



*Daisy*

Birth flower  
of the month

**UNUSUAL  
FRUIT OF  
THE MONTH  
RAMBUTAN**

**NIGEL OWENS**

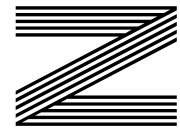
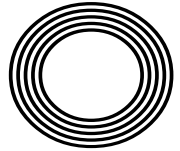
Highlighting LGBTQ+ in sport

*Stacey Saloman*

From TV personality to organising queen

*Dame*  
**JUDI DENCH**

The actress showing no signs of slowing down



**FREE**

Photo credit: Dan Rowley/BIFA/Shutterstock



**Bespoke Surfaces**  
Resin | Paving | Stone



WE SPECIALISE IN ALL TYPES OF OUTSIDE SURFACES

OUR TEAM OF SKILLED PROFESSIONALS CARRY  
OUT ALL ASPECTS OF LANDSCAPING SERVICES



CALL OR EMAIL US TODAY

**01702 541 514**

**FREE ESTIMATES**  
**PROFESSIONAL SERVICE**

- DRIVEWAYS AND PATIO AREAS
- FOOTPATHS BLOCK PAVING
- NATURAL STONE
- RESIN BOUND STONE
- MAINTENANCE AND CLEANING
- CHILDRENS PLAY AREAS



[INFO@BESPOKE-SURFACES.COM](mailto:INFO@BESPOKE-SURFACES.COM)

[WWW.BESPOKE-SURFACES.COM](http://WWW.BESPOKE-SURFACES.COM)





# Editor's notes...

APRIL 2021



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION**RayleighWickFord. What a difference a year makes. It was 12 months ago that we found ourselves right at the beginning of a national lockdown.

It was, for all of us, a step into the unknown. It would be fair to say there was an intriguing novelty about the early days of social distancing and the need to stay at home, but that quickly changed when all around us the concerns for health, jobs and our loved ones grew.

Speaking personally, the early days of the pandemic saw my dad in hospital for more than a week. He eventually won his considerable battle with COVID-19, while at home my wife and I were bracing ourselves for the imminent arrival of our baby daughter. Now, a year on, I feel better equipped to take a view on those dark days.

Things were to get much worse before the corner could be turned.

No matter what our thoughts are on Prime Minister Boris Johnson, the economy or the COVID-19 response, one thing most people I speak to agree on is the speed and effectiveness of the vaccine roll-out so far. It has given the nation the biggest lift possible. Sure, we will be living with COVID-19 and its variants perhaps indefinitely, but getting the job is ultimately the way we can all get our lives back on track.

*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](http://www.visionmagessex.com) | [rayleigh@visionmag.co.uk](mailto:rayleigh@visionmag.co.uk) | 01268 955027

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

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](mailto:sales@pdsprinting.co.uk) | [www.pdsprinting.co.uk](http://www.pdsprinting.co.uk)

Very Nice

## Blinds & Shutters

Your Local Blind and Shutter Specialist

We measure - We make - We fit  
So you don't have to!

A selection of products we have to offer

"Perfect company to use in every way"  
E.Stone, Hullbridge

"What a service. Many thanks"  
T.Owen, Rayleigh



Shutters



Roller Blinds



Vertical Blinds



Perfect Fit Blinds



Motorised Blinds



Blackout Blinds



Wooden Venetian



Vision Blinds

- Daytime, evening and weekend appointments
- Free no obligation quote
- Every blind and shutter made to measure
- Free measuring and fitting
- All blinds and shutters fully guaranteed

"Top class work"  
Mr & Mrs Paner,  
Rayleigh

"Excellent service, very patient whilst we got our decision. Shutters are lovely. Fantastic!" - S.Goate, Rayleigh



Showroom Opening Times  
Monday to Friday 9.30 - 5.00  
Saturday: 9.30 - 4.00  
Sunday: Closed

Arrange your FREE home visit today!

01702 233601

[www.veryniceblinds.com](http://www.veryniceblinds.com)

SHOWROOM / FACTORY ADDRESS

Very Nice Blinds and Shutters, Fairways Garden Centre, Hullbridge Road, Rayleigh, Essex. SS6 9QS

# Stacey Solomon SPOTLESS IN THE SPOTLIGHT

**FOUR BOYS... AND POTENTIALLY MORE ON THE WAY – HOW THE STACEY SOLOMON/JOE SWASH LOVE STORY IS A REALITY TV STORY WE ALL LOVE**

Stacey Solomon isn't too worried about the airs and graces of celebrity life. Sure, she has grown up in the lens since being catapulted into the scene in 2010 with a stellar display on *The X Factor*. While she ended up falling short – coming third, behind Joe McElderry and Olly Murs – the dye was cast as far as a career on screen was concerned. It was her casual, considered, girl-about-town image that viewers admired; the fact she was never afraid to speak up, to share her emotions and to bridge the gap between viewer and star.

“Throughout my TV career I've always just tried to be myself,” she says. “It's strange when you receive criticism for that – perhaps I don't round my consonants as well as I should, perhaps I act a bit loud at times, but that's just me. I think the era of the manufactured presenter is over and we're all allowed to be a bit more ourselves, and that's something I love.”

.....  
‘I think the era of the manufactured presenter is over and we're all allowed to be a bit more ourselves, and that's something I love’  
.....

The 31-year-old Dagenham-born star's TV career has ultimately been the 'x factor' that has led her to love, having fallen for the charms of chipper, funny man Joe Swash, also a near-veteran of the reality TV industry. The pair got together five years ago, drawn together by a shared passion for... well, everything.

“We connect on such a perfect level,” says Stacey, “and we're always making each other laugh.”

The pair, who got engaged just before Christmas, now also have a little reality star of their own to share – baby Rex, who arrived in 2019.

“I have two sons from a previous relationship and Joe has one, so bringing everyone together in our home has been perfect.”

The Essex-based couple have recently moved into their new home - aptly named Pickle Cottage. Stacey admitted it would need some work, but what's certain is that she will get it looking spick and span – after all, Stacey has just released her latest book, entitled *Tap to Tidy*. It's a smorgasbord of houseproud hints that also details crafting and design, as well as cleaning and keeping shipshape.

Stacey, who has appeared on and won *I'm a Celebrity...Get Me Out of Here*, and has presented shows such as *The Love Machine*, *The Jump* and *Loose Women*, also has a new BBC series, *Sort Your Life Out*, arriving later in the year; while Joe's work ranges from *EastEnders* to *Dancing on Ice* – he is also a previous winner in ‘the jungle’, which is where the likeable pair first met.

“TV was always an industry I admired, and although it has been a strange year, I think so many people have been able to keep their spirits up by escaping for a few hours in the evening to watch something,” Stacey says.

“The pandemic has really brought us back to the basics, where spending time around our family now feels like the most important thing in the world, whereas before we were perhaps more side-tracked by work and careers and more selfish things in our lives.

“That said, I want to get back to normality – it's what we all need, and I've got a wedding to plan, after all!”



# Jasmine Harrison WATER BABE



Photo credit: Talisker Whisky Challenge

## HOW JASMINE HARRISON BRAVED ISOLATION AND SLEEP DEPRIVATION TO BECOME A WORLD RECORD HOLDER

From rowing across the Atlantic Ocean with only the sound of waves crashing against the sides of a flimsy 21ft boat, to answering a Zoom call from the Duchess of Cambridge, Kate Middleton, on International Women's Day, Jasmine Harrison's journey from desperate isolation to taking centre stage as an example of true human endeavour and resilience has been magnificent.

The 21-year-old world record breaker was inspired to start rowing when she saw the event two years ago while teaching in the Caribbean. Yet despite having not set foot inside a boat until 12 months ago, she powered her way into the record books in February by becoming the youngest woman to row solo across the Atlantic Ocean as part of the Talisker Whisky Challenge.

Going up against a field of experienced entrants, the Yorkshire-based sailor drew on every last sinew of courage and conviction, to the delight of her friends, family and support crew who tracked

her every move across 3,000 miles of water.

The journey, from La Gomera in the Canary Islands to Antigua, took Jasmine 70 days. Despite extreme exhaustion – the longest duration of uninterrupted sleep she could have was two hours – searing heat, dehydration and no small quantity of challenges along the way – including capsizing her vessel just two days before finally making it to the finish line – the intrepid sailor says the experience was the most profound of her life.

"I will take away from this experience so many memories – some bad, but most of them good."

Asked what she was looking forward to most when back on dry land, she laughed: "That's easy – food... lots of food."

As for what comes next, the part-time bartender is almost certainly going to find herself in demand where other marine challenges are concerned.

"I'm going to take some time off then look around and decide what comes next. This isn't a one-off for me and I want to achieve more."



## Authentic East End Tarpot's Pie & Mash

**GREAT NEWS! CHILLED & HOT DELIVERIES NOW AVAILABLE**

Simple Heating Instructions Provided for Chilled Deliveries

**For a limited time only 10% OFF CHILLED ORDERS**

**Pie & Mash Single £5.50 | Double £7.45**

**Additional items Pie £2.75 | Mash £1.50 | Liquor £1.50**

**Choice of liquor or gravy | Vegetarian Pies Available**

**Three Sausages, Mash & Onions £6.50**

**Cold Drinks £1.10 each**

**Delivery or Collection Available**

**Minimum order for Delivery £12.95 | Plus £2.00 Delivery charge**

**Opening Times Monday Closed | Tuesday-Thursday 8.30-2.30pm  
Friday 8.30-6.30pm | Saturday 8.30-7.45pm | Sunday 9.15-3.00pm**

**To order please call 07307 854441**

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

**Complying with the Government COVID Guidelines**





# STYLISH SPIKES

**A** cactus can make a great addition to any home thanks to its striking shape and often unusual flowers on some varieties. However, this spiky houseplant offers many other benefits.

**CACTI ARE SELF-SUSTAINING PLANTS**  
If you want to inject some greenery into your home but you simply don't have the time to care for plants, then a cactus is the plant for you as it requires little to no maintenance. Native to the desert, cacti store moisture in their roots, leaves and stems and regulate their own food intake so you barely need to water them at all.

**CACTI IMPROVE THE AIR QUALITY IN YOUR HOME**  
Green plants such as cacti actively absorb carbon dioxide from the air and release oxygen, which helps to improve the air quality in your home. Other health benefits of cacti include an ability to reduce stress levels, provide companionship and even enhance your memory.

**CACTI CAN MAKE YOU MORE PRODUCTIVE**  
If you are currently working from home but are being driven to distraction by family life, a well-placed cactus plant can boost your productivity levels. In fact, controlled tests have shown that having a cactus in your office can improve your performance by more than 12 per cent.

**CACTI OFFER SUBTLE BEAUTY**  
For those who follow feng shui in their home, a cactus is the perfect plant for adding an elegant visual experience while at the same time banishing any negative energy. Cacti love the sun, so choose to add one to your windowsill or near the entrance to your home. Avoid placing in the living room or your kitchen, unless you want to be on the receiving end of an unexpected spike.

**BEST CACTUS VARIETIES TO GROW INDOORS:**  
Angel wings cactus | Rat tail cactus | Old lady cactus | Christmas cactus



## RAYLEIGH LANES QUARTER

**"Time to discover Rayleigh's best kept Retail Secret"**  
31 independent retailers, situated at the top of the High Street opposite Crown Hill and round the corner into Eastwood Road.

**OPENS MONDAY APRIL 12th**

Follow us on social media  
f & i The Rayleigh Lanes Quarter  
[www.rayleighlanes.com](http://www.rayleighlanes.com)  
Email:  
[franknash@charfleets.com](mailto:franknash@charfleets.com)  
[kevinkelly@achproperties.com](mailto:kevinkelly@achproperties.com)







# FAWNING OVER flora

The floral effect, and how to achieve it

Although floral interiors are nothing new, they've certainly become on trend over the last few years. Flowery bedspreads, botanical cushions, jungle-print curtains and all manner of foliage frolics have been brought into the home, with our front rooms, kitchens, bedrooms and even bathrooms better places for it.

Vivacious ideas and vivid colours have become the order of the day, with ambitious, elegant results, all crafted in the knowledge that floral interiors never go out of fashion.

If you've kept your walls clear and fresh, it means that you can just add in colour with floral-print additions to your furniture, with vibrant cushions, rugs and throws in your living room. For perhaps the smallest of makeovers, your inside space can represent all the bounty of an outside garden.

If, however, your current styles mean a drastic design change, a mural or flowered wallpaper may be more in demand. If this is your route, supplement a complicated background with plain cushions and simple, flat, easy-to-digest whites and greys.

In addition, adding real or fake flowers will bring walls into the 3D realm, enhancing your look and creating energy, interest and talking points.

As for the palette you have at your disposal, floral colours offer all manner of outdoor shades, as we know. From pinks to purples, yellows, whites and reds, there are few colours out of bounds.

And once you've remastered a room with a full-on floral theme, you can progress the idea by making small, subtle changes that complement the look, such as adding small garden-themed pictures, or perhaps even candles with floral scents.

Very soon, you can find yourself bringing the outside inside, where opening a window and allowing a breeze to blow through the space completes what is an invigorating and inspirational design effect.



## Carpets Direct

**Guaranteed Lowest Prices**

- ✓ **FREE FITTING** Established 25 years
- ✓ **FREE home visits**
- ✓ **80% wool twist pile specialists**

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](http://www.carpets-direct.co.uk)

## Your perfect bespoke door

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



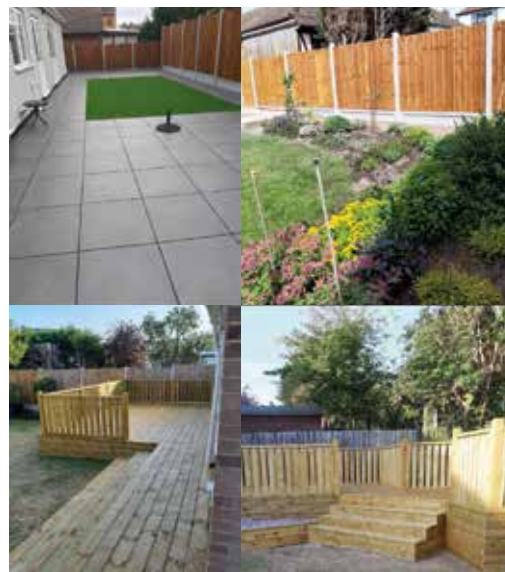
Set of Ali bi-fold doors supplied & fitted for **only £900 per leaf**

certass APPROVED INSTALLER

**DMD 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](http://dmdhomeimprovements.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](https://www.facebook.com/martinhandyholmes)





# JET PROPELLED

## SEVEN HANDY HINTS FOR MAKING THE MOST OF YOUR JET WASH HIRE

You're about to embark on a bit of high-pressure jet washing – perhaps you're getting that grubbiness off the walls, maybe your patio needs bringing back to its original sheen, or it could be your windows that want rid of all that winter grime.

Whatever the case, here are some tips that mean when hiring a pressure washer you'll clean up... literally and financially.

### ONE: The price is right

It sounds obvious, but it pays to shop around. Kärcher leads the market with consumer pressure washers, but they all work in the same way, so don't necessarily be swayed by a big name or a fancy trim.

### TWO: Time is of the essence

Be realistic over how long you want to hire a pressure washer for. Most hire companies will let you extend, but it's cheaper and easier to plan out your workload first; and of course, don't ever waste money by hiring one that you're not going to use straight away.

### THREE: Failing to prepare...

With the last point in mind, prepare the areas you're going to use the jet wash for before picking it up. Not only will it help with space and efficiency, but your hire time won't be wasted moving items around so you can get started.

### FOUR: Safety first

While great fun, pressure washers pack a huge amount of power, and even a lower-grade machine has enough punch to break through human skin.

### FIVE: Pre-wash

Pre-washing any area makes jet spraying so much easier when you come back to it a few minutes later.

### SIX: Nozzle knowledge

The pressure washer comes with a variety of nozzles, so ensure you select the right one for the job.

### SEVEN: "I need proof (waterproofs)"

Spray will quickly consume you and people in neighbouring counties, so ensure you have waterproof gear, and prepare for a huge amount of dirt while you're at it.

You can use a jet wash for cleaning windows, patios, driveways and even your car.



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.

## 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



DISCOUNTS FOR SENIOR CITIZENS AND LOCAL RESIDENTS



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

MAIN

info@johnhunterheating.com  
www.johnhunterheating.com





# HOBBY LOSSES



In theory, the loft is the perfect storage place for old mementos, cherished gifts and all manner of items you will sort at some point down the line. What unites all of them is we don't want these books, records, paintings, clothes and pieces of furniture around us in our living spaces – fair enough. And yet, when it comes to retrieving them from the most ideal of home hidey-holes, will they actually return to the light in the same condition we left them?

All told, the evidence appears to be 'no'. Part of the reason for this is because your attic is a hotbed (literally) for wildly fluctuating temperatures. We all know heat rises, so at certain times of the day, and the year, all manner of warmth will spread upwards into your loft space. Conversely, during times of extreme cold, it will be the only place in the house neither insulated nor heated.

Consider as well the creeps and critters that reside in the dark, sometimes damp, sometimes blissfully dry conditions.

You should pay particular attention to:

**WOODEN FURNITURE...** Wood can expand and crack with frequent changes in temperature, so beware of leaving it in storage for long spells.

**FABRICS...** Mice, dust mites, beetles and even birds will quickly find a second use for clothes, carpets, toys and rugs.

**LEATHER...** While the appearance of an old leather jacket will tarnish and fade, a bigger problem may be trying to rid it of a dank, musty odour.

**CANDLES, VINYL AND CASSETTE TAPE...** Extreme heat will quickly compromise the quality of items that you have cherished, be it that wedding photo album or your Canned Heat LP.

The best way to avoid items deteriorating over time is to wrap them well, store them in boxes and ensure proper ventilation through your loft space.



## QUALITY KITCHEN MAKEOVERS

by simply replacing the doors and worktops



**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](http://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**





# Lusting for LUSTRE



**M**odern glass showers and marble counters may look great, but they need care to maintain their lustre – bring forward the Great British Baking Soda solution.

You may not think glass shower doors and cubicles have much to do with those huge slabs of marble that comprise the worksurfaces in your kitchen, but think again. Both undergo daily use, both are largely mistreated – consider limescale and heat in the bathroom and all manner of spillages in the kitchen – and yet both can be kept in A1 shape with the required care and attention... and a bit of baking soda.

### GLASS SHOWERS

Tending to a bit of cleaning is the last thing on our minds when we wander out of the shower in the morning, still half-asleep from the night before. Yet daily spraying – with a limescale-fighting premix – and wiping can preserve the lifetime of glass so it stays shiny for longer.

However, if you're the type who would rather do a one-off clean every couple of weeks, use washing-up liquid on a coarse brush and scrub the areas that contain the tell-tale white, bumpy marks.

Rinse with cool water, then use baking soda to break down some more of the mass, spraying vinegar over the top before rinsing away with warm water.

### MARBLE COUNTERS

Baking soda is again your best friend when it comes to returning marble counters to the way they were before soups, sauces, pasta and pancetta took a rather appealing shine away.

Simply mix three tablespoons of baking soda into a litre of water. Apply the mixture to your worktops and leave in place for several hours.

When you return, wash the pasted solution off with warm water, then apply a shop-bought marble sealer.


As ever, regular cleaning, and ensuring you don't leave spillages to set, is the best way to keep your marble at a constantly high level.



## 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](http://www.hammondandsons.co.uk)




**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](mailto:margaret.king@mollymaid.co.uk)



See what our customers have to say at [uk.trustpilot.com](http://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](mailto:info@a1glazingsolutions.co.uk)  
[www.a1glazingsolutions.co.uk](http://www.a1glazingsolutions.co.uk)







# LOCAL NEWS

*from your neighbourhood*

## Designer Bedrooms Ltd

7, Robert Way, Wickford, SS11 8DD  
(Shotgate Industrial Estate)

**01268 571799**

See website for opening times

A local, family owned and managed business creating & installing bespoke furniture since 1992



Traditional fitted wardrobes

Whether your taste is traditional or contemporary, with hinged or sliding doors, we have the perfect solution for you.....  
.....all made to measure in our factory at Wickford and installed by our own skilled fitters.



Loft rooms



Home Office/Studies

Need some inspiration...? Then come and wander around our showroom or take a look at the many photos of completed work on our website at:

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

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

Want a quick quote...? Then pop into our showroom with your plans.

**We promise you...**  
No Salesmen. No Gimmicks.  
Just good honest advice from a long established and trusted company.



Sliding doors



## Firefighters come to the rescue after bin lorry catches fire

Bin men in Rayleigh were forced to dump the contents of their truck onto Clarence Road after it caught fire.

Fire engines from Rayleigh Weir and Leigh were called to Clarence Road just before 10am on March 10. At the request of firefighters, bin men dumped the mixed recycling from their lorry onto the road. The blaze had been put out by 10.30am and there were no reports of any injuries.

It is thought the fire was caused by discarded batteries.

Watch manager Wayne Davey, from Rayleigh Fire Station, praised the swift response.

He added: "Crews worked quickly to extinguish the fire before it engulfed the appliance, which would have caused a significant amount of costly damage both to the appliance and the road."

Residents were told to stay in their homes while Rochford District Council waste collectors cleared the dumped rubbish by hand.

The road was closed to traffic while the clean-up operation was carried out.

## Refurbishment planned for town centre pub

A pub in the centre of Rayleigh is to be extensively refurbished.

Star Pubs & Bars says the work at the Half Moon on Rayleigh High Street will see the pub transformed from a tired local into a modern, up-tempo pub catering for the whole community.

The refurbishment will create a welcoming main bar area, a zoned lounge area and a lively sports area. Locals have welcomed the plans.

Star Pubs & Bars says it is also keen to hear from potential landlords. For more information visit [www.starpubs.co.uk/pubs/half-moon-rayleigh](http://www.starpubs.co.uk/pubs/half-moon-rayleigh)



# MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford



LOCAL NEWS RAYLEIGH

This March, I was pleased to vote for the new Police, Crime, Sentencing and Courts Bill, which introduces the so-called Irish Option into law. This follows years of campaigning to change the law.

Part 4 of the Bill contains powers to make acts of deliberate trespass a criminal offence, rather than a civil offence as at present. This change is popularly known as the Irish Option, as it is modelled on a similar change in the Republic of Ireland several years ago.

Under the new powers contained in the Bill, anyone who establishes an illegal encampment of one vehicle or more, on either private or public land they do not own, can be made to

move on rapidly by the police. Failure to comply can lead to up to three months' imprisonment, a fine of up to £2,500 or both. In addition, the police will be given powers to seize any property, including vehicles, owned by the person or persons committing the offence.

While many travellers peacefully co-exist with the settled community in Essex, unfortunately some others do not. As someone who has been campaigning on this issue on behalf of my constituents for more than three years, I am delighted that the government has now brought forward legislation to enact the Irish Option into law. Hopefully, this legislation will act as a strong deterrent to anyone who seeks to deliberately flout the law.

## Knife-wielding robbers steal car

Police are investigating after knife-wielding robbers threatened a man outside his home before stealing a car from the driveway.

The criminals approached the man and threatened him on Worcester Drive, Rayleigh, at around 10pm on Wednesday, March 3.

They followed him into the property, took his car keys, cash and mobile phone and then stole a white Golf R from the driveway.

Police have issued descriptions of the robbers. They are both described as white, in their mid-20s, around six feet tall and of slim build. They both had dark hair and were wearing orange, fluorescent jackets at the time of the incident.

A white van with fluorescent chevrons on the back panel was also seen leaving the area.

Anyone who saw what happened or has any information or CCTV footage is asked to contact Castle Point and Rochford CID on 101 quoting reference 42/38549/21, or call 999 in an emergency.

You can also submit a report online at [www.essex.police.uk](http://www.essex.police.uk) or use the live chat button to speak to an online operator between 7am and 11pm.

Information can also be given to independent charity Crimestoppers 100 per cent anonymously on 0800 555 111 or at [crimestoppers-uk.org](http://crimestoppers-uk.org)



Photo credit: Ruby Ward @rtheartoflondon



### A BESPOKE HOME INTERIOR DESIGN SERVICE

Re-upholstery service / Curtains, blinds, and shutters / Sofas and chairs

MICHELLE ELLIOTT-BRITTO INTERIORS

studio@mebinteriors.co.uk

07881 813 111

mebinteriors.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.essexsfines.com](http://www.essexsfines.com) • [Karl@essexsfines.com](mailto:Karl@essexsfines.com)

[schofield, son & daughter ltd](https://www.facebook.com/schofieldsonanddaughter) [@paintingdecoratingspecialists](https://www.instagram.com/paintingdecoratingspecialists)



# LOCAL NEWS

*from your neighbourhood*



## NEED A VAN TODAY?

### COME TO RAYLEIGH VAN HIRE

Here at Rayleigh Van Hire, we strive to supply the best vans and the best service.  
We've got a variety of vehicles ranging from small Transit vans to Lutons.  
We pride ourselves in supplying quality vans to suit all of your needs.

## CALL 01268 642 647



Get in touch – 01268 642 647  
[www.rayleighvanhire.co.uk](http://www.rayleighvanhire.co.uk)



Small Van  
From £40 Per Day



Transit Van  
From £60 Per Day



Luton Van  
From £80 Per Day



## Public fund new scooter

When 73-year-old Keith Wainwright was left in a ditch by a hit-and-run driver last month, the community in Wickford came to his aid.

Keith and his beloved dog, Honey, were both hit by a car in Runwell Road. Honey fled in fright and Keith's mobility scooter was irreparably damaged.

Honey was later found and a fundraising appeal was launched to help fund a new scooter, however Keith was gifted one from Wickford's Nopac Healthcare.

Nopac owner, Jan Capon, felt compelled to help. She said: "It just angered me somebody could do that to someone."

Jan, whose shop provides mobility aids and disability equipment, has not been able to open as normal

owing to COVID-19 restrictions, so she was pleased to be able to help a member of the community.

The money raised from the fundraiser was used to buy new batteries for the scooter and donations to charity were also made.

Jan continued: "We had two scooters that hadn't been charging and if you leave them, their batteries die. As we are not opening up for the foreseeable future, they bought the batteries from us and gave £200 to NOPAC."

Jaimie Harrison is a volunteer from Tilly's Angels, a group that searches for lost dogs. She helped find Honey and also set up a GoFundMe page.

She said: "The response was phenomenal."





## RSPCA appeal after bird is deliberately shot

LOCAL NEWS WICKFORD



The RSPCA is appealing for information after an injured cormorant in Wickford was found to have been shot.

RSPCA inspector Jessica Dayes was called to rescue the bird after a concerned member of the public found it running around their garden in Rectory Lane. The cormorant was grounded and unable to fly.

Jessica collected the bird and took it to the South Essex Wildlife Hospital to be assessed.

While there, vets X-rayed the bird and discovered that the cormorant had a number of shotgun pellets inside its body.

The bird's injuries were so severe that the cormorant was put to sleep to prevent further suffering.

Jessica said: "It is very upsetting to think that this beautiful bird was deliberately targeted and shot. Anyone with any information about how this bird came to be harmed is urged to call the RSPCA inspector appeal line on 0300 123 8018."

## Council joins forces to create wildflower meadows

A community group in Wickford has joined forces with Basildon Council to create a wildflower meadow in Wickford Memorial Park.

Groups are also working with the council to create meadows in Lake Meadows in Billericay and Norsey Wood in Basildon.

Councillor David Harrison, chairman of Basildon Council's neighbourhoods and public spaces committee, said members want to improve the council's outdoor spaces.

He added: "Wildflower meadows are beautiful

visually, while also making a massive impact on an area's biodiversity. The wildflowers we planted last summer were really well received by residents. Lots of residents were emailing in asking for the seed mix for themselves.

"Thankfully we've been able to do that again this year, so by the time summer comes around, our roundabouts will look fantastic."

## Man murdered care home resident after disagreement

A man who murdered a care home resident has been sentenced to an indefinite hospital order after he was found guilty last month.

Jay Turner, 44, and Harry Hennessey (pictured), 61, were both residents at the Longcroft Residential Care Home on Swan Lane.

On July 2, 2020, the pair got into a disagreement and Turner threw Mr Hennessey to the ground before kicking him six times. Mr Hennessey was pronounced dead at the scene.

Although a judge at Basildon Crown Court determined Turner was not fit to stand trial, the jury took less than an hour to unanimously find him guilty.

Harry's siblings paid tribute to him, saying he was a "gentle soul" and that he was still "within our hearts".

Detective chief inspector Scott Egerton, of the Kent and Essex Serious Crime Directorate, said he hoped the verdict would allow Mr Hennessey's family to move on.

He added: "My thoughts and condolences are very much with Harry's family at this time.

"This was a tragic incident which claimed the life of a much-loved man. I would also like to thank staff at the care home who did all they could to save Harry's life after he was attacked."



**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

**SPIN DOCTOR**  
GREEN APPLIANCE CARE

**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](http://www.spindoctoruk.co.uk)

**FULLY FITTED ROLLER GARAGE DOORS**

FROM **£895** \* WAS £1,054 INC VAT

\* Offer valid for openings up to 2.4m Wide & Inc 2 Remote Controls, 55mm White Slats, Internal Manual Override

**WHATS INCLUDED:**

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

**GAROLLA ROLLER SHUTTER DOORS** [www.garolla.co.uk](http://www.garolla.co.uk)

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.

**CALL US TODAY**

Phone: **01268 350 816**

Mobile: **07537 149 128**

CE Approved



Having your home regularly cleaned will help beat Covid!

**We Can Help!**



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

One off cleans Now Available. Ask for details!



Telephone: **01702 521120**

Telephone: **01268 947122**

Email: [southend@timeforyou.cleaning](mailto:southend@timeforyou.cleaning)

[www.TimeForYou.cleaning](http://www.TimeForYou.cleaning)



- 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](mailto:jrodwell.builders@hotmail.com)**

Local to you



**UNDER NEW OWNERSHIP**

Turning Houses into Homes Since 1968

**Smith's**

**GIVE YOUR HOME  
A NEW LOOK**

PROFESSIONAL DOUBLE GLAZING & HOME IMPROVEMENTS INSTALLERS & DESIGNERS

**WINDOWS ■ DOORS ■ CONSERVATORIES  
ORANGERIES ■ PORCHES ■ ROOFLINE**

CONTACT US FOR YOUR FREE HOME VISIT & NO OBLIGATION QUOTE

**0800 31 84 31**

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



# Remembering the BRIXTON RIOTS

APRIL 10 MARKS FOUR DECADES SINCE THE START OF THE BRIXTON RIOTS

The Brixton riots were a terrifying, culturally defining 48 hours in which the black population of south London rose up to confront what they determined to be an unfair and illegal era of police brutality and wider social exclusion.

In a foretaste of some of the issues raised by the recent Black Lives Matter movement – albeit in referencing situations Stateside rather than events and actions in our own country – the 1981 Brixton riots, or 'Brixton uprising', were seen as a major turning point in the UK.

The background was a country in recession, and growing unease between police in areas such as Brixton and Lambeth. All it took was a spark of racial tension to ignite matters, and that duly arrived on April 10 when a black youth named Michael Bailey ran towards a policeman, bleeding from a four-inch stab wound. In attempting to get the injured man help, a crowd descended and supposed the police to be arresting him.

By the following day, rumours had spread that

Bailey had been unlawfully killed by police, kicking off a spate of riots, looting and arson attacks on shops, cars and property.

Inadequately protected police struggled to stem trouble, with 299 being injured in scuffles. A further 65 members of the public were injured.

Tensions were finally brought under control in the early hours of April 12, by which time more than 2,500 officers from the home counties had been deployed.

So-called 'copycat' riots broke out in a number of UK towns and cities, and in the aftermath, the Scarman Report concluded that "complex political, social and economic factors [created a] disposition towards violent protest", while also blaming overzealous 'stop and search' tactics.

Four decades on there is undoubtedly greater unity in the UK, though recent events have brought racial tensions to the fore again, with Brixton forever serving as a reminder of the potential fallout from an unfair society.



Photo credit: Bo5 Dear/AP/Shutterstock



HISTORY



# JUDI DENCH

## THE LIFE OF THE BUSY DAME

### Why Dame Judi Dench is perhaps the most unique acting talent of them all

---

In a professional career on stage and in front of the camera, it's notable that Dame Judi Dench has, more often than not, played characters who are assertive, strong and definite. From Q in the James Bond films to Ophelia, Juliet or Lady Macbeth on stage; from Evelyn in the *Marigold Hotel* movies, right through to 13 years playing Jean, the comedic mainstay of classic BBC comedy *As Time Goes By*, there has always been a strength present.

And so it follows, then, that the 86-year-old embodies very much those same qualities in real life. How else do you explain the fact that, despite lockdown, the York-born doyenne remains ensconced in one of the busiest periods of her acting career?

"I think the intention was that when I stepped away from Bond I'd be calming things down a bit," she begins. "What actually ended up happening was I found more roles coming my way, as would, I guess, any actor breaking free of a big character."

And therein lies the problem. The determined and decorated cornerstone of British drama simply can't say no. During 2020, while the world's acting fraternity were sitting back doing very little as the entire industry fell into a state of dormancy, Dench was still busy promoting four projects – films *Artemis Fowl*, *Blithe Spirit* and *Six Minutes to Midnight*, as well as an appearance on *Staged*, the widely acclaimed lockdown-themed TV series starring David Tennant and Michael Sheen.

She was also filming parts of what 2021 presents as two major feature films. First up is *Off the Rails*, a drama about a group of friends recreating an interrail journey across Europe, in which she appears alongside Kelly Preston, Ben Miller and Sally Phillips. Then, in *Belfast*, Jamie Dornan co-stars in a drama about a working-class family in Northern Ireland in the late 1960s.

Indeed, since bidding goodbye to 007 in that dramatic, windswept Highlands setting in *Skyfall* in 2012, Dench has appeared in 24 big- and small-screen projects.

"I think, for me, it's about picking and choosing things that make me content and happy," she says. "If I'm being asked to fly halfway around the world for a few minutes on camera, or the brief means being away from home for weeks on end in some inhospitable backwater, I'll say no. The truth, though, is I'm as enchanted as much by acting now as I was when I first performed *Hamlet*, or first stepped in front of a television camera at the end of the 1950s.

"I won't deny the slower parts of lockdown were frustrating, but if you want to keep busy and you want to find yourself things to do, then those things are out there, no matter where you are in the world or in your life," says Dench, who has now been two decades without husband Michael Williams, who died of lung cancer aged 65.

"I know Michael will be looking down, proud of the fact I'm still a workaholic," she smiles. "The truth is it's the only way I know to live."



Photo credit: FAQUINDO ARRIZABALAGA/EPA-EFE/Shutterstock





TRAVEL

# NATIONAL PARKS

fortnight: April 4 – April 18



New Forest National Park



South Downs National Park



Yorkshire Dales National Park



Northumberland National Park

Treasure trails and historic hill forts, secret coves and stunning lochs: all these and more are waiting to be discovered in the UK's 15 National Parks. Let's take a closer look at some of what England has to offer.

### DARTMOOR NATIONAL PARK

Located in the south of Devon, Dartmoor National Park is known for its wild open moorlands and rich local history. For hikers, check out the Meldon Reservoir and then treat yourself to afternoon tea in Ashburton.

### NEW FOREST NATIONAL PARK

Made a National Park in 2005, New Forest National Park offers a huge diversity of rare plants and animals. Marvel at the grazing ponies, cattle and pigs that roam freely around the park and enjoy a real sense of freedom whether you choose to explore on foot, on horseback or by bike.

### SOUTH DOWNS NATIONAL PARK

Less than two hours from London, South Downs National Park is a destination rich in culture and countryside, as well as some gorgeous country pubs. Don't miss the chance to dine at The Earl of March, owned by Giles Thompson, former executive chef at The Ritz London.

### YORKSHIRE DALES NATIONAL PARK

Perfect for those looking for natural beauty at its finest, the Yorkshire Dales National Park has much to offer, including Aysgarth Falls, the Yorkshire Three Peaks Challenge and the Force Gill Aqueduct.

### NORTHUMBERLAND NATIONAL PARK

The most northern National Park in England, it is also the least populated and least visited. However, don't let this put you off as this park boasts Hadrian's Wall, Kielder Water and Forest Park and the Sycamore Gap Tree.

### NATIONAL PARKS IN OTHER AREAS OF THE UK

There are two National Parks in Scotland: Cairngorms and Loch Lomond & The Trossachs. In Wales, there are three: the Brecon Beacons, Pembrokeshire Coast and Snowdonia.



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



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



IMPERIALS  
ESSEX

Celebrating over 35 years in prestige car retail

www.imperials.co.uk

# WE WANT TO BUY YOUR CARS

WE ARE CURRENTLY LOOKING FOR STOCK TO BUY OR S.O.R.

ROLLS ROYCE | BENTLEY | MCLAREN, AMG | M, ETC...

IF YOU ARE LOOKING TO RELEASE SOME EQUITY PLEASE CONTACT US



For more information contact  
email: mason@imperials.co.uk | Tel/WhatsApp: 0208 548 7830





# W.1 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



TED TODD  
HIGH WOODS FERRERS



WOODWORKS  
BY TED TODD



Call us on  
01277 630837  
07833 753501  
07545 772070

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

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

# handy apps



## USEFUL APPS AND ADD-ONS THAT WILL TAKE YOUR DEVICE TO NEW HEIGHTS

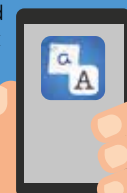


**GBoard:** This keyboard, made by Google, integrates seamlessly into your phone or tablet, across text messages, WhatsApp and email functions. The app runs in the background and you'll notice little difference, except perhaps for a choice of keyboard colours, gradients and backgrounds. But coolest of all, you can 'swipe' words to type – in other words, no need to lift your finger as you enter each letter... simply let it glide to each new letter and the app works out the word you're writing. Useful and infinitely satisfying.

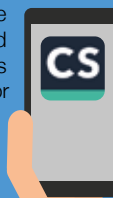


**AppDetox:** We've all got a fair quantity of apps on our devices that we would group as 'a bit of fun', while knowing that their very presence is making us less efficient, less engaged and most definitely less sociable.

As the saying goes, admitting you have a problem is the first stage towards solving it; the second stage being to download AppDetox, which enables you to block your own access to functions and downloads on your phone, thus keeping temptation at arm's length... or is that finger's length?



**Pen to Print:** Why do we still carry around scraps of paper when the idea was that our phones could do the job of storing shopping lists, addresses, reminders and more? Perhaps it's because the yearn to scribble remains strong in all of us – and with Pen to Print, you can still do that, with a screen that will convert your rugged scrawl into digital text. That means you can even send notes to someone without them ever getting wind of your lazy handwriting style!



**CamScanner:** We've all tried signing and scanning documents using our phone or tablet cameras.

CamScanner solves the problem, with editable uploaded or photographed documents that can be signed and scanned through the app. Removing the need for printouts or shadows on documents, the resulting PDF or JPEG can then be sent direct to your contact, as well as being stored in your phone.



TECHNOLOGY





# PUZZLES & TRIVIA

PUZZLES

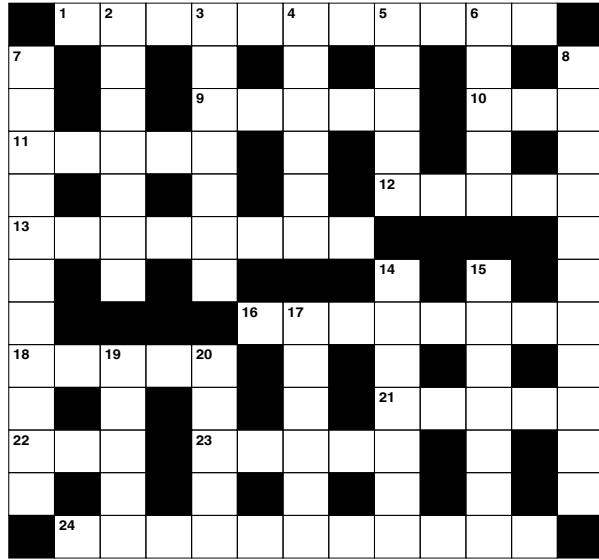
Answers: see end of The VISION Listings

## ACROSS

- 1. Dishonestly (11)
- 9. Ape (abbrev.) (5)
- 10. Fish eggs (3)
- 11. Hackneyed (5)
- 12. Giraffes have long ones (5)
- 13. Mad rush (8)
- 16. Eye condition (8)
- 18. Spring flower (5)
- 21. Boredom (5)
- 22. Female chicken (3)
- 23. Island in the Mediterranean Sea (5)
- 24. Study of lawbreaking (11)

## DOWN

- 2. Morally right (7)
- 3. Extract (7)
- 4. Wound together (6)
- 5. Unfasten a garment (5)
- 6. Expressing emotions (of poetry) (5)
- 7. Calamity or great loss (11)
- 8. Celebrity (11)
- 14. Panacea (4-3)



- 15. Linking (7)
- 17. Cosmetic cream (6)
- 19. Of the moon (5)
- 20. Device that splits light (5)

## DID YOU KNOW?

- ▶ Saudi Arabia is one of the only countries in the world that doesn't have any permanent rivers
- ▶ In the Falkland Islands, sheep outnumber people
- ▶ Napoleon ordered the construction of the Arc de Triomphe in Paris
- ▶ It's thought that in the future, the Maldives may become completely covered by water
- ▶ In Norway, around 98 per cent of the electricity production comes from renewable energy sources
- ▶ The Great Wall of China is 21,196km long
- ▶ Reykjavik is the most northern capital city
- ▶ Indonesia is the world's largest island nation, but no one knows exactly how many islands it contains

## SUDOKU

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



## WEDDINGS & EVENTS FLORIST

COURTS OF RAYLEIGH  
FLORIST

FLOWERS OF DISTINCTION FOR EVERY OCCASION

54 Eastwood Road, Rayleigh Essex  
01268 777983 | courtsofrayleigh@gmail.com  
www.courtsofrayleigh.co.uk

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?



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

ALL SEASONS GARDEN AND HANDYMAN SERVICE

01268 638406  
www.allseasonsgs.co.uk

## 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

## SUPPORT LOCAL BUSINESSES



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





APRIL BIRTH FLOWER OF THE MONTH:

# Daisy

If you were born this month, your flower is the delightful daisy, a bloom that often doesn't get the appreciation it deserves. Incredibly versatile and easy to grow, daisies can make a cheerful addition to any garden, however big or small.

### What does the daisy represent?

A quintessential symbol of both purity and chastity, the daisy can also be used to convey secrecy. In fact, daisies were once called "day's eyes", as they close their petals at night and only reveal their bright yellow centre in the day. This flower can also be used to symbolise true love.

### What does this birth flower say about your personality?

If your birth flower is the daisy, you are said to be a happy-go-lucky kind of person who tends to brighten up everyone's day just by being you. You are also adventurous, cheerful and optimistic, all of which means you are often the person whom others choose to confide in.

### Why grow daisies in your garden?

Sadly, in the UK, we have lost nearly all of our traditional meadow land, meaning that meadow wildlife is under strain. By planting natural and local meadow plants such as daisies in your garden, you will be giving a much-needed helping hand to meadow insects and other wildlife.

### How can I ensure my daisies thrive?

Daisies are the perfect choice for those who are looking for garden plants that do not require much care and attention. English daisies thrive in well-drained and evenly moist soil so be sure to water them during droughts. For the best display of daisies, plant them in full sun.

### Best types of daisies for a vibrant show:

English daisy | African daisy | Gloriosa daisy | Blue Marguerite daisy | Shasta daisy | Cape daisy



**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

**SEALING TECHNIQUE**  
**NO MORE WEEDS**  
**WORK GUARANTEED**  
**Matt Finish**

"Avoid Cowboy Trades & Services"

**Checkatrade**  
Before you use them

**RESIBLOCKY**  
REGISTERED INSTALLER

**WWW.SEALINGTECHNIQUE.COM**

**for only £9 per sq metre**  
 Call Lionel  
**01268 449771 / 07834 897654**  
 19 St Davids Way, Wickford, Essex SS11 8EX  
**10% OFF with this advert**

*Keep me, you never know when you might need me?*

Family run business which specialises in working with its customers to **create beautiful bespoke Offices, Mancaves and Garden-rooms...** We endeavour to beat any competition on a like for like specification...

**SANCTUARY FOUND**

See our work on [www.sanctuaryfound.co.uk](http://www.sanctuaryfound.co.uk)

Call Jon on **07508 339 804** or email [info@sanctuaryfound.co.uk](mailto:info@sanctuaryfound.co.uk)

*Seeking Sanctuary...*  
**SANCTUARY FOUND...**



GARDEN OF LIFE

# THE BIRDS *and the bees*

In the third 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 consider how birds and bees are so pivotal to everything outside our windows.

While they appear to be fluttering and buzzing about our gardens in blissful relaxation, the roles of our birds and bees is actually a vital one.

Let's take the humble bee, for instance. Forget a spoonful of tasty honey, the value of these buzzing beauties goes much deeper, with pollination the name of the game. In the first instance, bees as pollinators are responsible for more than one-third of the world's food. Add in the fact that more than 90 per cent of plants rely on bees' cross-pollination skills, and you can see why the move to halt the recent decline in global numbers has been taken so seriously.

Bees also

provide habitats for a huge quantity of insects and animals. Their complex, interconnected ecosystems allow a vast number of diverse species to co-exist. Put another way, a garden without bees would be bare, as would your plate.

A smaller role for bees is as a food source for birds, but go easy on our feathered airborne acrobats – while they have their own pollination qualities and act as pest controllers, they themselves, most crucially, act as a source of food for animals.

There's also something truly cerebral about birds, who predate our own time on the planet by some 150 million years. Sure, they're not cuddly or kinaesthetic, but through birdsong, breathless beauty, their solid commitment to building homes and raising families, and with a level of ingenuity and intelligence that many mammals can't even get close to, birds are a truly cerebral addition to nature's nest.



**Sealing Solutions**

**We offer an exceptional driveway cleaning & sealing service**

- Get a quote, visit & advice
- High pressure jet cleaning
- Sanding & sealing
- Weed free, low maintenance block paving

**If you are looking for a professional cleaning & sealing for your driveway or patio, call us on**

**07817 726 966 • 01268 372 835**

info@sealing-solutions.co.uk  
www.sealing-solutions.co.uk

Review us on **Yell.com** ★★★★★

## DOWN HALL GARDEN SERVICES

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

**Tim Poulter**

**01268 785101**  
**07761 958072**

**poplarvista@btinternet.com**

## ALL TREE WORK UNDERTAKEN

**ESSEX TREE CARE LTD**

- 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.essextreecareltd.co.uk**

City & Guilds **NPTC**  
Qualified workforce



M P S Home & Garden Services

# All your Home and Garden needs



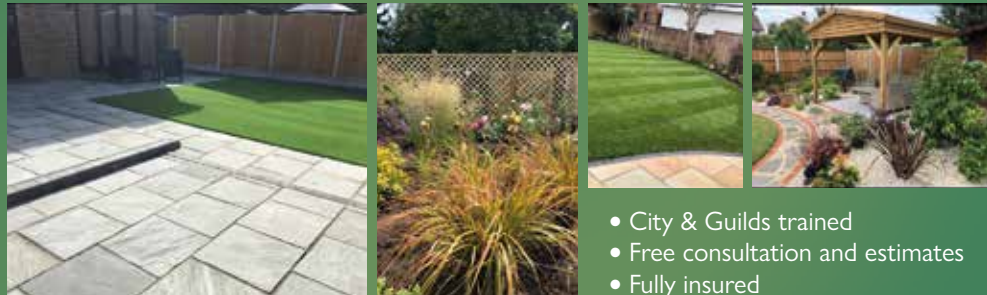
- Garden Maintenance ■ Patios, Decking & Fencing
- Kitchen & Bedroom Installations ■ Painting & Decorating

Martin Smith ■ Find me on  ■ 01268 955057

## 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](mailto:rjm4landscapes@gmail.com) • [www.rjm4landscapes.co.uk](http://www.rjm4landscapes.co.uk) 



SPORT

*Making plans for*

# NIGEL

How Welsh referee Nigel Owens MBE is the latest to bring LGBT issues to the front line of sport

On the face of it, it's perhaps the manliest sport of them all – where the fire and ferocity of competition demands brutish, testosterone-driven combat.

Like it or not, the past hasn't always been kind in associating homosexuality with those characteristics. And yet it's a credit to our progressiveness as a society that those attitudes are changing; and across Gareth Thomas, other male stars, both retired and still playing, plus a whole host of women who have proudly declared their sexuality, rugby is the sport that seems to be pioneering inclusion and diversity above any other.

The rise to prominence of Nigel Owens MBE as an ambassador for such inclusion is, alongside Thomas, perhaps the best example of someone emerging from the shadows. Having previously battled bulimia and suicidal thoughts as side effects to the hiding of his sexuality, the experienced referee came out in 2007.

"It's such a big taboo to be gay in my line of work," he says. "I had to think very hard about it because I didn't want to jeopardise my career. Coming out was very difficult and I tried to live with who I really was for years. I knew I was 'different' from my late teens, but I was just living a lie."

In reality, coming out only enhanced Owens' reputation in the game. He went on to claim the record for most test matches refereed, and in the Queen's 2016 Birthday Honours was awarded an MBE for services to sport. He retired in December 2000 after 17 years at the top.

And yet his work doesn't stop – in a long-term relationship with a teacher, Barrie Jones-Davies, Owens is a pioneer for LGBT issues in both sport and wider society. He works with charitable organisations in raising awareness and acceptance of gay people, using his story as a bridge to greater understanding of the issues involved.

Photo credit: Chris Fairweather/Huw Evans/Shutterstock





# Maximise your natural light with a beautiful skylight

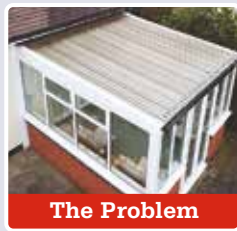


- ✓ Free survey for roof and room design
- ✓ A wide range of lanterns and skylights available
- ✓ All roof lanterns have an aluminium finish
- ✓ All our skylights are compliant with Building Regulations
- ✓ Pilkington self-clean temperature glass as standard
- ✓ All structural works undertaken by High-Tech
- ✓ All internal works inclusive of new electrics and lighting
- ✓ A complete extension or conservatory thermally efficient transformation
- ✓ All waterproofing products will have our LIFETIME guarantee as standard



Roof lanterns look great inside and out

High-Tech Roofing have installed over 10,000 flat roofs along with 1500 plus skylights and roof lanterns. Every roof installed comes with a LIFETIME guarantee. Let us, a company you can trust, transform your extension or conservatory into a stunning orangery style room.



The Problem



The Solution



Brochure and free sample available on request  
**For a Free Quotation**  
**Call: 01268 859602 [www.flatroofs.net](http://www.flatroofs.net)**

Are you retired?  
 Possible savings  
 now available

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



BUSINESS & PROPERTY



# COMPASSION!

**W**hatever industry you work in, taking the time to understand and empathise with your employees is vital if you want to provide exceptional leadership. Discover how to become a more compassionate leader below. Plus, find out why compassion is crucial in the workplace.

you do not have to be better than everyone else.

### HOW TO BECOME A COMPASSIONATE LEADER IN FIVE SIMPLE STEPS:

**Listen:** Think about how often you really listen to your team. Successful leaders seek to understand the perspectives, motivations and challenges of their employees. Make sure you actively listen without judgement for optimal effect.

**Respond:** Employees need feedback from their leaders, in terms of both their successes and areas in which they still have room to grow. Ensure you explain to your team that you are there to help them improve, and offer any resources they might need.

**Change:** Compassion is all about commitment, and even simple changes to the way you lead can work wonders for improving employee morale. Challenge yourself to make at least one change a month and build up from there.

**Empathise:** If you don't think that your team members feel able to open up to you, then empathy can help resolve this. Take the time to sit down with your employees and talk to them about non-work-related topics.

### WHY COMPASSION IS SO IMPORTANT:

- ♥ Creates enhanced employee engagement
- ♥ Decreases employee turnover
- ♥ Inspires collaboration
- ♥ Increases employee commitment
- ♥ Raises levels of trust
- ♥ Empowers you as a leader

**Share:** If you aren't authentic with your staff, how can you expect them to be with you? Don't be afraid to show your weaknesses; as a leader

**TAKEAWAY TIP:** Compassionate leadership is not about giving people what they want; it is about giving people what they need.



SAMARITANS

Whatever you're facing We're here to listen



If you're going through a tough time, you don't have to face it alone.

samaritans.org/southendonseas

A registered charity

Call free day or night on

116 123

Email jo@samaritans.org

## A WILL WRITER'S WORDS OF WISDOM

### WORRYING PROBLEMS

If a married couple dies together, and where there is no Will, the eldest is deemed to have died first, so only the family members of the surviving spouse will inherit

A beneficiary or their spouse should not be a witness to a Will, or they will disinherit themselves

Unless it has a Contemplation of Marriage clause, marriage or re-marriage invalidates a Will, requiring a new arrangement

Without a Will, spouses and civil partners are NOT automatically entitled to all of the estate assets on death, and the Government could inherit your estate if you die with no surviving traceable relatives

If a couple dies simultaneously, the elder is deemed to have died first – s184 Law of Property Act 1925, leaving only the younger spouse's family to inherit

Without a Will, even grandparents have NO automatic Legal Guardianship of their orphaned grandchildren

Without a Will, the Rules of Intestacy, ie 'The Government Will', could land the children with an IHT liability

A beneficiary or their spouse should not be a witness to a Will, or they will disinherit themselves

Although divorce does not invalidate a Will, marriage will indeed invalidate a Will, unless a marriage clause has been embedded

If you have no surviving parents, siblings, grandparents, uncles or aunts, then under the Intestacy Rules, the whole estate goes to the Crown or the Duchy of Lancaster or the Duke of Cornwall

### PEACE OF MIND SOLUTIONS

Always appoint charities as your final beneficiaries, to avoid your estate being claimed by the Government

By the use of a Property Protection Trust, you can ensure that if you pre-decease and your spouse re-marries and has more children, your own children benefit from your share of your home, and not the new spouse. BUT if Probate is not completed, the Trust Deed will not be set up and notified at the Land Registry

If children have special care needs, an appropriate Discretionary Trust could avoid loss of State benefits on them inheriting your estate

A Grant of Probate confirms to Executors that they have the authority to act and carry out the wishes of the deceased

Provide in your Will for continuity of your business on your death

If you own property abroad, you should arrange a Will for your assets in that country, to avoid costly fees and much Probate delay

If a Named Beneficiary, Executor, Trustee or Legal Guardian changes their name, e.g., on marriage or by Deed Poll, it is not necessary to amend the Will: documentary evidence, eg Decree Absolute, is sufficient

A properly worded Will could ensure that half the value of your home is potentially protected against Local Authority care home fees

There is no Inheritance Tax liability if the deceased spouse has left their entire estate to their surviving spouse or civil marriage partner

## 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](http://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





# Rambutan

The rambutan is a tropical fruit that closely resembles a lychee. Grown in countries such as Thailand, Malaysia and Indonesia, the name rambutan means hairy, which refers to the fleshy spikes on the skin of the fruit.

### WHAT DOES RAMBUTAN TASTE LIKE?

The flavour of rambutan is similar to a grape but with a bit of a strawberry quality. Slightly acidic and sweet in equal measures, this fruit has a pleasant fragrance that makes it ideal for using in cooked dishes.

### WHAT ARE THE HEALTH BENEFITS OF RAMBUTAN?

Rambutans are high in vitamin C as well as containing lots of fibre that is good for your digestive health. They also contain vitamin E, which is known for helping to prevent both acne and premature ageing.

### WHERE CAN I BUY RAMBUTAN?

You can find rambutans in most Asian markets and food shops. Look for bright red skin that indicates the rambutan is at its freshest. Green rambutans are not ready to be eaten, whereas black ones are over-ripe.

### HOW TO PREPARE RAMBUTAN

You should not peel a rambutan until you are ready to eat or cook with it. To open, carefully cut the skin with a sharp knife or simply twist open with your hands if the fruit is ripe enough to do so. Then peel away the skin to reveal the egg-shaped fruit. Don't forget to cut open the fruit to remove the nut-like seed in the centre.

### HOW TO STORE RAMBUTAN

Wrap them whole in a paper towel and put them in a perforated plastic bag before placing in the fridge. Your rambutans should last for up to two weeks.

### HOW TO EAT RAMBUTAN

Enjoy rambutans as a healthy snack or as part of a tropical fresh fruit dessert bowl. Alternatively, add to cooked dishes such as curries and soups.



*Nanny Kay's*  
**FARM SHOP**

From Fresh Fruit & Veg to Free Range Eggs, Cheeses, Hams, Jams, Local Honey, Biscuits & Crackers, Vegan, Gluten Free & Organic Products - & so much more!

*We are located next to the View Garden Centre*  
Nanny Kays Farm Shop, Chelmsford Road, Rawreth, Wickford, SS11 8SJ  
07507 785474 NannyKaysFarmShop

**GET BOOKED IN NOW FOR SPRING & SUMMER 21**  
**GATHER IN YOUR GARDEN FOR FUN, FUN, FUN!**

**MOBILE BAR SELLING BEER AND COCKTAILS**

Check out hire#vdubtavern vdubtavern  
[www.the-vdubtavern.co.uk](http://www.the-vdubtavern.co.uk)  
or give us a call on 07969 285501

**Rob Garnett**  
Your Local OvenGleamer

*Friends in the Garden Now? Time to get your BBQ Gleaming Then Too!*

**Need your Dirty Oven, AGA Or Range Gleaming Again?**

**A Professional Deep Cleaning Service Which Will Have Your Cooker Looking 'Like New'**  
**We Don't Just Clean Ovens... We GLEAM Them!**

**BOOK NOW FOR THE MOST HYGIENIC OVEN CLEANING SYSTEM**  
Covid-19 Safe Cleaning Processes: Social Distancing Rules Apply At All Times

**£5 OFF\***  
Your First Clean  
\*all cleans completed by 30/4/21 Quote VISAPR

**"Rob was fab! informative and I'm very happy with our sparkly clean oven. It looks like new! Highly recommend." S Cooke**

**Call and Book Today On 01268 833909**

Check out our 2900+ reviews at [www.ovengleamers.com](http://www.ovengleamers.com)  
Ovens | Ranges | AGAs | Hobs | Extractors | Microwaves | BBQs





# Beat the BURNOUT

Do you have chronic fatigue?

The mechanics that make all of us individuals mean no two people will endure the same medical condition in the same manner, but where chronic fatigue syndrome (also known as CFS or ME) is concerned, the overriding sense of physical and emotional emptiness is one that hits all sufferers.

The health condition, which shouldn't be confused with sleepiness and general lethargy resulting from working too hard or resting for too short a period of time, can be caused by a number of factors – from stress and anxiety to depression, eating disorders and the gradual debilitating impact of life events on the mind.

There can also be medical problems at play, such as thyroid problems, diabetes, vitamin deficiencies, irritable bowel syndrome, high blood pressure and even kidney disease.

A proper diagnosis is essential and should be sought as soon as you feel you are slipping into a

phase where you simply don't have the ability to perform very basic daily functions, such as rising out of bed, conversing with people or leaving the house.

A doctor will use various tests and techniques in attempting to reach a diagnosis; only when this is done will a medical professional set you on a path of therapy to get you back on track.

While medication is a recognised route to this, it could be that making positive changes to diet, routine and physical health will make a profound difference. There might also be moves to improve surroundings, practise mindfulness and build mental positivity in putting you on the road to feeling revived and restored.

Mental health services are of prime focus to the NHS in light of the COVID-19 pandemic, so don't delay in contacting your doctor if you need help – there will be brighter days ahead.



# START YOUR Revolution

Patricia lost **8st 7lb** between Nov & Aug



Lose **a stone** a month.

Hello, I'm **Judy**, your 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  
judy.hoskins@lighterlifementor.com



CLINIC APPOINTMENTS and HOME VISITS available  
To book, please call or see our website

Compliant with COVID-19 regulations and Public Health England Guidance

## BLOCKED EARS?

Professional microsuction is the **Gold Standard** treatment for the removal of built up ear wax.

Can Improve Hearing and Reduce Pain, Itching or Ringing.

Dr Teresa Uscategui-Florez MBBS, MRCGP, DLO & HNS  
T: 07444 016163 E: info@essexears.com W: essexears.com

Billericay Clinic: The Gibbons Practice, 6 Morris Avenue CM11 2JR  
Laindon Clinic: New Century Clinic, 34b New Century Road SS15 6AG





# Don't put your life on hold

Nuffield Health Brentwood Hospital

At Nuffield Health Brentwood Hospital our experienced general surgeons specialise in a range of diagnostic and repair procedures. They are experts in their field and can provide rapid access to treatment.

### Why choose Nuffield Health Brentwood Hospital for your general surgery?

Whether you are seeking results from a diagnostic procedure or looking at treatment options to remove a painful hernia, our team of experienced general surgeons at Nuffield Health Brentwood Hospital are experts in their field, providing you with rapid access to a personalised treatment plan.

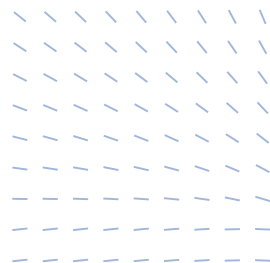
Some of the general surgery treatments available in Brentwood Hospital include:

- ◆ Appendix removal
- ◆ Colonoscopy
- ◆ Flexible sigmoidoscopy
- ◆ Gall bladder removal
- ◆ Gastroscopy
- ◆ Haemorrhoid removal
- ◆ Hernia repair
- ◆ Thyroid surgery
- ◆ Varicose vein surgery
- ◆ Weight loss surgery.

### For more information or to book,

Email [brentwood.enquiries@nuffieldhealth.com](mailto:brentwood.enquiries@nuffieldhealth.com)  
 Call 01268 955 035  
 Visit [nuffieldhealth.com/brentwood](http://nuffieldhealth.com/brentwood)  
 Follow us at [@nuffieldhealthbrentwoodhospital](https://www.facebook.com/nuffieldhealthbrentwoodhospital)

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



# HONE & TONE

*cleaning your home*



**B**ecome a lean, mean cleaning machine with the below common household tasks that are guaranteed to help you burn calories and shift those unwanted pounds.

**GENERAL CLEANING:** Picking clothes off the floor, wiping surfaces and dusting can all help you to work different muscle groups, making general cleaning one of the most effective household chores for burning calories.

**Total calories burnt = 3,976** (based on 280 minutes per week)



**VACUUMING:** This daily chore that is hated by many has the ability to provide a full body workout. Forcing you to use your entire core muscle groups, the simple act of pushing your Hoover back and forth will target your abs and put both your back and legs to work.

**Total calories burnt = 1,248** (based on 132 minutes per week)



**IRONING:** Another household task that few relish, but you may be surprised to learn that ironing burns a lot of calories. Not only does this task require you to stand up for long periods of time, but it also works your core as you move the appliance about.

**Total calories burnt = 1,360** (based on 144 minutes per week)



**DOING LAUNDRY:** If you have a big family, you may find yourself doing laundry multiple times a day. Although not the most engaging task, you will be pleased to hear it can help you lose weight. The act of washing, folding and lifting all helps to contribute to a full cardio workout.

**Total calories burnt = 1,588** (based on 168 minutes per week)

**OTHER CALORIE-BURNING CHORES:** Cooking = **2,856** (based on 301.7 minutes per week) | Mopping = **2,724** (based on 138 minutes per week) | Making beds = **1,316** (based on 144.2 minutes per week) | Sweeping floors = **1,304** (based on 138 minutes per week)

**NB:** Calories burnt is based on one month's worth of each activity and is based on the average weight of a person being 156 pounds.





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](http://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 t @toppers\_hair



BEAUTY

**D**o you choose a conditioner based on your individual hair type? If not, you could be doing your hair more harm than good. Discover the right conditioner to transform your locks from limp to luscious.

### Oily hair

If your hair is naturally oily, you may find that conditioners make your mane look and feel even worse. That being said, rather than skip conditioner altogether, look for a treatment that actively helps to reduce oil.

**Choose conditioners that are:**

- Light • Volumising • Balancing

**Avoid products that claim to be:**

- Hydrating • Smoothing • Moisturising

### Dry or damaged hair

When hair is dry, damaged or brittle, you need a conditioner that will help prevent future breakages and protect against heat damage.

**Choose conditioners that:**

- Moisturise • Hydrate • Offer frizz control • Promote repair

**Avoid products that claim to be:**

- Fortifying • Volumising • Strengthening

If your hair is severely damaged, you may also want to use a coconut oil treatment or deep-conditioning cream once a week for intense damage repair.

### Fine or flat hair

Straight hair that does not suffer with frizz, but can appear flat, suits conditioners that add some much-needed texture.

**Choose conditioners that are:**

- Volumising • Lightweight

**Avoid products that claim to be:**

- Heavy • Moisturising • Smoothing

### Coloured hair

Coloured hair has very specific needs, especially if you want to retain your colour for as long as possible. In terms of a conditioner, you need one that will seal hair cuticles.

**Choose conditioners that are:**

- Colour-safe • Colour-depositing • Hydrating

**Avoid:**

Any conditioner that is not for coloured hair

### Afro hair

Afro hair tends to be described as kinky owing to the intensity of its curl. However, with the right conditioner, it can look both healthy and shiny.

**Choose conditioners that are:**

- Deeply hydrating • Oil-based • Protein-based

**Avoid products that claim to be:**

- Volumising • Lightweight







# DRIVER DANGER

## THE PENALTIES AND REPERCUSSIONS FOR OUT-OF-DATE MOTS, INSURANCE AND TAX

The responsibility of making sure a car is being driven legally, and that all the proper checks are up to date, is one not just to ourselves and our passengers but also to everyone else both on and off the road. From motorists to cyclists and even pedestrians, it's vital our cars are roadworthy – in fact, it's so important that the government will impose strict sanctions on anyone not toeing the line.

### **MOT**

A huge number of people drive on our roads unaware that their MOT has expired; and yet with the DVLA's reminder system, setting up a simple text message alert would prevent this happening.

The only time you're allowed to travel on the road with an expired MOT certificate is if you're en route to the test centre to get the service done, otherwise you could be looking at a fine of £1,000.

In 2020, during the COVID-19 outbreak and

subsequent lockdown, MOT dates were extended, though this is not the case in 2021.

### **TAX**

Road tax is a necessity for any car, and you can expect a hefty fine in the post (of up to £1,000), if you're driving around in an untaxed vehicle. That may be a better scenario for some than the alternative – your car is clamped, and if the fine isn't paid quickly it is impounded, incurring a daily fee of £21.

### **INSURANCE**

The big one – driving without insurance is the biggest threat to yourself, your passengers and other road users. It is looked upon dimly, and if you are stopped by the police, your keys will be confiscated immediately. A £300 fine and six points on your licence is the minimum, but greater penalties, including disqualification, are possible.

**NEW**  
AIR CONDITIONING  
SERVICE & RE-GAS  
AVAILABLE

# 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

WE ONLY USE EUROPEAN  
MANUFACTURED  
MOTORS

## White Garage Door

# £790\*

Unbeatable  
Value For  
Money!

\*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.

Call 01268 962 302

to book a free survey

www.zenithshutters.com

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



## 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.spindoctoruk.co.uk](http://www.spindoctoruk.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

## BEDROOMS

### DESIGNER BEDROOMS LTD

Traditional Fitted Wardrobes, Home office/ studies, Sliding Doors, Loft Rooms. Call 01268 571799. 7 Robert Way, Wickford, SS11 8DD

## BLINDS

### VERY NICE BLINDS & SHUTTERS

Local blind & shutter specialist. We measure, make and fit. Arrange a FREE home visit today! 01702 233601 | [www.veryniceblinds.com](http://www.veryniceblinds.com) | Showroom – Fairways Garden Centre.

## 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](mailto:jrodwell.builders@hotmail.com)

## CAR GARAGE

### QUICK FIX FAMILY GARAGE

Mots, Tyres, Servcing, 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](mailto: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](http://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

## 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](http://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](http://www.zenithshutters.com)

## 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

### 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](http://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

## 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

### DREAM DOORS SOUTHEND

The UKs Number 1 kitchen makeover specialists. Est. 1999 Visit our shwowroom 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

## PAINTING & DECORATING

### SSD DECORATORS

17 years exp. Venetian Plastering, Wallpaper Hanging, Internal & External Painting & Decorating & more. Call 01268 955067 | [karl@essexfinest.co.uk](mailto:karl@essexfinest.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/repared, condensing boiler, warm-air units, all work undertaken inc leaks, upgrades, installs, no call out charges, OAPS discounts. 01268 286805

## ROOFING

### JIM BARR ROOFING

Exterior Cleaning & Maintenance. Gutters, Paving & UPVC. Cleaned, Repaired & Renewed. 01708 874816 | 07833 572459

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

## STAIRLIFTS

### ESSEX STAIRLIFTS

Straight Stairlifts, Curved Stairlifts, Rental Stairlifts, New & Used, Servicing & Repairs, Home Lifts. Call 01268 550173 | [sales@essexstairlifts.co.uk](mailto: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](mailto: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](mailto:info@a1glazingsolutions.co.uk)

### DAYLIGHT INSTALLATIONS

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

**JOIN THE LISTINGS... CONTACT [RAYLEIGH@VISIONMAG.CO.UK](mailto:RAYLEIGH@VISIONMAG.CO.UK) TO BOOK**

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

ACROSS: 1. DECEITFULLY, 9. CHIMP, 10. ROE, 11. TRITE, 12. NECKS, 13. STAMPEDE, 16. GLAUCOMA, 18. OXLIP, 21. ENNUI, 22. HEN, 23. IBIZA, 24. CRIMINOLOGY  
DOWN: 2. ETHICAL, 3. EXCEPT, 4. TWINEB, 5. UNPIN, 6. LTYRIC, 7. CATASTROPHE, 8. PERSONALITY, 14. CUREALL, 15. JOINING, 17. LOTTION, 19. LUNAR, 20. PRISM





# ST GEORGE

Online and High Street Estate Agency

# SOLD<sup>STC</sup>

## 01268 770728

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