

VISION Rayleigh | Edition 5



Why choose Kutchenhaus? As the largest retailer of quality German engineered kitchens in the UK, we deliver rigid pre-built luxury kitchens manufactured in Germany at direct from the factory prices. View your dream kitchen in the luxurious surroundings of the largest kitchen showrooms in the UK.

BUY NOW PAY 2020

10% Deposit Only

*Terms & Conditions apply

3 years
00/0
Interest free credit

nobilia Miele

BOSCH

- Full installation service or supply only
- 12 months 'buy now' and 'pay later' option
- Kitchens designed and built to order
- Free in-showroom design consultation
- Trade enquiries welcome

Brentwood Farnborough London - Tottenham Court Road London - Finchley Rd Manchester York Visit our website or our showroom 6, The Baytree Shopping Centre, Brentwood, Essex CM14 4BX

01277 204447

www.kutchenhaus.co.uk

The **German** Kitchen



CONTENTS

September 2019

NEW PM BORIS JOHNSON

HISTORY

11 HOME & DIY

LOCAL NEWS

SARA DAVIES MBE

GARDENING

BEAUTY

HEALTH & FITNESS

FOOD & DRINK

FASHION

KIDS

TRAVFI

WHAT'S ON

TECHNOLOGY

BUSINESS & FINANCE

PUZZLES

SPORT

MOTORING

58 THE VISION LISTINGS

CONTACT US

www.visionmagessex.com rayleigh@visionmag.co.uk | 01268 955027





III Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry CO-ORDINATORS | Rebecka Fryer, Amy Pollard, Tim Green CONTRIBUTORS | Tabatha Fabray, Dean Shaw, Alex Pearson, Amelie Gregory

Editor's notes...



Hello and welcome to this month's edition of VISIONRayleigh.

It's nigh on impossible to think of September without thinking of schools opening after their summer shutdown. As a relatively new dad

- my little lad Max is only 10 months

old - I've become much more aware about the importance of a good education, and not just in the traditional subjects like maths and English.

I think we need to be teaching more about techniques and ways of thinking that children can use to combat growing social problems.

Bullying seems as bad as it has ever been, in large part down to relentless social media.

The self-esteem and mental well-being of children and young adults is constantly under threat due

to the unrealistic and constant bombardment of perfect images and fantasy lives they see online.

I like the sound of the growth mindset culture introduced by many schools across the country.

It's a way of thinking that encourages children to be unafraid of getting things wrong and not worry about trying to be perfect.

This led me to support children's book Spot the Different, which encourages kids to be kind to themselves and not be afraid to stand out. These are all things my wife and I will be instilling in Max.

I have bought 30 copies of the book to donate to local school libraries and to help raise awareness of the important message. Thanks for reading,





Dementia & Alzheimer Care ♥ Palliative Care ♥ Bespoke Care Services

care@abbeymortimercare.co.uk www.abbeymortimercare.co.uk Unit 20, Lubards Farm, Hullbridge Road, Rayleigh Essex SS6 9QG

Get in touch to ask about our Care Options

HOME CARE SERVICES 01268 777646

13. ACCOST, 14. ADOPTS, 15. ATRIUM, 17. DYED DOMN: 1. PASS, 2. AFFAIR, 3. YEARBOOKS, 4. UGLIER, 6. ATTACH, 7. THRESHED, 11. FARMHOUSE, 12. FIVE STAR,



E MAY HAVE NOT BEEN THE FAVOURED CHOICE, BUT RESERVE JUDGEMENT ON THIS OCCASION, AS NEW PRIME MINISTER BORIS JOHNSON MAY JUST BE THIS COUNTRY'S SAVING GRACE.

Given that our political system has always existed while stuffed clumsily in the pocket of the ultimate organisational irony – that we are governed by a set-up of MPs whose very being means acting in opposition to one another – it's a miracle we've made it this far.

Sure, over the centuries, the Houses of Parliament appear to have bumbled, burst and bludgeoned their way through a variety of issues, but there is a sense that never before have a collected band of representatives been so unapologetically unhelpful towards each other, whilst displaying such plain disregard for those who put them there in the first place – the electorate.

We've been left in a parlous state, where even some of the most ardent Leave or Remain campaigners have had the last bit of political puff forced out of them by a string of events that has dragged on longer than the annual trot around the Eurovision juries.

And yet, now, it may be that finally our very own 'Euro vision' is forming, and thank goodness we have someone like Boris Johnson to drag it up on stage, stand it in front of the microphone and cover its ears as the rest of the continent offers a resounding 'nul points' to its little ditty.

In reality, Boris is the best we have. Theresa May's position was a poisoned chalice from the start, Jeremy Hunt you feel would have simply toed the same drab, pointlessly formal line, and Jeremy Corbyn has taken three years to finally decide he's a Remainer. And for the

respect of what little democracy we have left, a second referendum, however it was being dressed up, was never an option.

We are at a stage now where we need to put political allegiances aside and just get on with leaving the EU on October 31 in the most clinical way possible, and as BoJo has proved several times already in his career, he is a leader, a motivator and a driving force for positive, unerring, often brazen action.

Whether Boris will make a good Prime Minister should, at this point, be seen as secondary to the real job in hand, although even on that front, his merciless, almost dramatic dressing down of Corbyn in his first House of Commons debate at least shows a glimpse of a political future where humour, drama and liberal dashes of sarcasm may replace an overstayed period of shouting, shuffling, sneering and downright childish gameplay from those who should know better.

As yes, 55-year-old Boris may well still represent a cumbersome orator from another era, but during his time as London Mayor – and all those Boris bikes – as columnist and magazine editor, and as Foreign Secretary, he made very real change happen. The man is no fool.

Ultimately, what you get with Boris Johnson is charisma, action, and perhaps a little entertainment thrown in for good measure. Sure, he will speak out of turn, he will wobble precariously on the line of acceptability, but he will also put both barrels behind the country he loves, even at risk of throwing himself under the bus... or is it a bike?

Sessilent of HERO

or 60 years Marcel Marceau's talent for pantomime entertained audiences around the world.

He was also the man whose act inspired Michael Jackson's famous moonwalk. But few of his adoring fans realised that behind the mask of his most famous character, chalk-faced Bip the clown, there was a true here.

During the Second World War he saved hundreds of Jewish children from the Holocaust. Masquerading as a boy scout, Marcel evacuated a Jewish orphanage in eastern France. He told the children he was

taking them on a vacation in the Alps, and led them to safety in Switzerland. Marcel made the perilous journey three times, saving hundreds of Jewish orphans.

He was able to avoid detection by entertaining the children with silent pantomime.

Born to a Jewish family in Strasbourg, France in 1923, young Marcel Mangel discovered Charlie Chaplin at the age of five and became an avid fan.

When Marcel was 16, the Nazis marched into France, and the Jews of Strasbourg - near the German border - had to flee. Marcel changed his last name to Marceau to avoid being identified as Jewish, and joined the French Resistance movement.

Documentary filmmaker, Phillipe Mora, whose father fought alongside Marcel in the French Resistance, said: "Marceau started miming to keep children quiet as they were escaping. It had nothing to do with show business. He was miming for his life."

Marcel's kosher butcher father perished at Auschwitz.

Marcel later said: "My name is Mangel. I am Jewish. Perhaps that, unconsciously, contributed towards my choice of silence."

In his first major performance, Marcel entertained 3,000 US troops after the liberation of Paris in August 1944.

In 1947, Marcel created his beloved character Bip, a childlike everyman with a stovepipe hat and a red carnation.

In 2001, Marcel was awarded the Wallenberg Medal for his acts of courage during the Holocaust.

Until his death at age 84, Marcel performed 300 times a year and taught four hours a day at his pantomime school in Paris. He died on Yom Kippur, 2007.













01702 471010

WWW.PIECEGALLERY.CO.UK

(7) @ PIECE.GALLERY

65 BROADWAY

LEIGH ON SEA

ESSEX

SS9 1PE













WINDOWS

DOORS

INSTALLATION

REPAIRS

THE WINDOW MAN

"Your Friend in the Trade"

Proudly Providing the Complete Service

FAMILY-RUN BUSINESS | SERVING THE LOCAL COMMUNITY FOR OVER 25 YEARS DOUBLE GLAZING | TRIPLE GLAZING | UPVC ALUMINIUM WINDOWS HARD WOOD WINDOWS | DOORS & CONSERVATORIES | BI-FOLD DOORS SUPPLY, REPAIR & REPLACEMENT SERVICES | AVAILABLE 8AM - 8PM 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 527 112









e've all seen news reports, undercover documentaries and social media posts detailing those who've put faith and finance into tradesmen not up to the task.

While there is no foolproof system for verifying contractors, utilising a few simple checks can protect against cowboys:

ONE - REPUTATION IS KEY

Be wary of online reviews as these can be filled out by anyone - a genuine customer or perhaps just a mate of the contractor. That said, a great site to check is trustmark.org.uk, which offers government-endorsed tradespeople across multiple sectors.

Beyond that, see if www.voure-hired.com will provide phone numbers of previous customers who have had similar work done. You may even be able to do this with suppliers too.

TWO - WRITE TO REPLY

Make sure you ask the builders to put everything down in writing as regards payment terms, project timeframe and how the job will draw to a conclusion, including, for instance, who will dispose of waste materials.

THREE - MONEY MAN

You should never pay upfront for a job. Any good contractor should want to get the job finished before receiving full payment.

THREE - IMMEDIATE START? BE STARTLED

While we'd all like hired help to get to work as soon as we call, it's not always a bad sign to find a builder cannot start as quickly as you would hope, with a well-stacked calendar servicing other customers.

FOUR - ENSURE OR SHOW THEM THE DOOR

Enquire as to the insurance they offer over work done - what are you covered for in the event of them needing to come back?

FIVE - QUALIFYING TIME

Probably the best check of all is to run your preferred contractor's name past a regulating body. There are a number for each specialism but you can search quickly online to check they are verified.

Alex Kemsley ...taking the PLINGE



o combine the pleasure of a favourite pastime with the satisfaction and comfort gleaned from making money and having a successful career... well, that's everyone's dream, surely.

To make that perfect life come true requires dedication, belief and an unrelenting pursuit of excellence, and for swimming pool designer Alex Kemsley that journey started way back at the age

It was whilst still in single digits - albeit with the help of his father - he built his first pool. And in the immediate years that followed, the young designer's eye for detail very quickly became evident, with a drive for business being complemented by his pursuit of the perfect balance between health and luxury.

"Any nine-year-old boy would enjoy operating an earth mover to dig out a hole big enough for a pool," Alex begins, "but I couldn't have guessed that day that it would become my life's work.

"To go from building a family pool with dad at my childhood home to designing the world's most talked about pool has been an incredible journey."

That iconic pool he references has been built by his company, Compass, and is named Infinity London. It is a 200m high - it sits on top of a 55-storey building - 360-degree roof-top pool set to tower over the capital's skyline. It is formed around cutting-edge design, powered by computer technology and with renewable values at its core... for instance, it is heated by the by-product of creating cool air in the very building it sits atop.

As you would imagine, the designer's level of client is already unparalleled in the world of pool design, with footballers, musicians and TV stars commissioning Kemsley to create, configure and install designs that start with six-figure price tags. And with double-digit growth, the evidence is that demand for going for a dip is Brexit-proof... if not waterproof.



QUALITY KITCHEN FACELIFTS

Transform your kitchen this summer



why replace when you can reface?

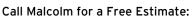
- · Installed by local skilled tradesmen
- Door swaps to full kitchens tailored to your needs
- 50% deposit, balance on completion











01268 955 054

www.dreamdoors.co.uk

Visit our showroom: Dream Doors Southend. 1741 London Road, Leigh-On-Sea, Essex, SS9 2SW



EVERYTHING YOUR HOME **NEEDS**



















www.dqdomestics.com

Email info@dandqsales.co.uk Unit 30, Lubards Farm, Hullbridge Road, Rayleigh Essex SS6 9QG





ESSEX PRO TILING







EXPERIENCED TILER OFFERING A PROFESSIONAL SERVICE

Wet Room & Bathroom Specialists | Installations | Interior/Exterior Tiling Ceramic | Porcelain | Natural Stone | Waterproof Certification

PLEASE CONTACT US FOR A FREE OUOTATION



Proud to be members of

01268 955 052

Checkatrade.com

Under

HOW TO BRING THE UNDERWATER **WORLD INSIDE**

here is something tranquil, calming and reassuring about the sea, to the extent that a recent trend finds us recreating the gentle serenity of the coast within our own homes.

Where in the past an underwater theme would have been the domain of the kids' bedrooms, experimenting with maritime design even in our main living spaces - consider blues, turquoises and light greens - can add colour, complexion and an element

And you don't have to go all out on themed furniture. Sometimes just very subtle references to the sea can have the best effect, such as scallop-patterned chains or edging to drawers or units.

Wallpaper can add smart, subtle references to the coast, either in swathes of brilliant blue and subtle sandy brown. or as a detailed design that perhaps showcases boats, shells or beach huts. And while you're at it, rugs and carpets with irregular, fluffy edges can move and sway in much the same elegant, carefree way as a receding tide. Patterned cushions can add a very simple effect too - think traditional blue and white with perhaps a splash of yellow.

The subtle placement of objects and art can also really bring on that feeling of being in a sub-agua wonderland inside of your home. Driftwood, for instance, is one of the most curious, curved, beautifully artistic things you can have, even as a stand-alone object or used as picture frames or stand-alone shelf decoration. And when adding watercolours, sculptures and other more covertly obvious nods to the beach, you can guickly build a mood that gives you everything the coast offers without the hassle of sand getting caught between your toes.



M. Suckling (Memorials) Ltd

42 Years Experience New Memorials Additional Inscriptions

Any lettering can be matched by sandblasting or by hand with hammer and chisels



01268 765605 07878 640922

www.msucklingmemorials.com marksuckling@hotmail.co.uk

BRAMM Registered Company



- → Flyers / Leaflets
- Business Stationery
- **♦ Brochure Printing** ♦ Signage
- **♦ Banners** Roller Banners **♦ Exhibition Stands**
- ♦ Wallpaper Printing
- - ♦ Web Design

SPECIAL OFFER

Full Colour Business Eards

DESIGNED, PRINTED &

Telephone: 01268 642606

Email: info@printandwebstudio.co.uk Unit 30, Lubards Lodge, Hullbridge Road, Rayleigh, Essex SS6 9QG





MARTIN 'HANDY' HOLMES

ALL INTERIOR & EXTERIOR WORK

Plastering ■ Rendering

Fencing ■ Patios ■ Paving

Artificial Grass

Decking & General Jobs

ANY JOB TAKEN ON, **BIG OR SMALL**

CALL MARTIN ON 01268 955048 07796 008198

Visit us on **f** martinhandyholmes

LOCAL NEWS

from your neighbourhood



Eilish is determined Aoife's Bubbles will fly high

Awoman from Rayleigh whose three-year-old daughter died from germ cell cancer suddenly this summer has set up a charity in her memory.

Aoife Flanagan-Gibbs was diagnosed with germ cell cancer six days after being misdiagnosed with childhood constipation. She died five days later.

Her mother Eilish Flanagan set up Aoife's Bubbles aiming to raise as much awareness and education as possible for germ cell cancer in children and to provide respite and acts of joy to children who are battling

Although she admitted she was still in complete shock, Eilish said she set up the charity as a force of

She explained: "Well-needed change. Change to save young lives. Change to educate the rarity is real

I do not want anyone to feel blame or guilt for my daughter's cancer, nor do I want any part of her life to bring anyone sadness. That is not what Aoife is about. But what we are about is accountability and justice, bringing change. What a legacy for Aoife."

In October, Eilish and a group of friends will be climbing the The Welsh Three Peaks Challenge in aid of the charity - with a twist.

Eilish revealed: "The team is made up of myself and seven manly men. We are climbing dressed as Disney princesses as a fitting tribute to our Queen Elsa. Anyone who knows Effie knows she demanded this title."

To donate, search Aoife's three peak princess challenge at www.gofundme.com and for more on the charity, go to www.aoifesbubbles.co.uk

LOCAL

NEWS



Police appealing for witnesses after stabbing

Police are appealing for witnesses after a fight in which two men suffered stab wounds. 21-year-old man from Hockley were arrested on suspicion of causing grievous bodily harm. They

Officers were called shortly before 3.20am on August 25, to reports of a fight in High Street, Rayleigh.

A 20-year-old man suffered a stab wound to his abdomen. His injuries were described as serious, but not life-threatening.

A 24-year-old man suffered a minor stab wound.

An 18-year-old man from Leigh-on-Sea and a

remain in custody for questioning.

Witnesses are asked to call Southend CID on 101 quoting incident 265 of Sunday, August 25.

You can also report online at www.essex.police.uk/ do-it-online

Alternatively, contact Crimestoppers anonymously on 0800 555 111 or Crimestoppers-uk.org

Town top of the league after perfect start

ayleigh Town FC made the perfect start to the season after recording three wins out of three.

The London Road-based side topped the Essex Olympian Football League after wins against Bishops Stortford Swifts, Buckhurst Hill and Leigh Ramblers.

It leaves Town with high hopes for the season as they look to build upon last term's sixth place finish.

All three games were played at home with James Blewitt and Charlie Seaden earning an opening day 2-1 win against Bishops Stortford Swifts.

That was followed by a 3-1 win against Buckhurst Hill. A Paul Morris double put Rayleigh in charge before Suleyman Zuhdu pulled a goal back, before being sent off, then Cameron Glover made the points safe with 10 minutes to go.

The result was made all the more impressive because Buckhurst are the reigning champions of the division having claimed the title by a massive 25 points in the 2018/19 season.

That 3-1 scoreline was then repeated against Leigh Ramblers as Danny Hurford, Henry Sims and a late goal from substitute Bailey Moss sealed maximum points.

In the Essex Premier Cup, Rayleigh will travel to Walthamstow to play Ryan who play two divisions below Town. The game will be played on October 19.

Meanwhile, Rayleigh were also drawn to play away in the Anagram Records Trophy. They will travel to play Tring Corinthians in November.

Rayleigh Town's upcoming fixtures include:

- > September 7 (away) Harold Wood Athletic
- > September 14 (away) Shenfield AFC
- > September 21 (home) Springfield
- > September 28 (home) Basildon Town



KingfisheR

Home Improvements Ltd

Professional installation of Windows, Doors, Conservatories, Sealed Units, uPVC Fascias, Soffits, Cladding & Guttering.

Free Quotations

Support your established local family business

> **Contact Jan or Steve at: KingfisheR** 128a High Street Rayleigh, Essex, SS6 7BU

> > Tel 01268 773299

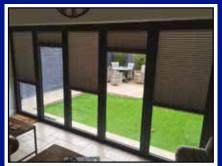
Email: jan@kingfisherdoubleglazing.co.uk www.kingfisherdoubleglazing.co.uk



Free Measure & No Obligation Quotes In the comfort of your own home



Awnings ~ Conservatory Blinds Day & Night ~ Panels ~ Perfect Fits Rollers ~ Romans ~ Shutters Venetians ~ Verticals ~ Wooden



rterial Blinds

01702 512391 ~ 07748 043357

E: arterialblinds@hotmail.co.uk ~ W: www.arterialblinds.co.uk

Follow Us On



MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford



Me now have a new Prime Minister in Boris Johnson MP. I voted for Boris during the Conservative Leadership Election, principally because I felt he was the best candidate to lead us out of the European Union at Halloween and thus honour the promise made to the British people to respect the result of the EU Referendum of 2016.

I believe it is imperative that we leave the EU on October 31, not least to maintain public confidence in our democratic system. The 17.4million UK citizens who voted to leave three years ago, represented the largest vote in British history for any proposition, ever. We have already 'kicked the can down the road' twice and we simply cannot afford to do it again.

I therefore believe that we should leave at Halloween.

with No Deal if necessary. However, my desired end state is that we should negotiate, as soon as possible, a comprehensive Free Trade Agreement (FTA), which would allow us to trade with our European partners, to our mutual economic advantage with low, or in some cases, no tariffs at all, Ironically, Donald Tusk offered us something like this 18 months ago, but the then Prime Minister rejected it out-of-hand.

We saw in the European elections in June, a massive backlash against the fact that we still have not left the EU three years on. I believe it is now incumbent on all Members of Parliament, myself included, to do all they can to honour the decision of the 2016 Referendum and take us out of the EU. In that regard, I intend to stay up on the evening of October 31 and watch the sun rise - on a free country.

Christina and friends clean up Southend

Abeautician from Rayleigh has been praised after she and her two best friends took it upon themselves to clean up Southend Beach recently.

Christina Maria owns Fairytale Lashes and Beauty opposite Rayleigh Station. She and her friends Amanda Willis and Samantha Phillips took on the trash tag challenge on the beach where internauts take a picture of a place where trash has accumulated, clean up the area, then take another picture of the spot to immortalize it with a before/after post.

Christina said the trio all care passionately about the environment.

She commented: "My friend Sam is very much an eco-warrior and Amanda is really into animal conservation and works at Colchester Zoo."

The girls, who are all 27, went to the FitzWimarc School in Rayleigh.

Christina Maria shared her community minded actions on Facebook winning praise from visitors to the Rayleigh Essex Facebook page.

Christina wrote: "There was a huge amount of litter left on the beaches despite several empty bins nearby. Of course, this was only a small contribution, but every little helps and it looked a lot nicer after."

Visitors to the page praised her.

Karen Kelsall Was Parker said: "Fantastic and thank vou. Just a shame that people can't put their rubbish in the bins or take it home with them."

Helen McGhee agreed and said young people should be educated against dropping litter.

She posted: "We shouldn't have to clean up after other people, but unfortunately a lot of today's society still need seriously educating as you can see by the amount of rubbish you collected."



Trust the domestic cleaning experts at MOLLY MAID

That's what tens of thousands of people around the world do!

- · Uniformed and professionally trained staff
- 100% guaranteed and fully insured
- · Regular or occasional cleans
- Free in-home estimate with no obligation
- All materials supplied
- No contracts



More

Affordable

than you

think!

www.mollymaid.co.uk

City

CALL US ON 01268 955049

www.dean-electrical.co.uk

info@dean-electrical.co.uk

Find us on

Checkatrade.com

NEED A LOCAL

ELECTRICIAN?

Contact Dean Electrical Services Ltd

Domestic & Commercial | Repairs & Installation

Vehicle Charging Points | Portable Appliance Testing

Fire Alarm Systems | Emergency Lighting Systems

Installation Condition Reports



Bringing the Gold Standard



Beautiful Window Fashions for your Home

Established for 20 years, we offer a dedicated window fashions service to Rayleigh and the surrounding area

Awnings ♦ Day & Night Blinds ♦ Conservatory Blinds ♦ Perfect Fit Blinds ♦ Pleated Blinds Powerview ♦ Roller Blinds ♦ Roman Blinds ♦ Venetian Blinds ♦ Vertical Blinds ♦ Wooden Blinds



Call us on 01268 778 377 www.harmonyblindsofrayleigh.co.uk

• Follow us @harmonyrayleigh

COME AND VISIT OUR SHOWROOM AT 128B HIGH STREET, RAYLEIGH, SS6 7BU

VISIONRayleigh edition5 | to advertise call 01268 955027

Over 100 BRAND NEW Appliances in Stock

- Washing Machines
- Fridge Freezers
- Gas & Electric Cookers
- Dishwashers & **Tumble Dryers**
- Built in Appliances

FREE local delivery within 5 mile radius

Call: 01268 745455



BOSCH







CONNECTION SERVICES • REPAIR & DISPOSAL • DELIVERY • BEST PRICES IN TOWN

www.rayleighdomesticappliances.co.uk

RDA • 88 The Chase • Rayleigh • Essex • SS6 8RW

Is It Time To Upgrade Your Conservatory Roof?



No More Freezing Cold Conservatory In The Winter

No More Boiling Hot Conservatory In The Summer

No More Deafening Noise From The Rain

No More Leaks or Unsightly Moss & Dirt

No More Glare From The Sun

No Fading Furniture or Wilting Plants

www.ELITEWARMROOFS.co.uk Instant Online Quotations Available





Never Too Hot... Never Too Cold...

Call Us Today For A Free Quotation 01268 955047

servatory Roofs | Replacement Conservatory Roofs | Full Conservatory Upgrades

Cince the many activities reported in the last issue Oduring June and July, the change of president, our annual Charity Golf Day, painting the hallway at the Todman Centre and presenting the storage box to the Grange Parent and Toddler Group, events were a bit more relaxed during the late July and early August

Once a month the club indulaes in a social evening. purely to get together for a bit of a chat, usually with a drink and something to eat, at a venue different from our usual meeting venue at the Rayleigh Club. This month the members had an enjoyable social evening at Kings Fish and Chip restaurant in Rayleigh High Street on Monday, July 22.

News from

On Monday, July 29 the club welcomed guests to come along to the meeting that was addressed by this year's district governor, Pauline Dean. Pauline

set out her plans for her year in office and it is hoped that some of the guests will be sufficiently inspired by Pauline's aims and the aims of Rotary in general to become members themselves.

THE ROTARY CLUB

The club held a speaker night on Monday, August 5 when Vic Havnes regaled the members with details of the role of cycling

in his life. The club hopes that it may be able to cooperate with Vic on projects sometime in the future.

The Rotary Club of Rayleigh Mill organises many events and charitable events that benefit the local community, events that help national and international charities and events that simply add to the social lives of the members. If you would like to find out more about what we do, please see the website at www. rayleighmillrotary.org.uk



Save Up To Off List Prices

Plus FOUR FREE LED LIGHTS

Or

Plus **FREE ROOF WINDOWS**

Limited Offer Subject To



☐ Diamond anniversary of the 5th Rayleigh Scout group, which began life in 1959.

Kyla Tosh, Scout leader, is asking if you, or anyone you know, has any connection with 5th Rayleigh Scouts, from the days when it met in Rayleigh Primary School, to when it moved into its old premises in Love Lane, or in more recent years since it has met at St Michael's Church, to get in touch.

A celebration event is being organised for the beginning of December, and Kyla wants to ensure anyone connected with the group in past years is invited.

Speaking about why she believes the group has

appointment of people like Bear Grylls and Peter Duncan as Chief Scout, the movement has become really popular.

"All the local Scout groups have dedicated volunteers and people who rise to the challenge when we need people to take over as leaders. The strength of the leadership team is very good."

Alongside the celebrations, the group is also set to move to new premises, where the new building will be the headquarters of the Crouch Valley District HQ.

To be part of the celebrations, contact Kyla by emailing kylamit@hotmail.co.uk or calling 01268

LOCAL





of Rayleigh

















The Lions Clubs of South East Essex held their I annual Sports Day and Fun Festival for Disabled People at The King John School in Benfleet recently.

The festival was enjoyed by around 200 quests from 20 disabled clubs in South East England and over a hundred carers and family members. The quests included standing competitors, sight-impaired competitors and wheelchair users.

Teams came from the local area and also from outside Essex. Havering won the cup overall.

Around 250 gold, silver and bronze medals were awarded in six categories for art, archery, basketball, bags in buckets, bomber darts, table cricket, fencing, new age kurling, shove h'penny, sticky balls, table tennis and target golf. It wasn't possible to hold many of the other planned disciplines due to the bad weather.

The Sports Day and Fun Festival for Disabled People

was run by the Lions Clubs of South East Essex from Castle Point, Eastwood, Leigh-on-Sea, Rayleigh and Southend-on-Sea. They were assisted by Lions Clubs from Newmarket, Clacton, Billericav, Basildon and Wickford, plus EA Centennial (the internet-based Lions Club).

Medals were presented to the many successful competitors in the various categories for each event.

A spokesman for the Lions Clubs of South East Essex said: "Despite terrible weather, and a reduced programme, our Sports Day and Fun Festival for Disabled People was a great success.

"A massive thank you to the many volunteers, competitors and carers who braved the rain and came together to make the day a great success.

"We hope that everyone enjoyed the day and we look forward to welcoming everyone again next year, hopefully in sunshine."

Essex-based experienced reporter needed

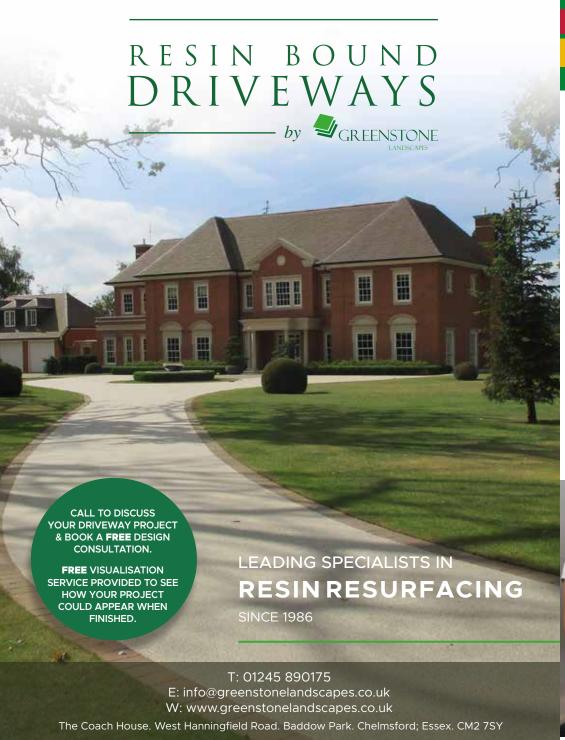
Are you a journalist with an eye for a story? Are you a good talker, but an even better listener? Are you as in touch with the parcel delivery lady as you are the town mayor? And most importantly, can you sort the wheat from the chaff? If so, you could be the Essexbased journalist we are looking for.

VISION magazines' rapidly expanding Home Counties portfolio means we need even more journalists at the heart of communities ready to put into print the stories that matter. Whether breaking news, reporting community updates or discussing upcoming issues, our writers are thirsty, dedicated and well rewarded.

At first, this will be a part-time/freelance position - perfect for the kind of flexibility needed in local iournalism, but with a view to scaling up as our network of titles continues to increase.

To be considered for this Essex-based position. send VISION magazines an email at nik@visionmag. co.uk including your CV.





NEWS FROM

RAYLEIGH TOWN MUSEUM

Although Rayleigh has been an important town since Saxon times its population has always been small. This was all to change from 1889 when the railway arrived in town. Then the population was in the region of 1,250, but today stands at circa 35,000 and is still growing.

The Wickford to Southend section of the Great Eastern Railway (GER) opened on October 1, 1889, when the first train, the 07.13am departed from Southend on its journey to Liverpool Street. Eight trains called during the week but only two on Sundays.

With the arrival of the railway a number of new housing estates were built, with free rail tickets and champagne buffets for those who purchased a plot of land. With increased traffic the single track to Southend was extended in 1900, and a Pullman car with a full restaurant service commenced in the 1920's. In 1923 the line became part of the London North East Railway (LNER), colour signalling was introduced in 1938 and in 1948 the railways became nationalised within British Railways.

The significant change to electrification came in December 1956 and at the same time the 3rd class section was abolished although the coaches were



simply rebranded to second class. With an increasing number of commuters in 1964 both platforms were lengthened to allow for trains of up to twelve carriages to cope with the demand. 1997 saw another change of branding this time to "First Great Eastern" and again in 2012 with the name "Abellio Greater Anglia". Now just Greater Anglia.

Shortly new Class 720 Electric Multiple units built by Bombardier with air conditioning and Wi-Fi will be introduced. However, these will all be standard class bringing to an end the era of 1st class travel.

School celebrates bumper exam results



Staff and students at FitzWimarc School in Rayleigh are celebrating after good GCSE and A Level results that places them in the top 25 per cent of schools nationally.

At GCSE, pupils at the Hockley Road-based school achieved three times as many grade 9s overall and across a range of subjects they exceeded national and county averages at grades 7, 5 and 4.

More than 28 students achieved an average of at least a grade 7 in every subject they studied.

A week earlier the school was also celebrating excellent overall and individual A Level results which puts the school in the top 25 per cent of schools in the country.

Headteacher, Robert Harris, said: "On the back of some highly impressive performances at A Level we are really pleased to see both high and improved attainment at GCSE level this year.

"We are delighted to see our substantial cohort of more able students achieving strong attainment and progress, but it is the individual success stories that we celebrate most, particularly those who have overcome adversity to achieve personal highs at whatever level this may be.

"It is also particularly pleasing to see that the school's predicted performance has been proven at both GCSE and A Level, which bodes well for the future."

KEEPING YOUB





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





TAILOR MADE COMPLETE WILL WRITING FRFF HOMF CONSULTATION A FAMILY BUSINESS THAT CARES

OTHER SERVICES AVAILABLE

Probate, Property Trust, Lasting Power of Attorney, Heirloom Protection Trust, Severance of Joint Tenancy, Disabled Person Trust, Lifetime Protection Trust, Home and Inheritance Protection, Lifetime Document Storage

0800 1123417 • 01268 551122 www.willandtrustcompany.com

Members of the Society of Will Writers and the Institute of Professional Will Writers and comply with their respective Code of Practice.

PRE PLANNED FUNERAL PLANS AVAILABLE



Great For:

Space Saving Kerb Appeal Ease of Use

0800 468 1982



Garolla saves you space inside your garage as the Garage Door rolls vertically into a box. This design requires just 8 inches of headroom and allows you to park closer to the door. Remotely control the Door from the comfort of your car with a hold to run remote.

LIMITED OFFER - was £1354

NOW ONLY £895

INC. VAT & FULL FITTING

MADE TO MEASURE, CALL US TODAY

01277 800 142

07537 149 128 🔓 Phone Lines Open 7 Days a Week

- Offer valid for openings up to 2.6m wide & inc: 2 Remote Keys, 55mm White slats, Internal manual Override -

POSTING

Why new *Dragons' Den* enterprise impresario Sara Davies is a calling card for all businesses hoping to grow out of nothing.

Anyone who has seen the new series of *Dragons' Den* will have clocked a new face on the panel of fire-breathing business behemoths.

Terrestrial television's most successful new business show resumed its 17th series at the start of August. And with Jenny Campbell having stepped back from investment duties at the end of the last run of programmes, the much-vaunted seat two – once occupied by James Caan, Richard Farleigh and Hilary Devey – was instead filled by a new backer; and someone able to empathise with all areas of the entrepreneurial spectrum.

To the untrained eye, County Durham-born Sara Davies MBE represents a friendly, warm, welcoming, empathetic member of Britain's most feared panel. And so she should – the 35-year-old was brought up in rather simple surroundings in the north-east, and launched her debut business, Crafter's Companion, from her university student accomodation.

Her idea was simple – she offered a tool that could create bespoke envelopes for handmade cards. It came at a time when craft had begun to boom in the UK, and such an obvious gap in the market was there to be exploited. Sure enough, by the time Davies graduated, the enterprise was turning over £500,000 a year.

These days, Crafter's Companion exports to over 40 countries, employs 190 people worldwide, and can boast an annual turnover of £25million – not bad for an idea not just written on the back of an envelope, but was the envelope itself.

It all adds up to someone perfectly in touch with the qualities required to take a ground level business and move it to the next level. In

sympathetic yet system-driven.

PROFITS

"I think my background isn't too dissimilar to that of the other Dragons," she says.

the opening episodes we see Sara's approach as firm but fair,

"It's not like we were born into huge amounts of wealth. For us it's just been a case of having a good idea, going with it, then using the profits from that to try other avenues.

"As I say to a lot of young companies, sometimes getting that first idea right makes it 10 times easier to fuel all those that follow. That's because you have a springboard, you have experience, and the chances are you have contacts, as your next move is most likely to be in a familiar area."

As the 18th business wizard to step into the show, Davies is the youngest, proving that the world of modern business, even at corporate level, isn't the domain of those who have spent decades climbing up through the system.

"While it takes time to understand the mechanics of enterprise, I believe the spark to make money and to make a difference is there from childhood. That's not something you can learn – you either have it or you don't," she says.

Davies is already making a difference in the den. While, straight away, she put her hand in her pocket to make real the dreams of the next generation of business whizz, she is at the same time inspiring a brand of Sunday night armchair money-makers as well – are you one of them?

Photo credit: S Meddle/ITV/Shutterstock

Sleeper

ailway sleepers have a mystery and charm all of their own... to the extent that an object originally recycled from the trackbed is now being produced from freshly felled trees, such is its popularity amongst gardeners.

While some people choose to leave the sleeper to extol its original rustic beauty, others like to explore the range of treatments that can brighten, soften or reshape this hunk of wood, from sanding back to varnishing or painting.

Here are a few uses for railway sleepers:

UNDER FOOT

Solid enough to hold the weight of a train, it makes sense that a railway sleeper's most accepted use is in the ground. As characterful steps – laid either sideways or pushed together lengthways – this is a great use that can guide an eye deep into a garden's charm.

EDGING

Flower beds and lawns can look smart and tidy when utilising the brilliant straight lines of a railway sleeper. For a rustic object, this hunk of wood can offer an unexpectedly contemporary line that will shape and present your plant life.

Alternatively, cut the sleepers and stack face up, experimenting with different lengths to give your beds a feel of ascending excellence.

WALLS

Railway sleepers presented as a wall not only makes a visually pleasing bank of wood, but will provide you with considerable strength at the same time. Whether housing a compost pile or offering a place for you to store garden objects out of view, these weighty objects will stand up to storage

Consider drilling solar lights in too to make your garden a charming night-time escape.

BENCHES

Whether cut to form legs or otherwise propped on bricks, using railway sleepers as a bench will give you a chunky, rustic seat that will survive many













www.LondonDeckingCompany.co.uk info@LondonDeckingCompany.co.uk Vicarage Close, Brentwood, Essex, CM14 5GR











ALL TREE WORK **UNDERTAKEN**

- FAMILY RUN BUSINESS
- **OVER 35 YEARS EXPERIENCE**
- PRUNING O THINNING O REDUCTIONS
- FELLING AND REMOVAL DEAD WOOD REMOVAL
- SITE CLEARANCE HEDGE MAINTENANCE
- FIREWOOD SALES FULLY INSURED ESSEX TOP RATED TREE SURGERY COMPANY 2017/2018 ON





01277 284638







Your hair needs us

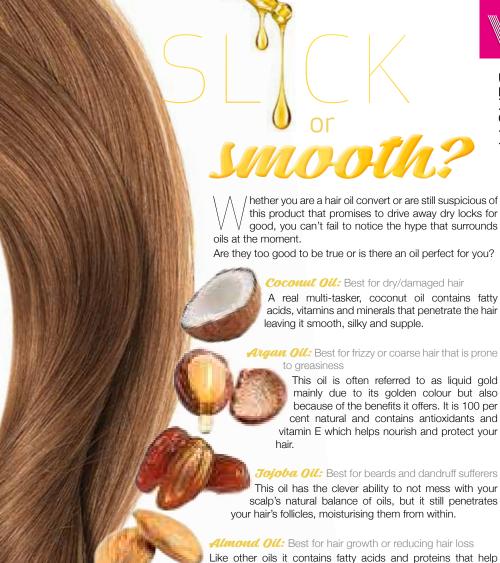
Wash, Cut & Blow Dry Wet Cut | Dry Cut Clipper Cut Hair Up | Highlighting Re-growth & Re-fresh Colour Bath | Perming **Hair Extensions**



01268 772575 70a High Street, Rayleigh, SS6 7EA

f toppershairsalon 🔰 @toppers_hair





This oil has the clever ability to not mess with your scalp's natural balance of oils, but it still penetrates your hair's follicles, moisturising them from within.

protect and nourish your hair, but almond oil also contains magnesium which helps prevent breakages and aids hair arowth.

Olive Oil: Best for brightening dull, frizzy hair

Most people have olive oil in their kitchen, but did you know you can also use it in the bathroom? Due to its protective and exfoliating properties, olive oil can be used in place of conditioner to create a smooth shine after shampooing.

Marula Oil: Best for sun exposed hair

Summer make feel like a distant memory but the effects on your hair are visible for all to see. Marula oil, which has a distinctively fruity aroma, is ideal for treating sun-damaged hair.



IT'S NOT ROCKET SCIENCE!

CALL NOW FOR AN OUT OF THIS WORLD DEAL

Your Monthly Lifestyle Magazine

t: 01268 955027 m:07860 683239

e: rayleigh@VISIONmag.co.uk

w: www.VISIONmagessex.com

We offer all aspects of modern dentistry including:



- Hygiene & preventative
- Implants
- Gum treatments
- Dentures
- Root-fillings
- Sedation
- State of the art crowns & veneers

- Tooth coloured restorations
- Professional whitening
- Sports mouthguards
- Children's dentistry
- Invisalign (cosmetic straightening)
- Snoring treatments





Facial Aesthetics:

 Cosmetic line and wrinkle treatments using botulinum toxin (BTX) and HA fillers are available and provided by fully trained and insured practitioners.

Affordable Financial Plans:

- Fully comprehensive child dental health plans for the best possible care of young mouths
- Adult hygiene and maintenance plans available
- Family member discounts











Accredited by: BDA Good Practice





2 Woodlands Parade, Main Road, Hockley, Essex SS5 4OU • T: 01702 203177 • www.hockleydental.co.uk



PINEAPPLE HEAD

Why sleeping with a pineapple in your room can aid sleep

arning... the next time your partner asks if you want to get fruity in the bedroom it may be that they have only one thing in

Recent research from NASA, no less, suggests that sleeping with a pineapple in your room can stop you from snoring; and that, in turn, will help you - and anyone nearby - sleep better. It's thought one in four people are forced to kip elsewhere on nights when their loved one's sound effects get out of hand, but a simple trip to the greengrocer could unite couples again.

That's because pineapples produce huge amounts of oxygen, and the release of this improves air quality throughout the night and our own ability to sleep.

Scientists now believe a combination of air purity and a sensible quantity of well-regulated rest (7 to 8 hours) are vital for our daily wellbeing. Sleep not only improves our ability to function mentally, but serves to help the body fight off germs and infections.

While pineapples seem to be getting all the good press at the moment, there are a number of other plants that have a surprisingly buoyant effect on air purification. These include aloe vera, dwarf date palm, weeping fig, English ivy, Boston Fern and Chinese evergreen.

And one final tip when you find yourself in the local supermarket selecting your prickly night-time partner - pick up an extra pineapple to consume before you put your pyjamas on. That's because boffins have revealed that pineapples are high

in melatonin, a hormone that can help reset your circadian

rhythm, getting sleep and waking cycles back to normal whilst even offering one of your five a day.

Blurred Vision?

WHAT IS A CATARACT?

A cataract is the clouding of the natural lens in your eye. The human eye has a lens, much like a camera does. It has a role in focussing light to enable vision. As one ages, the lens becomes less clear, and it is this "clouding" which is called a cataract.

HOW WOULD A CATARACT AFFECT MY VISION?

Cataracts can lead to poorer vision in the effected eye. In general, it may appear like looking through a frosted window.

IS IT COMMON?

Cataracts are a natural part of aging and are therefore very common, but they can also develop due to a number of health conditions.

HOW CAN IT BE TREATED?

Cataracts are treated by surgery. The operation involves removing your natural

PUBLIC OPEN EVENT



CATARACT & AGEING EYE **DISEASES**

18th September @ 18:30 **BMI Southend Private Hospital**

> Call to book: 07926 008140

clouded lens and replacing it with a clear artificial lens. The majority of cataract surgery is done under local anaesthetic and is undertaken as a day case, requiring up to a four hour stay in hospital.

HOW SUCCESSFUL IS IT?

Cataract surgery is the most commonly performed and safest surgery worldwide. Over 450,000 cataract surgeries are undertaken in England annually with over 95% of patients experiencing improved quality of vision.





Come and join us at our FREE hospital open events.

- P Let's talk weight loss surgery.
 Thursday 19th September 2019 at 6.30pm
 With Mr Sanjay Agrawal,
 Consultant General Surgeon.
- P Sleep apnoea and snoring.
 Thursday 10th October 2019 at 6.30pm
 With Mr Paul Chatrath,
 Consultant ENT Surgeon.
- P Ageing foot disorders.
 Tuesday 15th October at 6.30pm
 With Mr Amit Bhargava,
 Consultant Orthopaedic Surgeon.
- P Cataract surgery and ageing eye diseases.

Thursday 11th July at 6pm With Prof Rajesh Aggarwal, Consultant Ophthalmologist.

- 1:1 Men's health your prostate.

 Thursday 7th November from 6.30pm
 With Mr Ramachandran Ravi,
 Consultant Urological Surgeon.
- P Ageing aches and pains.
 Thursday 14th November at 6.30pm
 With Dr Matthias Toth,
 Consultant General Physician.
 - Varicose vein surgery.
- 1:1 Thursday 3rd October 2019 from 6.30pm With Mr Gadhvi, Consultant Vascular Surgeon.
- P Thursday 21st November 2019 at 6.45pm With Mr Sabu Jacob, Consultant Vascular Surgeon.
 - P Presentation
 - 1:1 mini advice consultation

Spaces are limited, call **01277 886 984** or visit **nuffieldhealth.com/book**

Nuffield Health Brentwood Hospital Shenfield Road, Brentwood, Essex, CM15 8EH

FRANKENFOOD THE STRANGEST FOOD MASH-UPS

Ve live in a time of global culinary inspiration, yet where food mash-ups go, some of the recent trends appear to be not just from another country, but another planet.

What is certain is social media has accelerated the popularity of some frankly peculiar creations. Do you dare your tastebuds to stretch quite this far?

THE STARTER: PICKLES AND PEANUT BUTTER

Pickles as a starter are nothing new, but with a tangy peanut butter accompaniment they take on a flavour – and a texture – all of their own.

THE DRINK: COCONUT LEMONADE

Two cans of lemonade, 1tsp of coconut extract, a dash of blue food dye and ice cubes, makes a perfect summer drink with a tropical twist.

THE MAIN: MARMITE PASTA WITH CHEESE

Love it or hate it, yeast extract is a dynamic flavour that divides a nation. And in the form of a pasta sauce its controversy continues, although softened with cheese this is an absolute treat for those brave enough.

THE ACCOMPANIMENT: POPCORN WITH KETCHUP

While sugar and honey have provided the sweet option for popcorn fanatics up until now, ketchup's universal appeal now gives the ultimate cinema snack an even tastier appeal, as well as adding moisture to a notoriously dry snack.

THE DESSERT: VANILLA ICE CREAM AND SOY SAUCE

This dessert uses the same principle as salted caramel ice cream, adding a burst of flavour to the smooth, sweet predictability of vanilla ice cream, whilst masking that sometimes excessive fishy essence of this most characterically Asian flavour.

THE HEALTHY OPTION: SALT AND PEPPER ON APPLE

This simple, healthy break from the norm combines sweetness, salt, a power packed punch and all the crunch of our favourite fruit in a way that will keep the densist happy too.

THE SNACK: OREOS IN ORANGE IUICE

Chocolate orange as a taste is nothing new, but never before has dipping your faithful Oreo in natural orange juice been so rewarding, with rich, competing flavours, mesmerising moisture and a familiar crunch.



Suit Up

ower suits are officially back in fashion and we couldn't be any more excited about this. With everyone from Emma Watson to Meghan Markle loving this versatile and fierce trend, we will definitely be snapping up a few (or as many as we can afford) of the below styles this season.

TIMELESS MONOCHROME

Perfect for showing you mean business in the boardroom, you can't go wrong with a classic black suit teamed with a crisp, white shirt. Choose a slim leg and close-fit jacket to show off your shape but stay professional with a high-buttoned shirt and pointy, patent black shoes.

NOTICE ME NEON

Autumn 2019 is all about neon with green, pink, orange and electric vellow all featuring heavily on the catwalks. Ensure you always stand out from the crowd in a head-to-toe neon suit in your preferred colour. We recommend keeping the cut simple with a basic blazer and cropped trouser; be sure to keep accessories to the minimum and let the suit do the talking.

BLAG ONE FROM THE BOYS

Think back to the '80s when the woman's power suit first hit the scene; over-sized blazers with statement shoulders were a must. Look out for jackets with a boxy silhouette and high-waist, darted trousers.

IF IN DOUBT, GO NEUTRAL

If you like to play it safe with your fashion choices, then you can't go wrong with a smart and sexy grey checked suit. We love this fabric in a tuxedo trouser and jacket with flap pockets; effortlessly smart and bang on trend.

LIGHTWEIGHT LINEN

Ideal for making the transition from summer to autumn, a linen suit is extremely versatile and can be kept simple and elegant for day wear or easily jazzed up with some accessories for a glamorous night out.



ALL FRESH INGREDIENTS

Call: 01268 774 177

www.pizzagogo.co.uk/stores/rayleigh 47 Eastwood Road, Rayleigh SS6 7JE





7 DAYS A WEEK

JUSTIEAT



Great food at affordable prices

DINE WITH US OR TAKE AWAY ORDER ONLINE

www.turkgrillhouseonline.com

GET 10% OFF ALL ONLINE ORDERS

01268 778133

49 Eastwood Rd, Rayleigh SS6 7JE • turkgrillhouserayleigh

COME TO US FOR QUALITY CLEANING

HAMBRO DRY CLEANERS

OVER 35 YEARS EXPERIENCE IN THE DRY CLEANING INDUSTRY

4 GARMENTS

DRY CLEANED & PRESSED ONLY £14.99

*includes 1 coat or 1 dress or 1 bumper jacket

2 SUITS

DRY CLEANED & PRESSED £12.99

Price applies to 2 piece suits

2 DUVETS

WASHED & DRIED £19.99

T&Cs apply • Feather Extra

*Offers excludes leather, suede, silk & delicate materials

Open: Monday - Saturday 9am - 5.30pm

Tel: 01268 642854

4, Hambro Parade, 59 Hullbridge Road, Rayleigh SS6 9PU

PLUS

- FAST REPAIRS
- ALTERATIONS
- CURTAINS & **UPHOLSTERY**
- WEDDING DRESSES
- IRONING SERVICE

10% OFF WITH THIS VOUCHER





Top Class Gold & Silver, Jewellery, Clocks & Watches Bought & Sold

- The Largest Jewellers & Pawnbrokers in Rayleigh
- Bespoke items made to order
- Figure 1 Engraving, Repairs & Re-stringing services
- Pre-owned Jewellery & Watches

Telephone: 01268 779002 ♦ www.stuartsofrayleigh.co.uk 124-126 High St, Rayleigh, SS6 7BY







Gavin Woollard Photography

With the experience of nearly 2000 weddings and thousands of Portrait clients including a 17 year commission at Buckingham Palace when you choose Gavin Woollard for your wedding photography you are choosing one of the very best.

Call 01245 421224

gavinwoollard@gmail.com • www.reportagephotography.com
The Granary, No 1 Rumsey Row, The Green, Writtle, Chelmsford, Essex CM1 3YA





omework can be the bane of a parent's life; should you just let your little ones get on with it, micromanage the whole process or simply wing it each day?

✓ BASE INVOLVEMENT ON THEIR AGE

Children who have only just been introduced to the concept of homework are going to need more help and motivation than an older child. Be present with younger children and help where needed but make sure your child is actively participating in the task at hand.

✓ TALK TO THE TEACHERS

Knowing what your child's teacher expects is an important step in managing home learning effectively. Set time aside to talk to them about their homework policies and how much they think you should be involved.

SCHEDULE FOR SUCCESS

Work out what time works best for your child; whether that be straight after school whilst they are still in the learning zone or after dinner once they have had time to relax and unwind.

✓ PLAN AHEAD

This is especially important if your child has after-

school commitments or has been given a bigger project to do that will require more time and effort. Try breaking up their work into more manageable pieces or create a work schedule for additional guidance.

✓ ELIMINATE DISTRACTIONS

An obvious one, but phones, TV and other electronic devices are a big no-no when it comes to homework time. Young children especially can be easily distracted so keep these devices out of sight

MOTIVATE AND MONITOR

Make sure you are aware of any big tests or assignments and monitor your child's progress as they prepare for these. Be on hand to encourage and offer support but try not to take over; remember your child needs to make mistakes in order to grow as an independent learner.







The right choice for your Airport Transfer

Pre-booked service | Over 20 years experience
Fully Licensed Drivers | Fully tracked vehicles
Courtesy call the night before | Confirmation email
Full range of vehicles – all less than three years old

To book call: 01268 733 333 24 Hour Mobile: 07818 044133

Email: info@nikitasairporttransfers.com







Office hours: 9.00am - 7.30pm



✓ Airport	Car	Bus
City*	£45	£65
Stansted	£60	£70
Gatwick	£75	£95
Heathrow*	£90	£110
Luton	£90	£110
Southend	£25	£35

This is for the SS6 post code areas

*An additional charge of £5 will be made for pick ups only from Heathrow and City





hether you've already been away this year or have been shaping your holiday away from the madness of the summer rush, the popularity of the autumn escape has really come into its own as people look to rework the way they holiday. Here are a few places to consider:

ROME

Notoriously busy during July and August, the Italian capital regains its resplendent simplicity as the autumn months come about. A drop in tourist numbers means you can fully appreciate Rome's stunning architecture, take your time over pizza or pasta, and explore winding backstreets without an accompaniment of trudging tourists. Of all Europe's cities, it is probably the one that feels most different in autumn.

CYPRIIS

If sun and sand is still your thing, then Cyprus will hold its sizzling summer feel more than most other European destinations. Even in the echoes of autumn, temperatures remain in the high 20s, and

with an eclectic coastline, charming Mediterranean villages and a combination of vineyards and mountains, there are a variety of terrains and colours to ensure you stay charmed by your surroundings.

AFRICAN SAFARIS

For the perfect African safari, an autumn break is perfect. Temperatures all year round tend to vary very little – in Kenya, for instance, the lowest average of 27 in June is only four degrees off the January peak month. Other locations such as Botswana and its Okavango Delta can offer water-flooded expanses that cool hot limbs whilst offering incredible, expansive views over some of the world's most incredible creatures.

VIETNAN

Or perhaps for somewhere completely different, get in right at the start of Vietnam's dry season with an October escape to a land of rich wildlife, absorbing culture and complicated history that, these days, lures tourists looking for provenance and purpose as much as a place to relax and unwind.



WHAT'S ON

in your area

Slimming World with Jo

Rayleigh Methodist Church, Eastwood Road, Rayleigh, SS6 7JP Every Monday, 5.30pm or 7.30pm

Jo is on a mission to reach out to everyone who is unhappy with their weight to let them know that there is an easy way to slim whilst enjoying fabulous family friendly food.

Everyone is welcome, men, women, pregnant mums-to-be and even 11 to 15 per olds

For more information, call or text Jo on 07949 040711.

Heritage Open Day

Rayleigh Town Museum, 91 High Street, Rayleigh, SS6 7EJ

September 15 & 22, 1pm - 4pm

Guided tours, presentations and real life 19th century millers. They will be offering free guided tours of Rayleigh Windmill and free presentations on their recent renovation, all given by their insightful and enthusiastic volunteers who will be dressed in 19th Century millers outfits.

They will also have a new display titled 'Reflections of a Rural Rayleigh', local artwork on the exhibition floor and free entry for everyone.



Basking Babies

Rayleigh Library, 132/4 High Street, Rayleigh, SS6 7BX

September 16, 12pm - 1.30pm

A five-week baby massage course run by Basking Babies. The massage classes are fun, relaxed and informative and provide you with tools to be able to confidently massage your baby at home.

Booking is essential. For further details and to

book please contact Lianne Hopkins on 07725 073837 or lianne@baskingbabies.co.uk

For more information, visit baskingbabies.co.uk

Wedding Show

The Rayleigh Club, Hullbridge Road, Rayleigh, SS6 9QS

September 22, 11am - 3pm



Struggling to find inspiration for your big day? Why not go along to The Rayleigh Club Wedding Show.

Nestled in over three hundred acres of stunning parkland, The Rayleigh Club can offer an elegant, contemporary setting for your wedding. With a choice of four reception suites the venue can host either an intimate gathering or a larger party. Luxury on-site accommodation, including a sumptuous Bridal Suite, is available for your guests.

Entry is free, for more information visit www. mainweddingsandevents.co.uk

Halloween special: live wrestling

The Mill Arts & Events Centre, Bellingham Lane, Rayleigh, SS6 7ED October 26, 7pm – 9pm

WrestleForce returns to the Rayleigh Mill for a Halloween special of incredible action for the whole family.

WrestleForce have been putting on acclaimed family friendly professional wrestling shows for the past six years.

Featuring larger than life personalities duelling it out in free for all bouts featuring breathtaking manoeuvres, WrestleForce delivers two hours of incredible action the whole family can enjoy.

For more information and to book tickets, visit www.wrestleforce.com/all-events/134







Saturday 5th October

Exhibition & Live Painting 1-3pm







01702 471010

WWW.PIECEGALLERY.CO.UK

@ @PIECE.GALLERY

65 BROADWAY

LEIGH ON SEA

ESSEX

SS9 1PE



HOW ROBOTIC PETS ARE BRINGING JOY TO DEMENTIA SUFFERERS

t's a disease more terrifying, debilitating and demeaning as any other; one that rips apart families and leaves victims often in a spiral of panic and fear, and yet we still seem to know desperately little about dementia, and within that Alzheimer's.

While progress in the research labs over the past decade has been impressive, not even the very best scientists could have predicted the dramatic impact robotic pets appear to be having when it comes to soothing the anxiety and loneliness of sufferers.

> "A stuffed, robotic dog or cat can be a companion throughout the day for an elderly individual with Alzheimer's disease or dementia. Social isolation is a very common problem among older adults, and having a pet is a really wonderful way to combat that," notes Dr. Mattan Schuchman, a leading authority on this new idea.

The robotic pet eliminates the need to care for a real pet, which is virtually impossible for those suffering with the disease, yet puts a position of responsibility back on the patient and reaffirms their ability to tend to and care for something, having often had that feeling of being relied upon taken away from them.

Recent studies discovered patients' sense of joy and well-being when looking after a robotic pet builds confidence into other areas, reaffirms love and affection, and slows what can sometimes be a rapid acceleration of the debilitating side effects of dementia.

While we still have a long way to go, the use of such a simple toy, which is cost-effective, long-lasting, companion-driven and precludes the unnecessary use of drugs, seems a very clever solution to a very profound problem.







FOR £49.99 +VAT

Subject to T&Cs



PARAGON LEGAL SERVICES LTD

Affordable Excellence Endorsed by Over 18,000 Satisfied Clients

Let one of our local professionals offer expert advice & create your Will in the privacy of your home, at a time to suit you, day or evening

WE CAN ADVISE YOU ON CARE FEES

Call Free 0800 0747 642 or 01206 544919

8am-10pm weekdays, 9am-5pm weekends

Call us for a free home appointment and request our free information pack on Wills, Lasting Powers of Attorney, Trusts, Probate, Care Fees and Guaranteed Funeral Plans

Regulated by the Society of Will Writers and Estate Planning Practitioners

www.paragonlegal.co.uk







We provide high quality personal advice on many aspects of Business and Personal Finance

Our services cover

- Mortgages
- Private Medical Insurance
- Investment Planning
- Retirement Planning
- Insurance and Protection
- Corporate Financial Services

Your home may be repossessed if you do not keep up repayments on your mortgage.

Working with you to:

- Provide personal face-to-face financial advice
- Give you the opportunity to review your financial affairs regularly
- Investment planning via the St. James's Place distinctive approach to investment management.
- Keep you informed of the latest news and any changes that might affect your personal situation
- Listen to your feedback
- Ensure that any dealings with you are sensitive to your needs

For further details contact Matt Hodges

The Partner Practice is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the Group's wealth management products and services, more details of which are set out on the Group's website www.sjp.co.uk/products. The title 'Partner Practice' is the marketing term used to describe St. James's Place representatives.



Suite 3, Station Court,
Station Approach,
Wickford, Essex SS11 7AT
01268 766971• 07734 820076
www.matthewhodges.co.uk

Associate Partner Practice of St James's Place Wealth Management



or a system initially associated with conducting eBay transactions at first, PayPal has
 grown to become the world's most trusted payment facility, but does that mean it's safe?

We are firmly in the realms of the digital age, particularly when our business and personal transactions can all be conducted at the click of a mouse.

While few miss the inconvenience, clumsiness and delays associated with cash and cheque transactions, that's not to say we shouldn't look for protection and reassurance from internet-based systems such as PayPal, Skrill, Moneybookers, Google Wallet and others.

Certainly, in terms of numbers, PayPal's domination of the market is a good marker as to its reputation. This year it will top 300 million active accounts, with sign-ups rising by 17 per cent year on year.

The organisation operate several layers of security behind each account, with recipients of money never receiving sensitive financial information such as credit card or bank account details. There is also the PayPal Purchase Protection scheme, which acts as an insurance policy for outgoing payments, and in general any disputes come down firmly on the side of the customer as opposed to the seller.

PayPal have even offered cash incentives to any buffs uncovering potential security flaws, vulnerabilities or breaches in the company's digital data defence system.

And with the system draped in data encryption and anti-fraud technology, it might be said that a PayPal account is actually safer to use than a credit card, bank account or a cheque book.

However, the premise isn't all on the corporation. There will always be someone wanting to tread in your digital footprint, and as with any security system, the set-up is only as tight as the actions of those using it, so users are frequently reminded to stay diligent when it comes to logins and passwords.





PUZZLES & TRIVIA

ACROSS

- 1. Egg-laying mammal (8)
- 5. Vehicle pulled by a horse (4)
- 8. Capital of Bulgaria (5) 9. Less heavy (7)
- 10. Special ___: cinematic
- techniques (7) 12. Passion (7)
- 14. Flotation device in water (7)
- 16. Released from a duty (7)
- 18. Type of dance (3-4)
- 19. Bring together (5)
- 20. Mud grooves (4)
- 21. Respected and admired (8)

DOWN

- 1. Elapse (of time) (4)
- 2. Matter (6)
- 3. Annual compendiums of facts (9)
- 4. Less attractive (6)
- 6. Join or fasten (6)
- 7. Beat out grain (8)
- 11. Type of dwelling (9)
- 12. Top quality (of a hotel) (4-4)
- 13. Address a person boldly (6)

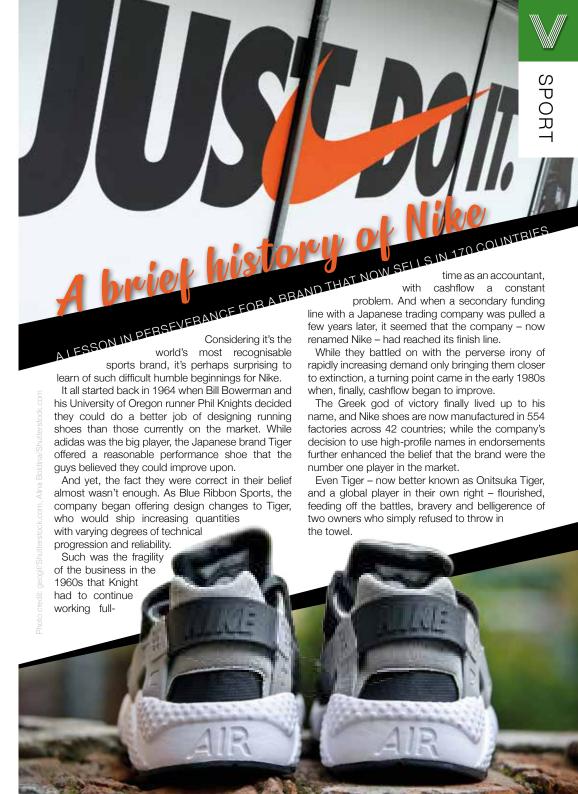
- 14. Takes up (6)
- 15. Entrance hall (6)
- 17. Stained a fabric or hair (4)

DID YOU KNOW?

- ► A bear has approximately 42 teeth
- ► Koalas normally sleep from between 18 and 22 hours a day
- A duck can't walk without bobbing its head
- Cockroaches can live without their heads
- lt takes around 2 weeks for a sloth to diaest its food
- ▶ No tiger has the same pattern of stripes
- ▶ Only males are called Peacocks. Females are called Peahens
- ▶ Sea otters hold hands when they're sleeping so they don't drift apart
- Flamingos can vary in colour depending on their diet

SUDOKU

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





here Brexit is concerned, the constant speculation that accompanies every interview, press release and set of research figures is something we've got used to. And yet, for the most part, the simple truth is we just don't know what will happen... apart from where the car industry is concerned.

Such is the nature of a market that encompasses 31 million vehicles that, whether buying new, or used (as a drop in new car sales will push up the price of second-hand motors), it seems we will all be affected, and the news isn't good.

It's all down to EU tariffs on cars. These threaten to add on at least $\mathfrak{L}2.7$ billion for imports and upwards of $\mathfrak{L}1.8$ billion for exports. That means at least $\mathfrak{L}1,500$ being added on to the cost of a car coming into the country.

This has been compounded by the lower value of the pound, caused by

though that could correct itself in the months to come, with new Prime Minister Boris Johnson insistent that the October 31 deadline for the leaving the EU won't be missed.

Others have pointed to fuel costs, worries over how freely we will be able to drive abroad, and insurance premiums, but the majority view is these will settle down quickly as the market begins to stabilise again in the winter.

And while our cars may be more expensive in the short-term, no-one knows how the vagaries of new trade deals might perhaps set us up for better pricing in future.

Depending on which side of the fence you sit on, we're either about to embark on a period of unrestrained freedom... or we're plummeting into a financial, social and political abyss from which we will never recover. Either way, hold on to your steering wheel.



www.imperials.co.uk

WE WOULD LIKE TO BUY YOUR PRESTIGE CAR

One of the UK's Leading Prestige Car Dealerships for over 30 years
1,000s of Customers Worldwide | New Car Sales | Used Car Sales
Personalised Vehicle Sourcing | Full Dealer Facilities | Finance Packages
Concession Sales (SOR) | RAC Platinum PLUS Warranty Exclusive to Imperials

We are the prestige dealership you have been looking for







Chelmsford

IMPERIALS FINANCE BROKER SERVICE

We can arrange finance for you even on cars that are not purchased from our stock. Please call our finance department for further details and better your monthly payments!





Please see our website for up to 20 images of each stock vehicle

OUR LOCATIONS ACROSS ESSEX 69-71 Butts Green Road, Emerson Park, Essex, RM11 2LD **01708 449726**

Cooksmill Green, Ongar Road, Chelmsford, Essex CM1 3SR **01245 248 007**

THE VISION LISTINGS

AIRPORT TRANSFER

NIKITAS

Pre-booked service, tracked vehicles, fully licensed drivers. 01268 733 333 | 24hr number 07818 044 133 | email info@ nikitasairporttransfers.com for the SS6 area

BLINDS

ARTERIAL BLINDS

Awnings, Conservatory Blinds, Rollers, Romans, Venetians, Verticals, Wooden. FREE measure, no obligation quotes. Call 01702 512391 | 07748 043357 | arterialblinds@hotmail.co.uk

BEAUTY

TOPPERS HAIR STUDIO

Wash, Cut & Blow Dry. Highlighting, Perming, Hair Extensions, Colour Bath, Re-Growth, Re-Fresh. Call to book 01268 772575 | visit us at 70a High Street, Rayleigh, SS6 7EA

CARE SERVICES

ABBEY HOME CARE

Home Care Services such as Companionship, Daily Chores, Personal Care, Respite After Care, Live-in Care, Dementia & Alzheimer Care & more. Call us on 01268 777646.

DENTAL

HOCKLEY DENTAL SURGERY

We offer all aspects of modern dentistry, facial aesthetics treatments. Call us on 01702 203177 or visit us at 2 Woodlands Parade, Main Road, Hockley, SS5 4QU

DIGITAL MARKETING

FSE DIGITAL

Websites, SEO, PPC, Social Media, Digital Marketing. Call us on 01245 477449 | email us info@fsedigital.com or visit our website www.fsedigital.com

DRY CLEANERS

HAMBRO DRY CLEANERS

Quality cleaning, fast repairs, alterations, curtains & upholstery, wedding dresses, ironing services. 01268 642854 | 4 Hambro Parade, 59 Hullbridge Road, Rayleigh, SS6 9PU

ELECTRICIAN

DEAN ELECTRICAL SERVICES LTD

Domestic/Commercial, Repairs/Installation, Vehicle Charging Points, Portable Appliance Testing, Fire Alarms, Emergency Lighting, Installation Condition Reports. Call 01268 955049

ESTATE AGENTS

ST GEORGE HOMES

Online and high street estate agency. Over 30 years of experience in the local market. Call us on 01268 770728 | visit us at Berry's Arcade, High Street, Rayleigh, SS6 7EQ

FINANCIAL SERVICES

HODGES & CO WEALTH MANAGEMENT

Mortgages, Private Medical Insurance, Investment Planning, Retirement Planning, Insurance & Protection, Corporate Financial Services. Contact Matt Hodges on 01268 766971

THE WILL & TRUST COMPANY

Tailor made complete will writing. Free home consultation. Pre Planned Funeral Plans and other services available. 01268 551122 | 0800 1123 417 | www.willandtrustcompany.com

PARAGON LEGAL SERVICES LTD

We will write your will for only £49.99+Vat subject to T&Cs. Call FREE on 0800 0747 642 or 01206 544 919 Call us for a FREE home appointment, www.paragonlegal.co.uk

GENERAL STORE

DG DOMESTICS

Everything your home needs, Home, Hardware, Car, DIY, Garden, Electrical, Pet. Call 01268 785123 or visit us Unit 30 Lubards Farm, Hullbridge Road, Rayleigh, SS6 9QG

HANDYMAN

MARTIN 'HANDY' HOLMES

Interior/exterior work, patios/driveways, decking, tree work, garden clearance, fencing, carpentry, interior/exterior painting, all aspects of building/gardening work. 01268 955048

HEALTH & WELLBEING

MR AMAN CHANDRA

Consultant Eye Surgeon, Cataracts, Macular Degeneration, Diabetic Eye Disease, Minor Eyelid Procedures, Macular Holes, Epiretinal Membranes, Retinal Surgery. 01268 955046

NUFFIELD HEALTH BRENTWOOD HOSPITAL

Come and join us at our free hospital events please check our page in the Health section of this edition for more information. Spaces are limited call us on 01277 695 631

HOME IMPROVEMENTS

KINGFISHER

Installation of Windows, Doors, Conservatories, Sealed Units, uPVC Fascias, Soffits, Cladding & Guttering. FREE Quotes. 01268 773299 | 128a High Street, Rayleigh, SS6 7BU

THE VISION LISTINGS

JEWELLERY & PAWNBROKERS

STUARTS

Top class gold & silver, jewellery, clocks/watches, bought & sold. Bespoke, made to order. Engraving, repairs, re-stringing. 01268 779002 | 124-126 High Street. Rayleigh. SS6 7BY

KITCHENS

KUTCHENHAUS

Largest retailer of quality German engineered kitchens in the UK. Pre-built luxury kitchens at factory prices. 01277 204447 | www.kutchenhaus.co.uk

DREAM DOORS

New life for old kitchens, local skilled tradesmen, Door swaps to full kitchens, tailored to your needs. 50% deposit, balance on completion. Free estimate 01268 955 054

MEMORIALS

M. SUCKLING MEMORIALS LTD

42 years exp. New memorials - additional inscriptions. Any lettering can be matched by sandblasting or by hand with hammer & chisels. Call Mark 01268 765605 | 07878 640922

PAINTING & DECORATING

BOB LEIGHTON DECORATING

Reliable decorator for 30yrs. Quality Interior/Exterior Works, Specialist in Wallpapering, No Job Too Small, Fully Insured. For free advice/quote call 01268 693471 | 07851 974589

PRINTER

CP PRINT

Digital & Large Run Printing, Same Day Printing Specials, Get a Free Quote - Call Today. Call us on 01702 831792 | 07794 773534 or email info@cpprinting.co.uk

ROOFING

JIM BARR ROOFING

Exterior cleaning & maintenance. Gutters, Paving & UPVC; cleaned, repaired & renewed. 01708 874816 | 07833 572459

WEBSITES

PRINT & WEB STUDIO

Web Design, Flyers/Leaflets, Business Stationary, Business Cards, Signage, Wallpaper Printing & more. Call us on 01268 642606 or visit printandwebstudio.co.uk



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.



ST GEORGE

Online and High Street Estate Agency

SOLD

01268 770728

www.stgeorgehomes.co.uk