

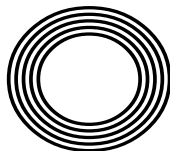
FORD
SIERRA
TURNS
FORTY

Natural
limescale
removal

LIVE LONG & PROSPER
this Star Trek Day

IDRIS ELBA OBE

The actor's rise to the big screen as he turns 50



FREE

Photo credit: Denis Makarenko/
Shutterstock.com

Bespoke Surfaces

Resin | Paving | Stone

**WE SPECIALISE IN ALL TYPES OF OUTSIDE SURFACES
INCLUDING BESPOKE DRIVES, PATIOS & PATHS IN**

- RESIN BOND
- RESIN BOUND
- RESIN CARPET
- PORCELAIN SLABBING
- NATURAL STONE
- BLOCK PAVING



**FREE ESTIMATES
PROFESSIONAL SERVICE**

CALL EMAIL OR VISIT US

WWW.BESPOKE-SURFACES.COM

RING KEVIN ON 07810 071118

OFFICE 01702 541514

INFO@BESPOKE-SURFACES.COM





Editor's notes...

SEPTEMBER 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Rayleigh Wickford. As they say, time really does fly. Often in our publishing world, it feels like the months just whizz by, largely owing to the fact we are always planning months ahead when it comes to content, advertisers' campaigns and editorial.

My son is going into pre-school in September and my daughter is going into the big kid part of the nursery - this blows my mind. My wife and I are always in awe of how quickly the kids develop, how they communicate with one another and, of course, their ever-improving tantrums. I remember those wise words: "Enjoy the younger years; they won't last forever." And

they really don't. It's all about savouring those little moments as they do go quicker than I ever could have imagined.

The moral of the story is to enjoy the present, be present and enjoy the sleepless nights. It's hard sometimes, but just remember that you will miss these days one day.

I heard a quote recently that summed it up perfectly when they are this age: "The days are long, but the years are short." This really hit home for me.

Until next month, take care of yourselves and each other.

Nik Allen

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

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

CONTACT US: www.visionmagessex.com | 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, Jess Unwin, Darius Morgan

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

SUPPORT LOCAL BUSINESSES



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



Traditional fitted bedrooms

Designer Bedrooms

7, Robert Way
Wickford, SS11 8DD

01268 571799

sales@designerbedrooms.co.uk

(See website or call us for opening hours)

Fully installed
by our own
professional
fitters.

Whether your taste is traditional or contemporary, with either hinged or sliding doors, we have just the bedroom for you...
...all made to measure in our own factory and installed by our own professional fitters.

Need some inspiration?... then take a look at the many photos of completed work on our website at:

www.designerbedrooms.co.uk

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

Want a quick quote...? then pop in to see us with your plans or room dimensions.

10 Year
Guarantee!



Essex Trading
Standards Approved

We are a local, family owned business and have been creating & installing bespoke furniture since 1992...

We have a large showroom at our factory in Wickford with easy parking.

No Salesmen - No Gimmicks
Guaranteed...



sliding doors



Odd shaped rooms
are our speciality!



Home Office/Studies

STAR QUALITY

One of the most enduring television programmes in broadcast history has certainly lived up to its famous quote – “Live long and prosper”.

And if the legacy of the iconic sci-fi series wasn't reason enough to don the Starfleet uniform, the so-called Star Trek Day – September 8 to you and me – surely is.

Legendary actor Leonard Nimoy committed almost 50 years of his life to playing the Vulcan character Spock, dating right the way back to the first *Star Trek* pilot episode in 1964. And until his death in 2015, the actor presided over a franchise that never lost its edge or appeal.

In fact, it's because the series is as admired today as it was on its original run back in 1966 that director J.J. Abrams has been tempted back for a third reimagination, expected to air sometime in 2023.

Before then, Trekkies have a special date in the calendar upon which they can hang their USS Enterprise hat. That's thanks to the growing popularity of September 8 on the sci-fi calendar, a date affectionately known as Star Trek Day.

The date mirrors when Trekkies got their first glimpse of the crew in 1966 – the result of Gene Roddenberry's vision of a drama inspired by *Forbidden Planet*, *Horatio Hornblower*, and *Gulliver's Travels*.

To say that *Star Trek* has blown apart pop culture over the course of its existence is something of an understatement – with revenue approaching £10 billion, it's certainly one of the highest-grossing media productions on record.

The 2009 *Star Trek* reboot movie by Abrams saw a new alternate timeline so as to continue with the original characters, albeit portrayed by a new cast. Indeed, the franchise has so far managed to swerve some of the prequel/sequel criticism levelled at its distant sci-fi relation, *Star Wars*.

Perhaps the reason for that is because *Star Trek* has always succeeded in showing a strong regard for humanity because it's the universe – our own shared universe – they're all fighting for. Maybe that's why it has stood the test of time for seven decades. It's certainly what fans the world over will embrace on September 8, with thousands of meet-ups celebrating characters, friendships, memories and just a bit of old-fashioned sci-fi sorcery.

Strangely, it's possible Roddenberry, the show's creator, had the Second World War to thank for his vision of space warfare; he was a brave bomber pilot for the US Army Air Force, during the conflict, and was awarded the Air Medal and the Distinguished Flying Cross, before becoming a police officer in Los Angeles.

He got his big television break soon afterwards, and so too did the likes of James T. Kirk, Dr Leonard McCoy, Montgomery Scott and others.



STAR TREK



Photo credit: Anthony Harvey/Shutterstock

OLD SPICE?

IT'S 26 YEARS SINCE THE RELEASE OF THE SPICE GIRLS' DEBUT SINGLE, *WANNABE*, BUT MEL C IS STILL GOING STRONG

Melanie Chisholm has stuck close to her roots – following the phenomenal success of her stint as Sporty Spice with the Spice Girls, her solo career has sparked eight albums and produced three number-one singles, and will see embarking on a UK-wide book tour.

For those of us old enough to remember it, the summer of 1996 was a golden one. Britpop had given the country a unique swagger, the Euros were here, the sun was out and beer was cheap. And riding on the coat-tails was a new thing called 'girl power', pushed by a spectacular PR machine and fronted by the Spice Girls.

The legacy of the band that followed, both musically and in inspiring a generation of girls to stand tall and be heard, is well known; though perhaps the greatest accolade you can give to Simon Fuller's creation was that each member went on to achieve great things – and Mel C is no exception.

Visually, she's a world away from the tracksuit-clad kung-fu kicking star who pirouetted around stages and *Top of the Pops* studios – these days

the singer, at 48, is stylish and motherly; yet can still mix romantic anthems with dancefloor anthems.

"For me, music has always been about evolving with the things around you," she says. "You need to follow trends, while still keeping your own sense of originality and creativity over the music you make."

Away from the bright lights, Mel C has encountered her own fair share of challenges. She's battled depression, eating disorders, and admits that up until the birth of her only child, Scarlett, in 2009, she never fully had a sense of responsibility to herself.

2022 is an exciting year for the singer, as not only has she got a number of upcoming performances, but she is also publishing her first-ever autobiography, which promises to tell all about her time with the Spice Girls as well as the years that followed. It will take readers behind the scenes of her showbiz lifestyle, as well as revealing the darker side of fame, and finally gives Mel C the chance to tell her story in her own words.

Who I Am: My Story is available to purchase from September 15.



Top 5 Reasons Why Homeowners Trusted EweMove To Sell Their Home

1. They Got A Happy Sale Guarantee (So There's No Risk!)
2. They Got The Very Best Price For Their House
3. I Was Their Dedicated Personal Agent
4. They Benefited From Our Multi-Award Winning Service
5. Open 24/7 - Yes, Really!

Iain McCoo
Branch Director



Get Your **FREE** Online Valuation Report
Visit: **Ewemove.com/WickfordRayleigh**
Or Call 24/7: **01268 437525**

EweMove respects any existing sole agency agreement already in place with another agent



Are you suffering with Back Pain or Lower Back Related Pain? Even doctors are now getting frustrated!

Ten's of thousands have now found an effective and natural solution. We're here to help, Chiropractic Treatment can help with your Back Pain.

Many people these days are suffering from chronic conditions causing spinal pain that affects their quality of life and day to day activities. In many cases doctors are investing in testing and treating symptoms however, the condition keeps reoccurring and that creates frustration with the patients (and the also Doctors). It's time to consider an alternative... the accurate diagnosis and natural treatment offered by Life Chiropractic, which has helped thousands of people put their back problems behind them.

Back pain, stiffness, pain in your legs, pain in your shoulders, neck pain. If these symptoms sound familiar to you, you are one of the thousands of people in the UK who suffers from chronic back problems. Apart from the physical symptoms of back or neck pain there are social and mental effects – due to the continued pain and uncomfortable feeling many back pain sufferers avoid work and social activities which in time can lead to depression.

Treatment options if you're suffering from back pain.

Often the treatment options concentrate on reducing or managing the symptoms and may have its own side effects. As the doctors get more frustrated with trying to resolve spinal complaints following long waiting times, many people give up hope and stop searching for a solution, accepting sadly, the physical, social and mental effects as their destiny.

For those who are still searching for a solution aiming to leave the pain and the discomfort behind I would like to introduce the diagnostic and treatment modalities used by us here at Life Chiropractic Clinics. With more than twenty years experience and over thirty Chiropractors, Massage therapists and rehabilitation specialists, the team here at Life Chiropractic support our patients from initial consultation throughout treatment with face to face appointments.

We are always happy to answer questions and monitor progress to ensure treatment is actually achieving what we set out to do which is to get you better. We can confidently say that the secret for the success of our treatment is the close contact and the continued support that our patients receive.

"So if your body and quality of life is important to you then you will want to come and see what we do" says Tom.

We say to all the people who suffer from back problems – don't give up, we have a solution for you. It's better to treat it now than let it get worse!



Judy Pritchard

★★★★★

I first went to the Chiropractor with a very painful back and having pain running down my right leg. I was unable to climb stairs without being in pain. I contacted Life Chiropractic Clinic and was assigned a chiropractor. They sat with me to take a history and to ascertain the possible reasons for my pain. After x-rays were done a plan of action was set and my treatment began.

From the very first treatment my relief was phenomenal! They manipulated my back and neck and the relief I felt was amazing! I left the clinic that night with tears in my eyes because I could walk down the stairs without the excruciating pain I was in at the beginning.

I can't express how much taking that first step has changed my life!

If there is anything that you should pay attention to in reading this, it would be to say that if you are having pain with your back, your neck, your joints, issues with walking, range of motion, things affecting your mobility, contact the team at Life Chiropractic Clinics. You owe it to yourself and the ones you love to feel better! They will do their very best for you! Definitely give them a try, you won't regret it!

IN PAIN? WHY WAIT!

Consultation ^{ONLY} £48
inc. X-Rays
Plus Your 1st Treatment!

What's included:

In-Depth Health History

To help us fully understand your symptoms and case.

Physical Examination and Postural Assessment

One of our experienced chiropractors will fully assess your spine and posture.

Orthopaedic & Neurological Tests

Our chiropractors will carry out specific tests related to your physical health.

Digital X-Rays

If medically required we will take x-rays to help us achieve the right diagnosis.

Report of Findings Appointment

At your second visit, your chiropractor will explain your results and findings.

Diagnosis, Treatment Plan Plus Your 1st Treatment

Once we know what's wrong we can create an individual treatment plan to help you.

HOW TO BOOK

To book online simply scan the code opposite or call one of our clinics direct:

Rayleigh - 01268 774 008 Wickford - 01268 66 99 85

Basildon - 01268 556 008 Southend - 01702 616 880



SCAN TO BOOK



CHIROPRACTIC
CLINICS

LIFE CHIROPRACTIC CLINICS

Basildon • Wickford • Rayleigh • Southend

www.lifechiropractic.co.uk

*X-Rays taken if medically required.

We can help treat: Back Pain • Headaches • Sciatica • Neck Pain • Arthritis • Hip Pain

Fibromyalgia • Sports Injuries • Knee Pain • Shoulder Pain • Whiplash



GET creative WITH WALLPAPER

ALTERNATIVE WAYS TO DECORATE WITH WALLPAPER

Wallpaper is one of the easiest ways to decorate your home. It adds colour and style, helping to bring your spaces to life.

But why should wallpaper stop at the wall? There are lots of home projects you can do with wallpaper to bring a unique twist to your interiors.

Bring some colour to your next DIY project with these creative wallpaper ideas.

ADD PATTERN TO A CHEST OF DRAWERS

Wallpaper is an easy way to brighten up the plainest chest of drawers. It's an easy hack that is perfect for upcycling a dated piece of furniture. Why not invest in new decorative knobs or handles to complete the transformation?

BRING COLOUR TO YOUR WALL PANNELLING

Wall panelling has been a huge trend in recent years, but if you want to do something different with yours, wallpaper could be just the trick. Cut wallpaper to size and place it inside the panels to create a striking feature wall.

FRESHEN UP KITCHEN CABINETS

Wallpaper can transform your basic kitchen cabinets and give them a new lease of life. Add a simple pattern to create some interest that could make a nice contrast against the items on display.

FRAME IT

Art can be expensive, so why not turn your wallpaper into a work of art instead? Framing pieces of wallpaper can help you create feature walls and add decorative touches to coffee tables, sideboards and more. You can do this affordable DIY using wallpaper samples from stores, making it a quick and affordable way to update your decor.

Getting creative with your wallpaper is a great way to embrace the trend, without committing to covering your walls. Try using different colours and textures to create an impression in your home.



Carpets Direct

Guaranteed Lowest Prices

- ✓ **FREE FITTING**
- ✓ **FREE home visits**
- ✓ **SPECIALISES in twist pile**

Established 26 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

MOLLY MAID HomeSafe

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 ★★★★★ Trustpilot

VISA

A1 GLAZING LTD SOLUTIONS

INSTALLING QUALITY WINDOWS AND DOORS THROUGHOUT ESSEX

Quality without Compromise



UPVC WINDOWS & DOORS / ALUMINIUM WINDOWS & DOORS / BI-FOLD DOORS

LANTERN ROOFS / CONSERVATORIES

COMMERCIAL & RESIDENTIAL

25 YEARS EXPERIENCE INSTALLING DOUBLE GLAZED WINDOWS / 10 YEAR INSURED GUARANTEE

CONTACT US 01702 464600

info@a1-glazing.co.uk / www.a1-glazing.co.uk

SHOWROOM: 93 PRINCE AVENUE SS2 6RL

FENSA Registered Company

f i

Photo credit: bhg.com, designsguild.com, CHANG & CO via mydomaine.com, oscarbravohome.com

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

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

info@johnhunterheating.com
www.johnhunterheating.com



safe

DISCOUNTS
FOR SENIOR
CITIZENS
AND LOCAL
RESIDENTS

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

MAIN

pretty pumpkin



HOME & DIY

Who says pumpkins are only for Halloween? And they're not just for eating, either. Find out how to make a pumpkin spice candle at home.

MAKE A PUMPKIN SPICE CANDLE

YOU WILL NEED:

- > A wide-necked 370g jar with lid (a Mason jar or old jam jar is perfect)
- > 370g soy wax pellets
- > A candle wick (15cm)
- > A candle wick holder
- > Glue dot (heat resistant)
- > 1 tsp (5ml) pumpkin spice essential oil
- > Pumpkin spice (ground) plus a few whole spices, such as cinnamon, star anise, cardamom, clove or allspice, for decoration (optional)

HOW TO MAKE:

- > Thread the wick through the holder and apply the wick tab to the inside bottom of the jar.
- > Warm the jar in the oven at 30°C.
- > Gently melt the wax in a microwave or double boiler.
- > Cool for a few minutes then stir in the essential oil, mixing thoroughly.
- > Fill the jar to 1cm below the rim and make sure the wick is still in the centre.
- > When the wax gets cloudy, sprinkle a pinch of pumpkin spice on the top and scatter the whole spices.
- > Cool at room temperature then trim the wick.

Add a homemade label or check out Etsy for something really stylish. Remember to remove the whole spices before lighting your candle.

There are loads of other ways to decorate your home with pumpkins this autumn. Why not try one of the below ideas?

- > Arrange a group of pumpkins and decorate them by painting, drawing or spraying them in metallic colours – and add a few chunky faux candles. Remember, odd numbers of items work best.

- > Hollow out a pumpkin, fill with water and add seasonal flowers – or pop in a pot filled with small succulents.

- > Fill a hollowed-out pumpkin with a glass jar. Twist a small bendy branch with berries around the top and add a candle (a faux candle is safest).



Photo credit: countryhillcottage.com,

Sanctuary Home Decor, thefairylessandfree.com



LIMESCALE *elimination!*

NATURAL REMEDIES FOR LIMESCALE THAT YOU CAN FIND IN YOUR KITCHEN CUPBOARD

Over the past year, one in three Brits claims that hard water in their home has worsened, with limescale becoming an increasingly common problem in many UK households.

If you are looking to eliminate limescale without the use of harsh chemicals, the below home remedies are just what you need.

VINEGAR

Have you noticed a build-up of limescale on your taps and showerheads? If so then you need to act fast as this can cause dullness, chipping and peeling. One of the most effective methods for removing this is to fill a plastic bag with white vinegar and then attach it to the affected area. Leave for 15 minutes to soak, or overnight for stubborn limescale build-up.

BAKING SODA

Limescale on the glass of your shower can be tricky to shift, especially if it has been allowed to build up. To remedy this, create a cleaning spray using 1 tsp baking powder, 1 tbsp white vinegar and ½ cup warm water. Spray onto the glass, leave for 3-4 minutes and then wipe with a clean cloth. You do not need to rinse the glass.

LEMON JUICE

Lemon juice is one the most versatile natural cleaning remedies available, having the ability to dissolve dirt, remove grease, deodorise and tackle limescale. Simply pour pure lemon juice into a spray bottle, spritz on the affected area, leave for 30 minutes and then clean off with water and a soft cloth.

CITRIC ACID

If you do not like the strong smell of vinegar, then citric acid is a good choice for descaling your kettle. Simply boil a half-full kettle, turn it off and unplug it. Next, add 2 tbsp of citric acid and leave for 20 minutes. Pour out the water and rinse twice before using.

01702 789547

DESIGN SUPPLY INSTALL

OPULUX

BATHROOM & HEATING SHOWROOM

FACEBOOK: [OPULUXBATHROOMS](#)
INSTAGRAM: [OPULUX_BATHROOMS](#)

Unit 31 Laurence Industrial Estate, Eastwoodbury Lane, SS2 6RH



Electric Vehicle Chargepoint Supply and Installation Specialists



★ **Trustpilot**
EV Charging Systems

Excellent
★★★★★
✓ VERIFIED COMPANY



- Compliant with current regulations
- Local family firm
- City & Guilds Qualified Electricians & EV Chargepoint Installers
- Fully OZEV & Manufacturer Approved
- OZEV grants are still available subject to eligibility

Tel: **01268 710459**
Email: info@evchargingsystems.co.uk
Web: www.evchargingsystems.co.uk
f [@evchargingsystems](#)

UP TO 50% LESS THAN A NEW FITTED KITCHEN

by simply replacing the doors and worktops

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS



MODERN

CLASSIC

TRADITIONAL

CONTEMPORARY

- › Replacement kitchen doors
- › Cost effective made to measure solution
- › Worktops and appliances
- › Quick installation in 2-3 days by local professionals

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

Call us now for a free estimate:

07894 714810

Checkatrade.com
Where reputation matters **9.8/10**



UK MANUFACTURED

dreamdoors.co.uk

THE UK'S #1 KITCHEN MAKEOVER COMPANY

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

Make your kitchen the
heart of your home
with Dream Doors



"The work resulted in a beautiful fitted
kitchen, the workmanship was excellent."
CUSTOMER IN WICKFORD



"Excellent quiet
and considerate workers"
CUSTOMER IN SOUTHEND-ON-SEA

If you are located in Leigh on Sea,
Rayleigh or surrounding areas,
speak to our designers and view
our stunning collection at your
local kitchen showroom.



"The workmen here on time. All their
work carried out to high standard.
Very polite, installation done on time
with kitchen left clean and tidy."
CUSTOMER IN WICKFORD



"Excellent and courteous service."
CUSTOMER IN BASILDON



"The service was excellent and professional."
CUSTOMER IN SOUTHEND-ON-SEA

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

07894 714810

www.dreamdoors.co.uk



Tonbridge Oven & Carpet Cleaning



FIVE STAR ★★★★★ OVEN CLEANING SERVICE

- ★ Independent oven, carpet & upholstery cleaner
- ★ Friendly, professional & affordable
- ★ Fume free, child & pet friendly

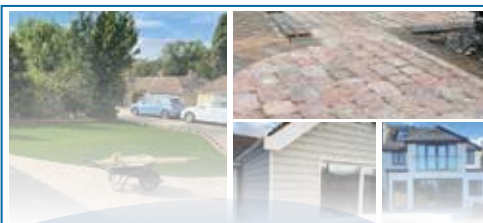


WE CLEAN

- ★ Single Oven ★ Double Oven ★ Hobs & Extractors
- ★ Freestanding Oven (inc. hob) ★ Range Style ★ BBQs
- ★ Rugs ★ Sofas ★ Carpets (+ Repair & Restoration)

FOR A QUOTE CONTACT US ON

07939 210055
www.tonbridgeovencleaning.com
enquiries@tonbridgeovencleaning.co.uk
tonbridgeovencleaning



LOOKING FOR DRIVEWAY INSPIRATION?

HAVE YOU THOUGHT
ABOUT ADDING DECKING
TO YOUR GARDEN?

JD SERVICES

EXPERIENCED IN PROVIDING A FRIENDLY & PROFESSIONAL SERVICE

- Front & Back Garden Landscaping
- Driveways ■ Patios ■ Composite Decking
- Cladding ■ Turf ■ Artificial Grass
- Fascias ■ Soffits & Guttering

CONTACT US FOR
A FREE QUOTE
01702 965516

info@jd-services-essex.co.uk f EssexFasciaDriveways



JD SERVICES

LOCAL NEWS

from your neighbourhood



LOCAL NEWS RAYLEIGH



Photo credit: Phil Stalham Photography

Appeal after man suffers knife injuries in town

Police are appealing for information from the public after a man suffered knife injuries during an incident outside a Rayleigh shop.

The 19-year-old victim sustained injuries to his arm, hand and chest during the incident outside the Tesco Express store in London Road on Saturday, August 6.

A spokesperson for Essex Police said officers responded to reports of a fight involving two men at the store at around 2.25pm.

They said: "This incident took place in the middle of the day on a busy road, and we believe there will be a significant number of people who will have seen what happened.

"If you have any information, CCTV, dashcam or other footage in relation to this incident, then please get in contact with us."

Police have confirmed that a 20-year-old man from Rayleigh was arrested in connection with an incident where another man was injured with a knife. He was arrested on suspicion of grievous bodily harm with intent. At the time **VISION** Rayleigh Wickford went to print, he had been released on bail pending further notice.

Anyone with any information about the incident can submit a report at www.essex.police.uk/digital101 or use the online live chat service, which is available Monday to Friday (excluding public holidays) between 10am and 9pm. Please quote the crime reference number 42/207018/22.

Alternatively, you can also call 101.

To remain anonymous, contact Crimestoppers via crimestoppers-uk.org or by calling 0800 555 111.



Covering Central & South Essex



Are you looking for a Local Window Cleaner?

- Specialise in Commercial & Domestic Window Cleaning
- With Over 32 Years of Experience, We've Completed Thousands of Cleans
- Our Domestic & Commercial Rounds Now Open to New Customers
- Average Regular Clean Only £25

Please call us for a Quote on 07984 989 703
or email admin@diligentcommercialcleaning.co.uk

www.windowcleanersrayleigh.co.uk

Essex Stairlifts Ltd

Your local stairlift specialist

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



For friendly, personal service telephone:

01268 550173

01708 369062

01206 231568



Email: sales@essexstairlifts.co.uk

www.essexstairlifts.co.uk



CASTLEPOINT

CASTLEPOINT INDEPENDENT
SPEECH & LANGUAGE THERAPY

Castlepoint Independent Speech & Language Therapy offers a high-quality independent Speech & Language Therapy service to children and adults across Essex.

WE SPECIALISE IN:

- Children's speech & language delay
- Children's speech disorders
- Communication disorders following stroke such as: aphasia, dysarthria, apraxia of speech and cognitive communication difficulties.
- Adult swallowing difficulties
- Parkinson's disease



Amy Williams,
Clinical Lead Speech
& Language Therapist

CISLT is based in Rayleigh High Street,
open six days a week

For more information, go to www.CISLT.com

Tel: 07534 043087 • support@cisl.com

MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford



LOCAL NEWS RAYLEIGH

Since it was announced that the Home Office planned to house cross-Channel asylum seekers at The Chichester Hotel, near Rawreth, I have received a considerable number of emails about these proposals from very concerned constituents.

I would like to reassure my constituents that I very much share these strong concerns. I have attempted to contact the management of The Chichester Hotel on multiple occasions to seek urgent answers. Yet they continue to ignore requests for clarity from me and from the local and national press.

As a result, I have now met with the Immigration Minister, Kevin Foster MP, to outline to him and his officials face to face my continued strong opposition to these proposals. I explained to the Minister some of the financial issues at The Chichester and also how my constituents had been treated by the current hotel

management. He has promised to come back to me with his conclusions.

In addition, having had weeks of being effectively 'stonewalled' by the hotel managers, I have now written to the chief executive of HMRC, Mr Jim Harra, and asked him to commence a formal investigation into the financial issues at The Chichester Hotel.

I can confirm that I subsequently received a letter from the Immigration Minister on August 9, which states: "I have asked my officials to prioritise withdrawal from The Chichester as soon as our contractual obligations allow – certainly within three months." In other words, the hotel should be discontinued for this purpose by around the end of October at the latest and hopefully sooner than that.

The Pest Company Essex

YOUR LOCAL RELIABLE PEST COMPANY

Domestic & Commercial
Properties Covered

All Work Guaranteed

- ✓ Rats ✓ Mice ✓ Squirrels ✓ Wasps
- ✓ Bees ✓ Cockroaches ✓ Bed bugs
- ✓ Fleas ✓ Moths
- ✓ Bird Proofing..

& much more



CALL US ON

07739 243411

01702 749402

www.thepestcompany.co.uk

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

SEALING TECHNIQUE

NO MORE WEEDS
WORK GUARANTEED

Matt Finish

"Avoid Cowboy
Trades & Services"

Always
Checktrade
Before you use them



Simply Business
Public Liability: £1m
View our policy details



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



Arts centre hosts open day

A special event is being held to mark the reopening of The Mill Arts & Events Centre in Rayleigh.

The public will be welcomed back to the centre with a special open day on Sunday, September 11, and the centre will then be taking bookings for events and community groups from the next day onwards.

Councillor Mike Webb, Rochford District Council's portfolio holder for housing, assets and leisure, told **VISION** Rayleigh Wickford: "We have listened to our residents and reopened The Mill.

"I hope that everyone will come down to our open day, celebrate its return and support and enjoy this valuable community hub to the full.

"The open day will run from 11am to 3pm and include a host of fun free events, live performances and surprises, with something for everyone. It's going to be a brilliant day for the community and a great day for Rayleigh."

For booking enquiries and to find out more, please email leisure@rochford.gov.uk or call 01702 963328.

LOCAL NEWS

from your neighbourhood



Family awarded for supporting abuse victims

Relatives of a Wickford woman who was murdered while backpacking in New Zealand have been given an award for their work supporting victims of domestic abuse.

The Love Grace x appeal – which provides handbags filled with essential and luxury items to domestic abuse refuges – was set up by the family of 22-year-old Grace Millane, who was killed in 2018.

Grace's mother, Gillian Millane (pictured second from left), and her cousin, Hannah O'Callaghan (pictured left), were recently invited to 10 Downing Street to receive a Point of Light Award from Prime Minister Boris Johnson. These awards recognise volunteers who are working to make a change in their community.

Hannah told **VISION**RayleighWickford: "We never expected to visit Downing Street or meet the Prime Minister, and it was such a humbling experience. As my aunt has said, this was all for Grace."

"We wanted to create a legacy in Grace's memory and help women who have been affected by domestic abuse, to turn our negative into a positive, and if we help just one woman, then we have achieved that."

Hannah and Gillian have been "overwhelmed" by the public's generosity in donating handbags and toiletries and are determined to continue their efforts to raise awareness of male violence towards women.

To find out more about the appeal and to donate, please visit www.lovegrace.co.uk



Ashingdon
Landscapes

HOCKLEY BASED

**ALL TYPES OF
LANDSCAPING
& GARDEN
MAINTENANCE
UNDERTAKEN**

• Tree Work • Patios • Turfing

**Ask about our Lawn Mowing Service
from £20**

No Job Too Big or Too Small

FREE ESTIMATES & ADVICE

01702 206 378

07415 911 060

Essex Cleaning Solutions

Specialist in domestic and commercial cleaning
Essex Cleaning Solutions are pleased to offer the following services

- Conservatory Exterior & Interior Cleaning
- All Exterior UPVC Cleaning
- Traditional Window Cleaning (No Poles)
- Driveway/Patio Pressure Washing
- Roof Tile Cleaning / Moss Removal
- General Building & Maintenance Available
- Painting and Decorating - Internal & External
- Roofing & Cladding - Installation & Repairs



For residential & commercial gutters

☎ 01702 742164 ☎ 07828 332051

www.theguttersurgeon.co.uk

info@theguttersurgeon.co.uk

Find us on The Gutter Surgeon

- Gutter leaning at reduced rates • Gutter Vacuuming up to 40ft
- Gutter repairs at affordable prices • New gutters/facias & soffits installed
- Down pipes cleared, new down pipes added
- The Gutter Surgeon will to beat any like for like cleaning quote.



ECS will never ask for payment
until job completion to the
customers satisfaction

FREE, no obligation quotation!

**Freephone: 0800 699 0466 or
Mob: 07749 220949**

Mob: 07462 677211

www.essexcleaningsolutions.co.uk
essexcleaningsolutionsltd@gmail.com

Find us on

All major credit/debit cards accepted
Fully Insured





**You've popped the cork,
now light the wick!**

Treat yourself to one of our candles,
upcycled from champagne and liquor bottles
to add a bit of luxury to your happy place



Scan the QR code and visit our website or go to
www.wickinc.co.uk

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

WICKVISION22



Conservationist's fears over suspected river pollution



A wildlife campaigner fears it is just a matter of time before there is a repeat of the suspected pollution that killed thousands of fish in the River Crouch in Wickford.

Peter Steward, of The River Crouch Conservation Trust, believes the fish were affected by sewage that was dumped into the Nevendon Brook, which feeds into the River Crouch, during the incident last month.

He said: "I have my suspicions, but I can't prove anything.

"It's not the first time there's been pollution. It's quite a small river so anything that gets in there has a drastic effect, especially during the summer when the water flow is reduced.

"It's happening too often and is heartbreaking to see. We need people to be responsible and think about what they're doing, but I fear it's just a question of time before something like this happens again."

A spokesperson for the Environment Agency confirmed that officers were carrying out a full investigation into the cause of the incident.

The River Crouch Conservation Trust plans to stage one of its occasional work parties to clear rubbish from the river later this month. If you would like to join in, please call Peter on 07709 947279 or Roy Hart on 01268 768282.

Beloved carnival returns for first time in years

Wickford Town Carnival is set to return this month after a three-year hiatus.

In 2019, the event celebrated its 100th anniversary, with enormous crowds packing the streets of Wickford.

The carnival returns this year on Saturday, September 10. It will leave Runwell Park at 12pm and make its way to Wickford High Street, dispersing outside Nevendon Park where various stalls, rides, food, bars, displays and music will be on offer.

Sean Ellis, chairman of the Wickford Town Carnival Team, said: "It's all good fun. Carnivals in Essex certainly contain a sense of community belonging, togetherness and wellbeing.

"As an organiser and a first-time chairman of Wickford Town Carnival, it's the help and support we get here that makes volunteering so worthwhile. We have a great team of volunteers here at the carnival and we urge everyone to get along and see the parade this year, then into Nevendon Park where the party will continue.

"I think we deserve a good party; we've certainly missed you all."

Five arrested and drugs and cash seized

Five people have been arrested and a significant amount of drugs, cash and weapons have been seized after warrants were carried out in Wickford.

Police carried out warrants at four addresses on Thursday, August 11, as part of their work to tackle the sale of drugs in the south of the county.

A 59-year-old man has been arrested on suspicion of conspiracy to supply a controlled drug. Two 21-year-old men and a 24-year-old woman have been arrested on suspicion of possession with intent to supply a class A drug, and a 55-year-old man has been arrested on suspicion of possession of criminal property.

Officers also seized 1kg of suspected class A drugs, around £50,000 in cash and a number of firearms.

Detective Inspector Yoni Adler said: "These were a successful set of warrants and are part of our ongoing work to tackle the sale of drugs in the county.

"Drugs ruin lives and destroy communities and we're working every day to stop their sale. If you have any information about the sale of drugs, we need you to contact us on the non-emergency number 101."



Photo credit: Essex Police



LONDON CALLING

OPEN HOUSE FESTIVAL LONDON – SEPTEMBER 8 TO 21



Are you itching to nose around London buildings usually closed to the public? If so, the Open House London Festival is a must. It's a two-week celebration of the city's architecture, homes and outside spaces that runs from September 8-21. And it's back this year, after a two-year break, to celebrate its 30th birthday.

There's something going on in every borough. This includes not just open buildings but also special events, guided tours, walks and family activities. The great news is that all visits and events are free – but book early to avoid disappointment. You'll need tickets for most visits and some get snapped up very quickly.

The organisers stress that the festival is not just about grand buildings; it's about celebrating every aspect of London's urban landscape in all its shapes and sizes. As well as award-winning modern offices and historical buildings, you could have the chance to step inside a

suburban semi, a studio flat or even a houseboat.

In past years, around 800 buildings have flung their doors open for the event. They include 10 Downing Street, the Foreign & Commonwealth Office, the Gherkin and several private clubs. There have also been windmills, train stations, tunnels and even cabbies' shelters. So there really is something to suit all tastes.

Each year, around 250,000 visitors attend an Open House event in London, making it the biggest festival of its kind in the world. The festival is organised by a charity called Open House, and the aim is to encourage people to learn more about their environment and each other, to help make their city a better place for everyone who lives or works there.

As we go to press, the full list of 2022 events isn't yet available, so please check the festival website at openhouselondon.org.uk/2022 for the latest information.

Photo credit: open-city.org.uk



LOOKING FOR AN EXPERIENCED & AFFORDABLE
LOCAL PLUMBING & HEATING COMPANY

FOR EMERGENCY & PLANNED WORKS?

FINANCE AVAILABLE ON BOILER INSTALLATIONS



- ✓ BOILER SERVICE
- ✓ BATHROOM DESIGN & FITTING
- ✓ BOILER REPLACEMENT
- ✓ PLUMBING INSTALLATIONS
- ✓ CARE PLANS

✓ **EMERGENCY RESPONSE SERVICE**
Mon - Sun 24hr service
No call out charge

- ✓ An award winning company
- ✓ Covering all of Essex
- ✓ Over 15 years' experience
- ✓ Full public liability insurance

CONTACT US FOR MORE INFORMATION ON OUR SERVICES

www.intoplumbingandheating.co.uk

07931 383360 | info@intoplumbingandheating.co.uk



Checkatrade.com
Where reputation matters



Tel - 0800 188 4864
www.intoplumbingandheating.co.uk



We've Got You Covered

What We Offer

Our homeware plans offer you cover for your boiler, central heating, plumbing and more.

- ✓ Save on your bills with annual checks
- ✓ Keep your heating system & home safe
- ✓ Keep your boiler warranty valid
- ✓ Speedy response & peace of mind
- ✓ On-demand expert care & support
- ✓ Home emergency cover



Over 134 ★★★★★
Trustpilot 5 Star
rated Reviews

Cost effective, affordable care plans that leave you with peace of mind

Basic Homeowner Care Plan

Monthly £7.99

- > Annual boiler service

Bronze Homeowner Care Plan

Monthly £ 17.99

- > Annual boiler service
- > Free call outs
- > Boiler & controls
- > Priority response

Silver Homeowner Care Plan

Monthly £ 23.99

- > Annual boiler service
- > Free call outs
- > Boiler & controls
- > Priority response
- > Heating system

Gold Homeowner Care Plan

Monthly £ 27.99

- > Annual boiler service
- > Free call outs
- > Boiler & controls
- > Priority response
- > Heating system
- > Internal plumbing & drainage

IDRIS ELBA

OFF SCRIPT?

WHEN YOU'RE A DJ SUPERSTAR, A FASHION DESIGNER, MOVIE DIRECTOR, HOLLYWOOD A-LISTER, AND ALL-ROUND LOVEABLE MOGUL, ATTENTION TO DETAIL IS EVERYTHING – JUST ASK IDRIS ELBA OBE

“I’m probably a perfectionist,” admits Idris Elba OBE, who turns 50 this month. “With what I do, I need to be, whether it comes from film, music, whatever. You’re putting a piece of art out there, and you need to be confident with it because once it’s out there, it’s out.”

For a perfectionist, however, Elba is chilled and agreeable in conversation. He offers cool, considered responses with ease.

The man radiates so much energy and intensity that you can’t escape it, and that permeates through an increasingly diverse slew of roles, embodying the likes of DCI John Luther, Heimdall in the Marvel Cinematic Universe, *The Wire*’s Stringer Bell and Charlie Jaffey in *Molly’s Game*.

And yet those iconic characters only represent half of what the Londoner is all about.

His style, swagger, gruff exterior and devastating charm mean he is a man who can flit between so many different worlds; and yet he pulls off the look with respect and humility.

“I think a lot of that comes from the fact I had to struggle to get to this point,” he says. “For many years, I was a nobody who couldn’t catch a break and just blended into the crowd.

“There were very few directors who wanted to take a chance on me, and as time went on, so too did I begin thinking that I should just focus on my music, or my art, or perhaps just get a real job.”

The relief is that Elba didn’t. In 2022, he has George Miller’s epic fantasy adventure *Three Thousand Years of Longing* opposite Tilda Swinton, and *Thor: Love and Thunder*, plus the film version of *Luther*, which will screen on Netflix.

“*Luther* returning as a film is a really big new thing, and I think for it to work it needed to be different.

“You are elongating what you have to play with, yet at the same time shortening the whole story into two hours, so the very fabric is altered.

“I think for that reason you can regard it as original and very exciting.”

Asked whether he actually affords himself the ability to stop and take stock, the father-of-two notes: “I don’t have much time to rest, and I don’t really like long sleeps. They don’t put me in a place of urgency and that’s where I want to be, certainly in terms of work and productivity and happiness. That’s not to say I don’t try to get as many hours of good sleep as I can – I’m just not very good at it,” he laughs.

“It’s a real balancing act and it’s safe to say I’m not there yet.”

Elba’s laid-back approach is a factor that will win him a bounty of script offers moving forward. He is someone who, in these troubled times of panic, indecision and hysteria, emits an effortless sense of cool. “I think it’s easy to confuse being laid-back with being laissez-faire about things,” he says. “I think you can be calm and charged at the same time.

“Your actions don’t always reflect your emotions – hey, I’m an actor, after all.”

And one of our finest...





NEW SHOWROOM NOW OPEN

07.30 AM - 04.00 PM MONDAY - FRIDAY | 08.00 AM - 12.00 PM SATURDAY

Unit 7 Honywood Business Park, Honywood Road, Basildon SS14 3HW

Phone for appointments: 01268 534684

Eddiz@blueyonder.co.uk | www.eddizbathrooms.co.uk



Photo credit: roalddahl.com



If you know your lickswishy from your snoozberry, chances are you're a fan of author Roald Dahl. September 13 – the author's birthday – marks Roald Dahl Day, and schools around the world will be celebrating the occasion with a host of fun activities.

Dahl was born in Wales in 1916 to Norwegian parents. He was just four years old when his father died. His mother decided against moving the family back to Norway, as she knew her husband wanted their children to have a British education, which he regarded as the best in the world.

Dahl's schooldays inspired many of his children's books. For instance, at his boarding school, children were asked to taste test Cadbury's chocolate bars, which inspired *Charlie and the Chocolate Factory*. But there were more sinister influences too, such as scary adults. In his books at least, the children always got their revenge.

After leaving school, Dahl worked in East Africa and was a spy and an ace fighter pilot during the Second World War.

In 1953, Dahl married American actress Patricia Neal and together they had five children. The couple divorced after 30 years and Dahl later married film producer Felicity Crosland.

From 1953 until his death in 1990, Dahl lived in Great Missenden, Buckinghamshire, in a house with a specially built writing hut in the garden. This was where he wrote all 20 of his famous children's books, from *James and the Giant Peach* in 1961 to *The Minpins*, published after his death.

In 2012, the interior of the hut was carefully removed and installed in its new home, the Roald Dahl Museum and Story Centre, also in Great Missenden.

He is buried at St Peter's Church, Great Missenden, along with his snooker cues, some good burgundy, chocolates, HB pencils and a power saw.

For more information, visit roalddahl.com/create-and-learn/join-in/roald-dahl-day



Make a grand entrance to your home



More
Styles &
Colours
Online



The most comprehensive range of quality composite doors with superb performance delivered and installed with service you can trust.

Design your door online www.ez2own.uk

Electric Roller Garage Doors

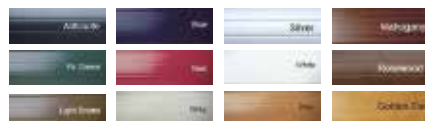
Our roller shutter garage door is one of the neatest electric garage door solutions available with vertical operation and no internal tracking mechanism in your garage at all.



From
£1199
Fully installed
inc. vat

- ✓ Improved security for your garage
- ✓ Trouble-free installation
- ✓ Choice of colours
- ✓ Tough and durable

SEND US PICS
AND SIZES FOR A
SAME-DAY QUOTE



EZ2OWN
Windows & Doors

01621 781133
01245 835011
07525 717055



IS YOUR CONSERVATORY
TOO COLD
IN WINTER?



IS YOUR CONSERVATORY
TOO HOT
IN SUMMER?



EZ2OWN OFFER TWO SOLUTIONS



Insulated Roof

Usable rooms all year around

Using "Superquilt" technology our roofs are cool in the summer and warm in the winter!

1 DAY INSTALLATION

Our highly qualified team of professionals can install most of the roofs within 1 DAY!

AFFORDABLE PRICES

With prices starting from as little as £1295, we have a solution to cater everyone's price range.

MAKE IT YOUR OWN

Two types of finish, Cladding or Plasterboard.

SPECIAL DEALS ON LED DOWNLIGHTS



Replacement Roof

Tiled Conservatory Roofs

We also offer a full replacement service, which can completely transform the look of your conservatory.

Using a timber framed roof system including over 150mm of insulation.

There is a stunning selection of tiles, varying between Tapco, Slate or Metrotile.

Our replacement roofs come with 6 downlights, a plastered ceiling, along with full fascias and guttering.

FIXED PRICES FOR ALL SHAPES & SIZES

SEND US PICS AND SIZES
FOR A SAME-DAY QUOTE



EZ2OWN
Windows & Doors

01621 781133
01245 835011
07525 717055





PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

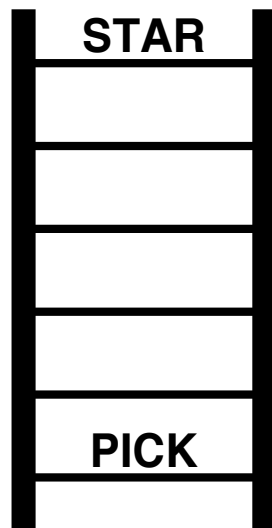
- ▶ ARABIAN
- ▶ ATACAMA
- ▶ CHIHUAHUA
- ▶ GIBSON
- ▶ GOBI
- ▶ GREAT BASIN
- ▶ GREAT SANDY
- ▶ GREAT VICTORIA
- ▶ KALAHARI
- ▶ KAVIR
- ▶ KYZYLKUM
- ▶ MOJAVE
- ▶ NAMIB
- ▶ ORDOS
- ▶ PATAGONIAN
- ▶ SAHARA
- ▶ SIMPSON
- ▶ SONORAN
- ▶ SYRIAN
- ▶ TAKLAMAKAN

R	G	R	E	A	T	S	A	N	D	Y	B	K	E	H
G	F	D	T	A	K	L	A	M	A	K	A	N	S	O
R	O	R	A	M	A	C	A	T	A	S	I	A	K	M
I	I	B	E	O	N	P	X	T	O	I	R	M	F	S
R	S	V	I	V	A	E	T	N	T	A	O	O	R	P
A	P	T	A	S	U	O	O	B	J	T	D	N	N	
H	P	R	U	K	H	R	G	I	A	Y	C	A	A	I
A	X	S	U	M	A	O	A	V	T	S	I	G	Q	S
L	G	E	Y	N	U	N	E	A	Z	N	V	I	E	A
A	T	S	R	R	H	K	R	Q	O	A	T	B	A	B
K	R	O	N	N	I	A	L	G	L	R	A	S	L	T
F	D	D	L	W	H	A	A	Y	R	W	E	O	A	A
T	B	R	C	A	C	T	N	N	Z	F	R	N	R	E
L	P	O	S	N	A	M	I	B	O	Y	G	O	T	R
Q	N	O	S	P	M	I	S	X	G	M	K	K	V	G

DID YOU KNOW?

- ▶ Trees contain quite a lot of water. When lightning strikes, most of the water reaches boiling point, turning it to steam and increasing pressure. This can cause the tree to explode.
- ▶ The average blue whale has a heart approximately the size of a car.
- ▶ Around 90 per cent of humans live in the Northern Hemisphere.
- ▶ Blue whales are able to hear each other from around 500 miles away.
- ▶ Platypuses can produce their own venom which is injected through barbs on the male's back legs.
- ▶ When threatened, ostriches run, although their powerful kick is capable of killing a human or even a lion.

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.



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](#)

You Dream. We Create.

KITCHEN - DESIGN - RAYLEIGH

British made kitchen furniture to suit everyone's needs

CALL NOW OR BOOK ONLINE FOR YOUR FREE CONSULTATION

01268 906630 | [www.whitetailstudios.co.uk](#) | [info@whitetailstudios.co.uk](#)
 157 High Street, Rayleigh, Essex, SS6 7QA

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

**From
£895***
for a fully
fitted electric
garage door.

Gotta get a Garolla.



Garolla garage doors are expertly made to measure in our own UK factories, they're strong and solidly built. The electric Garolla door rolls up vertically, taking up only 8 inches inside your garage, maximising valuable space. Our expert local installers will fit your new door and they'll take away the old one too, so there's no mess.

Give us a call today and we'll come and measure up **FREE** of charge.

GAROLLA
ROLLER
SHUTTER
DOORS

www.garolla.co.uk

CALL US TODAY ON:

01268 350 816

MOBILE:

07537 149 128

LINES OPEN 7 DAYS A WEEK



*Offer valid for openings up to 2.4m wide & including 2 remote controls, 55mm white slats, internal manual override.

**TOUR DE FORCE**

Photo credit: Magic Car Pics/Shutterstock

A streamlined dream straight out of the future, the Ford Sierra was first unveiled in 1982, and the world sat up to take note.

When Ford revealed its Sierra model at the British International Motor Show at the NEC in Birmingham near the end of September 1982, it knew the reaction would be huge.

The company was in the throes of investing more than \$1.2billion into the design, production and manufacture of this sleek, slick piece of automotive engineering, and the industry immediately knew it had something big on its hands.

For Ford, the reaction was just what the doctor ordered. The pressure had been on to find a successor to the Cortina, a stylish car that was, nonetheless, constructed around convenience and practicality.

Industry experts guessed that the manufacturer's next move would be to push those ideals further forward, but instead Ford went into overdrive with a design that rivalled the comfort of Audi, the

sleekness of Citroën and Porsche (indeed, the inspiration for Sierra's quarter glass came from the Porsche 928), and as for dashboard technology, the manufacturer had taken the very best elements from the likes of Saab and BMW.

Sure enough, after a slow initial take-up (mostly because of a punchy purchase price and an excess of Cortinas still sat on forecourts, now with much-reduced process), drivers gradually fell in love with the Sierra.

The Sapphire and, of course, sporty Cosworth models nicely tweaked the Sierra proposition, and it wasn't until the Mondeo arrived in 1993 that sales began to fall.

Looking at the Ford Sierra now, some may label it cumbersome and clumsy by today's aerodynamic standards, but in the 1980s, it was the very height of motor chic, and its legacy lives on today.



SLOE & STEADY

wins the race

There's something magical about turning a humble hedgerow berry into something to tease the tastebuds, like sloe gin. And better still, it's really simple to make.

Sloes grow on blackthorn bushes, which are found all over the UK. The bushes blossom in early spring with clouds of pretty white flowers, and the deep purple berries start forming in August.

For sloe gin, people often recommend that you don't pick them until after the first frost. Apparently, this makes the berries sweeter and softer. The only problem is that birds love sloes, too, and they might get there before you do.

So the Woodland Trust recommends that you pick sloes from late September. After washing and drying them, just pop them in the freezer. This creates an artificial frost – and the berries will keep in the freezer for several months.

When you're out picking sloes, it's a good idea to wear gloves and a long-sleeved top as their branches are prickly and covered with thorns. And remember, sloes don't taste good raw. And while eating them in this state won't harm adults, never give them to children.

How to make sloe gin

Ingredients:

500g sloes (rinsed and dried) | 250g caster sugar | 1 litre gin

Method:

- Prick the sloes with a cocktail stick and tip into a 2-litre glass jar.
- Add the sugar and gin, seal the jar and shake well.
- Once a day for a week, give the jar a good shake.
- Store the jar in a cool, dark place and leave for 2-3 months.
- Line a plastic sieve with a square of muslin, strain the liquid into a bowl and decant it into clean, dry bottles.
- Your sloe gin is now ready to drink.
- Drink it neat or top it up with prosecco for a sparkling aperitif.



Winner – Best retailer of gifts 2022 ★

Gifts Interiors Boutique

LOVELY LIBBY'S

Est. 2019






Gifts ♥ Boutique ♥ Tearoom

01268 774466 ♥ www.lovelylibbys.co.uk

2 Eastwood Road, Rayleigh, SS6 7JD




Oyster Wharf

Brasserie & Sports bar

Your h@t local sp@t for food & fun!

- ☉ AFTERNOON TEA MONDAY-SATURDAY
- ☉ LIVE DJ WEEKENDS FRIDAY & SATURDAY OPEN UNTIL 1AM
- ☉ LIVE MUSIC ☉ SERVING FOOD 7 DAYS A WEEK
- ☉ LIVE SPORT SHOWING ALL GAMES ON SKY SPORTS, BT SPORT & AMAZON PRIME LIVE GAMES

01268 437930

oysterwharfbar@outlook.com



Oyster Wharf Sports Bar & Brasserie

27-29 Eastwood Road, Rayleigh, SS6 7JD

WILTSHIRE

EST. FARM 1991

FOODS

AUTUMN 2022

BRINGING
Sunshine
to your door

Over
330
tasty dishes

EASY ORDERING

FREE DELIVERY

NO CONTRACT

Easy ordering by phone, online or direct with your driver
Call Basildon on 01268 288 887

The Blackberry Day

Blackberry fruit crumble squares

INGREDIENTS:

250g sugar | 375g plain flour | 1 tsp baking powder | 200g butter (soft) | 1 egg | 450g blackberries (washed) | 1 tbsp cornflour

HOW TO MAKE:

- > Preheat the oven to 190°C/170°C fan/gas mark 5 and grease a 20x30cm tin.
- > Stir together 200g sugar, flour and baking powder. Using a fork, blend in the butter and egg. The dough will be crumbly.
- > Pat half the dough mixture into the tin.
- > Mix together the fruit, the remaining 50g sugar and cornflour. Mix gently (it doesn't matter if the mixture is a bit squishy).
- > Spread the blackberry mixture evenly over the dough.
- > Crumble the remaining dough mixture on top.
- > Bake for 35-40 minutes, till the top is golden.
- > Cool, then cut into squares. Enjoy!

They look good, they taste good, and they do you good too. What more could you ask of a fruit you can gather for free?

Blackberries have been eaten in Britain since Neolithic times. And there are plenty of places to pick them throughout most of September. You'll find them in straggly clumps, in woods, hedges, heaths, roadside verges, and perhaps in your own garden.

Blackberries are a great source of vitamin C, potassium, manganese and antioxidants. Research indicates they may help prevent heart disease, certain cancers and inflammatory conditions such as arthritis.

You'll need to pick the berries when they're ripe – when their colour changes from red to purplish black. Once you're home, wash them in cold water. Add a little salt and leave them to soak for 5-10 minutes. This will get rid of any bugs, which should float to the surface.

Remember, fresh blackberries don't last long. So make sure to use them within a day or two or freeze them for later.

There are loads of delicious blackberry recipes – both sweet and savoury. This one's a twist on an old favourite.



FOOD & DRINK



HOW TO HACK-PROOF YOUR PASSWORD

There is a hacker attack every 39 seconds, with 300,000 new malware created every day.

One of the easiest ways to protect your data is by using strong passwords.

1. USE EIGHT CHARACTERS MINIMUM

Each character you add to your password makes it harder to crack. Your passwords should contain a minimum of eight characters and up to 20 if you can remember them.

social media profiles.

4. INCLUDE SPECIAL CHARACTERS

A good trick is to replace certain letters in your passwords with special characters. For example, rather than using the password 'Edward1', you could use '3dw4rd!'. By replacing letters with characters that look similar, you are also less likely to forget your password.

5. USE PASSPHRASES, NOT PASSWORDS

A phrase such as the title of a book or a line in a film is much more difficult to crack than just a word. Plus, once you start replacing some of the letters with special characters, you are even closer to creating an unhackable password.

6. TRY A PASSWORD GENERATOR

There are many free apps that you can download which will generate passwords for you. These passwords are designed to be completely random, which does make them harder to remember, but means they are nearly impossible to hack.

2. AVOID WORDS IN THE DICTIONARY

Using words that are correctly spelt from the dictionary is not a good idea as these are much easier to hack. This is particularly true if you use a word that is related to either your personal life or your business.

3. DO NOT USE FAMILY NAMES

This may seem obvious, but you will be surprised at how many people use the names of their children, spouse or pets in their passwords. This information is easy to guess and can be readily found on your



HAVE YOU MADE YOUR WILL?

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 on a fixed fee basis, 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 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



FAST, EFFECTIVE & PROVEN

ESSEX BASED LEAFLET, PRINTING & DISTRIBUTION SERVICE

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

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

CONTACT US

01277 554045 • www.flyerdistributionessex.co.uk

WE ONLY USE EUROPEAN
MANUFACTURED
MOTORS

White Garage Door

£855*
(no vat)

* Up to 2.45 metres wide
and 2.5 metres high, in 55mm slats.

*Unbeatable
Value for
Money!*

**ZENITH
SHUTTERS**

High quality, fully
automated roller shutter
garage doors.



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

Checkatrade.com
Where reputation matters



Call 01268 962 302
to book a free survey

www.zenithshutters.com

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



TECHNOLOGY



IN A HEARTBEAT

WHY DOCTORS ARE ADVISING CAUTION WHERE HEARTBEAT-TRACKING
DEVICES ARE CONCERNED

Technology has put us more in touch with our bodies than ever before. It all began with the advent of the internet, whereby we could quickly and effectively research ailments by typing symptoms into Google.

Of course, seeing as we've all wrongly self-diagnosed a worst-case scenario, it might be said that the technology lets us down, and that concept is at the core of why a growing number of doctors are expressing fear at the breadth of heartrate monitors that now follow our every move.

From the simple Fitbit to the Apple Watch, right through to medical-grade vests measuring every throb and pulse, the data we accumulate can often be used in real-time to warn us of a possible problem, because when someone's heart skips a beat, tech companies want to let that person know about it.

Yet cardiologists say the information these devices produce isn't always useful. After all, notifications from the devices aren't definitive diagnoses, and in our pursuit of health we are now more likely to respond in a manner that leans on the healthcare system, when what we are receiving is often a false alarm.

"The technology has outpaced us," says Rod Passman, a cardiologist at Northwestern University who's assisting with a study examining the Apple Watch's ability to screen for heart rhythm conditions. "Industry came out with these things because they could. Now we're playing catch-up and trying to figure out what to do with this information."

So while some products will call for help if the wearer has been in a car crash or had a bad fall, others are fully making patients the protagonists in maintaining their health, and that's dangerous.

Rod adds: "The fact is that these devices are lifestyle, not healthcare, devices, and the hundreds of millions of users need to enjoy their exercise without the anxiety of the unknown."





Gorgeous GARDEN GREENS

Does your garden boast beautiful blooms during spring and summer but look a little bleak and bare the rest of the year? If yes, then check out these flowering evergreen plants that promise to provide colour all year round.

Heather: Heathers are compact, evergreen shrubs that boast tiny bell-shaped flowers in an array of stunning shades including white, pink, red and mauve. You can find varieties that flower in summer and autumn, and even ones that bloom during the coldest months of the year.

Creeping myrtle: Creeping myrtle, aka Vinca minor, is a blue-flowering vine that boasts shiny evergreen leaves on long, arching stems. With the ability to provide ground cover for shade, creeping myrtle can grow up to six inches tall, with a spread of 18 inches. Ideal for those who want an attractive and hardy evergreen plant in their garden.

Azaleas: If you have a shady spot in your garden that needs brightening up, then azaleas are the ideal choice. A small evergreen shrub that showcases bright flowers in spring and vibrant greenery all year round, plant azaleas in the ground or opt for dwarf varieties in pots if you are short on space.

Camellias: Camellia sinensis is a welcome sight in late winter and early spring, offering an abundance of colour when most other plants are not in bloom. With glossy evergreen leaves that promise to look good throughout the year, camellias thrive in shady spots and acidic soil.

Choisya: Choisya, also known as Mexican orange blossom, is a low-maintenance evergreen shrub that proudly displays white star-shaped flowers and glossy green leaves. Plant in a sunny and sheltered spot and enjoy the delicious smell of orange blossom in late spring/early summer.



MARTIN 'HANDY' HOLMES

Fencing ■ Patios ■ Paving
Pergolas and Planters
Artificial Grass
Decking & General Jobs

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

**CALL MARTIN ON
01268 955048 ■ 07796 008198**

Visit us on [f martinhandyholmes](https://www.facebook.com/martinhandyholmes)

**WE COVER
ALL ASPECTS
OF BUILDING
WORKS**



**PROPERTY
EXTENSIONS**
ADDSPACE LONDON LTD.



- Property extensions & refurbishments
- Kitchen extensions ■ Loft extensions
- Garage Conversions
- Building contracts & new builds
- Construction services

01268 216 753

www.propertyextensionsessex.co.uk

email: info@addspacelondon.co.uk

EXPERIENCED TRADESMEN TO CARRY OUT
WORKS WITH NO DELAYS OR PROBLEMS





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

DOWN HALL GARDEN SERVICES

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

Tim Poulter

01268 785101

07761 958072

poplarvista@btinternet.com

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 ■ 07967 986802

Happy hibernating



GARDENING

Most animals go into hibernation in autumn as it is the most efficient way to survive the cold winter months. Find out how to recognise hibernating wildlife in your garden and how to help them survive until spring.

Signs of hibernating wildlife

Leaf pile

A pile of leaves in a corner of the garden, in the compost bin or behind the shed can mean you have a hibernating hedgehog or two. Hedgehogs can also hibernate in bonfire piles, so be sure to check before you light.

Movement in a pond

If you have a pond in your garden and you notice movement or shadows at the bottom, this could mean that frogs are hibernating there. These are typically male frogs as they favour hibernating in water rather than in mud or under leaves.

Mounds of soil

Small mounds of soil can indicate that mining bees are nesting in your lawn or in your borders. If this is the case, it is likely that their offspring will be hibernating there until spring.

Long grass

Although long grass is not a sign of hibernation, it is highly likely that wildlife will be seeking shelter there. In particular, caterpillars and moths hibernate in long grass, as well as beetles and other grubs.

Leaves on a wall

If you notice leaves on a wall in your garden, these may not actually be leaves but clusters of butterflies who often hibernate in groups.

How to protect hibernating wildlife

- ★ Create leaf and log piles
- ★ Have plants that offer winter nectar, such as mahonia and hellebores
- ★ Move any bug houses to a sheltered spot
- ★ Put up a nest box for birds
- ★ Avoid late tidying of any potential hibernation spots
- ★ Leave out a supply of nuts to support squirrels as they collect food.

Beautiful BULBS

September is the perfect month for planting spring bulbs, and these can be placed directly into borders or in pots for patios and smaller gardens. Discover our top picks for a blooming beautiful spring garden below.

Snowdrops: Snowdrops are the first bulbs to flower, usually in February, and are often hailed as the first sign of spring. With the ability to flower whatever the weather, even in snow, these delicate flowers thrive in moist, well-drained soil and in partial shade. Grow in borders or pots.

Irises: Iris reticulata is ideal for small pots, window boxes and raised beds. Bringing some much-needed colour to your garden as early as February, irises like the sun and free-draining spots.

Crocuses: Crocuses provide a carpet of colour in the garden from late winter onwards and are very

easy to grow. They are well suited to both borders and pots; place them in a sunny spot for best results.

Tulips: Tulips come in almost every colour, from pastels to rich shades. They are perfect for adding vibrancy to spring borders in April and May but can also be grown in pots. Tulips favour full or afternoon sun and the soil must be well drained.

Hyacinths: Highly fragrant and available in a wide range of colours, hyacinths look amazing in borders in the front garden or in pots for a splash of colour. Hyacinths thrive in most soils as long as they are not too wet. Plant in full sun or partial shade.

Daffodils: Daffodils are synonymous with spring and there are many different varieties for you to choose from. Ranging in height from 10cm to 45cm, daffodils can be yellow, white, cream or lemon-coloured. They grow very well in pots but also make a great addition to borders.



5 PET PARENTING mistakes

We are a nation of animal lovers, with 59 per cent of UK households owning a pet. However, that doesn't mean that we always get everything right with their care. Read our list of the most common pet parenting mistakes below to see if you're guilty.

✗ NOT TRAINING YOUR PET

Did you forgo puppy training? If yes, then you are putting your pooch at a distinct disadvantage. When done correctly, training can help to provide guidance, support and structure, all of which your puppy needs in the early stages of their development.

✗ OVERFEEDING YOUR PET

Overfeeding is an extremely common pet parenting mistake which can lead to a whole host of health problems. Whether you don't know the correct portion sizes or you are guilty of handing out too many treats, it is vital that you help your pet maintain a healthy weight.

✗ AVOIDING THE VET

Vet bills can be extortionate, which can lead to pet parents avoiding essential check-ups. That being said, it is actually more cost-effective to take your pet to the vet regularly rather than wait until they require treatment. Remember, prevention is always better than cure.

✗ FORGETTING DENTAL HEALTH

Oral health problems such as sore gums, tooth decay and bad breath can all affect pets in the same way that they do humans. Therefore, it is essential that you care for your dog's or cat's teeth. Daily brushing is the most effective way to prevent periodontal disease and only takes a few minutes of your day.

✗ NOT GIVING ENOUGH ATTENTION

While you may have showered your new puppy or kitten with love, it can become all too easy to fall into the habit of not paying your pet enough attention. However, the more you observe your pet, the more likely you are to spot any behavioural changes or health issues.



It's all about Balance



Balance Awareness Week takes place from September 18-24 and aims to broaden the understanding of inner ear disorders and how they can affect someone's daily life.

Most people take balance for granted, yet without it, you can suffer a whole host of health problems.

Why is balance important?

Balance is needed to perform everyday activities, including walking, going up and down the stairs, and even just standing upright. It is particularly important in older adults, as good balance can help to prevent falls. Some of the main benefits of improving your balance include:

- > Preventing injuries
- > Improving posture
- > Strengthening muscles
- > Improving coordination
- > Improving cognitive function

How to improve your balance

There are several exercises you can do at home to improve your balance, and you don't need a single piece of equipment to do them.

Single leg lift

Stand upright with your feet close together. Keep your head straight, take a deep breath and slowly lift your right leg off the floor. As you gain confidence, bring your leg higher so that your knee is as close to your chest as you can comfortably manage. Repeat with your left leg.



Single leg lift side version

Stand upright with your feet close together. Keep your head straight and your eyes forward, then slowly lift your right leg to the side. Make sure you keep your body upright as you do this. Do not lean to the side. Repeat with your left leg.



Balance walk

Find a straight line or place a piece of tape on the floor. Extend both arms to your side, keep your feet straight and place your right heel at the tip of your left toes. Next, place your left heel at the tip of your right toes. Continue placing one foot in front of the other without straying from the line.



Take a second to put your health first

Book your mammogram appointment today

At Nuffield Health Brentwood Hospital you don't have to worry or delay if you want the peace of mind of breast screening.

If you're over 40-years-old, registered with a GP, and haven't experienced any symptoms or not had screening within the last 12 months, you can refer yourself for a self-pay mammogram today.



To make an appointment please call the Nuffield Health Breast Screening Centre on **0345 230 2040**



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



Eve Belle Care Home NOW OPEN

HOME-FROM-HOME
LIVING

WELLBEING-
FOCUSED CARE

COMPASSIONATE
EXPERT TEAM

**MAKE NEW FRIENDS, BE PART OF A
COMMUNITY AND LIVE MEANINGFULLY AT
EVE BELLE.**



**Book Your Personalised Tour Today:
01268 435389**

Eve Belle, Nevendon Road, Wickford, SS12 0QH



Photo credit: Christophe Ena/AP/Shutterstock

BRITAIN'S GREATEST
VICTORIA PENDLETON CBE
cycling to gold

By the time she retired in 2012, Victoria Pendleton CBE had risen to become

Britain's most successful female Olympian of all time. Her list of accolades includes two Olympic gold medals, a record nine World Championships, two European Championships and a Commonwealth gold.

It's incredible to think this approachable star of cycling has now been away from competitive action for almost a decade. Going out in style, she won Keirin gold at the London Olympics in 2012.

The Keirin event is one of the more peculiar, with five-and-a-half laps behind a motorised bike – the speed of which increases from 30km/hr to 50km/hr – followed by a two-and-a-half lap sprint finish.

Pendleton progressed comfortably through both heats to make it to the final. There, Australia's Anna Meares attempted to edge in front once the pacemaker had moved aside, but Pendleton's extraordinary burst of pace put her back in first place at the bell.

Around the back straight it was China's Guo Shuang who looked the biggest threat, and despite taking a wider line on the final corner, she was closing in.

With all the drama befitting an Olympic final, Pendleton crossed the line with an advantage no more than half a wheel's width, and the gold medal was hers.

The London Games came at the start of a golden period for British cycling. Bedfordshire-born Pendleton, meanwhile, continued her legacy on two wheels with the launch of a range of ladies' bikes, matching a surge in popularity in cycling – for both sport and leisure – that continues today.



SPORT

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.spindoctoruk.co.uk

BATHROOMS

OPULUX BATHROOMS

Bathing & Heating Showroom. Design, Supply and Install. 01702 789547. Unit 31 Laurence Ind. Estate, Eastwoodbury Lane, SS2 6RH

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

BUSINESS SERVICES

HELEN WATSON COPYWRITER

Ideal for small businesses, content for blogs, product descriptions, website copy & press releases. Book your FREE Chat. 07854 346421 | www.helenwatsoncopywriter.co.uk

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

ESSEX CLEANING SOLUTIONS

Specialist in domestic & commercial cleaning. FREE, no obligation quotation. Call 0800 699 0466 | 07749 220949 | 07462 677211

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

FLOORING

CARPETS DIRECT

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

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

BOOK VIA RAYLEIGH@VISIONMAG.CO.UK

GARDENING

MPS HOME & GARDEN SERVICES

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

DOWNHALL GARDEN SERVICES

For all your garden maintenance, friendly & professional. Call Tim Poulter 01268 785101 | 07761 958072

GUTTERS CLEARING

THE GUTTER SURGEON

For residential and commercial gutters. 01702 742164 | 07828 332051 | www.theguttersurgeon.co.uk | info@theguttersurgeon.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

KITCHENS

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

WHITE TAIL STUDIOS

You Dream, We Create. British made kitchen furniture. Call or book online for free consultation. 01268 906630 | www.whitetailstudios.co.uk | info@whitetailstudios.co.uk

THE VISION LISTINGS

LEAFLET DISTRIBUTION

FLYER DISTRIBUTION ESSEX

Leaflet, printing & distribution service. Cover a majority of CM, SS, CO postcodes. One off drops or regular monthly drops. Call us on 01277 554045 | www.flyerdistributionessex.co.uk

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

PLUMBARIUS PLUMBING

Experienced tradespersons with a knowledge of all domestic aspects of plumbing. All plumbing & heating maintenance works undertaken | Contact Oliver 07969 101452

RESIN PAVING

BESPOKE RESIN SURFACES

Resin, Paving, Stone. We specialise in all types of outdoor surfaces including bespoke drives, patios and paths. www.bespoke-surfaces.com | 01702 541514

ROOFING

JIM BARR ROOFING

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

SMITH'S ASPHALT & FLAT ROOFING LTD

Specialising in all aspects of asphalt, felt & flat roofing, balconies, terraces, dormers etc. Call 07533 126761 or email tommy-smith@hotmail.co.uk for a free inspection & quote

JOIN THE LISTINGS... for just **£15** +VAT per month

STAIRLIFTS

ESSEX STAIRLIFTS

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

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

FROM ACCOUNTANTS TO ZUMBA TEACHERS

You'll find them and everything inbetween in...



DISCLAIMER: **VISION** does not represent or endorse the accuracy or reliability of any of the advertisements, nor the quality of any products, information or other materials displayed, purchased or obtained by any customer as a result of an advertisement or any other information or offer in connection with the service or products. The opinions expressed in articles, reviews and stories are strictly those of the individual authors and do not necessarily reflect the views of **VISION**.

To advertise call Nik on 01268 955027

WORDLADDER: STAR, SOAR, SOAK, SOCK, SICK, PICK

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



ST GEORGE

Online and High Street Estate Agency

SOLD_{STC}

01268 770728

www.stgeorgehomes.co.uk