

A portrait of Susanna Reid, a woman with long brown hair, smiling and wearing a red lace dress. She is positioned on the left side of the page.

**MEET THE  
WORLD'S  
LARGEST  
DINOSAUR**

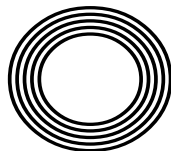
**SPRING REFRESH**  
Tips for the season

*Celebrating the life of*  
**JOHN MOTSON OBE**

**COBALT BLUE**  
*How to wear the on-trend colour*

**SUSANNA REID**

Breakfast TV presenter celebrates 20 years on screen



**FREE**

Photo credit: ITV/Nicky Johnston/  
Shutterstock

**As any expecting mother knows, pregnancy can be both a beautiful and challenging experience.**

As your body changes and adapts to accommodate your growing baby, it's essential to ensure that you're taking care of yourself in the best way possible. One fantastic option that more and more expecting mothers are turning to is **chiropractic care**.

Chiropractic care is a non-invasive, drug-free approach to healthcare that focuses on the musculoskeletal system, particularly the spine. It can help relieve pain, reduce inflammation, and improve mobility, all of which can be especially beneficial for pregnant women.

Before birth, chiropractic care can help align the pelvis, which can make for a smoother delivery. It can also help alleviate common pregnancy symptoms such as back pain. During pregnancy, chiropractic care can also help regulate hormones and improve overall wellness.

After birth, chiropractic care can help new mothers recover from childbirth faster. It can help reduce inflammation, restore proper alignment, and relieve pain associated with the postpartum period. Chiropractic can also help new mothers with issues such as breastfeeding difficulties, postpartum depression, and fatigue.

Chiropractic care is a safe and effective way to support your body through the unique challenges of pregnancy and childbirth.

By addressing musculoskeletal issues, it can help ensure a healthier and more comfortable pregnancy, a smoother delivery, and a faster recovery. If you're an expecting mother or a new mum, consider adding chiropractic care to your self-care routine. Your body (*and your baby*) will thank you for it.



# EXPECTING? KEEP CALM AND ALIGN.

Treating pregnant patients and babies is a **chiropractic specialism**. In our clinics we have chiropractors who are specialists in treating patients during pregnancy, postpartum and babies.



## Our Pregnancy Specialists:



**Dr. Marlie D.C MChiro**  
Rayleigh Clinic  
01268 774 008



**Dr. Lauren D.C MChiro**  
Rayleigh Clinic  
01268 774 008



**Dr. Lucy D.C MChiro**  
Basildon Clinic  
01268 556 008



**Dr. Tina D.C MChiro**  
Southend Clinic  
01702 616 880

**GET 50% OFF YOUR CONSULTATION**  
- For Pregnant & New Mums.

## HOW TO CLAIM YOUR OFFER

To book online simply scan this code or call one of our clinics directly with any questions you may have.



SCAN TO BOOK



**CHIROPRACTIC CLINICS**

**LIFE CHIROPRACTIC CLINICS**

Basildon • Wickford • Rayleigh • Southend

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

\*X-Rays are only taken if medically required and not during pregnancy.



APRIL 2023

# Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Rayleigh Wickford.

As our communities continue to face the challenges imposed by the pandemic, it's more important than ever to support our local businesses.

On our local high streets, we are fortunate to have a wealth of independent shops and small businesses that offer a personal touch, excellent customer service and a range of unique products that you won't find in big chain stores. By choosing to shop with these businesses, you are investing in the community and supporting the growth of our local economy.

So, whether you're in need of groceries, gifts or home essentials, be sure to check out your nearest independent shop or local high street store. Not only will you be supporting the community, but you'll also benefit from the personalised service of small business owners.

It's also worth noting that many of the businesses featured in this magazine are independently owned and operated. When you call to make a purchase or enquiry, be sure to mention that you saw their advert in our publication. It's this kind of support and feedback that allows us to keep producing high-quality magazines that celebrate and promote our local businesses and communities.

In short, shopping local is crucial to ensuring the prosperity of our businesses and communities.

*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](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, Fiona Goble, 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



The best home to be in is your own

Tailor made care to your individual requirements

South Woodham Ferrers

Office Unit 16c, Tabrums Farm, Battlebridge, SS11 7QX Tel: 01245 979579 | [www.homeinstead.co.uk/south-woodham-ferrers](http://www.homeinstead.co.uk/south-woodham-ferrers)

Each Home Instead Senior Care® franchise office is independently owned & operated.

Copyright © Home Instead 2023. \*Smith & Henderson 2020 PEAQ survey



## YOU'RE LOCAL, WE'RE LOCAL



**BTMK**  
ALAN SIMPSON

Mill Court, 19 London Hill  
Rayleigh, Essex SS6 7HW  
☎ 01268 745 406

**BTMK**  
TODMANS

Barringtons, Hockley Road,  
Rayleigh SS6 8EH  
☎ 01268 774 073



For you & your business

- Business Law
- Commercial Property
- Employment Law
- Debt Recovery
- Insolvency
- Commercial Litigation
- Intellectual Property

For you & your family

- Divorce & Separation
- Child Issues
- Wills, Trusts, Probate & Tax Planning
- Litigation & Dispute Resolution
- Property
- Employment
- Personal Injury Claims

**BTMK** SOLICITORS **BTMK** GOODSON **BTMK** MARCUS BAUM **BTMK** TODMANS **BTMK** ALAN SIMPSON

☎ 03300 585 222 (24/7 all offices) [info@btmk.co.uk](mailto:info@btmk.co.uk)

[www.btmk.co.uk](http://www.btmk.co.uk) (live chat 24/7) *Lawyers for life...*



Offices in Southend-on-Sea, Leigh-on-Sea & Rayleigh. Meeting space available by appointment in London.





# THE VOICE OF FOOTBALL

## JOHN MOTSON OBE

On occasion, sports commentators can be more famous than the very stars they report on. John Motson OBE ascended to such a level – larger than life in the best sense, instantly recognisable by sight or voice, and arguably the most iconic football reporter the country has ever produced. His death in February may have saddened the nation, but his legacy lives on.

“Oh, what a goal! What a goal! Radford the scorer. Ronnie Radford! And the crowd... the crowd are invading the pitch...”

These are the magical words that John Motson uttered as Hereford United legend Ronnie Radford – who himself passed away just three months before Motty – thundered an equaliser into the top corner, on a quagmire of a pitch, in an FA Cup third round reply against Newcastle United in February 1972.

The Salford-born Motson has since described this as the moment he put himself on the map at the BBC, as those in power quickly pushed a three-year contract his way and promoted him to their commentary team for high-profile matches.

Motty's contribution to English and international football folklore past that point is mesmerising. He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and more than 200 England national team matches.

Motson's first work with the BBC was as a sports presenter on Radio 2, in 1968. He stepped up for his first radio commentary game a year later, in December 1969, as World Cup winner Alan Ball scored the only goal in Everton's victory over Derby County at Goodison Park.

“It felt like the start of something big for me,” Motty said in a recent interview, “and really it was my absolute dream to be commentating on football.”

**‘He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and over 200 England national team matches’**

“Whether it was Wembley in front of 90,000 or a non-league game in front of a few hundred, the pleasure was in covering every shot, every run, every pass. I do believe I have been so, so lucky.”

While fans can reel off Motty's commentary to accompany special moments for their respective sides, there were darker moments in the broadcaster's career too. Indeed, on April 15, 1989, during an FA Cup semi-final between Liverpool and Nottingham Forest, Motson had to draw upon professionalism and humanitarianism, while keeping his emotions intact, as the horrific events of Hillsborough unfolded in front of him. He later appeared as a witness at the Hillsborough inquiry.

While his own club allegiances were kept secret for much of his professional career – which also branched out into radio commentary for BBC 5 Live and talkSPORT – Motty actually revealed in his book that he was a Chelsea fan.

“When I got to *Match of the Day* in 1971, Chelsea was my first commentary. Somehow, my Chelsea loyalties were pushed into the background, as I always wanted to be unbiased and neutral.

“I deliberately avoided answering honestly when someone enquired who I supported. ‘Barnet’ was my usual response!”

Motson, who was famous for his sheepskin coat, had an encyclopaedic knowledge of the game, and always carried with him his own self-penned book of statistics relating to the clubs he was covering.

He passed away peacefully on February 23, 2023, aged 77 years old, thus concluding more than half a decade of exemplary service.

The influence he had over the modern game has been immense, and will continue to be even after his passing.



# MEET THE MIGHTY TITANOSAUR

Imagine coming face-to-face with a creature four times as long as a London bus and weighing as much as 15 African elephants.

Sadly, the colossal titanosaur that meets this description, probably the largest-ever land creature, died out about 66 million years ago. But from March 31, the Patagotitan mayorum will be displayed in Europe for the first time at London's Natural History Museum.

So what can you expect to see? For starters, you can walk beneath the spectacular titanosaur cast, moulded from the most complete fossil specimen ever discovered. But there's so much more to this interactive exhibition than that.

While you're gawping in awe at the Patagotitan, you can also check out the plants and animals that were around at the time by admiring the surrounding illustrations. And you can follow the life history of a titanosaur on film, from its birth from a football-sized egg to a fully grown adult.

You can also handle fossil specimens, stare into the creature's giant skull, measure yourself against its massive thigh bone, and even smell its poo.

The original Patagotitan fossil consists of bones from seven creatures, found in the same area just nine years ago. It all began when an Argentinian farmer spotted his lost sheep on an odd-looking rocky ledge. Dinosaur finds in the area aren't rare, so he called the scientists in to get their thoughts. The rocky ridge turned out to be a thigh bone of a new species – the biggest dinosaur ever.

*Life as the Biggest Dinosaur* is open from March 31, 2023, till January 7, 2024, at the Waterhouse Gallery, National History Museum, South Kensington. The exhibition is suitable for children aged five and over. Tickets cost £16 for adults and £9 for children. Concessions and family tickets are available.

For more information, visit [www.nhm.ac.uk](http://www.nhm.ac.uk)

## WANT TO EARN EXTRA £ EACH MONTH? DISTRIBUTORS NEEDED!



### CONTACT NIK TODAY TO APPLY

Your  
Monthly  
Lifestyle  
Magazine

VISION  
NOISE

Call **0800 086 2836**  
or text **07860 683239**



96%\*

OF CLIENTS\*  
RECOMMEND

The best home to  
be in is your own



## Tailor made to your individual requirements

- ✓ Award winning care
- ✓ Companionship services
- ✓ Home help services
- ✓ Personal care services
- ✓ Live-in care
- ✓ Highly trained CAREGivers

South Woodham Ferrers, Office Unit 16c, Tabrums Farm,  
Battlebridge, Essex SS11 7QX | Tel: 01245 979579  
[www.homeinstead.co.uk/south-woodham-ferrers](http://www.homeinstead.co.uk/south-woodham-ferrers)

Each Home Instead Senior Care® franchise office is independently owned and operated.  
Copyright © Home Instead 2023. \*Smith & Henderson 2020 PEAQ survey



# Shake your POMPOM

Forget weird little pompom creatures with googly eyes.; these fuzzy balls of fun have just got a whole lot cooler. Pompoms have been decorating the tops of hats for centuries; even Vikings wore them. More recently, they've been spotted on the hats of soldiers, sailors, priests, and all manner of berets and beanies.

### How to make:

Traditionally, pompoms are made using two cardboard circles.

- For a 6cm diameter pompom, draw and cut out two cardboard circles, each 5.5cm diameter.
  - Then draw and cut a section out of the circles and cut a 2cm hole in the centres.
  - Place the two circles together.
  - Using long lengths of yarn, feed your yarn through the centre hole and wrap all the way around the edges of the circles and back up. Continue till the hole is nearly full.
  - Break the yarn, then push your scissors between the two circles from the outside edge and cut through the yarn all the way around.
  - Tie a length of yarn very tightly around the middle then remove the circles.
  - To finish, just give your pompom a neat haircut.
- To speed things up, get hold of some pompom makers from your local craft shop or online; they only cost a few pounds.

### Pompom ideas:

- Use your pompoms to create furry animal decorations – add googly eyes and even little ears and tails cut out of card
- Hang them on a key to make a keyring
- Make a pair of dangly earrings
- Thread them on a long piece of yarn to make a garland
- Sew a large pompom or three smaller ones onto the corners of a plain cushion
- Attach them around the top of a plain basket
- For some simple wall art, hang a few lengths of yarn from a piece of dowel and thread a few pompoms on each.







**Southend-on-Sea**

### The Lounge Radio DAB

playing the finest in Jazz, Soul  
and Soulful House in Essex.

### Book Now

Call or Visit our website for all  
booking details including different  
packages for dining, seating and more.

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

 The Lounge Dab

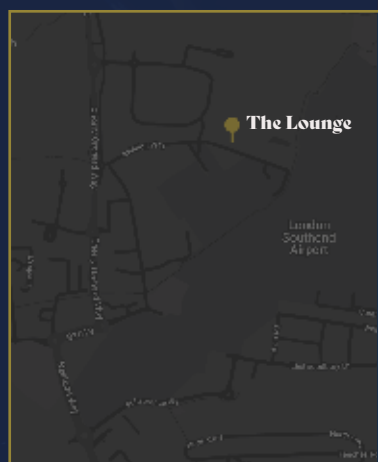
### Contact Us

The Lounge Club, 18-19 Aviation Way,  
Southend-on-Sea, SS2 6UN

 01702 411 983

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

 [info@theloungeclubsos.co.uk](mailto:info@theloungeclubsos.co.uk)



### Contact Us

The Lounge Club, 18-19 Aviation Way,  
SS2 6UN Southend-on-Sea, Essex

01702 411 983

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

[info@theloungeclubsos.co.uk](mailto:info@theloungeclubsos.co.uk)



 @TheLoungeSOS

 @TheLoungeClubVenue

## Coming up at The Lounge Club

S O U T H E N D - O N - S E A



**7th April**  
**Soul Party**  
**Night**



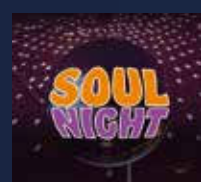
**8th April**  
**MJ & The**  
**Fellars**



**14th April**  
**80s & 90s**  
**Party Night**



**15th April**  
**Kenny**  
**Thomas**



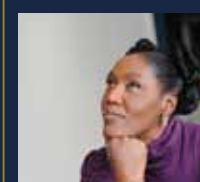
**21st April**  
**Soul Party**  
**Night**



**22nd April**  
**Jaki**  
**Graham**



**28th April**  
**John**  
**Martin**



**29th April**  
**Rose**  
**Windross**



# Morning. nune and night

Bringing design influences from both sides of the Atlantic, nune is a collaboration between British designer Sheena Murphy and Canadian Tor Sauder, who run studios in London and New York respectively and create dreamy designs all over the world.

Known for subtle, clean designs that are full of light, their projects have a Scandinavian influence that is popular in many contemporary homes.

The designers state their work is "driven by the simple belief that thoughtful design contributes to wellbeing; we work to create comfortable, approachable spaces". Their style has a calming, pleasing aesthetic, and uses a lot of light colours paired with wooden accents and dashes of colour for a look that's modern but timeless.

Their style works in contemporary apartments and Victorian period properties, highlighting nune's talent for transforming spaces into liveable works of art.

## How to get the nune look

The great thing about the nune aesthetic is that it can be simple to create in your own home. Some great tips to refresh your space and embrace the nune style include:

- > Keep spaces light and airy by choosing lighter colours for your walls and flooring, like white, cream, beige and grey, and bring in black, grey and wooden accents to add some contrast.
- > Take a minimal approach. Add storage to hide clutter for spaces that are easy to maintain. This will also help to create a more calming environment.
- > Use abstract art to add touches of personality to your space. Finding artwork that complements your colour scheme can help keep the look simple but coordinated.
- > Use soft textures like fluffy or knitted cushions and throws to add cosy vibes, ideal for making a home feel warmer during the colder months.

The nune style is an easy one to recreate in your own home and can be budget-friendly.



Photo credit: nunenune.com

# Joe's Carpets

FAMILY RUN BUSINESS ♦ ESTABLISHED SINCE 1999

WE COME  
TO YOU  
PERSONAL  
HOME  
SERVICE

## The Mobile Carpet Shop Home Selection Service

- ♦ Supply & Fit
- ♦ Repairs & Refits
- ♦ Free Estimates & Advice
- ♦ Free Gripper Rods

**A Friendly & Tidy Service**

**CONTACT US ON 01268 955 061  
OR 07748 808094**



Will Move  
Furniture &  
Uplift Old  
Carpets

## Making your home or office comfortable all year round

**Air conditioning &  
Heat Pump Installation  
Service and Repairs**



**PK**  
Refrigeration

Air Conditioning Specialist

Checkatrade.com  
Where reputation matters



**Air conditioning cools in the Summer,  
Warms in the Winter**

Established 1988 • Fully Guaranteed • Free Survey & Quotation

Call PK Refrigeration Ltd on 01268 774 623  
sales@pkrefrigeration.co.uk  
www.pkairconditioning.co.uk





Traditional fitted bedrooms

## Designer Bedrooms

7, Robert Way  
Wickford, SS11 8DD

01268 571799

[sales@designerbedrooms.co.uk](mailto:sales@designerbedrooms.co.uk)

(See website or call us for opening hours)

Fully installed  
by our own  
professional  
fitters.



sliding doors

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](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 in to see us with your plans or room dimensions.

10 Year  
Guarantee!



Odd shaped rooms  
are our speciality!



Home Office/Studies

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...



## ALTERNATIVE USES FOR

# KITTEN LITTER



HOME & DIY

If you have a feline friend, then chances are you always have a bag or two of cat litter in your cupboard. But did you know that this pet essential also has many other uses in the home?

### TO ABSORB ODOURS FROM SHOES

If you or anyone in your household suffers with smelly feet, then you may be interested to know that cat litter is highly effective at absorbing unpleasant odours. Simply sprinkle a small amount in the offending footwear, leave for 30 minutes and then pour out.

### TO MOISTURISE PLANTS

Cat litter is great at retaining moisture, which means it is perfect for use in the garden. When planting shrubs, trees or new flowers, add cat litter to the hole in the ground and then fill with soil. You can also use cat litter to keep houseplants hydrated.

### TO PREVENT SLIPPING ON ICE

Icy pathways and steps are incredibly hazardous, but can easily be remedied with just a sprinkling of cat litter. It is very similar to the grit that is used on roads; pour anywhere where you see ice to help prevent accidents.

### TO DRY FLOWERS

If you have some cut flowers that you would like to preserve, then all you need to do is place them in a tray of clean cat litter and then wait for all the moisture to be absorbed. Take note, this can take several days.

### TO SALVAGE A MOBILE PHONE

If you have dropped your phone in the bath – or worse, the toilet – then cat litter is even more effective than rice at stopping the liquid from getting into the device. Simply slide your phone into an old sock, fill with cat litter and leave for one or two days.

# UP TO 50% LESS THAN A NEW FITTED KITCHEN

by simply replacing the doors and worktops

**DREAM DOORS®**  
NEW LIFE FOR OLD KITCHENS



BEFORE



AFTER



FAMILY RUN  
BUSINESS

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

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

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

**Call us now for a free estimate:**

**07894 714810**



UK MANUFACTURED

**DREAM DOORS®**  
NEW LIFE FOR OLD KITCHENS



BEFORE



AFTER



AFTER



BEFORE

[dreamdoors.co.uk](http://dreamdoors.co.uk)

THE UK'S #1 KITCHEN MAKEOVER COMPANY

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.



# A SPRING REBOOT

for your home

**S**pring cleaning is all very well. But sometimes you might feel the need to do something more. So why not bring in the new and throw out – or better still, recycle – some of the old? You'll feel energised and refreshed, all ready for the brighter days ahead.

terrariums. If you want to be super-thrifty, a bunch of wildflowers from the garden can look great when arranged in a big glass jar. Have a hunt for some unusual containers – galvanised watering cans, terracotta pots and woven baskets can all work well.

**LIGHT UP YOUR LIFE:** You won't have to draw your curtains or blinds so early with the longer evenings. This is often enough to make your room look bigger and brighter, but don't forget to wash the windows. If you like, add some inexpensive sheer curtains. You could also choose some spring-scented candles – though remember to follow safety guidelines.

**GET MOVING:** Rearranging existing decorations costs nothing and can give a room a new lease of life. Try moving mirrors, lamps and furniture to see how it makes you feel.

*Above all, have fun!*

**ADD A SPLASH OF COLOUR:** The terracotta and dark greens we all loved in winter can look a bit dowdy in spring, so perk things up with something brighter. Yellow, bright green and pink can all liven up a home. You don't need to redecorate completely; painting a piece of furniture in a new colour can help to put a fresh spin on things. And if you don't want to go that far, add a few cushions, lightweight throws or an art print. Floral designs are perfect and look great with stripes or gingham.

**BRING IN THE GREEN:** Not the colour this time, but foliage. Think fresh flowers, potted plants and



## YOUR AWARD WINNING WICKFORD & RAYLEIGH ESTATE AGENT



**We've won 3 awards at the UK's biggest agency event making EweMove The Best National Estate Agent.**

This is a huge achievement for us, as the Estate Agent Masters assesses over 15,000 agents nationwide.



We were judged on our property marketing, customer service and results during a data analysis project and a mystery shopping exercise. EweMove proudly excelled in all areas.

Iain McCoo  
Branch Director



Book your **FREE** valuation appointment. Select a date and time online at:  
**Ewemove.com/WickfordRayleigh**  
or call (24/7): **01268 437525**

Scan Me



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





## Maximise your natural light with a beautiful skylight

- ✓ Free survey for flat roof and room design
- ✓ Wide range of lanterns and skylights available
- ✓ All our skylights are compliant with Building Regulation
- ✓ 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

Brochure and free sample available on request



For FREE advice and pricing please call  
01268 859602 or visit [www.flatroofs.net](http://www.flatroofs.net)

\*T&C's apply. Please see our website for details. Head Office: Linden House, 30 Linden Road, Benfleet, Essex SS7 4BA

Advertisement Feature

## Do you struggle to make the most of your conservatory all year round?

**Too warm in summer and too cold in the winter. Does this sound familiar?**

As the British weather becomes increasingly hotter a popular and cost-effective solution is to upgrade to a High-Tech thermally efficient Advance Conservatory Roof System. This creates a more contemporary, orangery style appearance whilst adding value at the same time.



### High-Tech offer:

- ✓ FREE site survey and quotation
- ✓ FREE Room design and roof design
- ✓ Ideal for extensions, garages, kitchens or conservatories
- ✓ Extensive choice of lantern styles
- ✓ Aluminium, timber or UPVC frame options and colours
- ✓ Clear or lightly coloured Pilkington glass as standard
- ✓ Dual action self-cleaning tempered glass

At High-Tech, we assure you of a professional service using premier quality products with all materials meeting current Building Regulations. We will remove your existing roof and undertake any required structural works including reinforcing all joists to support the glass lanterns or flat roof.

A new UPVC roof line, thermal insulation and guttering are then fitted and made watertight with our lifetime guaranteed flat roof system. Once the glass lantern is installed we turn our attention to the interior finish including new electrics and lighting, finishing with plastered walls ready to be painted.

High-Tech have installed nearly 11,000 roofing projects. Every roof installed comes with a LIFETIME guarantee. Let us, a company built on trust transform your extension or conservatory.



The Problem



The Solution

Contact our friendly team today or pop into our showroom at  
850 London Road, Leigh-on-Sea,  
Essex, SS9 3NQ

Scan the QR code to book your FREE site survey



See the quality of our products first-hand and buy with confidence.



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.

DISCOUNTS FOR SENIOR CITIZENS AND LOCAL RESIDENTS

CALL NOW ON  
**01702 528 487**  
**07850 010 990**

JOHN HUNTER HEATING  
Plumbing Heating & Gas Engineers

JOHN HUNTER HEATING  
Plumbing Heating & Gas Engineers

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

**CALL NOW ON**  
**01702 528 487**  
**07850 010 990**



info@johnhunterheating.com  
www.johnhunterheating.com



A large crowd of people is gathered in a shopping mall, with a man in a blue and red striped shirt playing a guitar in the foreground. The crowd is dense and fills the background, with many people looking towards the camera. The man in the foreground is holding a guitar and a microphone, and is wearing a blue and red striped shirt. The mall has a high ceiling and large windows, and there are various shops and displays visible in the background.

The Buskerteers Choir has set its total fundraising goal at £1million, and in the last few weeks has also raised money for the British Red Cross and The Brain Tumour Charity. The choir currently has 16 divisions across various locations in Essex. To find out more, visit [www.buskerteerschoir.com](http://www.buskerteerschoir.com)

Police were called to Rayleigh High Street shortly after 3am on Sunday, March 12, following reports of a woman being sexually assaulted.

Hurren was due to appear at Southend Magistrates' Court on April 11, as **VISION**RayleighWickford went to print.

A spokesperson said: "It's very close to the pub's 100th anniversary; we think that means party time at The White Swan to celebrate this huge milestone."



Photo credit: The White Swan





# MARK FRANCOIS MP

Rayleigh and Wickford



I know from the emails I receive and going out canvassing that my Rayleigh and Wickford constituents are heartily sick and tired of the amount of roadworks they have had to endure in recent years. There is also some sense of urgency about this, as CityFibre UK is due to start digging up the roads in our constituency this spring as part of its plan to lay gigabit-capable broadband across the area. I suspect my constituents will eventually welcome the much faster internet connectivity, but not the potential disruption while it is being installed.

Following a recent meeting with Roads Minister Richard Holden MP in Westminster (pictured far left), he has issued a public statement in support of my campaign to 'can the cones', aimed at reducing overrunning roadworks.

Subsequent to the meeting, in which I was strongly supported by my Parliamentary colleagues, Anna Firth, MP for Southend West (pictured far right), and Vicky Ford, MP for Chelmsford (pictured second from right), as well as Essex county councillor Andrew Sheldon (pictured top right), the minister issued the following public statement: "Delays to roadworks and

the disruption they cause are unacceptable. I welcome the proposals contained in Mark's Roadworks Bill to increase fines on roadworks that run over time and for greater cooperation between authorities."

Realistically, my Roadworks (Regulation) Bill is unlikely to make it onto the Statute Book (for lack of Parliamentary time). Nevertheless, I am trying to persuade Department for Transport ministers to adopt some of the ideas it contains, in order to speed up roadworks and increase the fines (including up to 10 per cent of their annual turnover for persistent offenders) for companies that overrun their allocated time to complete the job, thus causing a lot more disruption than is strictly necessary.

I will continue to press ministers for at least some progress on the subject of roadworks, not just locally but hopefully further afield as well.

Finally, on the subject of roads, I am also making representations to Essex County Council Highways about the number of potholes across the constituency. The government has recently given Essex County Council an extra £5million to address this problem, but I would like to see it spent as effectively as possible.

[WWW.MARKFRANCOIS.COM](http://WWW.MARKFRANCOIS.COM)



**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**



**PROFESSIONAL  
OVEN CLEANING  
SERVICE**

**WE ALSO CLEAN  
BBQ'S, EXTRACTORS,  
AGAS, RANGE COOKERS  
AND MICROWAVES**

FULLY INSURED ★ 5 STAR RATINGS  
RESIDENTIAL & COMMERCIAL

**CONTACT US 24/7**

**07394 766085**

[mrbrightsideessex@yahoo.com](mailto:mrbrightsideessex@yahoo.com)

[www.we-clean-ovens.co.uk](http://www.we-clean-ovens.co.uk)

Mrbrightsideessex



**DOES YOUR  
KITCHEN NEED  
AN UPDATE?**

**SAVE MONEY WITH A MAKEOVER**



**CONTACT US TODAY**

**01268 977950**

[info@kitchensrenewedessex.co.uk](mailto:info@kitchensrenewedessex.co.uk)

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

**CHOOSE FROM OUR EXTENSIVE  
RANGE OF OVER 500 DESIGN  
AND COLOUR OPTIONS**

Doors • Drawers • Panels  
Plinths • Trims • Handles • Worktops

MOBILE SHOWROOM – WE COME TO YOU  
FREE NO-OBLIGATION CONSULTATION & DESIGN  
PROFESSIONAL FITTING SERVICE  
FULLY QUALIFIED FITTERS



# 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)

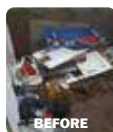


**NEXT LEVEL  
CLEARANCES**

• Professional • Quick • Domestic • Commercial

## COMMERCIAL & DOMESTIC

House Clearance  
Garden Clearance  
Garage Clearance  
...and more



FOR YOUR FREE QUOTE CALL  
**07713 689127**

[contact@nextlevelclearances.co.uk](mailto:contact@nextlevelclearances.co.uk)

VISIT:  
**NEXTLEVELCLEARANCES.CO.UK**



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

# YOUR LOCAL EVENTS

## CRIME AND MYSTERY WRITING TRAIN

Unit 8, The Willows, Market Road, Wickford,  
SS12 0RA

Saturday, April 22, 9.45am – 12pm

This creative writing event for adults aged 14 and over will begin at Wickford Library and will see attendees catch the train to Burnham-on-Crouch.

Taking inspiration from the journey and surroundings, the event will conclude with a workshop session at Burnham Library, bringing together everyone's creative ideas and insights. Bring with you a pen, paper and a drink.

The event will be led by Syd Moore, Essex author-in-residence and bestselling novelist.

Tickets are £5 and include return train travel and the workshop. Purchase tickets from [www.bit.ly/3ZDbETV](http://www.bit.ly/3ZDbETV)

## FOLK AND BESPOKE ARTISAN CRAFT FAIR

The Mill Arts & Events Centre, Bellingham Lane,  
Rayleigh, SS6 7ED

Saturday, April 22, 10am – 3pm

Residents will have the chance to peruse a market featuring more than 40 stalls which will showcase a number of local artists, makers and creatives in one place.

## BACK AT THE MILL

The Mill Arts & Events Centre, Bellingham Lane,  
Rayleigh, SS6 7ED

Saturday, April 22, 7pm – 9pm



Rayleigh Brass will return to the Mill Arts and Events Centre with an eclectic selection of favourites curated by members. From marches to love stories, Disney to *The Sound of Music*, and *Blue Moon* to *Bohemian*

*Rhapsody*, there will be something for everyone in this concert.

Purchase tickets from [www.bit.ly/3nqr1RC](http://www.bit.ly/3nqr1RC)

## CORONATION PICNIC

King George V Playing Field, Rayleigh,  
SS6 8JD

Saturday, May 6, all day



Photo credit: Roger Jones

Rayleigh Town Council has hired a large screen to broadcast the coronation of King Charles III, giving residents the chance to watch the ceremony while enjoying a picnic with family and friends. The pavilion snack bar will be open and there will be a selection of cinema-style food and drink stalls on site.

## THE JIVE ACES

Rettendon Lodge, Burnham Road, Battlesbridge,  
Wickford, SS11 7QT

Thursday, May 11, 7.45pm

Fresh off an American tour, the six-piece jazz and jive band will be performing their repertoire of high-energy vintage-style entertainment.

Residents may recognise The Jive Aces from *Britain's Got Talent*, where they made the semi-finals in 2012.

Purchase tickets from [www.bit.ly/3TNEG11](http://www.bit.ly/3TNEG11)

## RAILWAY ROCK 'N' ROLL

Wickford Railway Social Club, Wickford, SS12 0AD  
Saturday, May 13, 8.30pm

Rockin' Appellos will be performing at Wickford Railway Club with a train-load of classic rock 'n' roll tracks ideal for dancing. Come along and blow off some steam. Free entry.



WHAT'S ON





**We could fill  
Wembley Stadium  
MORE THAN TWO TIMES  
with our monthly  
readership...**

**...OVER 207,500 PEOPLE IN ESSEX  
READ VISION MAGAZINE'S MONTHLY**

Photo courtesy of PA Images

**CONTACT US TODAY TO GET YOUR BUSINESS SEEN BY OUR READERS**

Your  
Monthly  
Lifestyle  
Magazine **VISION**

See all our magazines online  
at [www.visionmagessex.com](http://www.visionmagessex.com)

Did you know this isn't the only **VISION** magazine in Essex?

Billericay Shenfield Bishop's Cleeve Brentwood Ongar Chelmsford Beaulieu Epping Theydon Harlow Halstead Braintree Hertford  
Hornchurch Leigh Thorpe Bay Loughton Maldon Burnham Rayleigh Wickford South Woodford Tending



# An ancient forest with sinister secrets

Epping Forest's history is as celebrated as it is sinister – a place of great natural and agricultural beauty, yet also a place renowned as a hiding spot for the county's gangster fraternity.

At first glance, Epping Forest's beauty is rather simple – an ancient woodland of some 6,000 acres that straddles the border between the counties of Essex and Greater London, and one that serves as a thriving oasis of natural beauty and biodiversity.

It rates as the largest public open space in the London area, providing a vital green lung for millions of people who seek solace in its verdant embrace.

The forest dates back thousands of years, when it was part of a vast, continuous woodland that stretched across England. In the 12th century, it became a designated royal hunting ground, and in 1878, Queen Victoria bestowed it upon the people for their enjoyment and recreation. Since then, the City of London Corporation has managed the forest, ensuring its preservation for future generations.

It contains more than 50,000 ancient trees – majestic beech, oak and hornbeam – many of which are more than 1,000 years old, with traditional and fiercely protected woodland management practices that reflect its ecological past.

Subsequently, Epping Forest provides a critical habitat for various wildlife species, including the rare and elusive fallow deer, as well as a host of other mammals, birds, insects, and a rich variety of fungi. It's also thought to be a hotspot for truffles.

The forest contains a vast network of footpaths, bridleways and cycling trails, inviting visitors to explore its enchanting beauty.

These routes have also, in the past, offered an elaborate map for local criminal entities to dispose of contraband, weaponry and bodies. In addition, the much-vaunted Epping Forest Country Club, a collection of three nightclubs, endured a controversial existence before final closure in 2002.

In 2023, Epping Forest has largely been returned to a place that captivates and inspires visitors with its breath-taking landscapes, vibrant ecosystems, and profound historical significance.



Photo credit: Lucasbranger/Shutterstock.com







## 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](http://www.whitetailstudios.co.uk) | [info@whitetailstudios.co.uk](mailto: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



NOW OPEN ON SATURDAY 9AM - 1PM

**CONTACT US TODAY**

**01268 562592**

[sales@fastkeys.co.uk](mailto:sales@fastkeys.co.uk)

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

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



# GOOD MORNING

from Susanna Reid

## LOOKING BACK OVER A PRESENTING LEGACY THAT CONTINUES TO GROW FOR SUSANNA REID, ONE OF OUR FAVOURITE BROADCASTERS

Susanna Reid is synonymous with newscasting in the UK. The 52 year old is the sometimes friendly, sometimes fierce face of breakfast TV, and in 2023 celebrates two decades of waking up those in the UK to the news and views of the world.

The journalist has accomplished something many set out to do, yet few achieve – presenting the news with confidence, balance and no small amount of personality.

“I think they are skills which emerge over time, and you can only really learn on the job,” says Reid, who made a controversial switch from the BBC to ITV in 2014. “I think in my early days, I was certainly a lot more stunted in my delivery. In many ways, a presenter or interviewer puts too much pressure on themselves, when they should just let the interviewee, or the news item, do the work for them.

“And I don’t think I’m the finished article yet, either,” she continues. “The news and the technology evolve all the time, so the blueprint for what we do changes in similar ways.”

Reid built her name for exemplary broadcasting when she started work as a news producer for BBC Bristol back in 1994. She later joined BBC News 24, getting her big break one night when the 11pm presenter did not arrive on set. That stand-in role soon turned into a permanent position, and she later moved into rather more sociable work on BBC *Breakfast* (notwithstanding the 3am alarm calls), presenting alongside the late Bill Turnbull, as well as Charlie Stayt and Sian Williams.

Having also appeared on *The Andrew Marr Show* and as the host of the BBC’s Oscars coverage, in 2014 Reid scoffed at rumours she was going to defect to ITV, saying: “If you cut me open, I’d bleed BBC.”

Yet a month later, ITV announced their impressive scoop, with Reid signing a £1million-a-year contract to front *Good Morning Britain* alongside the likes of Ben Shephard and Piers Morgan.

Reid has interviewed an impossibly wide cross-section of people from the worlds of sport, entertainment and more. She is known to be particularly resilient when coming up against politicians, and has famously sparred with former Prime Ministers Boris Johnson and David Cameron, as well as Nigel Farage and Sir Keir Starmer.

In spite of Reid’s relentless schedule, she has cultivated a busy and rewarding homelife, and has three children with her journalist ex-husband Dominic Cotton.

In addition, she has proved herself to be unafraid of stepping above the parapet of the traditional broadcaster, appearing on *Strictly Come Dancing*, *Gogglebox* and *Tipping Point*, and is a fan of Premier League club Crystal Palace.

“I think if I spent my whole life reading and presenting news on everyone else that would be pretty dull,” she laughs. “I’m not one of those people who wants to put themselves in everyone’s faces, but if the opportunity arises to do something exciting, then I will take it.

“My main focus has been and will always be helping viewers get motivated for the day. That can sometimes be difficult when the news is negative, but we always do our best to put a positive shine on things and to get smiles on people’s faces.”

Photo credit: Ken McKay/TV/Shutterstock





Over 100 BRAND NEW Appliances in Stock

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

**RDA**

Rayleigh Domestic Appliances



BEKO BOSCH INDESIT EFF Hotpoint

FREE local delivery  
within 5 mile radius

Call: 01268  
745455

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

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

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

## 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](http://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



**Picasso**  
...BEST ARTIST EVER?

V  
HISTORY



Pablo Picasso, who died 50 years ago this month at the age of 91, wasn't just a painter. He was also a sculptor, printmaker, ceramicist, stage designer and writer. At times, he was almost as famous for his complicated love life as his art – and the many women in his life played a massive role in his art.

Picasso was born in Malaga, southern Spain, in 1881. In 1904, aged just 23, he moved to Paris. The French capital was the centre of avant-garde art – experimental art that challenged the norms of the time.

Picasso produced so much work that art historians have divided it into eight categories. The best-known is Cubism, which Picasso co-invented with fellow artist Georges Braque around 1910. Cubism involves painting an object from lots of different angles and combining them into the same picture.

Between the two world wars, Picasso became heavily involved in the Surrealism movement, made famous by artists like Salvador Dali. In 1937, during the Spanish Civil War, Picasso was commissioned by the Republican government to paint one of his most famous works. The mural, *Guernica*, which includes images of fallen soldiers and injured horses, symbolises the pointlessness of war.

It's subjective as to whether Picasso is the best artist ever. His technical skills were as good as anyone's – he could produce paintings like old masters while still in his teens. But what's certain is that no one in the 20th century influenced art quite like he did.



### DID YOU KNOW?

- > Picasso's iconic striped t-shirt was designed by Coco Chanel
- > His full name is actually 23 words long: Pablo Diego José Francisco de Paula Juan Nepomuceno María de los Remedios Cipriano de la Santísima Trinidad Mártir Patricio Clito Ruiz y Picasso
- > He produced 47,800 works of art in his 78-year career
- > His father was an art professor
- > In 2005, his painting *Le Rêve* sold for \$155million.

© 2013 David Laundy



# Don't worry BE HAPPY

If you are feeling a little down, this may not be because of something happening (or not happening) in your life, but may be owing to where you live.

According to an annual survey carried out by property experts Rightmove, there are 10 places in the UK where residents feel the happiest.

1. **St Ives, Cornwall:** Coming in at number one is St Ives in Cornwall, which scored highly for community spirit, safety and a sense of belonging.
2. **Galashiels, Scotland:** One of the most affordable areas in the top 10, Galashiels scored highly for friendliness and politeness of the locals.
3. **Woodbridge, Suffolk:** The market town of Woodbridge came in third overall and first in the East of England.
4. **Hexham, Northumberland:** Well known for its stunning floral gardens and parks, the market

town of Hexham came in fourth on the list.

5. **Perth, Scotland:** The vibrant riverside city of Perth, which was once the capital of Scotland, came second in Scotland and fifth overall owing to its sense of belonging.
6. **Harrogate, Yorkshire:** Harrogate is a designated Area of Outstanding Natural Beauty and scored highly on access to nature and green spaces.
7. **Anglesey, Wales:** Hitting the top spot in Wales, Anglesey gained the highest score for its local green spaces and abundance of nature.
8. **Bury St Edmunds, Suffolk:** A historic market and cathedral town, Bury St Edmunds is surrounded by countryside and boasts a rich history.
9. **Stirling, Scotland:** Coming in third out of all locations in Scotland and ninth overall, the historic city of Stirling is known for its friendly local community.
10. **Cirencester, Gloucestershire:** Cirencester sadly could not beat St Ives in the South West but still made it into the top 10 owing to its beautiful countryside and picturesque Cotswold villages.



## Why you'll love this park



the park is the hidden treasure of the South East of England, with ready access to the Mayland Creek.

If you're looking for a relaxing getaway for all the family then Steeple Bay is the right place to be. Choose to spend time in our Riverside bar or take a dip in the heated outdoor swimming pool, while the kids have fun around the park with Loopy and his friends. Or take to the nearby

Come and discover Steeple Bay and make your escape to a wonderful, waterside retreat with beautiful views of the estuary. Situated on the coast near Southminster,

waters; you don't have to be an active boatman to enjoy the location though, just relax and watch the boats and yachts go by.

The park boasts great facilities including a well-stocked fishing lake, an adventure playground and an amusement arcade. Along with our leisure pool, there is also a paddling pool for our very youngest guests.

A visit to the clubhouse will round off a perfect day with tasty food and drink available, along with live music and top shows during busier periods.



**PARK HOLIDAYS**  
Holidays & Short Breaks



**PARK HOLIDAYS**

## Steeple Bay Holiday Park



The best reason to choose a stay-cation!

Free Super fast wifi  
Essex coast private beach & boat launch

Holiday Homes from **£14,995!**

Please contact Lara for more info and see why everyone is choosing a STAY-cation!

...we have pre owned lodges from £99,995 including decking

Contact Lara on 07415 239231 • [l.wilson@parkholidays.com](mailto:l.wilson@parkholidays.com) • Southminster, CM0 7RS

FREE 2023 & 2024 SITE FEES ON SELECTED MODELS

Starting Price



# DOGGY skincare

**DOES YOUR DOG HAVE A SKINCARE ROUTINE? HERE'S WHY SKINCARE IS SO IMPORTANT FOR YOUR DOG'S OVERALL HEALTH AND WELLBEING**

## WHAT ARE THE MOST COMMON CAUSES OF SKINCARE ISSUES IN DOGS?

Dogs are susceptible to many of the same skin problems as humans, and these are typically caused by the following: Poor nutrition | External allergies or bites | Parasite infections | Skin conditions such as seborrhoea | Food allergies | Bacterial infections

## HOW TO BUILD A SKINCARE ROUTINE FOR YOUR DOG

### Wash them regularly

On average, you should wash your dog once a week to preserve their skin and coat. However, this can vary depending on breed, with very active dogs requiring more frequent bathing. Always use two applications of shampoo: one to cleanse the coat and skin of dirt and old skin cells, and one that should be left on for 10-15 minutes, to penetrate the skin.

### Protect them from pests

Flea control is a must if you want to keep your dog's skin in optimal condition. Use flea prevention treatments all year round and visit your vet regularly for check-ups.

### Focus on good nutrition

The foundation of healthy skin is nutrition, so you need to make sure that your dog is getting a complete and well-balanced diet. You don't need to buy the most expensive dog food on the market; you only need to ensure that their diet fits their needs.

### Apply sun cream

Dogs can suffer with sunburn in the same way you can, especially those with short hair or light skin. Therefore, it is vital that you apply sun cream that is specially formulated for dogs during the warmer months of the year. You can also buy animal clothing that offers UV protection.



# GLADWELLS PET AND COUNTRY STORE

Where pets are more than companions ... they're family!



Lubards Lodge Farm, Hullbridge Road,  
Rayleigh, Essex, SS6 9QG



01268 642601



Free Harness  
Fitting



Call & Collect  
Service



Blue Light Card  
Discount

## £5 OFF

A £30 or more spend in store!

For readers of Vision Rayleigh. Offer ends 31/08/23. Hand this voucher to the cashier to get £5 off a £30 or more spend. Valid at GP&CS Rayleigh. Retail only. No cash alternative. One voucher per transaction. Copies will not be accepted. Not redeemable online.

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







## COOK'S COACHES TRAVEL IN LUXURY

Cooks Coaches offer good value for money short breaks and holidays, a comprehensive day excursion programme, and private and contract coach hire.

We are a family business having been operating in the Southend-on-Sea area of Essex (40 miles east of London) for over 100 years during which time we have built up a reputation for reliability, honesty and courtesy.

If you are arranging a group outing or theatre trip we can help by looking after the transport,

and if you like we will advise, plan and make the arrangements for you.

We can also help if you are organising a wedding, if you want to hire a coach to get all your guests to the reception, we will be pleased to quote for coach hire, driver included, for any private function.

We have a fleet of modern, well equipped luxury coaches with experienced drivers dedicated to making your day trips and holiday tours with Cooks the best and most enjoyable.

## COOK'S COACHES

Booking line 01702 344702 or 349215

Visit [CooksCoaches.co.uk](http://CooksCoaches.co.uk) for all excursions & holidays. Please ring for a free brochure



### MAY HOLIDAYS

8 <sup>th</sup> Isle of Wight - 5 days	£445.00
13 <sup>th</sup> Coronation Street - 3 days	£285.00
14 <sup>th</sup> Exbury & the Swanage Railway - 2 days	£180.00
15 <sup>th</sup> Warner's Sinah Warren - 5 days	£515.00
15 <sup>th</sup> Nostalgic Journeys - 5 days	£525.00
21 <sup>st</sup> - St Mawes, Cornwall - 5 days	£520.00
28 <sup>th</sup> Norfolk Broads & the Poppy Line - 2 days	£195.00

### JUNE HOLIDAYS

2 <sup>nd</sup> Isle of Wight - 6 days	£565.00
2 <sup>nd</sup> London's West End Weekend - 2 days	£175.00
5 <sup>th</sup> Somerset & Devon - 5 days	£550.00
12 <sup>th</sup> Cotswolds Scenes - 5 days	£455.00
12 <sup>th</sup> Chester & Llandudno Singles holiday - 5 days	£550.00

18 <sup>th</sup> Brighton - 2 days	£190.00
19 <sup>th</sup> Lytham St Annes - 5 days	£465.00
26 <sup>th</sup> Tenby - 5 days	£515.00
26 <sup>th</sup> Babbacombe - 5 days	£490.00

### JULY HOLIDAYS

1 <sup>st</sup> Austria - 9 Days	£885.00
2 <sup>nd</sup> Lest We Forget - 2 Days	£195.00
2 <sup>nd</sup> Sharpness Canal & GWR	£190.00

### A SAMPLE OF FUTURE DAY TRIPS

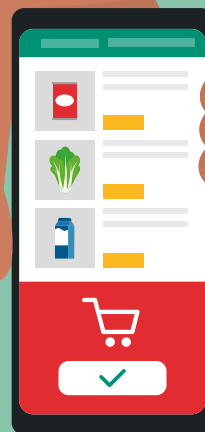
22 <sup>nd</sup> April - An afternoon at the Oscars	£46.50
22 <sup>nd</sup> April - Detling Antiques	£25.00
26 <sup>th</sup> April - Leonardslee Gardens with afternoon tea	£47.00
27 <sup>th</sup> April - Broadstairs	£25.00
28 <sup>th</sup> April - Whipsnade Zoo	£48.00
29 <sup>th</sup> April - Norwich	£26.00
30 <sup>th</sup> April - Mississippi Paddle Boat Norfolk Broads	£35.00

1 <sup>st</sup> May - RHS Hyde Hall Craft & Design	£28.00
2 <sup>nd</sup> May - Brighton Races	£41.00
13 <sup>th</sup> May - Film Music Gala Royal Albert Hall	£52.00
16 <sup>th</sup> May - RSPB Minsmere	£34.00
17 <sup>th</sup> May - Deben Cruise plus lunch	£56.00
26 <sup>th</sup> May - Chelsea Flower Show	£78.00
28 <sup>th</sup> May - Leeds Castle Jousting	£39.00
2 <sup>nd</sup> June - Harry Potter Studio Tour	£73.00
8 <sup>th</sup> June - Aint too Proud (story of the Temptations)	£68.00
25 <sup>th</sup> June - Duxford Air Show	£65.00
6 <sup>th</sup> - 9 <sup>th</sup> July - Hampton Court Flower Show	£50.00
23 <sup>rd</sup> July - Diamond League Athletics	£53.00
17 <sup>th</sup> Aug - Buckingham Palace	£60.00
18 <sup>th</sup> Aug Newmarket Races with Olly Murs in concert	£60.00

Tel: 01702 344702

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

Many more excursions to come. Please visit our website. New trips added daily. Correct at time of printing.



# WASTE NOT Want not!

## THE BEST APPS TO CUT DOWN ON FOOD WASTE

The UK was responsible for 9.52 million tons of food waste in 2018 alone. If you are currently wasting a lot of food, then don't worry, it is never too late to turn things around.

Check out these top four apps that promise to help you cut down on food waste and save money in the process.



### TOO GOOD TO GO

One of the biggest causes of food waste is uneaten leftovers and unsold items in restaurant kitchens, fridges and cupboards. The Too Good To Go app looks to reduce this by inviting people to take advantage of unsold food at a highly reduced cost. Shops and restaurants sign up to the app and then sell bags of food based on what they have left at closing time. App users can then go and collect the food.

### OLIO

Olio allows you to access surplus food from other households in your local area. You can choose to either take a photo of any unwanted food that you have for your neighbours to collect, or you can search for surplus food for your own family. You can also become a Food Waste Hero by collecting unsold food from local businesses and listing it on the app.

### KARMA

The Karma app works in a similar way to Too Good To Go and allows you to purchase takeaway food at a highly discounted price. Once you are signed up, you can earn loyalty bonuses every time you place an order.

### NOSH

Nosh is an AI-based app that helps you to track the food you have in your own home. Users can view expiry and use-by dates all on one screen, and prioritise what items they need to eat first. You can also receive recipe recommendations and a suggested weekly shopping list based on your buying and wasting habits.





## A SLICE OF HISTORY

# Simnel Cake

There are some stories you wish were true – and the myth behind Simnel cake, the marzipan-covered fruitcake popular at Easter, is one of these.

Back in the mists of time, a certain Simon and Nelly apparently fell out while making a fruitcake. One said it should be boiled; the other wanted to bake it. After a squabble, they settled on using both cooking methods. The resulting cake was named after both of them.

Simnel cake dates back to the 17th century when live-in staff returned to their families around Lent, often bringing food with them. By the 19th century, Simnel cakes looked like the cakes we know today, complete with 11 balls of marzipan to represent Jesus' apostles – minus Judas, the traitor.



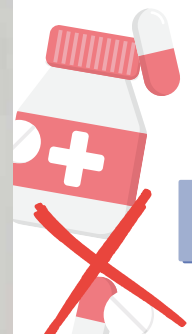
### INGREDIENTS:

**FOR THE CAKE:** 175g light brown soft sugar | 175g soft butter (plus extra for greasing) | 175g self-raising flour | 3 large eggs | 50g ground almonds | 3 tbsp milk | 200g mixed dried fruit | 100g glacé cherries, quartered | 2 tsp mixed spice powder



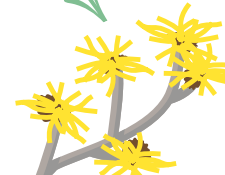


**FOR THE TOPPING:** 450g golden marzipan | 3 tbsp apricot jam | 1 egg, beaten

### HOW TO MAKE:

- > Preheat the oven to 160°C/Fan 140°C/Gas 3.
- > Grease a deep 20cm/8in cake tin and line it with baking paper.
- > Put all the cake ingredients into a large bowl and beat well.
- > Spoon half the mixture into the tin. Roll one-third of the marzipan into a 20cm/8in circle. Place it on top, then add the rest of the cake mixture.
- > Bake for 1.5-2 hours till golden brown.
- > Remove from the tin and cool.
- > Warm the apricot jam over a gentle heat on the hob before using to brush the top of the cake.
- > Roll half of the remaining marzipan into a circle, just bigger than the cake. Place it on top and crimp around the edges.
- > Make 11 balls from the remaining marzipan and place them around the edge of the cake.
- > Lightly brush the marzipan with the egg and grill carefully for about five minutes.



# PASS ON PARACETAMOL

**KIDS**

**D**o you reach for your trusty bottle of Calpol whenever your child shows the first signs of illness? If yes, you should know that there are alternatives to this popular painkiller.

**CHAMOMILE TEA**  
If your child is suffering with a headache, then a cup of chamomile tea can help to relieve pain and soothe them to sleep. Encourage them to take small sips and add a natural sweetener such as honey if they don't like the taste.

**COOL LAVENDER COMPRESS**  
For children with a temperature, a cool lavender compress can work wonders. Simply dip a cloth in cool (not cold) water with a few drops of lavender oil and then place on their head, chest or legs.

**WITCH HAZEL COMPRESS**  
Another effective natural remedy for headaches, a cold compress with a bit of witch hazel can be placed directly on the forehead for instant relief.

**TEA TREE OIL SPRAY**  
Tea tree oil has been proven to help the body fight off infections as it contains active bacteria-fighting chemicals known as terpenes. Fill a spray bottle with water, add a few drops of tea tree oil and spray around the room or directly onto their body to soothe any inflammation and reduce a high temperature.

**PLENTY OF REST**  
When your child is unwell, the most important thing to do is ensure that they have sufficient rest. Don't be afraid to let routine go out the window and allow your child to nap as and when they want to. If they have a headache, a dark and quiet room is a must.

**WHEN TO CALL YOUR GP:**

- ✓ If your child is under three months old and has a temperature of 38°C or higher
- ✓ If your child is between three and six months old and has a temperature of 39°C or higher
- ✓ If your child has other signs of illness, such as a rash
- ✓ If your child has a high temperature that has lasted for more than five days
- ✓ If your child is dehydrated.





# PUZZLES & TRIVIA

PUZZLES

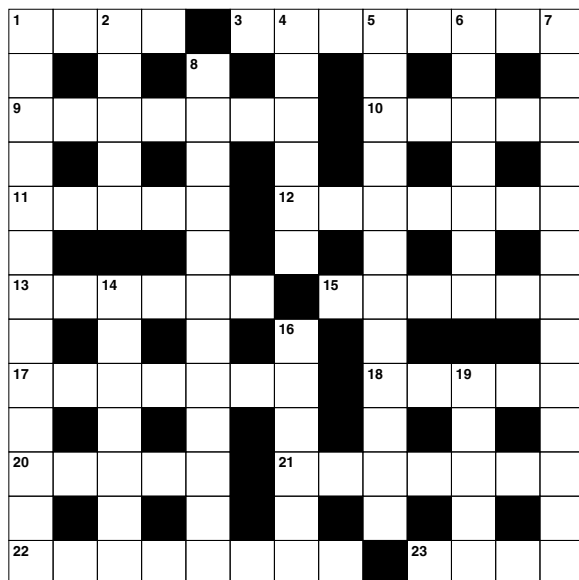
Answers: see end of The Vision Listings

## ACROSS

1. Liability (4)
3. Heated exchange of views (8)
9. Free a ship from her moorings (4,3)
10. Opposite of below (5)
11. Device used to connect to the internet (5)
12. Pulls back from (7)
13. Bird with yellow and black plumage (6)
15. Seem (6)
17. In the place of (7)
18. Head monk of an abbey (5)
20. Embed; type of filling (5)
21. West Indian musical style (7)
22. Gibberish (8)
23. Verge (4)

## DOWN

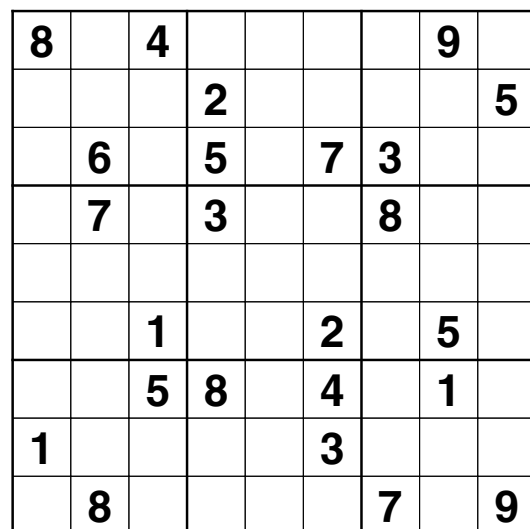
1. Decay (13)
2. Beads (anag) (5)
4. Implement change (6)
5. Intolerable (12)
6. Passionate (7)
7. Hidden store of valuables (8,5)
8. Preservative chemical (12)
14. Pancreatic hormone (7)
16. Official proclamations (6)
19. Animal that uses two legs for walking (5)



## DID YOU KNOW?

- One million Earths could fit inside the Sun – and the Sun is considered an average-sized star.
- The sunset on Mars appears blue.
- Space is completely silent. There is no atmosphere in space, which means that sound has no medium or way to travel to be heard.
- There are more trees on earth than stars in the Milky Way. There are about three trillion trees on Earth, and between 100 to 400 billion stars, approximately, in the galaxy.
- Saturn is the only planet in our solar system that is less dense than water. It could float in a bathtub – if anybody could build a bathtub big enough.
- One day on Venus is longer than one year on Earth.

## SUDOKU



*We're more than just a garden centre...*

For over 20 years our independent, family-owned garden centres have evolved to become destination shopping experiences that are bursting with value!

We're known for our vast selection of quality plants at amazing prices, and many are grown by us in our own nurseries! Make your outdoor space fabulous with our great value furniture that's perfect for alfresco entertaining. Our teams are on hand to help you create your ideal garden - whatever the size!

Throughout the garden centre you'll find inspirational ideas for your home, everyday essentials at Archie's grocery store and treats for your four-legged family members at our Scallywags pet shop.

Relax and enjoy refreshing beverages and freshly cooked meals in The Garden Room Cafe. And look out for our exciting events throughout the year.



**Come and discover more than you expect - all under one roof!**

**Visit us at Riverside**

Lower Road, Hockley, Essex SS5 5LE  
Tel: 01702 201100

**Cherry-Lane.co.uk**

The UK's Only *Value* Garden Centres



**Freshly made, great value**

## Reward card customers get more!

Download our app and sign up for **FREE** or pick up your Reward card in-store to become a Rewards member



Scan to download



## Welcome voucher

**NEW** members receive a voucher for 10% off their first shop as a Rewards customer!\*

\* Terms and conditions apply. See website for details

**10% OFF**







**MARTIN 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 martinhandyholmes

## 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



**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**



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.

# A guide to GARDEN OBELISKS

Looking for a simple way to add interest and style to your garden or patio area? Garden obelisks are one of the most versatile structures available and can be used effectively in any outdoor space, no matter how big or small.

## WHAT ARE GARDEN OBELISKS USED FOR?

Garden obelisks are commonly used to support flowering plants and can act as a stunning focal point in your garden. They are usually made of wood or metal, and are perfect for defining the entrance to your garden, adding an extra dynamic to a seating area or even placing in a conservatory to bring a touch of the outdoors in.

## TOP TIPS FOR ADDING OBELISKS TO YOUR GARDEN:

- > Make sure you place each one on a flat piece of ground
- > Bury the feet of the obelisk in the soil to prevent it from falling over
- > Opt for a larger size to accommodate growing plants
- > Hang bird feeders off an obelisk to attract birds
- > Place in a circular flowerbed to create a showstopping centrepiece

## BEST PLANTS TO GROW UP YOUR GARDEN OBELISK:

Clematis | Wisteria | Sweet peas | Star jasmine | Common ivy  
| Morning glory | Climbing roses

## HOW TO CHOOSE A GARDEN OBELISK:

When choosing a garden obelisk, there are several factors you need to consider:

1. Is it weather resistant?
2. Does it come pre-built or is construction required?
3. Is it the right height for your chosen plants?
4. Do you want a garden obelisk that is designed to rust for a more authentic look?
5. What type of finial do you want? (This is the decorative feature that sits on the top of the obelisk)

## WHERE TO BUY GARDEN OBELISKS:

While you can make your own garden obelisk, you will need a certain amount of DIY expertise and a number of tools to do so. Therefore, you may prefer to purchase one either online or in a store. Most garden centres offer a range of obelisks to choose from.



GARDENING

Photo credit: sarahavenroom





# Happy HEDGEHOG

Hedgehog numbers are in decline in the UK, so it has never been more important for us to take care of our prickly pals. Here's how you can look after the hedgehogs in your garden and keep them happy throughout the year.

## WHAT DO HEDGEHOGS EAT?

If you want to encourage hedgehogs to visit your garden, then you can supplement their natural diet of worms, beetles, earwigs and caterpillars by leaving out food and fresh water. Some foods that hedgehogs enjoy are:

- > Tinned cat or dog food
- > Crushed dog or cat biscuits
- > Meat-based hedgehog food

If you notice very young hedgehogs in your garden (roughly apple-sized), then you need to soak any biscuits in water before leaving them out.

## WHAT SHOULD YOU NEVER FEED HEDGEHOGS?

You should never leave out milk or bread for hedgehogs as the former can cause diarrhoea and the latter is not very nutritious for these small mammals. Mealworms can also cause health problems when consumed in large quantities.

## WHEN TO FEED HEDGEHOGS IN YOUR GARDEN

It is a good idea to put food and water out for hedgehogs all year round. In spring, this will give

them a boost after hibernation, while in summer and autumn, it will help them to build up fat reserves to survive the winter. During periods of hot and dry weather when natural resources are scarce, fresh water and food is even more important.

## HOW TO FEED HEDGEHOGS SAFELY

- > Place food in a shallow dish and place this in a sheltered area of your garden
- > Remove any uneaten food each day and refill with fresh water and food
- > Clean the dishes daily using hot, soapy water and then rinse well to reduce the risk of spreading diseases between different hedgehogs.



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

**RESIBLOCK**  
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

## DOWN HALL GARDEN SERVICES

For all local garden  
maintenance – friendly  
& professional

**Tim Poulter**

**01268 785101**

**07761 958072**

**poplarvista@btinternet.com**

## Southernhay Garden Services

# All your Outdoor and Gardening needs



- Garden Maintenance ■ Jet Washing
- Patios, Decking & Fencing

**Martin Smith** Find me on 

**07967 986802**

**01268 955057**





# RIVALRY

*on the River*

Every year, on the last Sunday in March or the first Sunday in April, two of Britain's most prestigious universities battle it out in a gruelling 4.2-mile Boat Race along the Thames.

On March 26 this year, the eight Cambridge men plus a coxswain were first across the finishing line and now have 85 victories compared with Oxford's 81. Only once has there been a dead heat – back in 1877.

**WHY ALL THE FUSS?** The Boat Race is a symbol of fierce academic and sporting rivalry between the two universities. It's also a tough test of strength, endurance and strategy. Rowers spend months ensuring they're at peak mental and physical fitness on race day.

The Boat Race is also steeped in history and tradition. The first event was held in 1829 and has been held almost every year since, except during the First and Second World Wars and the COVID-19 pandemic in 2020.

Watching the race live makes an exciting and low-cost day out, and every year thousands of people line the riverbank and stand on the bridges to watch the event.

**WHAT'S THE ROUTE?** The race starts at Putney Bridge and the teams navigate several bridges, including Hammersmith Bridge and Barnes Bridge, before reaching the finish line at Chiswick Bridge.

One of the most challenging parts of the course is the stretch of the river known as the Tideway, near the Houses of Parliament and the London Eye. This part of the river is subject to strong currents and tidal changes, making rowing difficult.

**IS IT JUST FOR MEN?** Not anymore. The first women's race was held in 1964, and since 2015 the women's course has been identical to the men's. That said, the men's race is still the one that makes the headlines. This year saw the Cambridge women win the Boat Race, marking their sixth straight win.

Photo credit: Nordin Catic via Cambridge University Twitter, The Boat Race Twitter



# AIRPORT Pro

They say your holiday begins as soon as you arrive at the airport, which makes getting it right, pre-flight, all the more important. Here's our list of departure lounge dos and don'ts.

**DO relax**

Finally, your break from work and from the stresses of everyday life can begin. It's important to take time to relax – you deserve it!

**DON'T stress about time**

While it's important to be on time at the airport, it's also worth remembering you have plenty of time. Most pre-flight stresses come about because people panic they will miss their flight, but keeping a clear head is important, even if the departure gate seems like it's in a different postcode!

**DO refresh**

Although it's easy to grab a snack once in the air, buying a sensible meal and drinks after you pass through security is a good idea before a long flight.

**DON'T be excessive**

Many people celebrate going on holiday by having a tipple or two before the flight. While it might seem like a good idea at the time, arriving at the airport early or filling time if your flight is delayed, means it's easy to drink too much. If that happens, you run the

risk of being turned away at the gate.

**DO organise hand luggage**

Keep a close check on luggage allowance, and remember that the items you carry on board need to be scrutinised. Liquids of no more than 100ml should be kept in a single, transparent, resealable plastic bag which holds no more than a litre and measures approximately 20cm by 20cm. This should be placed at the top of your hand luggage, together with any electrical items.

However, restrictions on liquids and electrical items are on their way out. Airports in the UK have until June 2024 to install new security technology, which will mean passengers can carry up to two litres of liquids and large electrical items in cabin luggage as they go through security. London City Airport has already put this new technology in place, thereby reducing hassle for passengers.

**DON'T overdo the shopping**

While it's tempting to pick up booze, fragrances and all manner of other discounted items in the departure lounge, it's much smarter to do this on your return journey. Anything you buy in the airport before your outbound flight will contribute to your baggage allowance on your return flight. Whereas if you save your airport shopping for before your inbound flight, anything you buy can go in your hand luggage.





  
**the Amethyst room**  
 SKINCARE AND AESTHETICS




**Providing a range of Skincare & Aesthetic treatments**

☎ 07756 602715  
 🌐 [www.the-amethyst-room.co.uk](http://www.the-amethyst-room.co.uk)  
 📱 [theamethystroom](https://www.facebook.com/theamethystroom)  
 📷 [theamethyst.room](https://www.instagram.com/theamethyst.room)

Home based studio in Rayleigh, Essex

## 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](mailto:sales@essexstairlifts.co.uk)  
**[www.essexstairlifts.co.uk](http://www.essexstairlifts.co.uk)**




## 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

 [@toppershairstudiorayleigh](https://www.facebook.com/toppershairstudiorayleigh)
 [@toppers\\_hair](https://twitter.com/toppers_hair)

  
**BEAUTY**

# GUIDE TO False eyelashes

**W**ould you love to have luscious lashes? While not everyone is born with long, fluttering eyelashes, you can fake it with some high-quality falsies.



**INDIVIDUAL** lashes are a great choice if you want a subtle boost to the fullness and length of your natural lashes. You can get individual packs of lashes in sets of 30-60 strands and in a wide variety of lengths. Apply each individual lash using a pair of tweezers or a lash applicator.



**CLUSTERS**, which are sometimes referred to as flares or accents, are ideal for those who do not want to apply a full strip of lashes. These can be strategically applied to create a number of different looks and are often used on the outside corners of the eyes to create a cat-eyed effect.



**STRIPS** are the most common type of false eyelashes and come as a horizontal band that you apply across your entire upper lash. With the ability to add drama and volume, full lash strips are typically applied with lash adhesive and tweezers.



**MAGNETIC** lashes are a relatively new addition to the world of false eyelashes, and are perfect for anyone who struggles with the gluing stage of the application process. Gentler on the skin and on your natural lashes, magnetic lashes can be easily applied with just magnetic eyeliner and a pair of tweezers.

Photo credit: lolalashes.co.uk

**EXTENSIONS** are for if you want a fuller look all the time; they offer an effective and highly aesthetically pleasing solution. However, it is worth noting that eyelash extensions do not come cheap, and that regular maintenance is needed to keep them looking their best.



# How to wear COBALT blue

Seen on catwalks in Paris, Milan, New York and London, cobalt blue is big news for spring 2023. A bold and beautiful colour that demands to be seen, here's how you can wear this stunning shade in five different ways.

## COLOUR CLASH

Cobalt blue has the unique ability to work well with almost all colours, including black, navy, white, beige, red, orange and green. Try adding an element of cobalt blue to a grey suit for understated elegance or grab attention by teaming it with yellow.

## TRY TONAL

If you love to layer, then rocking various shades of blue is the perfect look for you. Cobalt blue and pastel blue work wonderfully together, with the lighter shade softening your look and the cobalt blue acting as the highlight of your outfit.

## MAKE IT MONOCHROME

Alternatively, for a bold vibe, wear head to toe cobalt blue in the form of a trouser suit, jumpsuit or dress with matching shoes. This is a very slimming look, and you could even add some cobalt blue accessories.

## DENIM DELIGHT

Cobalt blue and denim are a match made in heaven, and there are so many stylish ways to mix these two trends together. Whether you pair a cobalt blue shirt with your favourite jeans or rock a denim skirt and cobalt blue boots, you can't go wrong with this perfect combination.

## ACCENT WITH ACCESSORIES

If cobalt blue is a little too in-your-face for you, then why not opt for a more understated look with some cobalt accessories? Look for a cobalt blue clutch or a pair of cobalt blue earrings and matching bracelet to give a plain outfit just the lift it needs.



# Bananas about BANANAS

As well as being delicious, bananas are also one of the healthiest foods around. And what better time to celebrate them than National Banana Day on April 19?



## LOOK AFTER YOUR HEART

Bananas are rich in potassium, which can help lower your blood pressure and prevent your arteries from becoming stiff.



## TAKE CARE OF YOUR DIGESTIVE SYSTEM

The starch in bananas breaks down and becomes food for the beneficial bacteria in your gut. The pectin, meanwhile, can help keep you regular. Because bananas are relatively low in calories but also filling, they can also play a part in maintaining a healthy weight.



## AVOID TYPE 2 DIABETES

The vitamin B6 and fibre in bananas may reduce your risk of type 2 diabetes. But if you already have this condition, ask your health professional before eating more bananas because they contain a lot of sugar.



## IMPROVE YOUR WELLBEING

The vitamin B6 in bananas can help you sleep, while the magnesium can help your muscles relax. What's more, tryptophan, which converts into serotonin, together with the antioxidants also contained in this popular fruit, could help improve your mood.



## BOOST YOUR ENERGY

The sugar and fibre in bananas will give you an instant energy boost. At the same time, potassium may reduce the risk of muscle cramps. This makes them a good snack both before and during exercise.

## NOT JUST FOR EATING

Try these unusual uses for bananas:

- > Use banana skins as a garden fertiliser – chop them up and mix them in the soil around your plants
- > Tape a small piece of the inside of a banana skin to a wart or verruca to help remove it
- > Mash up a banana and use it as a face mask – it will hydrate your skin and help reduce blemishes
- > Use the inside of a banana skin to give dull houseplant leaves a shiny new finish.







Hospitals | Fitness | Physio | Mental Health

# Are you suffering from a painful hernia?

At Nuffield Health Brentwood Hospital our experienced general surgeons can treat all types of hernias through a range of non-invasive treatments.



## Come and meet our experts

### Why choose Nuffield Health Brentwood Hospital for your hernia repair surgery?

There are a range of different hernias which can form in different parts of the body, luckily every hernia can be removed, however some removal procedures are traditionally more invasive than others.

### What types of hernias can you repair?

There are two common types of hernias that we can repair, hernia bilateral and hernia unilateral.

#### Hernia bilateral

This form of hernia presents itself on both sides of the groin area or lower abdomen at the same time.

#### Hernia unilateral

- This type of hernia occurs on one side of the body.
- In men, an inguinal hernia happens at the inguinal canal. This is a narrow passage in which blood vessels supplying the testicle pass through the abdominal wall
- More common in women, a femoral hernia appears in the groin
- Femoral hernias happen at the hole in the wall of the abdomen where the femoral artery and vein pass from the abdomen into the leg
- These hernias tend to occur following childbirth.

### What happens during hernia repair surgery?

We can perform two types of surgery, both with quick recovery times, open surgery and Laparoscopic

(keyhole) surgery. You may not even need to stay in hospital overnight.

### How quick is the recovery?

- Recovery from hernia repair surgery is usually very quick.
- You'll be mobile very soon after the procedure and will be encouraged to increase how much you walk around over the first few days post surgery
- Most patients return to normal daily activities within a week
- Your consultant at Brentwood Hospital will inform you of any specific "dos and don'ts", depending on your type of hernia and the chosen surgery.

### Are there any risks with hernia repair?

As with all operations, hernia repair surgery has a risk of complications. Be sure to discuss any concerns you might have about these risks with your surgeon.

For any enquiries, to book an initial consultation or to request more information, please contact our dedicated hospital enquiry team at **Nuffield Health Brentwood Hospital** on **01268 955035**



[www.nuffieldhealth.com/hospitals/brentwood](http://www.nuffieldhealth.com/hospitals/brentwood)

### Join us at our free hospital open events.

#### Meet our experts on:

##### Back pain, injury or surgery

**Wednesday 19 April 2023 at 18:30pm**  
with Mr A Qureshi, Consultant  
Neurological Surgeon

##### Knee pain, injury or surgery

**Friday 21 April 2023 at 18:30pm**  
with Mr A Ali, Consultant  
Orthopaedic Surgeon

##### Haemorrhoids

**Wednesday 26 April 2023 from 18:30pm**  
with Mr V Shatkar, Consultant  
General Surgeon

##### Hip pain, surgery

**Tuesday 16th May 2023 at 18:30pm**  
with Mr A Waheed, Consultant  
Orthopaedic Surgeon

##### Shoulder pain, injuries or surgery

**Tuesday 23rd May 2023 at 18:30**  
with Mr J Edwin, Consultant Orthopaedic  
Surgeon

##### Varicose veins

**Thursday 15th June 2023 from 18:30pm**  
with Mr V Gadhvi, Consultant Vascular Surgeon

**NEW free hernia clinic with Mr Sabu Jacob, Consultant General and Vascular Surgeon, at Nuffield Health Brentwood Hospital from 18:30 to 20:00 every Thursday.**



Find out more about our free events and book your space today, visit [nuffieldhealth.com/hospitals/brentwood/events](http://nuffieldhealth.com/hospitals/brentwood/events) or call **01268 955035**



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





# WHY *Spring Cleaning* IS GOOD FOR YOU

It sounds like a line to make us splash out on new dusters and mops, or perhaps a government message to promote hygienic homes. But according to psychologists, cleaning our homes in spring really can boost our mental health.

First of all, most of us feel our energy levels increase as the days become brighter and longer. We want to pack away our winter clothes, get outdoors, and clean and reorganise our homes.

Many people find that cleaning their home makes them feel good and gives them a sense of mastery over the world around them. While many of us profess to hate housework, regularly cleaning your home is known to have positive effects.

"A lot of people do find cleaning to be very satisfying, but also to be a very good way of managing stress or anxiety," explains Dr Dawn Potter, a

clinical psychologist from Cleveland, USA.

When people are facing problems they can't solve or feel overwhelmed, she continues, cleaning can help restore a sense of control and calm.

Whether vacuuming your carpet wiping or your kitchen counter, household chores are also easy-to-achieve acts of mindfulness. While you're doing them, you naturally concentrate on the task and your worries take a back seat, at least for a while.

There are also more obvious benefits to keeping your home clean and tidy. Who doesn't want to wake up somewhere clean and bright – and return home to it at the end of the day? If you work from home, this is even more important.

On the flip side, if your home environment is a mess, it can make you lose confidence and feel unorganised.

So now you have no excuses. Roll up your sleeves, grab your Marigolds and get stuck in this spring.



## *Eve Belle* **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**





# 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](http://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

## Improve, Don't Move!

Maximise the value of your home.

- SPACE-SAVING - MAXIMISE YOUR GARAGE HEADROOM
- SECURITY-ENABLED AUTO-LOCKING SYSTEM
- CHOICE OF 21 COLOURS TO MATCH YOUR HOME
- REMOVAL AND RECYCLING OF YOUR OLD DOOR
- DEDICATED AFTER-CARE TEAM

**GAROLLA** 01708 545 657

**ROLLER  
SHUTTER  
DOORS**



LINES OPEN 7 DAYS A WEEK

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



BESPOKE ELECTRIC DOORS MANUFACTURED IN THE UK

**FREE  
FITTING  
PAYMENT ON  
INSTALLATION**

**PRICED  
EXAMPLE £895**  
COMPACT • UP TO 2.4M

**GAROLLA ★ PREMIUM**  
Increased Security • Double Insulation  
One-Touch Close

**PRICED  
EXAMPLE £1,990**  
PREMIUM • 3.4M • ANTHRACITE

# THE CAR'S THE STAR

SIX ICONIC CLASSIC CARS THAT WON'T COST YOU THE EARTH

While most of us assume the classic car arena is reserved exclusively for those whose sense of nostalgia is matched with astoundingly deep pockets, think again.

There are a number of iconic motors that, with a bit of research and a customary forecourt or driveway haggle, can be yours for much less than you may imagine.

### MGB GT/ROADSTER

Iconic in shape, and dating back to the 1960s, the Roadster comes in a hard- and soft-top. It was the motor that generations of future Ferraris were modelled on.

Incredibly, you can pick up a GT for a little more than £5,000.

### LAND ROVER DEFENDER

When Land Rover ceased production of the Defender back in 2016, the price of those remaining was expected to rocket, but it hasn't happened.

Instead, you can pick up this classic rural runaround for well under £10,000. The only warning will be that many may have lived a life of being slung around country roads and farms, and the repair bills can be punchy.

### FORD CAPRI

The Capri is a car whose shape was as cool and laidback as the person behind the wheel. Its influence was the Ford Mustang, and you can sense the muscle car behind this classic 1980s motor, which can be yours for a smidge over £10,000.

### PORSCHE 924

A Porsche for under £5,000? It's possible. While the 924 hasn't gone down in the motor annals as one for the purists, this mid-80s master still looks incredible, and the pop-up headlamps are a thing of beauty.

### SAAB 900 TURBO

They say you don't know a Saab until you've driven a Saab, and this classic model, the 900, can find its way onto your driveway for as little as £4,000.

Sleek, solid and Swedish – it's a classic motor from a classic era.



MOTORING

Photo credit: Richard P Long/Shutterstock.com, William Barton/Shutterstock.com, Martin Charles Hatch/Shutterstock.com, Widsnap/Shutterstock.com, Art Komorilov/Shutterstock.com



# THE VISION LISTINGS

## AIR CONDITIONING

### P K REFRIGERATION LTD

Domestic/Commercial Air Conditioning & Cool Room Specialists. Installation, Service & Repairs. Call 01268 774623 | sales@pkrefrigeration.co.uk | www.pkairconditioning.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

### THE AMESTHYST ROOM

Skincare & Aesthetics. Providing a range of skincare & aesthetic treatments. Home Based Studio In Rayleigh. 07756 602715 | www.the-amethyst-room.co.uk

## 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, 69 Runwell Road, Wickford, SS11 7HL

## CARE & SUPPORT

### HOME INSTEAD

Award Winning Care, Companionship Services, Home Help Services, Personal Care Services, Live-in Care, Highly Trained Care Givers. Tel: 01245 979579

## CHIROPRACTIC CLINIC

### LIFE CHIROPRACTIC CLINICS

Book your consultation today! One of the best ways to keep your body, posture & spine healthy, in a totally natural way! Book online or call: 01268 774008 | www.lifechiropractic.co.uk

## 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

## DOMESTIC APPLIANCES

### RAYLEIGH DOMESTIC APPLIANCES

Brand New Appliances in Stock. Connection Services, Repair & Disposal. 01268 745455. Free Local Delivery within 5 mile radius. www.rayleighdomesticappliances.co.uk | SS6 8RW

## 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

### EWEMOVE

Award-winning Wickford & Rayleigh Estate Agent. Book your free valuation. Select a date & time online at: Evemove.com/ WickfordRayleigh or call 24/7 on 01268 437525

## 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

## FLAT ROOFING

### HIGH-TECH

Lifetime Guaranteed Flat Roofing. Contact our friendly team or pop into our showroom at 850 London Road, SS9 3NQ. Free advice & pricing, call 01268 859602 | www.flatroofs.net

## 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

**BOOK VIA [RAYLEIGH@VISIONMAG.CO.UK](mailto: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

### SEALING TECHNIQUE

No More Weeds, Work Guaranteed, Matt Finish, Call Lionel 01268 449771 | 07834 897654. www.sealingtechnique.com | 10% off with this advert.

## GENERAL BUILDING

### MARTIN HOLMES

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

## GUTTERS CLEARING

### THE GUTTER SURGEON

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

## 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

## KITCHEN, BATHROOMS & BEDROOMS

### DESIGNER BEDROOMS

Traditional Fitted Bedrooms, Sliding Doors, Odd shaped rooms are our speciality, home office/studios. 7 Robert Way, SS11 8DD. 01268 571799 | www.designerbedrooms.co.uk

**JOIN THE LISTINGS...**

for just **£15** +VAT per month

## KITCHENS

### DREAM DOORS SOUTHELD

The UKs 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

## 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

## LOCKSMITH

### FAST KEYS

Domestic & Automotive Locksmith. Cheaper than all main dealers. Visit trade counter, Units 3 & 4 Pilot Close, SS11 8YW. 01268 562592 | sales@fastkeys.co.uk | www.fastkeys.co.uk

## OVEN CLEANER

### MR BRIGHTSIDE

Oven Cleaning Service. Fully Insured. 5 Star Ratings. Residential & Commercial. Contact us 24/7 07394 766085 | mrbrightsideessex@yahoo.com | www.we-clean-ovens.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

## 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

## STAIRLIFTS

### ESSEX STAIRLIFTS

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

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

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

**ACROSS: 1. DEBT, 3. ARGUMENT, 9. CAST OFF, 10. ABOVE, 11. MODEM, 12. RECOILS, 13. ORIOLE, 15. APPEAR, 17. INSTEAD, 18. ABBOT, 20. INLAY, 21. CALYPSO, 22. NONSENSE, 23. EDGE DOWN: 1. DECOMPOSITION, 2. BASED, 4. REFORM, 5. UNACCEPTABLE, 6. EMOTIVE, 7. TREASURE TROVE, 8. FORMALDEHYDE, 14. INSULIN, 16. EDICTS, 19. BIPED**



## FIVE REASONS TO CHOOSE FITTED FURNITURE



Fitted furniture may not be the first option that springs to mind when you're thinking of updating your home, but for many, it's the best option to maximise space, increase storage and create a look that feels true to you.

Here are a few reasons why it might just be right for you, from Sliderobes – the fitted furniture experts.

### 1 Extra storage

Inside a fitted wardrobe, you can add however many shelves, drawers and rails you need to hold your belongings – whereas with standard wardrobes, you're limited to the one rail or shelf that it comes with. Sliderobes fitted solutions typically go from floor to ceiling, making the most of the height in your room, as well as the depth. Fitted options also don't have to have a back panel that creates a gap between the wardrobe and the wall, wasting space.



### 2 It's designed specifically for you, your taste and your lifestyle

People often don't realise just how bespoke their fitted furniture can be. Sliderobes has a collection of colours, materials and finishes to choose from. How the wardrobe looks is your decision, right down to the door handles. Sliderobes designers learn about your preferences and use their knowledge of trends and styles to help you make the right design choices.



### 3 Well made and is long lasting

With forty years of experience, Sliderobes knows a thing or two about quality to ensure your furniture stands the test of time and we're so confident in that, that we offer a 10 year guarantee. And, instead of you sitting down with an instruction manual and screwdriver, with Sliderobes, your piece will be installed by a professional fitter.

### 4 Suitable for every room in your home and any awkward spaces

Fitted furniture works in any room in the home, from built-in media units in the living room to integrated home office shelving. It can also be designed around features like slopes, alcoves, chimney breasts or beams in our homes that create pockets of wasted space.

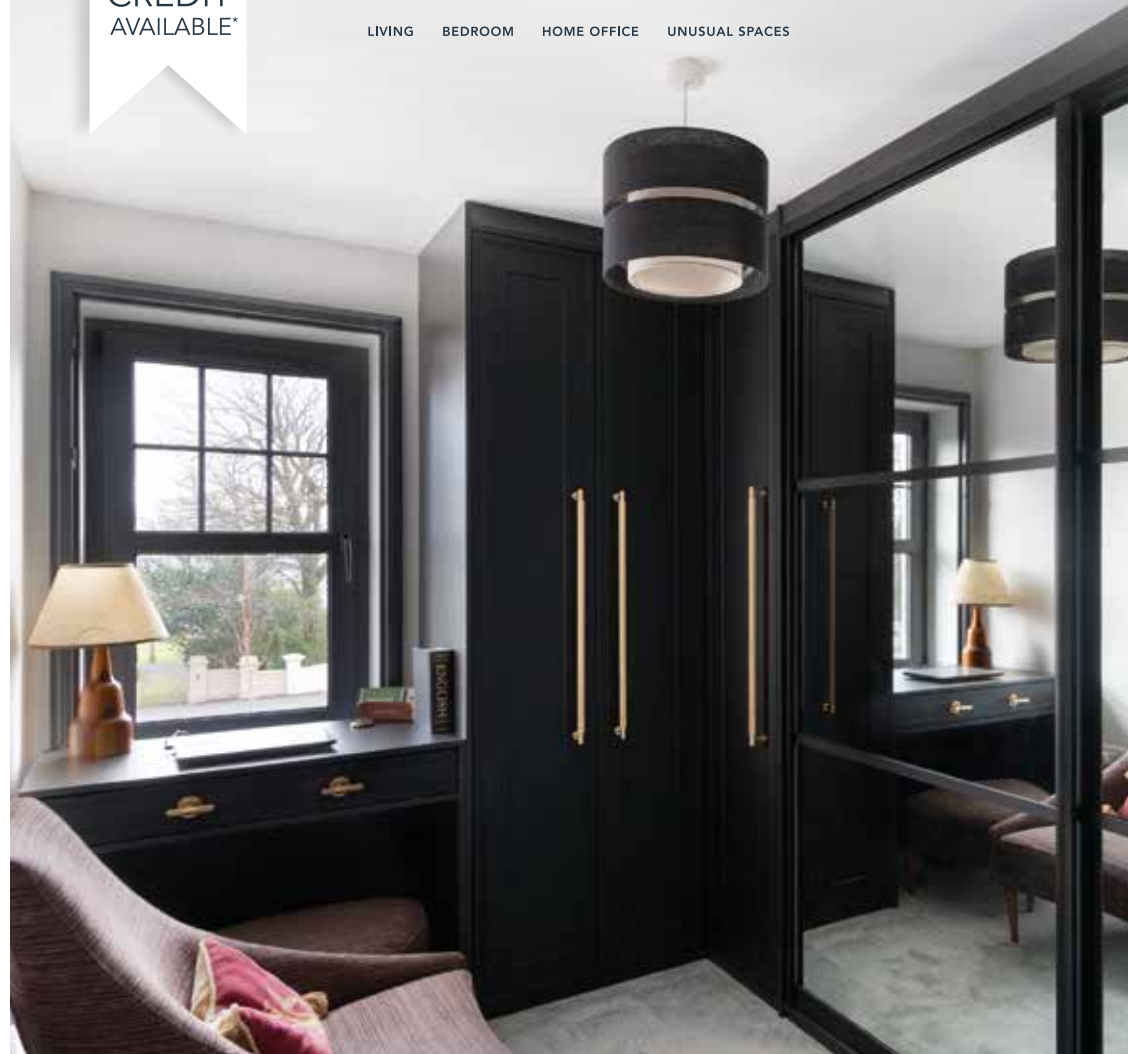
### 5 It's an investment that can add value to your home

Fitted furniture is an investment but one that is so worth it, as you won't have to replace it as frequently. And if you're planning to sell your property, your fitted furniture can be an attraction, as storage space is a premium that prospective homebuyers are willing to pay for.

0%  
INTEREST FREE  
CREDIT  
AVAILABLE\*

IT HAS TO BE  
SLIDEROBES®

LIVING BEDROOM HOME OFFICE UNUSUAL SPACES



## Experts in bespoke fitted furniture.

Book a free, no obligation design appointment at [sliderobes.co.uk](https://sliderobes.co.uk)  
or call our free phone number 0800 454 465

\*All finance offers are subject to eligibility criteria. Applicants for finance must be 18 years or over. Credit is subject to status and affordability. Terms and conditions apply. Reddington Jordan Ltd T/A Sliderobes, Unit 3C Deacon Trading Estate, Forstal Road, Aylesford, Maidstone, Kent, ME20 7SP, Register No. 728723 is a credit broker not a lender and is authorised and regulated by the Financial Conduct Authority. Credit provided by Novuna Personal Finance, a trading style of Mitsubishi HC Capital UK PLC, authorised and regulated by the Financial Conduct Authority (Register no. FRN 704348).





# ST GEORGE

Online and High Street Estate Agency

# SOLD<sub>STC</sub>

## 01268 770728

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