vehicle technology, and has been tested in Japanese restaurants for customer convenience.

HONDA UNI-CUB: The UNI-CUB, a personal mobility device, features a unique omni-directional driving wheel system and balance control technology.

AUDI RIB CHAIR: A collaboration with Clemens Weisshaar and Reed Kram, this stylish chair combines carbon composites and high-strength aluminium, and weighs just 4.9lb.

BMW BOBSLED: BMW's carbon fibre bobsled, developed for Team USA, contributed to an Olympic bronze in Sochi. It showcased BMW's expertise in weight distribution and sleek design, mirroring its automotive approach.

LAMBORGHINI IXOOST ESAVOX: This speaker boasts authentic Lamborghini parts, including an exhaust, and stands out in the realm of lifestyle products. It features high-quality audio components and the brand's signature design elements – a fusion of luxury automotive style and sound.

TOYOTA KIROBO MINI-ROBOT: Priced around \$400, this robot offers portable companionship and conversation, reflecting Toyota's strides in AI, at the same time as catering to Japan's social needs.

ASTON MARTIN RESIDENCES: The manufacturer has ventured into real estate with its showpiece 66-storey building in Miami, a collaboration with Argentine developers, which features bespoke lobbies, fitness centres and a spa.



DIFFERENT

WHY IT'S IMPORTANT TO AVOID LOOKING LIKE A TURKEY AT THE UPCOMING WORLD GRAVY WRESTLING CHAMPIONSHIPS

We all know the popularity of gravy up north, but for nearly two decades, a group of Lancashire locals have been intent on taking things a step further by hosting the World Gravy Wrestling Championships.

First held in 2007 in the small Lancashire village of Stacksteads, Rossendale, the championships take the form of two-minute bouts. Competitors, adorned in fancy dress, wade into a pool of the aromatic stuff, grappling and grabbing their opponent. They are scored on wrestling ability, fancy dress and the level of entertainment provided. Firefighters are in attendance ready to hose down competitors in between bouts.

Held on August bank holiday at the Rose 'N' Bowl pub, the event attracts large crowds and a bevy of soon-to-be drenched competitors. While the competitive wrestling features adults, younger

gravy aficionados can have a go after the main event, and there's never a shortage of applicants, with numbers increasing each year.

In the early days, the key constituent was bona fide Lancashire Gravy. Yet after the event became besieged by wasps who found the unique recipe rather too irresistible, an alternative mixture of caramel and cornflour was devised.

The World Gravy Wrestling Championships also raises significant funds for local charities.

Having taken a short hiatus during COVID-19, the championships roared back to popularity after the lockdowns with the most successful contests yet. And while meat stock is very much the order of the day, the fact that the event is held at a pub means competitors can always knock back something afterwards that offers slightly more punch than a watery beef or chicken accompaniment!

Photo credit: media.lexus.co.uk, global.nissannews.com, Tom Vack via r18ultreacher.com, bmwusa.com, lamborghinistore.com, meg.toyota.co.uk

THE VISION LISTINGS

BLINDS & SHUTTERS

WORTH & CO BLINDS

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

BUILDERS & MAINTENANCE

AZTEC

Family run business est. 1999. Will beat any written quote, Full Public liability insurance. Free estimate contact us on 01621 502153 | 07866 804180

BOOK VIA... MALDON@VISIONMAG.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

CARE SERVICES

ELSIE'S HELP AT HOME

Personal Care, Medication Support, Meal Preparation, Community Support & Shopping, Overnight Care & much more. Call 01245 801401 | info@elsieshelphome.com

CHIMNEY SWEEPER

HENRYS CLEAN SWEEPS

Based in Burnham-on-Crouch. No mess, No fuss, Chimney Sweep Service. Contact us today on 07907 015654 | henryscleansweeps@gmail.com

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

DRIVEWAYS & RESIN

LJ ANDERSON & SONS LTD

Essex's leading road & surfacing contractor. Grab Lorry Hire. A Family Business. Established for decades. 01621 772429 info@ljanderson.co.uk | www.ljanderson.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

FLOORING

JOE'S CARPETS

Family Run Business, Est since 1999. The Mobile Carpet Shop. Supply & Fit. Repairs & Refits. Free Estimates & Advice. Free Gripper Rods. Contact 01621 398019 | 07748 808094

PAVING AND LANDSCAPING

STORM & SONS

Brickwork, Garden Design, Jet Washing, Dropped Kerbs, Digger & Driver Hire. 01245 961670 | 07799 626630 | www.stormandsons.co.uk | stormandsonspaving@gmail.com

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

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

ROOF COATING & CLEANING

ECO COATS

Cleaning & Coating services. Properla & Renotec approved installers. All products come with a manufacturers guarantee. Call 07810 562506 or visit www.ecocoats.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

TRAVEL

VAYCAY LUXURY TRAVEL

Brand new luxury travel agency based in Witham High Street. Visit us 119 Newland Street, Witham, CM8 1BE. Call on 01245 207649 or email sales@vaycayholidays.com

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

KG WINDOWS & DOORS PROPERTY MAINTENANCE

Windows Installation & Repair. Telephone: 01621 335999 | 07866 454293 | www.kgwindowsanddoors.co.uk

WINDOW MAN

Family run over 25 years. Windows, doors, installation, repairs. Call us today on 01268 527112 | 01245 207225

WOOD FLOORING

WEST ONE WOOD FLOORING INTERNATIONAL LTD

Manufacturing, Installation, Restoration. Unit 3 Blackall Industrial Estate, Hamberts Road, South Woodham Ferrers, CM3 5UW. Call 01277 630837 | 01245 204231

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

JOIN THE LISTINGS

For just **£15** +VAT per month

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

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

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

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**.

ACROSS: 1. URGE, 3. ACQUIRED, 9. REVENUE, 10. ELVES, 11. CAR, 12. POKER, 13. REBEL, 15. ITALY, 17. ROAST, 18. OFF, 19. BORNE, 20. GENTEEL, 21. EJECTION, 22. ONLY
DOWN: 1. UNRECOVERABLE, 2. GIVER, 4. CHERUB, 5. UNEMPLOYMENT, 6. REVOKES, 7. DISGRACEFULLY, 8. INTERMITTENT, 14. PRAIRIE, 16. ADAGIO, 18. OCEAN



PUZZLES & TRIVIA

PUZZLES

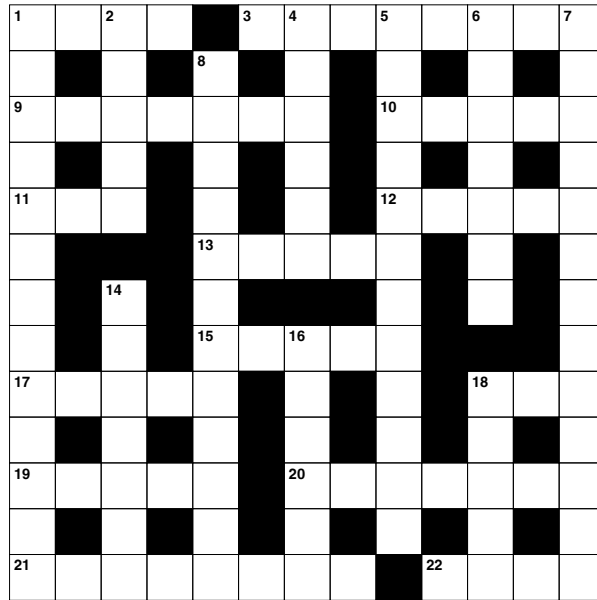
Answers: see end of The VISION Listings

ACROSS

- 1. Spur on (4)
- 3. Came into possession of (8)
- 9. Income (7)
- 10. Sprites (5)
- 11. Four-wheeled road vehicle (3)
- 12. Card game (5)
- 13. Insurgent or revolutionary (5)
- 15. Where one finds Rome (5)
- 17. Cook meat in the oven (5)
- 18. Not on (3)
- 19. Brought forth (5)
- 20. Respectable; refined (7)
- 21. Expulsion (8)
- 22. Solely (4)

DOWN

- 1. Irretrievable (13)
- 2. Donor (5)
- 4. Winged child (6)
- 5. Joblessness (12)
- 6. Officially cancels (7)
- 7. Shamefully (13)
- 8. Sporadic (12)
- 14. Open area of grassland (7)



- 16. In slow tempo (of music) (6)
- 18. Large body of water (5)

DID YOU KNOW?

- ▶ Feng shui, meaning 'wind and water', is an ancient Chinese art of arranging spaces to achieve harmony and balance.
- ▶ The aim of feng shui is to balance the life force of chi. In the Taoist belief, chi is said to inhabit everything.
- ▶ To protect against negative chi, feng shui practices include making sure to always keep the bathroom door closed and to throw away wilted flowers immediately.
- ▶ In feng shui, every colour has a meaning. For example, black signifies contemplation and wisdom, while purple is connected to power and prosperity.
- ▶ Feng shui has influenced the design of a number of landmarks around the world, including the glass pyramid at the Louvre Museum in Paris and the Sydney Opera House in Australia.

SUDOKU

						9	5	
	7							
	8	5	4	3	1			
				4				3
3	5			9			8	6
7				5				
			6	7	8	4	3	
						2		
	9	6						

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



DALE HIRE



Your first-choice equipment rental company in Essex

- Diggers & Dumpers
- Lifts & Access Equipment
- Garden & Leisure
- Construction Plant
- General Building
- Plant Hire and Sales to Builders, Contractors, Industry and DIY!



info@dalehire.com | www.dalehire.com



Braintree
01376 325100

Witham
01376 515643

Chelmsford
01245 357152

Halstead
01787 475111

MALDON DEPOT - 01621 855257

Unit 6D The Street Industrial Estate, The Street, Heybridge CM9 4XB