



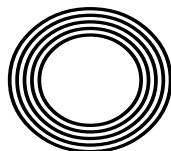
**VIOLET
FEBRUARY
BIRTH
FLOWER**

**MARK WRIGHT MAKING
HIS FOOTBALL COMEBACK**

Valentine's Day traditions
FROM AROUND THE WORLD

Alisan
HAMMOND

The TV presenter emerging into the spotlight



FREE

Photo credit: Ken McKay/ITV/Shutterstock



www.küchenhaus.co.uk
The German Kitchen



Why choose Küchenhaus?

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.

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

nobilia

Miele



SIEMENS

BOSCH

AEG

smeg

CORIAN

SILESTONE

DEKTON

Visit our website or showroom

6, The Baytree Shopping Centre, Brentwood, Essex CM14 4BX

01277 204447

www.küchenhaus.co.uk



FEBRUARY 2021

Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Rayleigh Wickford. I'm pleased to announce from this month onwards we will be delivering to homes in Wickford.

Do you ever get the impression that people don't want to talk to you? As an Everton supporter, I get it a lot. But I'm talking about wider society and our unwillingness, at times, to simply pick up the phone.

Of course, I'm not blind to the many other ways we communicate. On text, WhatsApp, email and social media, we are more conversational than ever, and to a broader sweep of people than in the past. And yet, my fear is we're in danger of actually becoming lonelier if we don't restore the basic form of picking up the phone. This month, let's all make an effort to put in a call. It's powerful, it's genuine, it's personal, and it's not an experience you have to inadvertently share with 400 Facebook followers.

Our lack of one-to-one conversation - a simple voice down the phone - is something a lot of us are beginning to miss, particularly in lockdown. It's that desire to talk, to hear someone's voice, to share a laugh.

If you want or perhaps need a chat, for whatever reason, give someone a call. You can even give me a call - oh, and I promise not to try to sell you an ad.

Nik Allen

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

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

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

@visionmagessex @visionmagessex Vision Magazine Essex

CONTRIBUTORS | Tabatha Fabray, Tim Green, Ruby Ward

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





create • print • develop •

Based in Rayleigh with FREE delivery
Call us FREE on 0800 298 0112
sales@pdsprinting.co.uk | www.pdsprinting.co.uk

QUALITY KITCHEN MAKEOVERS

by simply replacing the doors and worktops



BEFORE

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

THE UK'S #1 KITCHEN MAKEOVER EXPERTS.

- From simple door replacements to complete fitted kitchens
- Fully installed by local professionals in just a few days
- Choose from a large selection of doors, worktops and appliances
- 96 showrooms nationwide

www.dreamdoors.co.uk

1741 London Road,
Leigh-On-Sea,
Essex, SS9 2SW

Call us now for a free estimate:

07894 714810

Checkatrade.com
Where reputation matters

AVERAGE SCORE **9.7/10**
22,000 REVIEWS NATIONWIDE



A full-page background image of Mark Wright in a red football kit, captured in motion on a grass field. The kit features a red long-sleeved jersey with white trim on the sleeves and shorts, and red socks with white stripes. He is wearing white football boots. The background is a blurred stadium setting.

The WRIGHT STUFF

HOW ONE OF OUR MOST ADORED REALITY TV STARS WENT BACK TO HIS ROOTS... GRASSROOTS

It's a fantasy that has crossed the mind of every grown man in his late twenties who has a normal, run-of-the-mill, everyday job. It's the thought, 'Perhaps it's not too late to realise every boy's dream and become a professional footballer; perhaps I can still make it.'

That reality TV star and Heart DJ Mark Wright still held those very unfulfilled ambitions is perhaps less of a surprise. He was, after all, on the books of West Ham, Arsenal and Tottenham as a youngster. When released at the age of 18, the left back was picked up by Southend United, but drifted into non-league football as the distractions of nightclub promotion and reality TV came about.

After spells in then Conference with Grays Athletic, Crawley Town and Rushden & Diamonds, the charismatic Essex-born star joined the cast of *TOWIE*. One of the original cast members, he was only with the ITV show a year, but the die was cast, and from *I'm a Celebrity...* *Get Me Out of Here!* to *Take Me Out: The Gossip*, through presenting jobs on *Mark Wright's Hollywood Nights*, *The Bachelor* and *This Morning*, the husband to actress Michelle Keegan has been a permanent fixture on our screens for a decade. And when adding in his Heart radio show duties – a gig he's had since 2012 – it's any wonder he has any spare time...

But what about those football ambitions?

"I've never got over the fact I didn't make it in the game," he says. "And despite everything I achieved elsewhere, being a professional footballer now would top it all."

In October last year, Wright set out to make one final crack at the game he loves, and a call to John Yems, his former manager at Crawley, saw the now 33-year-old invited to West Sussex to train with the club.

The presenter describes the three months that followed as a whirlwind, combining media duties with a punishing physical routine designed to get his fitness up to League Two standards. His every move has been followed by a BBC film crew, whose iPlayer series *Mark Wright: The Last Chance* has proved a huge hit.

"I never had any expectations, but I always knew I'd give it everything I had, and the welcome I got at the club was tremendous from day one."

In December, Wright's dreams moved a step closer – he signed a contract until the end of the season. And being named on the bench for Crawley's FA Cup fourth round clash with Leeds United on January 10, just two days after his brother Josh signed for the club, set up the most impossible of scenarios. Could he make the comeback of all comebacks?

Crawley strode 3–0 up against their star-studded Premier League visitors, on their way to grabbing all the weekend's giant-killing headlines. A perfect day could only be topped by a call to the bench for a substitution. And so it happened... he may have only come on in the 91st minute, he may have only touched the ball

three times, but a dream was realised on that cold Sunday lunchtime at the People's Pension Stadium.

And it doesn't stop there – the Reds are eyeing up promotion from League Two and there will be no resting on his laurels for Mark Wright... a reality star in every sense.



THE WORLD AROUND US

Part 4

In the last part of our environmental series, we look at the final key driver in the health and well-being of the planet: global warming.

The phrase 'climate change denier' has become commonplace in conversations about the gradual warming of the planet and the causes of this. Scientific opinion points to humans and our explosion of population, industry and consumption as the real effects of the Earth increasing in temperature by 1° Celsius since 1880.

It doesn't sound a lot, does it? And yet, a one-to two-degree drop was all it took to plunge the Earth into the Little Ice Age in the Medieval Period.

The platform climate change deniers have generally sees their voices amplified well beyond what they should be. The results of various studies often level out at around the same rate – namely that only two or three people out of 100 will dispute the scientists' theory that humans are the cause of global warming.

With such a large accepting consensus, the drive to combat this gradual warming of Earth has

accelerated in recent years. Equipping ourselves with data, while ensuring we have the ability to interpret it, is vital.

Temperatures across a timespan of a year, five years or even a decade might rise four degrees in one region and drop six in another (which is why anomalies occur, such as Greenland's Jakobshavn Glacier actually increasing in mass since 2016), but overall, there is trouble ahead.

The next, vital step the Earth faces is a willingness of its people to do something about it. For all the UK's action over the past couple of decades, for all the destruction global warming has already contributed, such as coastal erosion, moorlands fires, floods and more, we contribute just 1.2 per cent of the world's total emissions.

It means that, as if it were ever in doubt, a global solution requires a true global investment of action from the planet's inhabitants.



WEST ONE WOOD
FLOORING AND CARPETS LTD

Manufacturing • Installation • Restoration



- West One Wood Flooring and Carpets 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
- We now offer a more comprehensive range of flooring including carpets and Karndean.

Stockists of

T
TED TODD
HIGH WOODS FLOCKERS

T
WOODWORKS
BY TED TODD

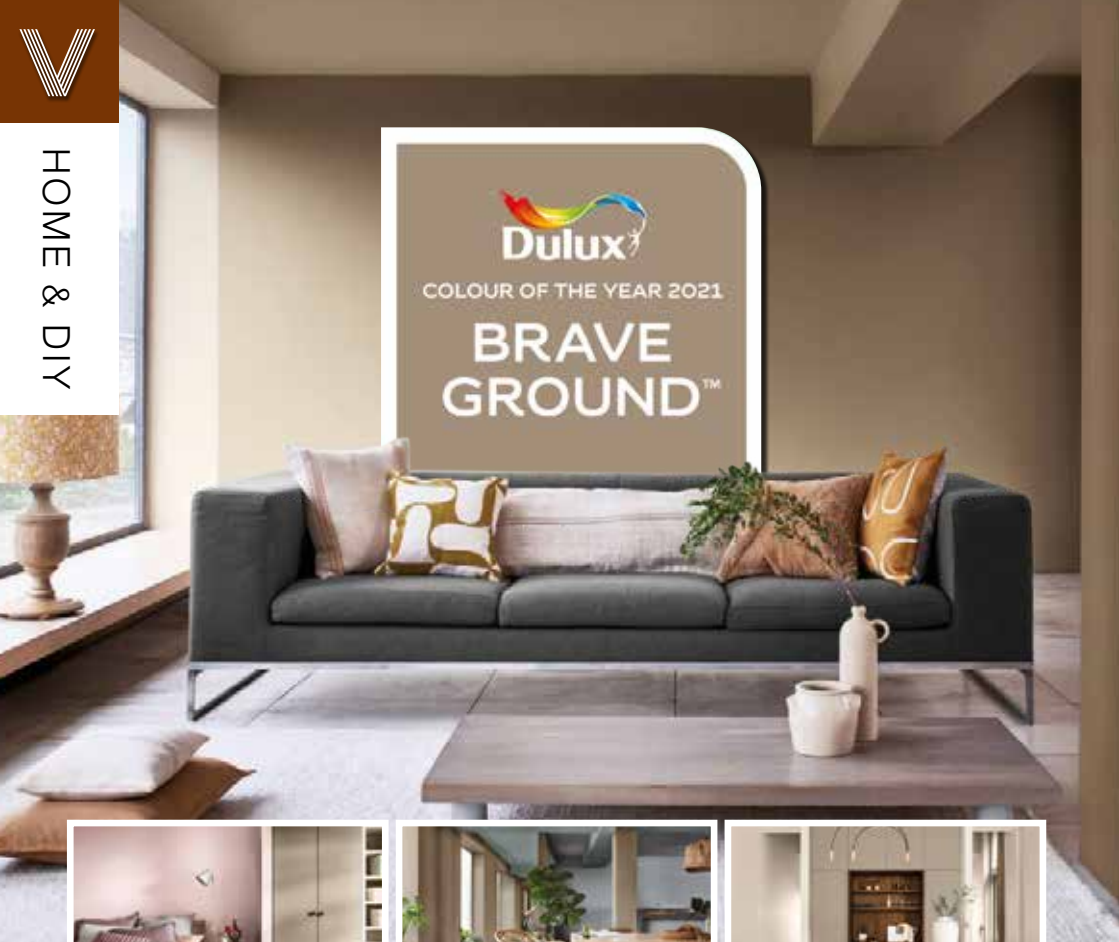
Karndean
Designflooring

Call us on
01277 630837
07833 753501
07545 772070

www.westonewoodflooring.co.uk

Unit 3 Blackall Industrial Estate,
Hamberts Road,
South Woodham Ferrers
Essex CM3 5UW





DULUX LOOKS TOWARDS SAFE GROUND IN NAMING ITS COLOUR FOR 2021

There's only one contradiction at play as far as Dulux's Colour of the Year goes – namely that in establishing a tone that speaks quietness, calmness, unassuming peace and tranquillity, the paint manufacturer is treading safe ground and not, as the shade's name implies, Brave Ground.

And yet, despite Dulux failing to state what is courageous about this tone, we can at least revel in its ability to encapsulate the mood of the world. It pleads for calm, reflection and philosophical thoughts, and offers a serenity to interiors that is very different from the intention borne out in Pantone's Colour(s) of the Year.

This warm beige shade is one that will work beautifully when matching with light woods, particularly in the bedroom or living room.

Combined with white it reclines elegantly into the

background, and as a flat shade, it can find itself offset by fabrics and furniture that offer depth and detail.

The tones of grey present in Brave Ground are also earthy enough to take interiors away from the overly beige patterns of the 1970s that often strayed too far in the way of oranges and browns.

Consider also mixing with pastels, or sharpening the edges with blacks and greys, particularly in cushions, throws, curtains or lampshades. Ultimately, Brave Ground is a colour that will bring lightness while offering a knowing nod to dark luxury.

Indeed, perhaps in adopting a shade that is the very epitome of neutrality, perhaps in offering a platform on which we can place our existing belongings as well as bring in new renovations, Dulux is showing itself to be brave after all.

Your perfect bespoke door



designed, supplied & fitted **from £850**



Set of Ali bi-fold doors

supplied & fitted for **only £900 per leaf**



HOME IMPROVEMENTS LTD

**For Windows – Doors – Bi-Folds – Garage Doors
in a huge range of styles, colours & designs**

Call 01268 962527 / 07708940527

Visit dmdhomeimprovements.com



- Reputable, reliable family builder
- Rayleigh-based for over 50 years
- Exceptionally high standard of workmanship
- Previous clients happy to recommend
- From repairs... to extensions
- Kitchens & bathrooms
- All electrical & plumbing work

Jack Rodwell

Mobile: 07939 409069 / 07990 968363

Office: 01268 778046

Email: jrodwell.builders@hotmail.com

DOMESTIC LOCKSMITH

- Trade Counter Open to All
- Key Cutting
- Domestic Security
- Locks Supplied & Fitted to British Standard
- UPVC Lock Replacement
- Access Control
- Safes & Key Cabinets
- Non Destructive Entry
- MLA Approved Company
- Used by Essex Police
- Fast, Friendly & Reliable Service

AUTOMOTIVE LOCKSMITH

- Keys Not Operating Lock?
- Remote Not Working?
- New Remotes Supplied & Programmed
- Remote Repairs
- Switches - Rubber Buttons - Cases
- Batteries

CHEAPER THAN ALL MAIN DEALERS

**10% DISCOUNT
WITH THIS AD**

FAST KEYS



VISIT OUR TRADE COUNTER



CONTACT US TODAY

01268 562592

sales@fastkeys.co.uk

**Units 3 & 4 Pilot Close,
Fulmar Way, Wickford
SS11 8YW**

www.fastkeys.co.uk

HAMMOND — & SONS —

GAS ♦ PLUMBING ♦ HEATING

- ♦ All boilers serviced & repaired
- ♦ Condensing boilers & warm-air units
- ♦ All work undertaken including leaks, upgrades & installations
- ♦ No call-out charge
- ♦ OAP discounts available
- ♦ Full public liability insurance
- ♦ Fully qualified engineers



**A PROFESSIONAL FAMILY-RUN BUSINESS
HONEST & RELIABLE
OVER 20 YEARS' EXPERIENCE**

From a tap washer to a full heating system, call

01268 286 805

email: hammondandsons@hotmail.co.uk
www.hammondandsons.co.uk

DOWN HALL GARDEN SERVICES

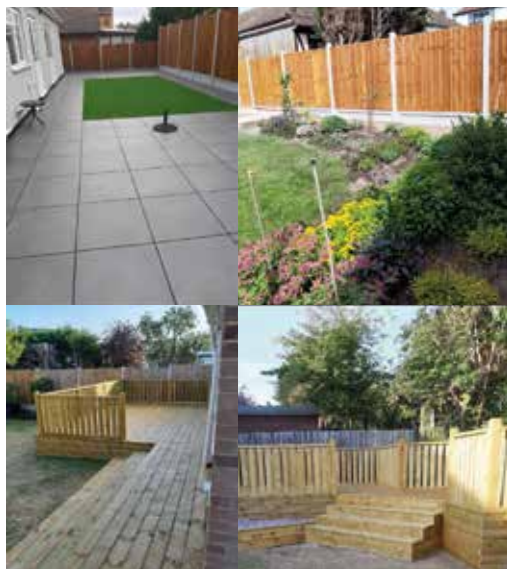
**For all local garden
maintenance – friendly
& professional**

Tim Poulter

01268 785101

07761 958072

poplarvista@btinternet.com



MARTIN 'HANDY' HOLMES

ALL INTERIOR & EXTERIOR WORK

Plastering ■ Rendering ■ Fencing

Patios ■ Paving ■ Artificial Grass

Decking & General Jobs

Kitchen & Bathroom Installers

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

CALL MARTIN ON

01268 955048 ■ 07796 008198

Visit us on martinhandyholmes

Magic MATERIALS



Tencel bedding



Ecomyl chairs



Piñatex furniture

In a world where sustainability is not just desirable, but necessary, these alternative fabrics and leathers are presenting as viable options for global brands who want to do their bit for our planet.

TENCEL

Already a ubiquitous eco-fabric, Tencel is used by several major design brands linked to both interiors and fashion.

Produced by environmentally responsible processes from the sustainably sourced natural raw material wood, Tencel is not only a wonderfully soft and breathable material, it also combines beautifully with other fabrics such as cotton, silk and polyester for maximum versatility.

ECONYL

Fabric recycling has come a long way since the days of simple reupholstering that saw tired sofas and chairs less reinvented and more clumsily repurposed into something you could palm off to the kids or into the guest bedroom.

Econyl regenerated nylon is made from, you guessed it... nylon waste, and with an emphasis on closing the loop, this brilliant and innovative brand confesses to having an appetite for creating an infinite quantity of new products, but all using existing resources. In short, we've come a long way since the 1980s.

With 10,000 tonnes of Econyl raw material saving 70,000 barrels of crude oil, this fabulous fabric is being used to create everything from carpets to swimsuits.

PIÑATEX

Piñatex is a leather alternative made from the leaf waste of pineapples. This fluff-like leaf fibre (PALF) gets mixed with a corn-based polylactic acid (PLA), undergoing a mechanical process to create Piñafelt, a non-woven mesh that forms the base of all Piñatex collections.

Coloured using natural pigments and coated with resin to give additional strength, durability and water resistance, this luxurious leather alternative is already doing its bit to lessen the environmental impact of mass leather production and chemical tanning.



HOME & DIY

Photo credit: western.co.uk, econyl.com, 21gstudio.com



Understanding

THE DOS AND DON'TS TO ACHIEVING PERFECT UNDERFOOT CONDITIONS

You think splashing the cash on a swanky new length of carpet is the first and last bit of expense you need to worry about, before someone reminds you that carpet without underlay is akin to a new motor without tyres on the wheels.

It's recommended that you change your underlay whenever you change your carpet – after all, years of wear, tear, and no small amount of gravity will have squashed the best life out of it.

New underlay will provide for you a number of things – firmness, bounce, insulation, noise reduction, preservation of your new flooring, as well as reinforcing the feeling that your new piece of carpet is worthy of something you'd find on the way into a film premiere.

Premium underlay will set you back up to £10 per metre square, though perfectly good brands can be picked up for less than half that. It's true to say the higher quality your underlay, the longer it will, in

turn, look after your carpet.

Typical depth is around 10–13mm, with a lower grade on the stairs. You'll also have to consider the tog rating – anything higher than 2.5 tog will insulate nicely, though if you have heated floors then switch back down to a lower tog of around 1.0.

As for the fabric, PU foam is the most common underlay on the market. It offers a soft feeling underfoot, is made from recycled materials and is a good insulator. Other types are made from rubber, sponge rubber and crumb rubber, the latter being made from car tyres. Felt and wool carpet underlay also come well recommended.

And if you're fitting wood or laminate flooring, then consult a specialist who can bring forward a range of hardfloor-specific underlays that are lighter and thinner, and respect what is an intentionally solid top layer.

UNDERLAY



PU FOAM



SPONGE RUBBER



CRUMB RUBBER



WOOL FELT

Photo credit: www.diydoctor.org.uk

GLOW WORM - BAXI - VAILLANT - POTTERTON - WORCESTER - IDEAL - BIASA - FEROLLI - MAIN

BAXI - VAILLANT - POTTERTON - WORCESTER - IDEAL - BIASA - FEROLLI - MAIN - GLOW WORM - BAXI - VAILLANT -

JOHN HUNTER HEATING

FULL BATHROOM INSTALLATIONS

Complete bathroom suites including tiling. Bathroom to shower room conversions.



DISCOUNTS FOR SENIOR CITIZENS AND LOCAL RESIDENTS



PLUMBING HEATING & GAS ENGINEERS

All central heating carried out including boilers serviced, repaired and replaced.



CALL NOW ON
01702 528 487
07850 010 990

GLOW WORM - BAXI - VAILLANT - POTTERTON -

- MAIN

info@johnhunterheating.com

www.johnhunterheating.com





ARE YOU READY TO

Wabi-sabi

YOUR HOME?

Although it may sound like that spicy green paste that you get with sushi, wabi-sabi is actually a Japanese term that means "finding beauty in imperfection".

The perfect interior design trend for people who prefer their house to look lived in rather than like a showroom, wabi-sabi is all about embracing authenticity, flaws and all.

Showcase homemade décor

Whether you are an artist yourself or not, homemade décor items or things that you have collected over the years on holiday or at local craft fairs are ideal for creating a wabi-sabi home. Allowing you to foster feelings of warmth and originality, even just proudly displaying your children's artwork contributes to the characteristics of this Japanese philosophy.

Clear away clutter

Just because wabi-sabi values imperfection, that doesn't mean you can let your home become a cluttered and chaotic mess. To achieve wabi-sabi, your home should be a calm and peaceful place where you and your family can relax, so make sure you stick to your cleaning regime.

Embrace nature

With a focus on simplicity, bringing elements of the outside into your home is a key component of wabi-sabi. Whether you choose to put some freshly cut flowers in a vase, invest in a house plant or two, or you decide to incorporate natural materials into your home such as stone or wood, nature will always be able to lift your mood.

Be a partial minimalist

Although a wabi-sabi home is not fully minimalist by nature, it does invite people to keep their possessions to a minimum by only allowing things in their home that offer nostalgia, beauty or utility. This means that you can keep an item that does not necessarily match the décor of your home, as long as it makes you happy.



apG enterprises LIMITED

- Tap Repairs & Replacements
- Toilet ball valves, flush buttons & handles
- Syphons repaired & replaced
- Blockages • All leaks & repairs
- Ongoing building maintenance
- No call out charge • No job too small

01702 203 186

We are a Hockley based family run company



APPLIANCE REPAIRS AND SALES

We repair all makes and models

Washing Machines • Tumble Dryers
Dishwashers • Ovens • Hobs • Cookers
Fridge/Freezers • Extractor Hoods

New appliances in stock for
same day delivery & installation

Prices listed on our website

Call 01279 310793

Or Book Online

www.spindoctoruk.co.uk

WE ONLY USE EUROPEAN MANUFACTURED MOTORS

White Garage Door

£790*

*Up to 2.3 metres wide and 2.2 metres high, in 55mm slats.

Other colours and sizes are available, up to 5m wide with slats of 77mm.

ZENITH SHUTTERS

High quality, fully automated roller shutter garage doors.

Unbeatable Value For Money!

Call 01268 962 302
to book a free survey
www.zenithshutters.com

We guarantee **honesty, quality, value for money** and **superb customer service** everytime!



LOCAL NEWS

from your neighbourhood



Photo credit: Ruby Ward, @heartoflondon

Family pays tribute to 'much-loved young man'

Tributes have been paid to a man who died in Rayleigh in the early hours of New Year's Day.

Paul Fletcher, 31, was found unresponsive at an address in Worcester Drive at around 1am on January 1 and, sadly, died at the scene.

In a statement, his family said: "Our family is devastated and absolutely shocked that Paul 'Dod' Fletcher was tragically murdered in the early hours of New Year's Day. Many lives have been deeply affected from the loss of Dod; he meant so much to so many people. He was a very much-loved young man.

"His family was everything to him; he was always there for everyone did whatever he could to help if and when needed. Paul was not just my little brother; he was a great son, father, brother, grandson, uncle, nephew and friend to all those who were lucky to have him in their lives.

"We would firstly like to thank everyone for their kind words and support. It's humbling to know how much

he was loved by all.

"We would also like to thank the Essex police and emergency services and local residents for assisting in trying to save his life and all the hard work they are continuing to do. I personally would like to thank the neighbour who did everything they could for him."

A post-mortem examination found Paul had sustained a stab wound to his chest.

His funeral was due to take place on February 11.

Hannah Sindrey, 23, of Rayleigh, has been charged with murder and appeared at Basildon Crown Court earlier this month. Kelly Blackwell, 25, of Basildon, was charged with murder on January 29. She appeared at Chelmsford Magistrates' Court on January 30.

If you have any information about this incident, please call the Major Crime Team on 101 and quote incident number 147 of 1 January.

You can also submit information online at mipp.police.uk/operation/4201020120P57-PO1

ESSEX HANDYWOMAN

I'm here to help.

Whatever the task big or small!

- Painting & Decorating
- Ironing & Laundry
- Full Cleaning Services inside & out of the Home
- Gardening & More!

essexhandywoman.co.uk



GET IN TOUCH FOR YOUR FREE QUOTE

01702 200908 • 07854 670771



MOLLY MAID Benfleet

Keeping your home Healthy

The **HomeSafe** cleaning system puts the health and safety of you, your family and our team of maids at the core of how we work.

In all our cleans we use our specialist disinfectant and anti-microbial **Xtra Protect** cleaner which passed independent laboratory tests proving it's effective against all enveloped viruses including all coronaviruses.



Call us today to learn more about **HomeSafe** and why you can trust MOLLY MAID in your home.

Please call: **01268 442023**

or email: margaret.king@mollymaid.co.uk



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



QUALITY WITHOUT COMPROMISE

- UPVC WINDOW & DOORS
- ALUMINIUM WINDOW & DOORS
- CONSERVATORIES
- BI-FOLD DOORS
- LANTERN ROOFS & SKYPODS

01702 622875

info@a1glazingsolutions.co.uk
www.a1glazingsolutions.co.uk



MARK FRANCOIS MP

Member of Parliament for Rayleigh and Wickford

Electrician thought lights which killed boy were safe



Photo credit: Met Police

An electrician from Rayleigh accused of causing the death of a seven-year-old boy who was electrocuted by pub lights told a court his job in installing them had been 'first class'.

Harvey Tyrell collapsed when 230 volts flowed through his body after he sat on a wall lamp in the garden of the King Harold pub in Romford in September 2018.

Colin Naylor, 73, from Rayleigh who has more than 50 years of experience as an electrician, is accused of fitting a lighting system that posed a risk of harm.

Pub landlord David Bearman, also 73, has admitted the manslaughter of Harvey.

Jurors at Snaresbrook Crown Court heard that when Naylor was informed about Harvey's death, he was adamant it had nothing to do with the work he had carried out at the pub. He reportedly told police the lights had been vandalised after he installed them.

Naylor denies charges of gross negligence manslaughter and failing to discharge a duty under the Health and Safety Act.

The trial continues.

If you're feeling isolated or lonely, help is at hand

At Castle Point Association of Voluntary Services (CAVS), they understand the detrimental effects that social isolation and loneliness can have on the most vulnerable.

The group's volunteers are committed to supporting as many people as they can, through their befriending service, telephone befriending and Buddy-Up scheme, which operates across Rayleigh, Rochford and Castle Point.

Their services provide a vital lifeline for people of

varying ages, who, through no fault of their own, can find themselves facing social exclusion and difficulty.

CAVS Befriending Volunteers reach out in the community to deliver longer-term companionship, home visits and a caring hand to people who need friendship.

The telephone befrienders make regular telephone calls to those who may not speak to anyone for days on end.

Through Buddy-Up, volunteers devote two hours per week to individuals who are in need of encouragement, confidence building and enablement to make best use of community services available to them.

It is a straightforward process to register your interest. Simply make a self-referral or refer someone you know who would find it of value.

Contact the Ways to Wellness Team on 01268 214000 or wellness@cavsorg.uk

CAVS is also seeking more volunteers. Apply online at cavsorg.uk/volunteering

Florist blooming despite restrictions

Gillian Fautley and her team at Courts of Rayleigh have carried on working safely behind closed doors, offering click and collect and contactless deliveries throughout all three lockdowns.

In 2020, they were amazed by the show of love in the community, with many sending flowers to cheer up loved ones in tough times.

In April/May last year, Courts raised £1,000 for Southend Hospital making blue door bows, showing appreciation for all the hard-working NHS heroes.

Courts has also provided and designed flowers for a music video and been runner-up in the British Floristry Association Awards.

This Mother's Day, why not send Mum a lovely bouquet or gift from Courts of Rayleigh?

For more information, call 01268 777983 or visit courtsforayleigh.co.uk



Photographer in final for award

A photographer from Rayleigh could sweep the board at a prestigious competition after three of her images were selected for the final.

Sarah Smith has reached the final of the fiercely contested Guild of Photographers Images of the Year Competition for the third year in a row. Each year, The Guild runs an online monthly photographic competition.

During 2020, the competition attracted 16,000 entries from talented photographers, and judges have selected 10 images in various genres to go forward to the annual Image of the Year Final, three of which are by Sarah.

Sarah said: "It's an incredible achievement and I could not be more proud. Photography is my passion, and my heart and soul goes into every image that I take. Every year I push myself to achieve more and put all my effort in to continue to develop my skills, and The Guild of Photographers competition helps with that.

"To have my images shortlisted for the overall final from the many thousands submitted across the whole year is really exciting."

The results will be announced later this month.



Photo credit: Sarah Smith/Sarah for RISE



LOCAL NEWS

from your neighbourhood



Councillors hear more details on park extension

More details on a proposed extension to Wickford Memorial Park were presented to Basildon councillors last month.

Members of the Neighbourhoods and Public Spaces Committee (NPSC) had already approved the proposal for the 26 acres of public open space between Wickford Memorial Park and Giddings Copse to become an extension of the park. The land had previously been leased to Beauchamps High School, who were using it as their playing field.

Plans for the new site include the planting of 3,500 trees, the creation of six wetland ponds, a wildflower meadow and a community orchard with 200 trees. Interpretation boards will also be installed to provide information relating to biodiversity and environmental factors relevant to the site. Finally, a riverside walk from Runwell to Battlesbridge will also be created.

Councillor David Harrison, chairman of the NPSC and a councillor for Wickford Park, said £20,000

had already been put aside for the project and talks are now under way to secure the remaining £27,000 needed.

He said: "We're talking to various bodies and we are also interested in hearing from local businesses and individuals who are interested in sponsoring trees. We hope that some tree planting will take place in March. There is a lot of public support for what will be a valuable resource. This is a work in progress but I am confident that we will see the benefits from it in the next year."

The site will be managed and maintained by the council's parks and countryside service, but it will also provide important opportunities for the voluntary sector and the local community to work with and support the council to improve the natural environment.

If you are interested in sponsoring a tree or want more information on the project, email david.harrison@members.basildon.gov.uk

Carpets Direct

Guaranteed Lowest Prices

- ✓ **FREE FITTING**
- ✓ **FREE home visits**
- ✓ **80% wool twist pile specialists**

Established 25 years

Carpets • Vinyls • Laminates • Wood Flooring

We come to you in the comfort of your own home

WHY PAY MORE?

WE WILL MOVE YOUR FURNITURE & FREE UPLIFT/REMOVAL OF YOUR OLD CARPET

CALL YOUR LOCAL AREA SPECIALIST
01268 955 061

mastercard VISA

www.carpets-direct.co.uk

Would you like an honest, dependable & **AFFORDABLE** police checked* cleaner to clean your home?

Typically **£13.00** per hour fully inc.

£20 off with this advert

TIME FOR YOU™

DOMESTIC CLEANING

As Featured on BBC 2's Working Lunch, Ch4's 'House Swap' & preferred cleaning supplier to CH5's Cowboy Builders!

Tel: 01268 947122
Mob: 07585 001 361

www.timeforyou.cleaning
southend@uk.timeforyou.cleaning

HATE CLEANING?

*Police checked cleaner on request. All discounts or promotions are subject to our terms available on www.timeforyou.co.uk

95% DUST/MESS FREE

SSD

Painting and Decorating Specialists

17 YEARS EXPERIENCE IN THE PAINTING & DECORATING INDUSTRY

**VENETIAN PLASTERING • ON SITE UPVC RE-SPRAYING/COLOUR CHANGE
WALLPAPER HANGING • INTERNAL & EXTERNAL PAINTING & DECORATING
PLUS OTHER SPECIALIST FINISHES**

01268 955 067 • www.essexsfinest.co.uk • Karl@essexsfinest.co.uk

f schofield, son & daughter ltd @paintingdecoratingspecialists



Can you help trace these two men?



After the attempted break-in of a van in Wickford, police have released images of two men they want to speak to in connection with the incident.

The van was parked in the car park in Station Avenue, Wickford, on October 7, 2020, when someone tried to force their way into the vehicle by jemmmying the lock on the driver's side door, causing damage.

Officers investigating the incident would like to speak to these two men in connection with the incident.

Anyone with information or who recognises the men can contact PC James Payne at Basildon Police by calling 101 and quoting reference 42/162907/20.

Alternatively, you can contact Crimestoppers anonymously on 0800 555 111.

Come and discover town's hidden gem

The Alpha Garden Centre in Wickford is much more than just a garden centre – it's also the home to 20 businesses.

But business owners at the centre on London Road say they think local people don't know exactly what's on offer. They also say they are dependent on local people now more than ever.

Rich Wright is a director of the Wright Car Company, which can be seen from the road.

He said: "There's a board up for the garden centre, but once you get there, there is so much more. People think it's just a garden centre, so people are going elsewhere rather than supporting local business. We're all hoping we'll be open again soon. Three lockdowns have hit everybody hard. It's such a

shame because last summer it was buzzing and now it's quiet again.

Theresa White is the owner of the Enchanted Treasures gift shop, one of the businesses at the centre.

She said: "I just wish more people knew I was there. Some people don't know the Alpha Garden Centre exists, let alone the car park. But if someone drives in they'll see us straight away."

Group uses historical litter in town's war on rubbish

The founder of an environmental and educational group to keep Wickford clean has been using an unusual weapon in the war on litter – a drink can from 1986.

Tracy Menzies set up the Wickford Wombles three years ago to get on top of the rubbish building up in Wickford.

She said: "I thought, 'What's to stop me putting my gloves on?' We keep the pathways clear and the bits the council can't get involved in."

Tracy said the can was found just before Christmas and said it is a useful educational tool.

She said: "It's just sad, really. It could have been recycled and reused hundreds of times since then and is just wasteful. We also found a Trio bag dating from 1989 – we love historical litter."

When it comes to litter, Tracy has a simple message for everyone.

She said: "Make the wise choice and just use the bin. If we can just keep the front of our own properties clean, we can improve the countryside for wildlife. They shouldn't have to live in our mess."



Photo credit: Wickford Wombles

Essex Stairlifts Ltd

Your local stairlift specialist

- Straight Stairlifts
- Curved Stairlifts
- Rental Stairlifts
- New & Used
- Servicing & Repairs
- Home Lifts



 Find us on: **facebook**

For friendly, personal service telephone:

01268 550173

01708 369062

01206 231568

Email: sales@essexstairlifts.co.uk

www.essexstairlifts.co.uk




LARGER GENTS CLOTHING

1XL - 8XL

BOUNCE BACK DEALS

Jeans rrp £29.99 NOW £20.00

Chino Trousers rrp £39.99 NOW £20.00

100s Check Shirts rrp £39.99 NOW £20.00

100s Polo Shirts rrp £34.99 NOW £15.00

ANY THREE FOR JUST £50.00

LIMITED STOCKS

Current opening times

10am to 4pm Tuesday to Saturday

206 Moulsham Street, Chelmsford CM2 0LG

01245 356057

LOTS OF OTHER DEALS IN STORE

DON'T MISS OUT

Spot the difference in this advert for an extra discount






Authentic East End Tarpot's Pie & Mash

Choice of liquor or gravy | **Single Pie & Mash £5.50** | **Double Pie & Mash £7.45**

Extra Pie £2.75 | **Extra Mash £1.50**

Three Sausages, Mash & Onions £6.50 | **Cold Drinks £1.10 each**

Minimum order £12.95 Delivery £2.00

To order please call 07307 854441

Delivered hot to your door within one hour

22a Shafers Centre, 677 High Rd, Tarpots, Benfleet SS7 5SF

Mon: Closed. Tues-Thurs 8.30-2.30pm Fri: 8.30-6.30pm | Sat: 8.30-7.45pm | Sun: 9.15-3.00pm

Complying with the Government COVID Guidelines



The infectious personality of ALISON HAMMOND

The presenter who has chuckled, chortled and guffawed her way through almost two decades on camera... and we're all better off for it.

The Brummie whose laugh-a-minute approach to presenting has won her admirers across the entertainment world... and we include Harrison Ford and Ryan Gosling in that number.

As if proof were needed that Alison Hammond, while always kind, enthusiastic and respectful, does not subscribe to the idea that celebrities and film stars are unreachable demigods not worthy of our time, in a hilarious 2017 interview for *This Morning*, Hammond charmed and bewildered two of Hollywood's finest in a recording that had more than 12 million YouTube views. You could say she upstaged her two guests by laughing them into submission.

Having first appeared on our screens as a contestant in the *Big Brother* house, Hammond is another example of a reality star who has maximised the possibilities out of what is a very simple and short-lived platform.

She has swept her way through a variety of entertainment shows over the past decade, appearing in *Celebrity Fit Club*, *Celebrities Under Pressure*, *Stars in Their Eyes*, *Celebrity Ready Steady Cook* and many, many more; she has been a panellist on *Loose Women*, and made it to the seventh week of *Strictly Come Dancing* when she partnered Aljaž Škorjanec.

"I've always been someone who wants to grab life by the horns and go for a ride," she laughs. "It's very rare that I'll turn down an opportunity, and if I do it's because it's taking me too far from home and being around the people I love, and those are the ones who must always come first."

And Hammond's reputation as a brilliant reporter on *This Morning* has borne fruit in a way she wouldn't have imagined – in the middle of December 2020 it was announced that she and Dermot O'Leary would take over full presenting duties on Fridays from regular incumbents Eamonn Holmes and Ruth Langsford.

The shake-up is further evidence of a nation embracing those down-to-earth personalities who reflect our own thoughts, ideas and sensibilities.

"A long time ago I realised that to get on in the world you just need to be yourself," she says. "I think in the early days of getting TV work there was a temptation to be the person you thought people wanted to see, and when you do that you lose an edge."

"What people see is what they get, but it is all me – an uplifting, fun, sparky person who treats everyone as equals."

Indeed, geographically, Hammond, 46 in February, has stayed true to herself as well. Despite *This Morning* being filmed at Television Centre in White City, the presenter still lives in 'the second city', commuting to the capital for work. "I couldn't ever leave Birmingham behind – it means everything to me, as do the people."

"It's also my son's home, and I want him to grow up a proud Brummie like me... who likes to laugh."



PUZZLES & TRIVIA

PUZZLES

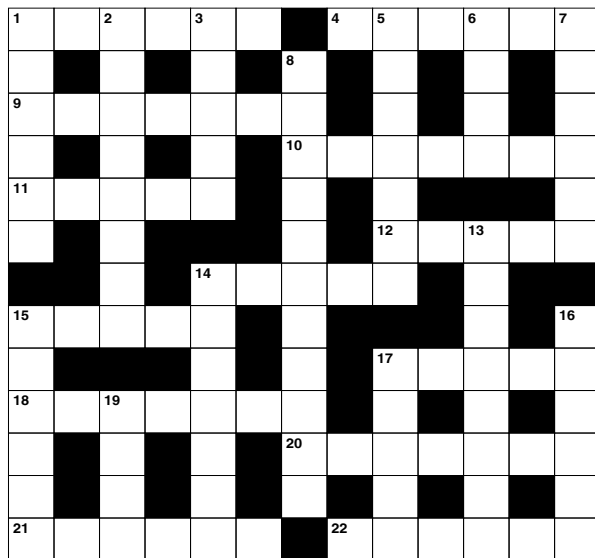
Answers: see end of The VISION Listings

ACROSS

1. Straighten out (6)
4. Vocalist (6)
9. Animal fat (7)
10. Not friendly (7)
11. Oozes (5)
12. Compassion (5)
14. Expect; think that (5)
15. Word of farewell (5)
17. Wedding assistant (5)
18. Supervisory worker (7)
20. Burdensome work (7)
21. Short choral compositions (6)
22. Entertains (6)

DOWN

1. Except when (6)
2. Musical pieces for solo instruments (8)
3. Regulations (5)
5. Annoying (7)
6. Large desert in Asia (4)
7. Make less dense (6)
8. Residents (11)
13. People with auburn hair (8)



14. Furthest away (7)
15. State publicly (6)
16. Tremulous sounds (6)
17. Deprive of weapons (5)
19. Speak in a wild way (4)

DID YOU KNOW?

- ▶ Adélie penguins breed and raise their offspring in Antarctica
- ▶ Puffins can flap their wings up to 400 times a minute. They can fly at around 55 miles an hour
- ▶ The bald eagle, which was once on the brink of extinction, has been the national symbol of the United States of America since 1782
- ▶ Once a flamingo lays an egg, the parents take turns sitting on it to keep it warm. The egg usually hatches in around 30 days
- ▶ The ostrich is the tallest and heaviest of all the birds
- ▶ As a male snowy owl gets older, it turns whiter. Males are often whiter than females
- ▶ Red-tailed hawks can spot a mouse from 30 metres up in the air

SUDOKU

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

HELPING ELDERLY, DISABLED AND BUSY PEOPLE SINCE 2008. LET US DO IT FOR YOU ...

Are you finding odd jobs around the house and garden difficult?

FREE
Quotes

Enhanced DBS - Fully Insured - Reliable - Guaranteed
Tyrells Centre, 39 Seamore Avenue, Benfleet SS7 4EX

ALL SEASONS GARDEN AND HANDYMAN SERVICE

01268 688406
www.allseasonsgs.co.uk

WORKMANSHIP AT A GOOD RATE

Parnell Roofing

FLAT ROOF SPECIALISTS
Roofing Repairs & Replacement
Gutter Clearing & Sealing

WE ARE STILL WORKING DESPITE COVID 19.
WE WORK OUTSIDE ONLY AND WE WILL
ALWAYS FOLLOW THE SAFETY RULES.

CALL US TODAY 07464 102731

@Parnellroofing

MAKE YOUR WILL...

...IN THE COMFORT OF YOUR OWN HOME

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

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

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

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

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

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

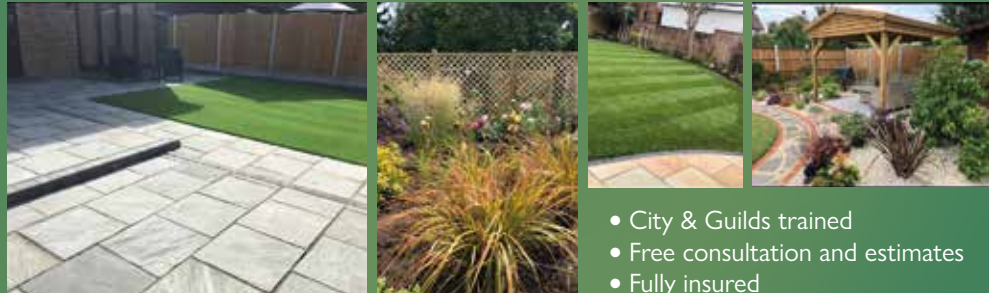
ENGLEMAN WILLS

+ POWERS OF ATTORNEY + PROBATE

RJM Landscapes of Rayleigh

Creative, competitive, conscientious

PATIOS • DRIVEWAYS • FENCING • DECKING • PONDS
PLANTING • TURFING • CONSTRUCTION & MAINTENANCE



- City & Guilds trained
- Free consultation and estimates
- Fully insured

Rayleigh Office: 01268 642896 / 07703 444244

Email: rjm4landscapes@gmail.com • www.rjm4landscapes.co.uk

All Your Fencing, Decking and Shed Requirements Met Here



**Decking &
Fencing
Centre Ltd**

**DECKING AND FENCING
INSTALLATIONS, REPAIRS
AND UPGRADES**

Decking built to your specification in
softwood, hardwood or composite materials.

Sheds built to suit the area you wish.

Over 35 Years Experience,
Small Family Run Business



Free Quotes and All Work Guaranteed

Ring Steve on **07974 753543** for a
fast professional friendly service



find us at Decking and Fencing Centre on facebook

Checkatrade.com
Where reputation matters



GARDENING

FEBRUARY BIRTH FLOWER OF THE
MONTH:

Violet

The February birth flower is the vibrant violet. People born in this month tend to be both modest and mild mannered, hence the popular expression “shrinking violet”. Sweet violets are regularly found in the UK in woods and hedgerows and are often candied and used to decorate cakes.

WHAT DO VIOLETS SYMBOLISE?

Violets have been around for centuries and were first cultivated by the Greeks around 500BC. According to Greek mythology, violets were created when one of Artemis’ nymphs was pursued by her twin brother Apollo. To protect her, Artemis turned her into a violet, which in turn led to this flower being known to represent modesty.

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

If you were born in February, you are said to be wise beyond your years. A private person, you are also prone to being a bit of a dreamer. It can take you a while to warm up to people, but when you do, you are fiercely loyal.

CAN I GROW VIOLETS IN MY GARDEN?

Violets typically grow in the wild, although they are decreasing in numbers owing to habitat loss, which means if you want to grow them in your garden, you need to recreate these conditions. Violets thrive in winter and spring sun but need summer shade, so their ideal spot is under a deciduous tree or shrub.

Violets will self-sow, but growing your own from seed is a challenge as the seeds need to be fresh. Instead, buy plants during the spring and plant immediately in moist but well-drained soil.

WHAT PESTS ARE COMMON TO VIOLETS?

If your violet leaves turn yellow, this could be the result of an attack by red spider mites. This pest strikes when your plant becomes too hot or dry.

The best remedy is to defoliate the plant completely.



GARDEN OF LIFE

FOX IN *the box*

In the first of a four-part series that shows how even the most urban garden can be a haven for the wonders of wildlife and the nurturing of nature, we look at the faithful fox. Whether out at night or hiding in plain sight, this sly urban dweller has adapted better than any other animal to human environments.

Perhaps we shouldn't be so surprised when we spot a fox meandering its way through the park, across a garden, or even on the pavement outside where we live. These beautiful creatures are, after all, past masters in urban environments, even if they are just as accustomed to survival in the rugged wild.

For all its impressive presence, your average fox will rarely approach humans or animals – chickens, rabbits and guinea pigs notwithstanding. This sly old foe simply wants to hunt for scraps, play, mate and return to its den to rest and tend to its offspring. Only when threatened will a fox move into offensive mode.

The fact foxes have become so much a part of our urban and suburban lives has a lot to do with the way they feed. They'll consume almost anything they find – from fruit and veg, raw and cooked meat, cheese, bread and even dog biscuits. Increasingly brave around humans, they'll often take food for storage, burying it for later consumption.

That means there's little risk in leaving food out for foxes if you're hoping to get a glimpse of these fiery nocturnal beauties, who will happily roam around in the late afternoon as well.

There is a downside, however. From fouling the garden to chewing shoes left outside, to trampling lawns and even digging up deceased pets, if you encourage foxes in, you'll have to go along with their inquisitive, playful habits.



M P S Home & Garden Services

All your Home and Garden needs



- Garden Maintenance ■ Patios, Decking & Fencing
- Kitchen & Bedroom Installations ■ Painting & Decorating

Martin Smith ■ Find me on ■ 01268 955057

ALL TREE WORK UNDERTAKEN



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

ESSEX TOP RATED TREE SURGERY COMPANY 2017/2018 ON

★★★★★ Checkatrade.com
Where reputation matters



CALL TODAY
FOR YOUR
NO OBLIGATION
QUOTE WITH NO
HIDDEN EXTRAS



07500 870 309



www.essex-tree-care-ltd.co.uk



Lifetime guaranteed Flat Roofing

High-Tech
membrane roofing

Lifetime
Guarantee
Approved

WINTER
OFFER
15%
OFF*

- ✓ 100% resistant to algae & moss
- ✓ Free of stone chipping's
- ✓ Manufactured never to blister or crack
- ✓ 100% maintenance free
- ✓ Proven in all climates
- ✓ Durable enough to be walked on
- ✓ Designed with a unique anti-slip finish
- ✓ Storm resistant
- ✓ Installed never to leak
- ✓ Aesthetically pleasing



Roof lanterns look great inside and out

High-Tech Roofing has now installed and guaranteed more than 10,000 domestic projects – every roof we install comes complete with a LIFETIME guarantee. We give the homeowner absolute peace of mind.



Manufactured never to blister or crack



Brochure and free sample available on request

For a Free Quotation

Call: 01268 859602 www.flatroofs.net

*T&Cs apply. Please see our website for details on discounts. Head Office: Linden House, 30 Linden Road, Benfleet, Essex SS7 4BA

Are you retired?
Possible savings
now available

Valentine's traditions AROUND THE WORLD

Love is in the air with these beautiful, and in some cases bizarre, Valentine's Day traditions from around the globe.



SOUTH KOREA: In this country in east Asia, lovers celebrate the day of love on the 14th of every month. May 14 is the "day of rose", June 14 is the "day of kisses", and there is even a "black day" in April when couples eat black noodles together.



PHILIPPINES: Young couples in the Philippines are sponsored by the government to get married as a form of public service. Well, there are worse ways to serve your country.



GHANA: Known as National Chocolate Day, February 14 is used to increase tourism in Ghana, one of the largest cocoa-producing countries in the world.



BULGARIA: A simple yet highly enjoyable tradition, in Bulgaria, couples young and old celebrate their love by sharing a glass of local wine.



WALES: Lovers from Wales celebrate Valentine's Day on January 25, and rather than exchange cards and flowers, they

give their partners handcrafted wooden spoons.



SPAIN: The day of love in Spain falls on October 9 and is known as the feast of Saint Dionysius. On this day, men gift their women a "macadora", which is a marzipan figurine.



ESTONIA: Still taking place on February 14 but with a slight twist, Estonians celebrate all relationships on this day rather than just romantic ones.



JAPAN: A country that prides itself on being unique, Valentine's Day in Japan is quite unlike anywhere else in the world. On February 14, women buy gifts for men, but men are not allowed to return the favour until March 14, known as the "white day".

HOW TO SAY "I LOVE YOU":

- > South Korea: Saranghae
- > Philippines: Mahal kita
- > Ghana: Me do wo
- > Bulgaria: Obicham te
- > Wales: Rwy'n dy garu di
- > Spain: Te amo
- > Estonia: Ma armastan sind
- > Japan: Aishiteru





If you enjoyed an alcohol-free January, here are some alternatives to alcohol to try...

It's that time of year when we reflect on our bad habits and do our best to become healthier, happier and wiser, and if giving up alcohol is your New Year's Resolution, then all is good. Low-booze business is booming, and that means there are plenty of delicious, low-calorie options to help keep you motivated.

BEER

Any designated driver will tell you that the previous offerings from major breweries fell a little flat in the flavour department. But just as burgeoning independent brewers have completely transformed our ale habits, they too have tasked themselves with creating exciting low-alcohol options that don't skimp on that gloriously hoppy flavour. With 'endless session' IPAs, low-alcohol lagers and sobering stouts and sours, craft beer connoisseurs have a raft of options for their refined palates.

SPIRITS

For those lamenting their 5pm gin and tonics or pre-dinner Negronis, there are even more options as teetotallers use distilling alchemy to create potions that offer all the depth and nuance of an expertly concocted spirit with none of the units. There are juniper and bergamot blends that perfectly complement tonic water for that G&T experience, luxurious citrus and herb creations that mimic the dry bitterness of vermouth, and even elegant elixirs containing herbs such as lemon balm and valerian root – ideal as a soporific nightcap for those who would otherwise drink whisky.

WINE

In the past these underwhelming alternatives have often had their alcohol violently removed, leaving an unsatisfying liquid that would barely satisfy as grape juice. Now, canny cultivators have turned to nature in order to create wines that are naturally lower in alcohol by halting the fermenting process earlier. With red wines this can often lend a natural sweetness, whereas whites have a more delicate profile. The best low-alcohol wines, however, are the ones with a natural fizz, such as Pet Nat, which offer all the celebratory joy of champagne without the hangover.



07985 352114

Wheatley Farm Nursery
London Rd, Rayleigh SS6 9ES

Fresh Meat Handpicked
direct from Smithfield Market



Quality fresh meat at affordable prices



Fordandsonsmeatsuppliers

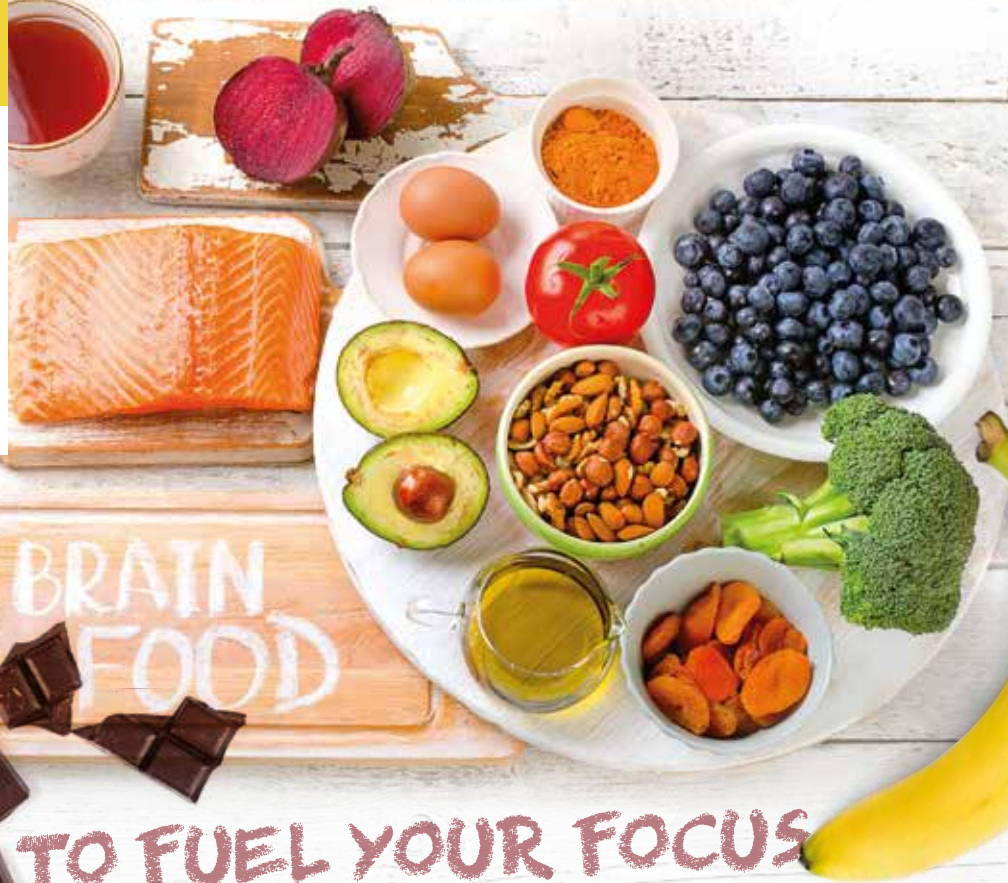


Fordandsons_meatsuppliers



fordandsonsmeatshoprayleigh@gmail.com

Free Local Delivery 3 times a week | Open 7 days a week | Pre-order your in store collection



If you are still struggling with getting back into a routine and could do with some help improving your concentration levels, these foods will boost your brain power and motivate your memory.

SUPER SALMON: Providing a concentrated source of omega-3 fatty acids, salmon can help to rebuild your brain cells, slow cognitive decline and strengthen the synapses in your brain that are responsible for memory.

BEETROOT: A shockingly underused root vegetable, beetroot contains nitrates that increase blood flow and oxygen to the brain, resulting in improved mental performance.

BANANAS: Cheap, filling and high in potassium, bananas are the ideal afternoon pick-me-up for times when your concentration levels are waning.

SPINACH: Spinach is known as the ultimate brain food and it's not hard to see why. Rich in folate,

lutein and beta-carotene, this leafy green has been linked to the prevention of dementia. Aim to eat three portions a week for optimal results.

AVOCADOS: Avocados are a bit like Marmite – you either love them or you hate them. Fortunately for those who fall into the former category, this fruit can fire up your brain cells and keep hunger pangs at bay.

NUTS: The best thing about nuts is that you only need a very small serving to enjoy all the benefits of this super snack. Both nuts and seeds are great sources of vitamin E, which is associated with a reduction in cognitive decline. Plus, they contain essential oils and amino acids that help you focus.

DARK CHOCOLATE: Because we all deserve a treat from time to time, dark chocolate makes a great alternative to coffee in the morning, having the ability to boost your serotonin and endorphin levels which are both associated with increased concentration.



BRUSH UP

on children's oral health

February is National Children's Dental Health month, so what better time to tackle any tooth-brushing issues your child has? Discover the top five reasons why your child doesn't want to brush their teeth below. Plus, how you can encourage them to practise good oral hygiene.

WHY DOES MY CHILD HATE BRUSHING THEIR TEETH?

1. They are sensitive to having their teeth brushed
Some children experience a gag reflex when brushing their teeth that can be unpleasant. Others might not like the feel of the brush against their teeth or in their mouth. Sensitivities are more common in children with autism or attention disorders.

2. They are asserting their authority
If you find yourself caught in a battle with your child every morning and evening when it comes to brushing their teeth and there is no physical reason why they won't brush, they could simply be pushing boundaries.

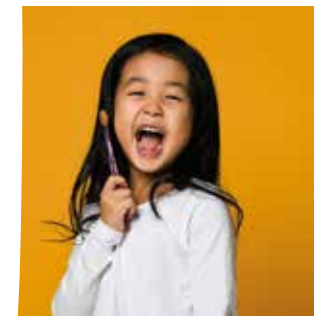
3. They have become anxious
You may not be able to determine the initial reason why your child started to hate brushing their teeth, but if it has become a daily issue in your household, your child may now feel anxiety around this daily activity.

4. They don't like the taste of the toothpaste
It is always a good idea to ask your child if they would like to choose a different flavoured toothpaste if they do not like the one you are currently buying.

5. They are a picky eater
Children who are picky eaters are more likely to not like the texture and taste of a toothbrush and toothpaste in their mouth.

How can I encourage my child to brush their teeth?

- 👉 Stick to a routine
- 👉 Make it fun
- 👉 Provide choice in terms of what products they use
- 👉 Stand behind younger children
- 👉 Allow your child to hold a toy they can squeeze to calm them
- 👉 Offer a reward such as an extra bedtime story





St Abbs



Selkirk



Peebles



Kelso



St Boswells

THE WONDERFUL WEE VILLAGES THAT MAKE A TRIP TO THE SCOTTISH BORDERS WORTHWHILE

There's something about the Scottish Borders that transports minds back to heavy conflict, deep patriotism and bloody warfare, with emperor Hadrian, way back in AD128, constructing a literal divide between two countries that has lasted ever since.

It's peculiar, then, that the battles that existed in this huge belt of masonry are totally at odds with the picturesque villages that decorate a swathe of land that you could spend a lifetime exploring, without ever conquering.

Here are five picture-postcard villages and towns that will grab your attention if you ever find yourself on the Scottish Borders:

St Abbs: A stunning fishing village on the south-east Berwickshire coast, the journey up through Northumberland holds beauty that can rival any coastline in the UK. When you arrive at St Abbs, sample still waters, characterful pubs and the beautiful expanse of the North Sea.

Selkirk: Selkirk combines industrial power with royal heritage, a gateway to the north that dates back to the 13th century. The closeness of the streets offers a feel that likens itself to the Cotswolds, but the open expanses beyond remind you of rich Scottish countryside.

Peebles: Strange sounding but beautiful looking, Peebles has royal roots and is based on the River Tweed. Golf, fishing, mountain-biking and walking are popular pursuits, with the Victorian architecture offering hotels and hostleries to relax in after a day in the wilds.

Kelso: A sleepy market town that has the potential to burst into life at any moment, Kelso is a holidaymakers' dream, with great accommodation, impeccable dining, stunning architecture and a horse racing track that's the envy of the rest of Scotland.

St Boswells: Community is the buzzword in sleepy St Boswells – this place was recently named one of the top 10 places to live in Scotland. Flanked by stunning countryside and the River Tweed, and featuring a number of artisan independent businesses, this cosy village is worth a visit.



Photo credit: credit Frank Gaertner/Shutterstock.com



Willo Executive Travel

07493 335154

willoexecutivetravel@yahoo.com

9 Seater Mercedes

UK Airport Transfers

London Theatres

Bespoke Trips

Corporate Hire

O2 Arena



Fully Licensed & Insured
DBS/PATS & First Aid Qualified



THE ONE STOP
SHOP FOR
MOTHER'S DAY
FLOWERS & GIFTS

COURTISOFRAYLEIGH.CO.UK



/COURTISOFRAYLEIGH



COURTS_OF_RAYLEIGH



WE ARE DELIVERING TO SS
POSTCODES WITH CONTACTLESS
DELIVERY AND CLICK
AND COLLECT SERVICE

SUBSTITUTIONS MAY BE MADE DUE
TO SUPPLY AND DEMAND

LighterLife®

Resolutions never last.

START
YOUR
Revolution

Lose a stone a month, every month.

KAT
LOST
9ST



SAVE UP TO
1/2
PRICE

Hello, I'm **Judy**, a LighterLife Mentor. Get in contact so I can support you every step of the way to achieve your goal of **living a healthier Lighter Life**.

Contact me on 07590 991118 or judy.hoskins@lighterlifementor.com

How you feel tomorrow starts with choosing the right hospital



At Nuffield Health hospitals, we put your safety first in a COVID-19 secure environment. We have a dedicated team of experts you can trust, offering a range of specialties. And award-winning healthcare that gives you flexible ways to pay.

How you feel tomorrow starts today.



To find out more about our services or search
Nuffield Health Brentwood Hospital
or call **01268 955 035**



NO MEAN FOOT

Why our humble feet may be the lynchpin to overall body health alignment

Never underestimate just how fantastic our feet are – sure, they will get you around the house, to work, or down to the pub, but more than that, they are the lynchpin to overall body health too.

Consider 10 toes, more than 50 bones (that's around a quarter of all those in the human body), and more than 60 joints, plus more than 200 muscles, tendons and ligaments, and it's clear why your feet are the cornerstone to overall body health.

Mobility

In the most obvious sense, your feet are the tools that move you around. Essential for almost every form of exercise, health and well-being, which begins at ground level.

Back and joint issues

The way we walk ultimately affects the way the rest of our body functions, and this is no truer than in people who suffer with flat feet. This condition causes a misalignment with the ankle, which can move up through the body into the knees, hips, spine, neck and other joints.

Balance

Balance in the human body is finely configured so that any imbalances can have negative effects on general health, from wobbliness through to vertigo-type symptoms.

Organs

In the most extreme cases, when the mesh of nerves and touch receptors in our feet are blocked, insufficient messages can send disruptive adjustments through the body, including into our organs.

It is for these reasons that looking after our feet is pivotal to good health. Sure, get the pumice stone out in the bath, but more than that, ensure you are wearing properly fitting shoes. That might mean accepting that narrow styles are not going to work for your wide feet, or that perhaps you will need to buy flip-flops with a little more support.

Also consider a whole variety of foot exercises that can help bring not just your feet back into alignment, but your whole body back into harmony.



CLEANSE ME... quick

Whether you are looking to remove stubborn mascara, thick sun cream or the dirt and impurities that your skin has picked up over the course of the day, a cleansing balm should be your go-to product, providing a delicate, yet effective, way to clean the skin on your face.

WHAT IS A CLEANSING BALM?

Cleansing balms are creamy and rich cleansers that gently remove any make-up, dirt and impurities from your skin without leaving it stripped of its natural oils. Unlike oil cleansers, which can be a bit messy, cleansing balms deliver oils to melt make-up, in a solidified form, meaning portion control is easier.

Furthermore, cleansing balms can be used around the eyes to remove make-up, as they are made with natural ingredients and are therefore suitable for this delicate area.

WHAT ARE THE MAIN BENEFITS?

- > They provide a deep cleanse which can help to prevent breakouts
- > They hydrate your skin
- > They are suitable for sensitive skin

- > They provide quick results
- > Many contain antioxidants
- > They are high in oils, meaning you can skip daily moisturiser if you wish

HOW TO USE CLEANSING BALMS

1. Take a 10p-sized amount of balm and warm it between your fingers
2. Apply to dry skin in circular motions
3. Once the make-up starts to break down, add warm water to your skin
4. Continue to massage
5. Remove with a warm, damp cloth or muslin

WHAT ARE THE BEST CLEANSING BALMS?

- > Clinique Take The Day Off Balm – best all-rounder, suitable for all skin types
- > ESPA Nourishing Cleansing Balm – best for dry skin
- > Pond's Makeup Remover Cleansing Balm – best for sensitive skin
- > Slaai Makeup Melting Butter Cleanser by Drunk Elephant – best for removing waterproof make-up
- > Emma Hardie Moringa Cleansing Balm – best for ageing skin

Stuart's of Rayleigh

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

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

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



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

NOW OPEN SUNDAYS

TOPPERS
HAIR STUDIO

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

[f @toppershairstudiorayleigh](https://www.facebook.com/toppershairstudiorayleigh) [@toppers_hair](https://www.instagram.com/toppers_hair)



How To CLEAN AND PROTECT your Car seats

Even with the best will in the world, your car seats will eventually succumb to stains and spillages. Fortunately, if you care for and clean them appropriately, they can be restored to their original glory.

FABRIC CAR SEATS

- > The first step when cleaning your fabric car seats is to vacuum the upholstery to ensure the area is free from dirt and debris. If pet hair is an issue, utilise a pet hairbrush to lift the hair before vacuuming.
- > Next you need to apply your chosen cleaner or shampoo. Try not to make the area too wet – damp is best – and then gently rub in the solution with a soft-bristled brush.
- > Top tip: Concentrate on small areas and an even spread of solution to avoid water stains.

LEATHER CAR SEATS

- > Leather car seats are less prone to stains than fabric ones but they are also more delicate and susceptible to abrasions. Therefore, when vacuuming you need to be extra careful and take your time to avoid any scratches or tears. You also need to purchase a leather-specific upholstery cleaner, which often comes as a cream rather than a spray or shampoo.
- > Apply the product and gently rub the area with a microfibre towel.
- > Top tip: The more matt your leather seats appear, the cleaner they are.

HOW TO DRY YOUR CAR SEATS

It is always advisable to clean your car seats early in the day and when no rain is forecast. If you can keep an eye on your vehicle, leave your windows slightly open to prevent trapped moisture and let your seats dry naturally.

HOW TO PROTECT YOUR CAR SEATS

- > Condition leather seats to prevent cracks
- > Spray fabric seats with a fabric protector





Quick Fix

FAMILY GARAGE

MOT Centre, Wickford, Essex



4 WHEEL LASER ALIGNMENT

LOOKING AFTER WICKFORD'S MOTORISTS FOR 30 YEARS

MoTs • Tyres • Servicing • All Repairs Large or Small

All Main Dealer Trained Mechanics inc. Citroen Specialist

Free Collection if needed • Free Estimates • Honest Advice

Absolutely no connection with the company in Shotgate

www.quickfixgarage.com

(online prices & ordering)

01268 767 300

69 Runwell Road, Wickford, Essex SS11 7HL

£20 OFF
4 NEW TYRES
on production of this advert

£20 OFF FULL SERVICE
£10 OFF INTERMEDIATE
SERVICE inc. MOT
on production of this advert

FULLY FITTED ROLLER GARAGE DOORS

FROM **£895** * WAS £1,054 INC VAT

* Offer valid for openings up to 3.4m wide & 2.1m high. Remote Controls, 5 Year White Kwik, Internal Manual Override



**Made To Measure...
ROLLER GARAGE DOORS**

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of headroom! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

WHATS INCLUDED:

- ACOUSTIC & THERMAL INSULATION
- TWO REMOTE CONTROLS
- EXPERT MEASURING & FITTING
- 24 COLOURS AVAILABLE

CALL US TODAY

Phone: **01268 350 816**

Mobile: **07537 149 128**

WANT TO EARN EXTRA £ EACH MONTH? DISTRIBUTORS NEEDED!



CONTACT NIK TODAY TO APPLY

Your
Monthly
Lifestyle
Magazine

VISION
NOISE

t: 01268 955027 m: 07860 683239
e: rayleigh@VISIONmag.co.uk
w: www.VISIONmagessex.com



Photo credit: Mark Bullimore/Shutterstock

READY, STEADY,



ON THE SNAIL TRAIL IN NUTTY NORFOLK

While Gloucestershire prides itself on its annual cheese-rolling race, and mid-Wales will claim to be the spiritual home of bog snorkelling, both still have a way to go to catch up with Norfolk's take on leisure pursuits. Often with a lingering hint of ale and wine in the air, the flatlands to the east have found themselves chiefly responsible for some bizarre takes on entertainment, with perhaps nothing more peculiar than snail racing.

The 'sport' – the true polar opposite to Lewis Hamilton's record-breaking efforts in a racing car – first came about in the 1960s in the quaint village of Congham, although its true roots lie, predictably, in France. Hosted as part of the annual fete, snails are positioned on a flat, circular table. The first gastropod to make it to the outer boundary is determined the winner.

Times are recorded and recent years have seen more than 200 snails entered into the 'blink and

you'll miss it' tournament.

The popularity of the pursuit even led drinks brand Guinness to depict snail racing in its Bet on Black ad campaign back in the year 2000.

Unfortunately, the 2020 event had to be cancelled owing to COVID-19, leaving the slithery creatures that usually enter the race with very little else to do but, one would imagine, munch on some lettuce.

Rival competitions have emerged – the Grand Championship Snail Race in the appropriately named Snailwell, Cambridgeshire, celebrates its 30th anniversary next year, and regularly attracts 400 people to the village, doubling its population.

What's best about the annual snail trials, wherever they are held, is that there's no monotonous dominance, no Hamiltons or Schumachers on show; for the simple reason that with an average snail lifespan of around nine months, you're guaranteed a new 'gastropod great' each year.

THE VISION LISTINGS

APPLIANCE REPAIRS

SPIN DOCTOR

We repair, Washing Machines, Tumble Dryers, Dishwashers, Ovens, Hobs, Cookers, Fridge/Freezers, Extractor Hoods. Call 01279 310793 or book online: www.spindoctoeruk.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

BUILDER

JR BUILDERS & DEVELOPERS LTD

Rayleigh based for over 50 yrs, repairs, extensions, kitchens, bathrooms, electrical/plumbing work. Contact Jack 07939 409069 | 07990 968363 | jrodwell.builders@hotmail.com

CAR GARAGE

QUICK FIX FAMILY GARAGE

Mots, Tyres, Servicing, All repairs large or small, All main dealer trained mechanics inc. Citroen Specialist, Free Collection. 01268 767300, 1 Runwell Road, Wickford, SS11 7BZ

CLEANER

MOLLY MAID

Domestic cleaning experts, trained staff, 100% guaranteed, fully insured, regular/occasional cleans, materials supplied. 01268 442023 | Margaret.king@mollymaid.co.uk

COUNSELLING & WELLBEING

CARA JAPON

Counsellor/Psychotherapist/Clinical Supervisor. Feel anxious, stressed, low? Relationship issues? www.counselling-directory.org.uk/counsellors/cara-japon | 07379 578983

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

FASHION

LARGER GENTS CLOTHING

1XL - 8XL sizes. Bounce back deals and lots of other offers. Current opening times Tuesday - Saturday 10am to 4pm. 206 Moulsham Street, Chelmsford, CM2 0LG. 01245 356057

FINANCIAL SERVICES

ENGLEMAN WILLS

Personally tailored wills, powers of attorney, probate, guidance on inheritance tax & care home fees. 01268 761022 | Mobile: 07901 948745 | www.businessadvisoressex.co.uk

FLOORING

CARPETS DIRECT

Carpets, vinyls, laminates, wood flooring. Free fitting, free home visits, 80% wool twist pile specialists. Call us on 01268 955061

WEST ONE WOOD FLOORING

Manufacturing, installation, restoration of antique, reclaimed and new timber flooring. Unit 3, Blackall Industrial Estate, Hamberts Road, South Woodham Ferrers, CM3 5UW

GARAGE DOORS

GAROLLA ROLLER SHUTTER DOORS

Thermally insulated electric garage doors. Great for space saving, Kerb appeal & easy to use, No deposit, Pay on completion, 18 Colours available. Call today 01268 350816

ZENITH SHUTTERS

High Quality, Fully automated roller shutter garage doors. We only use European manufactured motors. Call 01268 962302 | www.zenithshutters.com

JOIN THE LISTINGS...

for just

£180

+VAT per yr

GARDENING

MPS HOME & GARDEN SERVICES

Garden Maintenance, Patios, Decking, Fencing, Painting & Decorating. Kitchen & Bedroom Installations. Martin Smith 01268 955057

DOWN HALL GARDEN SERVICES

For all local garden maintenance, Friendly & Professional Call Tim Poulter on 01268 785101 | 07761 958072

DECKING & FENCING CENTRE LTD

All your decking and shed requirements met here. Decking & Fencing repairs, installations & upgrades. Call 07974 753543

ESSEX TREE CARE LTD

Family run business over 35 years experience. All tree work undertaken. Call us today on 07500 870309 | www.essextreecareltd.co.uk

HANDYPERSON

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

ESSEX HANDYWOMAN

Painting/Decorating, Ironing/Laundry, Full Cleaning Services, Gardening & More. Whatever the task big or small! I'm here to help. Call 07854 670771

HEALTH & WELLBEING

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 01268 955035

HOME IMPROVEMENTS

DMD HOME IMPROVEMENTS

For Windows, Doors, Bi-Folds, Garage Doors in a huge range of styles, colours and designs. Call 01268 962527 | 07708 940527

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 SOUTHEND

The UK's Number 1 kitchen makeover specialists. Est. 1999 Visit our showroom at 1741 London Road, Leigh-on-Sea, SS9 2SW or call us 07894 714810

LANDSCAPING

RJM LANDSCAPES OF RAYLEIGH

Patios, driveways, fencing, decking, ponds, planting, turfing, construction. City & Guilds trained. Free consultation/ estimates. Fully insured. 01268 642896 | 07703 444244

LOCKSMITH SERVICES

FAST KEY SERVICES LTD

Safes/Car Keys, replacement, spares, repairs. Domestic Locksmiths. 01268 562592 | www.fastkeys.co.uk | Unit 3, Pilot Close, Fulmar Way, Wickford, SS11 8YW

PAINTING & DECORATING

SSD DECORATORS

17 years exp. Venetian Plastering, Wallpaper Hanging, Internal & External Painting & Decorating & more. Call 01268 955067 | karl@essexsfineest.co.uk

PLUMBING & HEATING

JOHN HUNTER HEATING

Plumbing, heating, gas engineers, inc. full bathroom installations. All central heating work inc boiler service, repairs and replaced. Call now on 01702 528487 | 07850 010990

HAMMOND & SONS

Family run for 20+ yrs. Boilers serviced/repaired, condensing boiler, warm-air units, all work undertaken inc leaks, upgrades, installs, no call out charges, OAPS discounts. 01268 286805

STAIRLIFTS

ESSEX STAIRLIFTS

Straight Stairlifts, Curved Stairlifts, Rental Stairlifts, New & Used, Servicing & Repairs, Home Lifts. Call 01268 550173 | sales@essexstairlifts.co.uk

TRAVEL

WILLO EXECUTIVE TRAVEL

Private hire, 9 seater Mercedes, Airports, Theatres, 02 Arena, Corporate Hire. Fully Licensed/Insured/DBS/PATS/First Aid Qualified | willoexecutivetravel@yahoo.com | 07493 335154

WINDOWS & DOORS

A1 GLAZING SOLUTIONS

UPVC Window & Doors, Aluminium Window & Doors, Conservatories, Bi-Fold Doors, Lantern Roofs & Skypods. Call 01702 622875 | info@a1glazingsolutions.co.uk

DAYLIGHT INSTALLATIONS

Windows, Doors, Conservatories. Design & Installation. Affordable quality products. All work guaranteed. Call 01702 813458

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**.

JOIN THE LISTINGS... CONTACT RAYLEIGH@VISIONMAG.CO.UK TO BOOK

PUT YOUR BUSINESS IN THE **VISION** LISTINGS...CALL **01268 955027** TODAY

ACROSS: 1. UNCURL, 4. SINGER, 9. LANOLIN, 10. HOSTILE, 11. SEEPS, 12. MERCY, 14. OPINE, 15. ADIEU, 17. USHER, 18. FOREMAN, 20. TRAVAIL, 21. MOTETS, 22. AMUSES
DOWN: 1. UNNESS, 2. CONCERTI, 3. RULES, 6. IRKSOME, 7. RAREFY, 8. INHABITANTS, 13. REDHEADS, 14. OUTMOST, 15. AFFIRM, 16. TRILLS, 17. UNARM, 19. RANT



ST GEORGE

Online and High Street Estate Agency

SOLD_{STC}

01268 770728

www.stgeorgehomes.co.uk