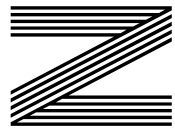
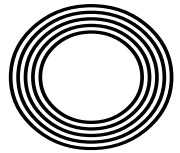
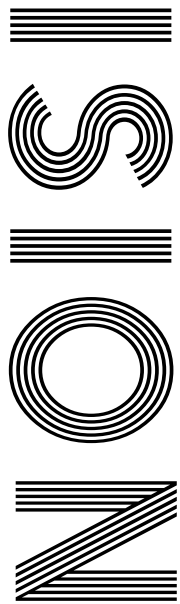




QUIRKY
COURSES
TO STUDY
AT UNI

BACK TO SCHOOL
Top tips for reluctant kids

POISON PLANTS
Explore nature's deadly side



FREE

Photo credit: Warner Bros.

Barbie aka
MARGOT ROBBIE

Creating a record-breaking blockbuster with British roots



**AMAZING
LATE SUMMER /
AUTUMN OFFERS**

Contact for more info

Is your roof ready for winter? Lifetime Guaranteed Flat Roofing

- ✓ 100% resistant to algae & moss
- ✓ Manufactured never to blister or crack
- ✓ 100% maintenance free
- ✓ Proven in all climates & storm resistant
- ✓ Durable enough to be walked on
- ✓ Installed never to leak

For free advice, request a brochure, pricing or free sample, please get in touch on;

01268 859602 www.flatroofs.net



*T&Cs apply
Please see our website for details

Head Office: Linden House,
30 Linden Road, Benfleet, Essex SS7 4BA

Advertisement Feature

Will your flat roof keep you warm and dry this winter?

Are you concerned about potential leaks or costly water damage?

More than 70% of UK homeowners still have a traditional mineral felt flat roof. Over time extremes of temperature can result in this cracking and leaking. Once the felt starts to fail, water damage often goes unnoticed resulting in severe damage and inconvenience.

What to look out for:

If you see blisters on the roof surface or cracking around the roof edge, pipes, upstands and roof lights you need to act fast.

Insurance companies will no longer accept liability for external or internal damage caused by leaking flat roofs that are more than ten years old.

High-Tech offer professional roof replacement services using only the highest quality materials along with some of the most advanced flat roof technology available.



All flat roofs installed by us adhere to building regulations, are dimensionally stable and incorporate an anti-slip membrane strong enough to walk on. We recommend Protan, an architect-specified, award-winning single ply PVC flat roofing system which has a proven track record of excellence.

- ✓ Maintenance free
- ✓ Will not blister or crack
- ✓ Fully resistant to moss and algae
- ✓ Solar reflective
- ✓ Aesthetically pleasing



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.





SEPTEMBER 2023

Editor's notes...



Nik Allen, Editor

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

As we turn the page to a new month, I find myself looking at my own life as chapters in a book. Just as characters in a book evolve through the challenges they face, so too are we continually changing in response to everything happening around us.

Currently, my wife is embarking on a new chapter as she returns to the workforce full-time. This shift brings its own set of challenges, as the balance between work and family takes on new dimensions.

Our little ones are stepping into their own new chapters as they begin school. I look forward to seeing them mature and grow as they make new friends, encounter challenges and learn invaluable life lessons.

Let us remember that the narrative of our lives is never stagnant. Each chapter brings with it an opportunity to learn, to grow and to deepen our understanding of ourselves and those around us.

Just like the most engrossing novels, our lives are full of anticipation for what lies ahead, reminding us that while change can be scary, it's often one of the most exciting parts of life.

I look forward to these next few months as we head into autumn, and hope you enjoy this September edition.

Nik Allen

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

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

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

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

CONTRIBUTORS | Tabatha Fabray, 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
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
🌐 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 WORLD

AT THEIR FEET



Football may not be coming home after England's women lost to Spain in an eventful World Cup Final, but the fact that they made it to the final stage of the tournament signifies another huge advancement for Sarina Wiegman CBE's team, and the sport as a whole in this country.

As the final whistle sounded in Sydney on Sunday, August 20, and the Lionesses collapsed to the floor, many in tears, their big chance to clinch the Women's World Cup had slipped away... for now, at least.

Before the match, England had

been riding a wave of hope. Euro champs from 2021, and under the guidance of Dutch coach Wiegman – recognised as the world's leading female football coach – they had suffered just one defeat in 38 games, a friendly reverse to one of the co-hosts of this tournament, Australia.

Their journey to the final saw them navigate a mass of injuries, temporary loss of form, a penalty shoot-out, and a two-game ban for Lauren James, who was sent off in the quarter-final. Yet even when not playing at their best, they found ways to win – ultimately the sign of a team who have the strength and resilience to overcome challenges.

However, on this occasion, the project fell one result short. Wiegman's expertise was pushed to its maximum. After the game, the players were quick to admit the better side won on the day, as Spain's Olga Carmona fired in the winning goal in the 29th minute.

With their line-up comprising seven members of Barcelona's Champions League-winning side, the Spaniards' skills were evident from the get-go. Indeed, despite

having Ballon d'Or winner Alexia Putellas on the bench owing to ailing fitness, and a wider rift existing within the Spanish squad pre-tournament, Jorge Vilda's side proved to be a formidable opponent.

Perhaps it was England's victory against them in the quarter-finals during Euro 2021 that gave the Spaniards extra impetus, but they were stronger and more clinical when it mattered.

England, who had won their group phase with victories over Haiti, Denmark and China, had then beaten Colombia and Australia en route to the World Cup. They will likely see the defeat as a missed opportunity, particularly with defending champions USA and European powerhouses Germany both eliminated early.

Wiegman, ever the strategist, made changes at the break and shifted formations, yet while England's play improved, ultimately it was Spain who should have extended the lead after Jennifer Hermoso's penalty was brilliantly saved by Mary Earps.

Even 13 minutes of injury time couldn't save the Lionesses, yet there are positives to take.

First, Mary Earps was named FIFA Best Goalkeeper for the tournament – otherwise known as the Golden Glove Award winner. She conceded just three goals in six matches, keeping three clean sheets. The honour was a tremendous comeback for the 30 year old, who has had to battle for her spot as England number one.

Next, we have a nation that continues to embrace the onward trajectory of women's football in England.

The Lionesses remain a team who have rewritten the script, broken records, confronted societal norms, and continue to advocate for more investment and exposure in women's football.

Consider those elements, and the stylish way in which the team continue to galvanise a nation of girls growing up in the game, and in many ways they are true champions.

FIFA WOMEN'S WORLD CUP 2023™



Photo credit: James Gourley/Shutterstock, Morgan Hancock/Shutterstock

FIFA WOMEN'S WORLD CUP 2023™

THE FINAL

Quirky STUDIES

Are you looking to pursue further education but don't want to choose the same course as everyone else? In that case, these quirky university programmes may grab your attention.

VITICULTURE AND OENOLOGY

Do you love a tippie or two, or want to know more about the science of winemaking? Discover the wonderful world of viticulture and oenology. These courses provide all the skills and knowledge needed to become a vineyard manager, winemaker or winetaster.

HOROLOGY

If you are fascinated by time, then horology could be the course for you. Focusing on the art and science of time management, this is the perfect course for budding entrepreneurs who understand that time is money!

ETHICAL HACKING

Offering a surprisingly high graduate employment rate, ethical hacking focuses on the study of cybersecurity in order to protect businesses from computer hacking. Ideal for computer whizzes.

ETHNOBOTANY

If you have embraced the recent trend for greenery in your home, then you may be interested in a course that looks at how humans respond to and benefit from plants. A great choice for those who want to pursue a career in the field of botany.

CIRCUS PERFORMANCE

Yes, you read that correctly, you can pursue a university degree in circus performance. One of the most exciting courses we found, you can learn a whole host of skills and receive top physical training. Because who didn't dream of running away to join the circus at some point?

SURF SCIENCE

Another degree course that sounds like great fun, surf science, as you may have already guessed, involves the study of surfing. Whether you want to set up your own business or work for one of the big names in surfing, this is one degree course that promises not to be boring!



Mr Window

Head Office: **20 Benfleet Road, Hadleigh, Essex SS7 1QB**
Email: **enquiries@mrwindow.co.uk**
Web: **www.mrwindow.co.uk**
Tel: **01702 555553**

FREE
No obligation quotes

ALUMINIUM & UPVC DOUBLE GLAZING SPECIALISTS

- WINDOWS • DOORS
- BI-FOLDING DOORS
- CONSERVATORIES
- ORANGERIES
- ROOFING SYSTEMS
- VERANDAS
- MAINTENANCE



NO DEPOSIT
OPTIONS TO SUIT EVERY POCKET



0% FINANCE OFFER
BUY NOW PAY LATER
or choose **UP TO 3 YEARS**
INTEREST FREE CREDIT

Mr Window works with Novuna Personal Finance which means we can offer you a range of Finance Packages that allow you to improve your home on a payment plan that suits you.

Buy Now Pay in 12 months
14.9% APR Representative
Minimum Order Value £1000

If you repay the agreement in full during the 12 month deferral period the lender will not charge you any Interest (an Early Settlement fee may apply) or you will commence 48 monthly repayments at 14.9%. Example: Order Value £2000 Deposit £200 Amount borrowed £1800 If not settled Before deferred Period Repaid over 48 months, 14.9 % Representative APR Interest Payable £559.68 Total Payable £2559.68. Monthly Repayment £49.16

Interest Free Credit - 0% APR Representative
Example Order Value £6000 Deposit £1200 Amount borrowed £4800 Duration of agreement 36 months Rate of interest 0% p.a 36 monthly payments of £133.33 Total payable £6000.
Applicants must own the Installation address, be 18 years or older at the time of application, have been in permanent UK residence for a minimum of 3 years, have a UK bank account and fulfil one of the following employment criteria: In permanent employment (min 16 hours per week), Be self employed, Retired or not working through disability. Credit is subject to status, application and borrowing history.



**The best home to
be in is your own**

Tailor made to your individual requirements

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

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



Peaceful plants

Did you know that at least one-third of the adult population suffers from some form of insomnia? Furthermore, an estimated 20 per cent of teenagers get less than five hours of sleep a night. Not getting enough sleep can cause a whole host of physical and mental health problems, but there are ways to help you drift off naturally.

How can plants help you to sleep?

If you suffer from insomnia but you don't want to start taking prescribed medications, then indoor plants offer a more natural way to aid sleep. Fragrant plants have been shown to calm nerves and reduce anxiety, whereas other types of plants act as air purifiers and absorb toxins.

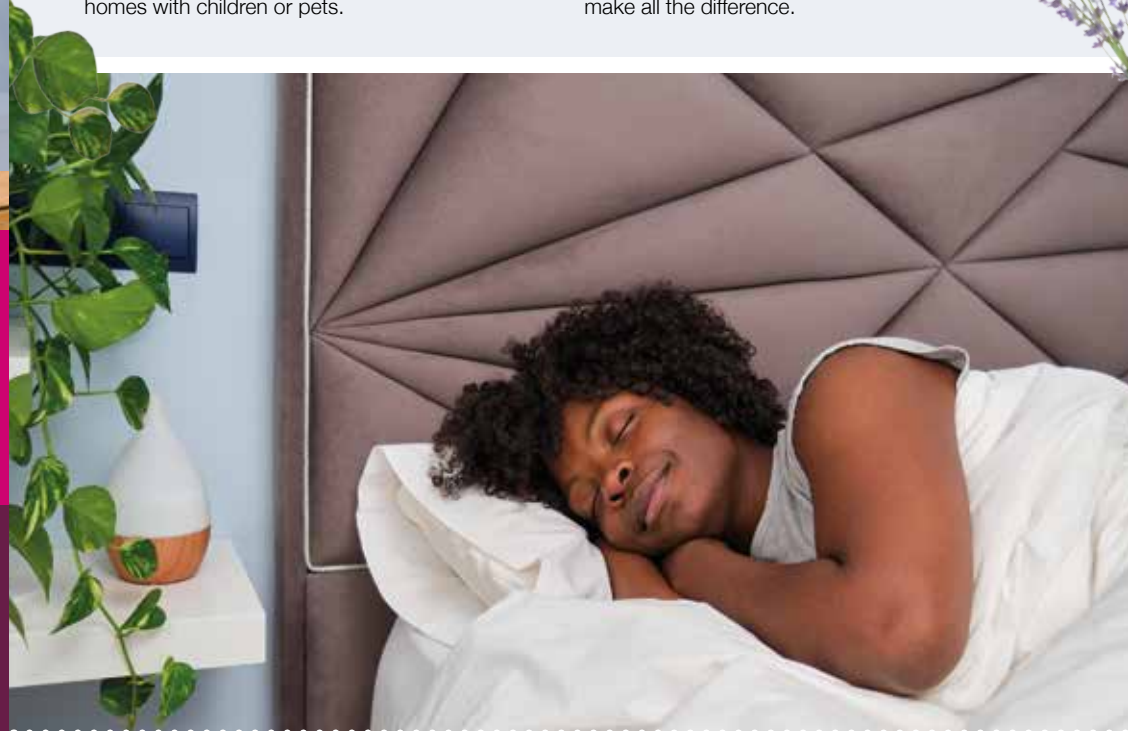
The best indoor plants for insomnia

GOLDEN POTHOS: Golden pothos, also known as devil's ivy, is great for purifying the air, which can help to aid sleep. This plant looks best when placed in a hanging basket, making it a good choice for homes with children or pets.

JASMINE: If you struggle to switch off and relax at the end of the day, then jasmine is the perfect plant for your bedroom. Studies show that the sweet scent produced by jasmine can help to reduce anxiety and improve your overall quality of sleep.

VALERIAN: Boasting small pink and white flowers, a valerian plant is as pretty as it is practical. Used for centuries to cure sleep problems, valerian can help you to drift off more easily and enjoy better-quality sleep.

LAVENDER: Lavender is known for its sleep-inducing qualities, with the ability to lower your heart rate, blood pressure and stress levels. If you have a baby or young child who struggles to get to sleep, the scent of lavender in their bedroom can make all the difference.





Winter HEALTH CHECK

THE FIVE THINGS YOU NEED TO DO NOW TO ENSURE YOUR HOME DOESN'T LET YOU DOWN THIS WINTER

Winter is nearly upon us, and it's the time of year when the prospect of something going awry in our homes can spell disaster. It might be more than just the cold shower resulting from a broken boiler that leaves you shuddering – wait until you see the call-out fee to get it fixed!

That's why giving some essential parts of your home a health check now may save you from some wintry wails of terror.

BRILLIANT BOILER

Ensuring that your boiler is serviced by a registered gas engineer should be a must ahead of the cold season. The good news is a full service is usually affordable and can cost as little as £60, and it's something you should be performing annually.

REMARKABLE RADIATORS

Bleeding radiators is essential to efficient central heating. Not only will it save you money, but it'll help to keep your house warmer too.

The process of bleeding is simple and doesn't require specialist help. By easing out air trapped in the system, you'll return your radiators to their natural efficiency.

PERFECT PIPES

It can also be a good idea to insulate exposed pipes before the winter months. This will reduce heating loss and also help prevent them from freezing and bursting during cold spells.

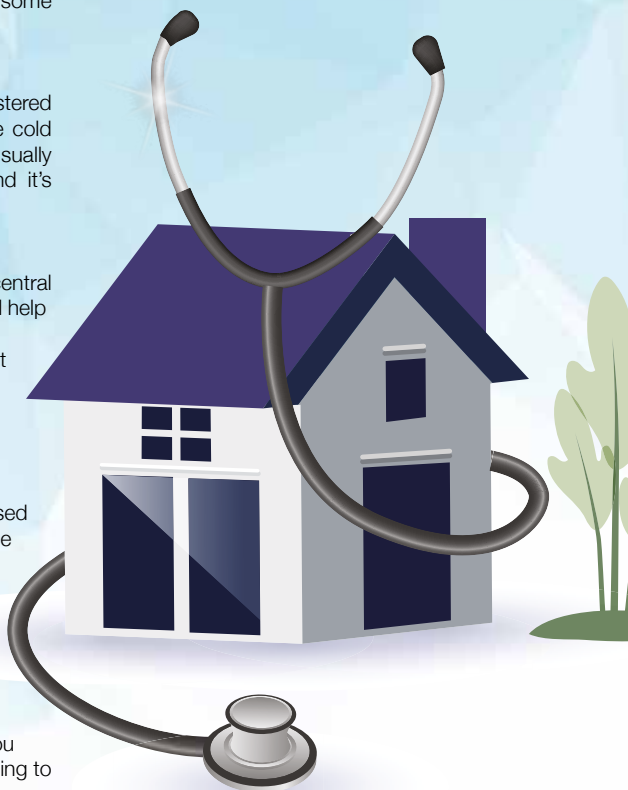
EXTERIOR EXCELLENCE

Debris such as leaves and twigs can accumulate in gutters, pipes and drains throughout the autumn. It pays to check and clear out these areas if necessary to ensure you don't have any lingering blockages that are going to

cause problems when the rainy season really hits.

WICKED WINDOWS AND DOORS

Be sure to go round the house, checking all windows and doors close properly. Now is the time to make small repairs to gaps and draughty grooves where cold air will whistle through.



Essex Stairlifts Ltd

Your local stairlift specialist

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



For friendly, personal service telephone:

01268 550173

01708 369062

01206 231568



Email: sales@essexstairlifts.co.uk

www.essexstairlifts.co.uk



Ashingdon
Landscapes

HOCKLEY BASED

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

- Tree Work • Patios • Turfing
- Driveway & Patio Cleaning

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

No Job Too Big or Too Small

FREE ESTIMATES & ADVICE

01702 206 378

07415 911 060

Joe's Carpets

FAMILY RUN BUSINESS ♦ ESTABLISHED SINCE 1999

The Mobile Carpet Shop Home Selection Service

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

A Friendly & Tidy Service



**Will Move
Furniture &
Uplift Old
Carpets**

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

- West One Wood Flooring International Ltd is a specialist in the manufacturing, installation and restoration of antique reclaimed and new timber flooring
- We can supply and fit a variety of stunning timber floors for domestic properties and commercial projects
- Installation is by a skilled friendly professional team who offer high quality service and aftercare
- Our flooring is competitively priced with innovative solutions to suit your needs
- If your existing wooden floor needs restoring, our skilled teams will transform your worn floor back to its former beauty. We are experienced with all types of wooden floor and will carry out the necessary specialist repairs and finishes. Most timber floors are salvageable, our team of expert restorers will point you in the right direction.



www.westonewoodflooring.co.uk

Call us on 01277 630837
01245 204231

Email: info@westonewoodflooring.co.uk
Unit 3 Blackall Industrial Estate, Hamberts Rd,
Sth Woodham Ferrers, Essex CM3 5UW



Composite Doors
Windows
French Doors
BiFold Doors
Internal
Aluminium
Doors



GET A QUICK QUOTE

WhatsApp us a picture of your existing door & your area, along with an idea of the new door you like, and we'll send a supply & fit price. Pick your style & colour online at www.front-door.co.uk or call 07481 904071

**COMPOSITE FRONT DOORS, WINDOWS & BIFOLDS
SUPPLIED & FITTED AT AFFORDABLE PRICES**

Office: 01268 382252 • Mobile: 07481 904071
www.front-door.co.uk • info@front-door.co.uk



HOME & DIY

track lighting

Track lighting is one of the most versatile lighting solutions and is currently experiencing a surge in popularity.

Here's our advice on how to use it in your home for maximum impact.

What is track lighting?

When you think about track lighting, you are likely to imagine a series of individual lamps, known as heads, that slide along a metal track. While this is the case for some track lighting systems, there are now many other styles to choose from. Typically, track lighting is hardwired and connected to a wall switch. The heads can be focused spotlights, radiant spotlights or pendants.

What are the benefits of track lighting?

There are many benefits to track lighting, including: It is easy to install | It is customisable and can be

altered to suit the layout and length of a room | It is energy efficient | It is cost-effective | It is simple to reconfigure

How to use track lighting in your home:

As track lighting is so customisable, it can be used in nearly every area of your home, but it is particularly useful in the kitchen, hallway, living room and in a home office.

Some of our top ideas for where to place track lighting in your home are:

1. Run a track along your hallway ceiling and aim fixtures at any artwork or directly at the wall.
2. Customise a track to fit your kitchen space such as over an island or onto the countertops.
3. Install a track system in a dark wardrobe and position several heads where you need light.
4. Use in rooms with high ceilings and opt for white fixture heads which will blend in more effectively.



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



Conservatory Blinds
Day & Night ~ Perfect Fits
Rollers ~ Romans ~ Shutters
Venetians ~ Faux Venetians ~ Verticals
Wooden ~ Motorised Blinds



Arterial Blinds

01702 512391 ~ 07748 043357

E: arterialblinds@hotmail.co.uk

Follow Us On



STEEL
BOUTIQUE ESSEX
Bespoke Metal Fabrication



BESPOKE METAL FABRICATION

Gates • Railings • Handrails • Stair Bannisters
Composite Infill Gates • Gate Automation & More



- Bespoke designs, traditional or contemporary
- Modern wood and composite infill gates
- Design, manufacture & install
- High quality, hand crafted, metal-work
- Over 20 years' experience
- Free, no obligation quote

CONTACT US – 07967 208 875

www.steelboutiquessex.com • info@steelboutiquessex.com



INTERIOR DESIGN PROFILE

ELICYON

HOME & DIY

Elicyon was founded by designer Charu Gandhi, whose love of crafting has served as the inspiration for many of her designs.

The studio was founded in 2014 and has gone on to transform interiors all over the world. Gandhi claims her main influences come from "art deco, mid-century and Biedermeier", although other global influences serve as inspiration from time to time.

ABOUT ELICYON

Elicyon's style is distinctive, pairing neutral shades with darker brown accents to create a rich contrast that adds an elegant touch to the space. Designs are kept simple, working with the space to make the most of different features, while adding detail through furnishings, artwork and accessories.

Each project is carefully considered, creating a space that is practical and well orientated, while still providing a beautiful and pleasing aesthetic.

TOP TIPS FOR EMULATING THE ELICYON STYLE

With some simple touches, you too can emulate the Elicyon style, creating a look that works across different home types. Some top tips include:

- Keep spaces light and airy by using shades of white and light brown in your home. This can make spaces feel larger, while also helping to keep them serene.
- Elicyon uses darker accents across furniture, shelving and accessories to add some contrast. Think rich browns such as walnut to create a luxury space.
- Add shelving with carefully selected and placed accessories to add detail and bring personality into the room.
- A subtle pop of colour through greenery or a colourful vase can add interest and help break up some of the neutral colours.

Elicyon's style is subtle but warm, and can help transform a neutral space in your home to add depth and personality.

Photo credit: Elicyon.com



FROM YOUR AREA

Residents offered cost-of-living advice



Rayleigh residents are invited to attend Rochford Council's By Your Side Cost-of-Living Community Event later this month.

Taking place at the Mill Arts & Events Centre in Rayleigh from 11am to 3pm on Saturday, September 30, residents can grab a free goodie bag, get advice on the cost-of-living crisis and visit stalls run by partners such as Essex County Fire and Rescue Service.

Councillor Julie Gooding, lead member for leisure, tourism and wellbeing, said: "The cost-of-living crisis is affecting us all, and to have an event to showcase the support our district has to offer our communities will be really helpful."

Visit www.rochford.gov.uk/costofliving to book your free ticket.

Teacher jailed for 12 years for child abuse

A teacher from Wickford has been jailed after being found guilty of sexual offences against children.

Derek Turner, 66, of The Oaks, Wickford, was sentenced to 12 years in prison at Basildon Crown Court on Wednesday, August 16.

In July 2020, two victims contacted Essex Police to report that they had been sexually assaulted by Turner multiple times between 1992 and 2007.

Turner was working as a music teacher at the time, but the offences did not take place within a school.

When interviewed, Turner denied all offences.

Following an investigation by Essex Police's Child Abuse Investigation Team, Turner was charged with four counts of indecent assault on a boy under the

age of 14 years, two counts of indecent assault on a girl under the age of 14, sexual assault on a child, and attempted sexual assault on a child.

After a two-week trial, Turner was found guilty of all offences and sentenced to 12 years in prison. He was also put on the Sexual Offenders Register for life, issued with a Sexual Harm Prevention Order for life and barred from teaching for life.

Popular market finds new temporary home

Wickford Market has found a new temporary home on Woodlands Road after fears were raised over its future.

As reported in **VISION** Rayleigh Wickford July 2023, the market had been operating on the pedestrianised High Street, with a Traffic Regulation Order (TRO) in place to prevent vehicles from using the street.

However, owing to objections received during a consultation, the TRO could not be made permanent.

With more than 1,000 people signing a petition to reopen the market, Basildon Council identified a new location on Woodlands Road.

Councillor Craig Rimmer, cabinet member for economic stimulus and tourism, said: "We are absolutely committed to ensuring Wickford Market continues to operate. It's a huge part of the town's history and I am really grateful to Wickford residents and the market traders for their patience while works were being completed on the Woodlands Road site."

"Teams have done a fantastic job resurfacing and securing the site to make it accessible. I encourage everyone to visit the market in its new home."

The market will operate from Woodlands Road until a more permanent solution is found.



Photo credit: Market Lane Wickford Facebook

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.



Küchenhaus
The German Kitchen
Southend-On-Sea

Outstanding Service & Quality all at a
Surprisingly Affordable Price.

Looking for your dream kitchen? You're in safe hands.
Don't just take our word for it, check our reviews on Google
and Trustpilot!



**Visit Our Southend
Showroom Today!**

313 London Road
Westcliff-on-Sea
SS0 7BX

01702 345302



MARK FRANCOIS MP
Conservative MP Rayleigh and Wickford



LOCAL NEWS



In recent years, as part of my constituency casework, I have been approached by an increasing number of parents who have been experiencing real practical difficulties in finding suitable school places for their children who have special needs.

In essence, we already have a number of very good special needs schools in Essex, but these are now, almost without exception, heavily oversubscribed. We simply do not have enough special needs places, particularly in the south of the county, to deal with ever-increasing demand.

Consequently, we end up with many parents having to go through long appeal processes, desperately trying to get their children into appropriate schools. For those who are unsuccessful, their children are shoehorned into mainstream education, which sometimes then leads to behavioural problems and even schools themselves getting bad OFSTED reports as a result.

Put simply, we need to cut through this 'Gordian knot' and expand capacity. Thus, at Education Questions in the House of Commons in July, I formally launched a

campaign to try to create a new special needs school in Essex.

I have also spoken to councillor Tony Ball, the cabinet member for education and lifelong learning at Essex County Council, plus ministers at the Department for Education, and indeed a couple of local multi-academy trusts to see whether or not we can find a suitable option to open a new school.

More recently, I attended a meeting with Clare Kershaw, director of education at Essex County Council (ECC); Ralph Holloway, head of SEND Strategy and Innovation at ECC; and cllr Ball. We discussed several options to establish a special needs school in Essex (ideally in the south of the county).

In summary, we are now planning to reconvene in the autumn once we have all done our respective 'homework'. However, one way or the other, I pledge to do whatever I can, on behalf of all the parents struggling to find suitable special needs places for their children that really need them, to try to establish a suitable new special needs school in south Essex, as soon as we practically can.

WWW.MARKFRANCOIS.COM



Iconic annual carnival brings community together

The Burnham-on-Crouch Carnival is many things to many different people. Undoubtedly perfectly picturesque, and most certainly brimming with Britishness, it welcomes in thousands of tourists to this attractive part of Essex.

The carnival, which takes place on the last weekend in September, is the culmination of a number of events that decorate the rich community vibe of this special town.

In the preceding month, Quay Day on the bank holiday Monday in August sees the waterfront feature an eclectic mix of music, art, demonstrations and water-based activities, with the successful food and drink festival having appeared earlier in the year.

As for the carnival itself, it is a festival of community life whose origins go back to the early 20th century. Founded as a modest gathering of local musicians and artists, it aimed to showcase the unique blend of talent that flourished in this part of the UK.

The first editions saw poets reciting against

the backdrop of the estuary's waters, with streets lined with performers who drew inspiration from Burnham's idyllic ambience.

These days, the carnival is the centrepiece of a four-day explosion of energy, with the town's age-old High Street transformed into a magical place of discovery, with stalls, rides, music, history and art.

What makes this such an ideal location is its placement – far enough away from the nearest major conurbation (Chelmsford) to have its own personality and style, it's inland from the bluster of the Essex coast, yet served by the River Crouch. The town itself dates back more than 1,000 years and is mentioned in the Domesday Book.

And when darkness descends, the charm of Burnham-on-Crouch only increases, as one of the largest night-time processions in the land is lit up in all its glory.



Photo credit: Daniel Reed Photography

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

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

JOHN HUNTER HEATING

FULL BATHROOM INSTALLATIONS

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

PLUMBING HEATING & GAS ENGINEERS

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

CALL NOW ON
01702 528 487
07850 010 990



DISCOUNTS FOR SENIOR CITIZENS AND LOCAL RESIDENTS

GLOW WORM - BAXI - VAILLANT - POTTERTON

- MAIN

info@johnhunterheating.com
www.johnhunterheating.com



YOUR LOCAL EVENTS

THE MEADOW CROFT GERMAN MARKET

Meadow Croft Garden Centre,
Woodham Road, Wickford, SS11 7QU
Every day between Thursday,
September 14, and Saturday,
December 23, various times



Photo credit: Meadow Croft Garden Centre

This German-style market will feature seasonal treats and unique yuletide gifts and decorations.

The market has more than 30 stalls, each handcrafted by owner Roland Smith. Every stall is adorned with handpicked artisan products including wooden decorations, glassware, cuckoo clocks and more.

For more information and details on opening times visit www.bitly.ws/Tqhx

LIVE WRESTLING

Wickford Community Association, Nevendon
Centre, Nevendon Road, Wickford, SS12 0QG
Saturday, September 16, 7pm – 9pm

The superstars of WrestleForce are returning to the Nevendon Centre for another professional wrestling extravaganza the whole family can enjoy.

Purchase tickets from www.wrestleforce.com/all-events/wrestling-events/live-wrestling-in-wickford-5

FISHERY LAKE PAINT PARTY

The Paul Pry, 14 High Road, Rayleigh, SS6 7AA
Tuesday, September 19, 7pm – 10pm

Residents are invited to this relaxed and enjoyable evening painting Fishery Lake under the expert instruction of workshop leader Sophie.

Everything you need to paint will be supplied, including a canvas, acrylic paints, brushes, easel and apron as well as expert tuition. At the end of the evening, you get to keep your painting to treasure.

No experience is needed. You can either follow the instructions or 'express yourself' by putting your own personal touches on it as much as you feel comfortable to do so.

Purchase tickets from www.expressyourselfessex.co.uk/events/fishery-lake-rayleigh

SHOTGATE MUSIC FESTIVAL

Shotgate Park, Southend Road, Shotgate,
Wickford, SS11 8QS

Saturday, September 23, 5pm – 10.30pm

Organised by the parish council, Shotgate's very own music festival returns. Abba Stars, The Start, Ian Geast and Rock Project will be performing live. A bar and food will be available.

Purchase your ticket from www.eventbrite.co.uk/e/shotgate-music-festival-tickets-687449699557

WICKFORD ROCK CHOIR

The Bromfords School, Grange Avenue,
Wickford, SS12 0LZ
Tuesday, October 3, 8pm

The Wickford Rock Choir is hosting a free taster session on October 3.

The choir is led by Essex-based musician and teacher Chris Burgess. The Wickford branch is part of the unique national singing family that is Rock Choir.

While retaining their focus on Wickford community causes and events, Rock Choir groups come together in regional and even national groups for bigger events, such as performing en masse at the O2 Arena, achieving album sales that enter the charts, television appearances, Guinness World Records and helping to raise millions for charity.

Find out more at www.rockchoir.com/join/Wickford_Late_Session



Photo credit: Wickford Rock Choir

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

APPLIANCE PROBLEM?
WE'LL FIX IT!
Any make
Any model

LOCAL ENGINEERS IN YOUR AREA!

If we can't fix it, we can supply and install new appliances same day

CHECKA TRADE.COM
View our sales page for list of machines ready to install today!

ALL MAKES ALL MODELS REPAIRS SALES

CALL OR BOOK ONLINE
01279 310793
www.spindoctoruk.co.uk

SPIN DOCTOR



DISCOVER YOUR NEW SPACE

EXPERTS IN LUXURY VINYL FLOORING

- ♦ Discovery Floors is a family run flooring business
- ♦ We supply and install a range of carpets and flooring
- ♦ If you're looking for a specialist flooring company, contact us today -



07890 792442

www.discoveryfloors.co.uk
info@discoveryfloors.co.uk

Uniquely **amtico**



Karndean
Designflooring



WHY MARGOT ROBBIE HAS THE FORMULA RIGHT

Margot Robbie's elevation to Hollywood heavyweight is one of Tinseltown's true success stories.

The skill of the Aussie, who once lived in Clapham and recently revealed she still has her old Oyster card, is in her groundedness. Sure, she is a stunning multimillionaire, a pioneer for women in film and even a successful businesswoman, as the co-founder of LuckyChap Entertainment with British husband Tom Ackerley. Yet a decade in the spotlight has taught her an important lesson.

"I think humility is so important in this industry," she begins. "It's been a big part of who I am since I was a child, so I have grown up with respect for others as well as the need to present myself in the right way.

"I know very well how stardom can change you, and if you lose sight of that sense of humility, you will be exposed for it because as much as this industry is rewarding, the media spotlight can be extremely unforgiving too."

A case in point is Robbie's courageousness to back away from the powerful, punchy, script-perfect roles that have characterised so much of her success. Few actresses would have the bravery to strip their creativity back to a long blonde wig, a wardrobe of pink and white outfits, and the kooky babe appeal that comes with portraying Barbie, a character that has been entwined in the childhoods of girls for decades.

More than that, though, as executive producer, her commitment to the LuckyChap project – large parts of which were filmed at Warner Bros. Studios Leavesden – has meant she has stayed true to a story that has

inspired so many. Perhaps if Disney had approached its reworking of *Snow White* with quite the same level of respect, it wouldn't be looking at another catastrophic woke failure.

Instead, aided by the brilliant Greta Gerwig, Robbie stuck to a storyline true to Barbie, and had no intention of betraying that narrative. "Greta and I knew just how vital it was that we got this just right," she says. "We're thrilled with the outcome and hope that the audiences are too.

"I think it's every girl's dream to be Barbie, and every adult's dream to make a girl's dream come true, so this always did feel like a very special project."

It is. The movie took more than \$1 billion at the box office in its opening fortnight – an almost unprecedented footfall endorsement that clearly paves the way for the *Bombshell*, *Babylon*, *Suicide Squad*, *The Wolf of Wall Street* and *I, Tonya*, star to reach further into the creative locker for her next storyline.

Queen of the Air is up next – a period drama based on a true story that takes place on the dizzy heights of the trapeze, utilising the script from the 2013 book by Dean Jensen.

Before that, Robbie can delight in her current project setting off a Barbie-core fashion trend that is adding bright colour, innocence and no small amount of fun to the high street, at a time when we need it most.

She adds: "It's a delight when things work out. There's pressure to do everything justice, all the while conquering the self-doubt inside. It's always a battle, but fear has played a big part in where I've got to today, and hopefully I'll always thrive off it."



AMBITION



EXPLORE THE BENEFITS OF EQUITY RELEASE...

- E**njoy the wealth in your property without having to move home
- Q**uash your credit card debts and loans * See note below
- U**pgrade your home with an extension / new kitchen / bathroom / central heating
- I**ncrease your monthly income by repaying your borrowings and loan repayments
- T**ravel abroad more frequently to family and friends
- Y**ou require care assistance at home
- R**educe Inheritance Tax on your estate
- E**njoy more frequent holidays and leisure breaks or a cruise
- L**eave an early inheritance to your children
- E**nhance your savings or monthly income by deferring mortgage repayments
- A**ssist your children with their wedding, buying property or eliminating debt
- S**ave for your grandchildren's education
- E**xchange your car for a newer model

IF YOU ARE OVER 55, PLEASE CALL ME TO FIND OUT HOW MUCH CASH YOU COULD RELEASE FROM YOUR HOME AND THE LIKELY SUCCESS OF AN APPLICATION

Martin Engleman

MARTIN ENGLEMAN

AIPW AFPC DipPFS Certs CII (MP & ER) (Mortgage Practice & Equity Release)
 Certificates in Mortgage Practice & Equity Release - Chartered Insurance Institute
 Diploma - Personal Finance Society
 Approved Referral Partner - Age Partnership Equity Release **
 Qualified Member of the Institute of Professional Will Writers



Office: 01268 761022 / Mobile 07901 948745

1 Nesbit Close, Wickford SS12 0PT

* Think carefully before securing other debts against your home: by extending the terms of the debts, you will be increasing the overall cost; Equity Release may involve a lifetime mortgage or home reversion plan: to understand the features and risks, ask for a personalised illustration

** Age Partnership Limited is a Company registered in England No. 05265969, and authorized and regulated by the Financial Conduct Authority. FCA registered number 425432

For more detailed information, go to the two Equity Release pages at

www.businessadvisoressex.co.uk

CHEAPEST CITIES

Are you looking to get on the property ladder but are struggling to find anything within your budget? Discover the top five most affordable cities for first-time buyers in the UK – as well as the most expensive cities! The average monthly mortgage payments listed below are based on a 10 per cent deposit.

1 BRADFORD: Bradford in West Yorkshire is officially the cheapest city for first-time buyers to purchase a home. Named as the upcoming City of Culture in 2025, the current average asking price for a two-bedroom property in Bradford is £104,643.
Average monthly mortgage payment: £521

2 CARLISLE: If you don't mind moving a bit further north, then the city of Carlisle is the second cheapest city for first-time buyers. With an average asking price of £104,784 for a two-bedroom house, there are some beautiful semi-detached properties on offer in this part of the UK.
Average monthly mortgage payment: £522

3 ABERDEEN: The third most populated city in Scotland, Aberdeen is known for its stunning architecture and closeness to Cairngorms National Park. The average asking price for a two-bed property currently sits at £106,088.
Average monthly mortgage payment: £528

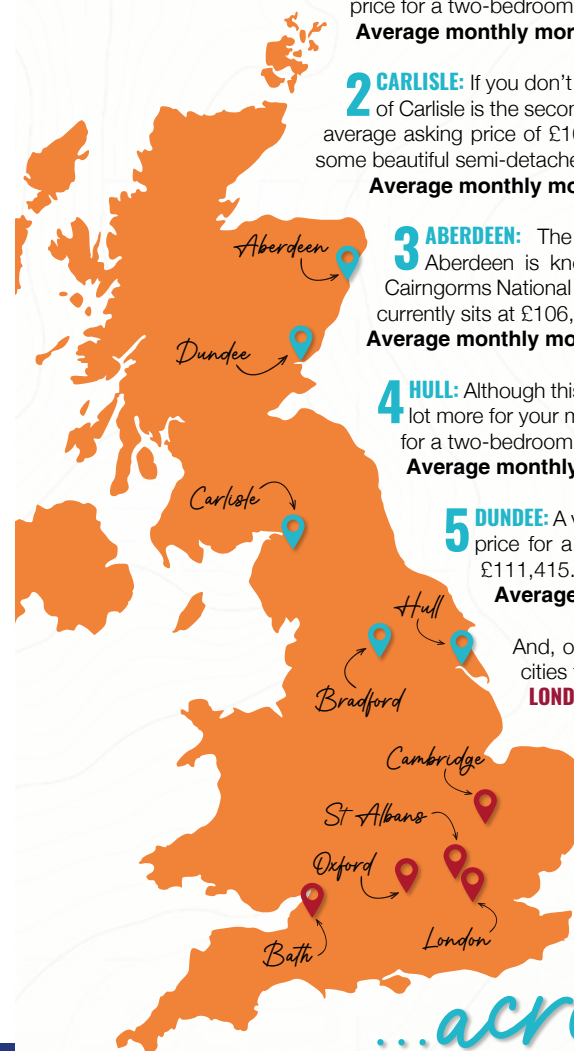
4 HULL: Although this city does not have the best reputation, you can get a lot more for your money if you relocate to Hull. The average asking price for a two-bedroom property currently stands at £106,939.
Average monthly mortgage payment: £532

5 DUNDEE: A vibrant, modern and affordable city, the average asking price for a property with two bedrooms or fewer in Dundee is £111,415.
Average monthly mortgage payment: £532

And, on the other end of the scale, the five most expensive cities for first-time buyers in the UK are:

LONDON • ST ALBANS • BATH • CAMBRIDGE • OXFORD

To put this all into perspective, the average house price for a first-time buyer in the UK is £245,958. This is £55,500 higher than five years ago. According to the Financial Conduct Authority, two-thirds of first-time buyer mortgages have terms that go beyond 25 years.



...across the UK



A WILL WRITER'S WORDS OF WISDOM

WORRYING PROBLEMS

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

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

Without a Will, spouses and civil partners are NOT automatically entitled to all of the estate assets on death, and the Government could inherit your estate if

you die with no surviving traceable relatives

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

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

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

PEACE OF MIND SOLUTIONS

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

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

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

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

documentary evidence, eg Decree Absolute, is sufficient

The estates of current or retired members of the Armed Forces, fire police and ambulance services, and most rescue organisations are entitled to exemption from Inheritance Tax if they die on active service, or if their later death was caused by an injury or disease that was received or aggravated while they were on active service

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

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

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 meetings.

Please note that weekend meetings are offered at no extra cost



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

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

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

ENGLEMAN WILLS
+ POWERS OF ATTORNEY + PROBATE



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



Home Delivery
Service



Pet Weighing
Scales



Blue Light
Card Discount
(In Store Only)

£5 OFF

A £30 or more spend in store!

For readers of Vision Rayleigh. Offer ends 31/12/23. 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. Excludes delivery service.



www.gladwells.pet.co.uk





Woof n wag doggy daycare

Where pets are family!



Day Care



Home Boarding



Walkies

Your Furry Friend's Home Away from Home

We cover the following areas:

Rayleigh & Wickford which is included in the price.
Any areas outside of this will be charged an additional fee to cover petrol.

Hours: Monday - Friday: 9am - 6pm

Saturday - Sunday: Home boarding only

Woof n Wag Doggy Day Care

Telephone: 07342 382003

Email: info@woofnwagdoggydaycare.co.uk

Web: www.woofnwagdoggydaycare.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

0800 086 2836 • www.flyerdistributionessex.co.uk



PETS



HOW TO STORE

PET FOOD

Did you know that the way you store your pet food can make a big difference in both its quality and its freshness? Discover the best practices for pet food storage below and keep your pet happy and healthy.

HOW TO STORE UNOPENED PET FOOD

If you buy your pet food in bulk, then you need to make sure you store any food you are not using in the right way. As a general rule, both unopened dry and wet pet food should be kept in a dark and moisture-free place such as a kitchen cupboard or pantry. It is not a good idea to store pet food in your garage as humidity and temperatures can fluctuate.

HOW TO STORE OPENED DRY PET FOOD

Once opened, dry pet food should be kept in its original packaging where possible, as these are typically designed to keep the contents fresher for longer. If you do not have its original packaging,

store it in an airtight container to avoid contamination. All opened dry pet food should be kept in a dark and cool place.

HOW TO STORE OPENED WET PET FOOD

Once opened, wet pet food should be consumed right away or any leftovers kept in the fridge, where they will stay fresh for two to three days. Always make sure you cover any unconsumed wet pet food so that it does not dry out. Allow any refrigerated wet pet food to return to room temperature before giving it to your pet, especially for cats who prefer their food slightly warmer.

HOW TO STORE RAW PET FOOD

Store-bought raw pet food usually comes frozen so you will naturally choose to store these in your freezer until you are ready to thaw for eating. If not frozen, raw pet food can be stored in the fridge for up to four days. Ideally, raw pet food should be consumed in a single sitting.



Photo credit: alnwickgarden.com

Home to more than 100 toxic, intoxicating and narcotic plants, the Poison Garden at The Alnwick Garden in Northumberland is not for the faint-hearted. With a sign on the black iron gate emblazoned with the message, 'These plants can kill', do you dare to enter?

See some of the deadliest plants in the garden...



THE GYMPIE-GYMPIE

A fairly new addition to the Poison Garden, gympie-gympie is known as the world's most venomous plant and is said to deliver a sting similar to being burnt with hot acid and electrocuted simultaneously.



LABURNUM TREE

The second most poisonous tree in the UK, the laburnum tree contains a poison called cytisine. In fact, this tree is so poisonous that if one of its branches fell to the floor, lay for several months and then was picked up by your dog, it is unlikely your dog would survive the hour.



HELLEBORES

The root of this deadly plant contains a cardiotoxin that will stop your heart in an instant. Its sap can also irritate the skin, so this plant should only be handled when wearing gloves.

CHERRY LAUREL

Cherry laurel, also known as English laurel, can kill you even if all you're doing is trimming its leaves. This plant contains cyanogenic glycosides and cyanide ions; when these two components are combined, they create cyanide gas which can be deadly in a confined space.



DEADLY NIGHTSHADE

As the name suggests, deadly nightshade is a poisonous plant that can cause a whole host of nasty symptoms including blurred vision, a skin rash, headaches, slurred speech, hallucinations and eventually death. In fact, eating just two to four berries can kill a child.

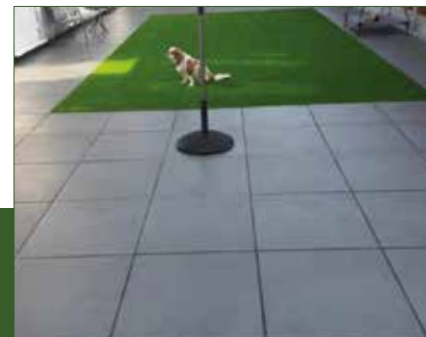


Other deadly plants on show include:

- ☠️ **THE KHAT PLANT** – contains a carcinogen that causes mouth cancer.
- ☠️ **YEW TREE** – eating a small number of its leaves can be fatal for livestock and humans.
- ☠️ **HOGWEED** – contains toxins that are activated by light, causing pain and skin lesions.

If you dare to enter...

The Poison Garden is open to the general public and entrance is included with a day ticket to The Alnwick Garden. Remember to follow all the guidelines to stay safe.



MARTIN HOLMES

Fencing ■ Patios ■ Paving

Pergolas and Planters

Artificial Grass

Decking & General Jobs



CALL MARTIN ON

01268 955048

07796 008198

ANY JOB TAKEN ON,
BIG OR SMALL

Visit us on martinhandyholmes

DOMESTIC LOCKSMITH

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

AUTOMOTIVE LOCKSMITH

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

CHEAPER THAN ALL MAIN DEALERS

**10% DISCOUNT
WITH THIS AD**

FAST KEYS



VISIT OUR TRADE COUNTER



CONTACT US TODAY

01268 562592

sales@fastkeys.co.uk

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

www.fastkeys.co.uk

Heavenly Green



ARTIFICIAL GRASS SUPPLY & FIT

- ❖ FAMILY RUN BUSINESS
- ❖ COMPETITIVE PRICES ❖ SAMPLES PROVIDED
- ❖ FREE QUOTES ❖ ESTABLISHED 10 YEARS

Call Martin on
07796 008198
01268 955057



KIDS



Back to school SHOWDOWN

Is getting your child to go to school a constant battle? While a little reluctance to return to school after the summer holidays is to be expected, if your child is becoming severely distressed at the prospect of going to school, then you need to take action.

TALK TO YOUR CHILD

There are many reasons why your child may be refusing to go to school, such as bullying, anxiety, learning differences or emotional issues, so it is important that you try to get to the root of the problem. Sit down with your child and try to find out what it is that is making them not want to go to school and then take appropriate action.

HAVE A GOOD MORNING ROUTINE

If you do not have a calm and consistent morning routine, then this can make the process of getting ready for school a lot more stressful for you and your child. Make sure they get up at the same time

every day and that they know what they need to do and by what times, i.e. get dressed, brush their teeth, etc. Remember to provide plenty of praise.

INVOLVE THE SCHOOL

If your child is flat-out refusing to go to school, then the sooner you talk to the school about this problem, the better. Arrange a meeting to talk to their teacher or headteacher and see what advice they have. For example, they may suggest a buddy system or bringing in your child slightly earlier to avoid the crowds in the playground.

STAY CALM BUT BE FIRM

Although this can be hard, try to stay as calm as possible when trying to get your child to go to school, as getting angry or upset will only make the situation worse. That being said, you do need to be firm and don't give them the chance to say no. For example, say "Put on your uniform" rather than "Are you going to put on your uniform?"

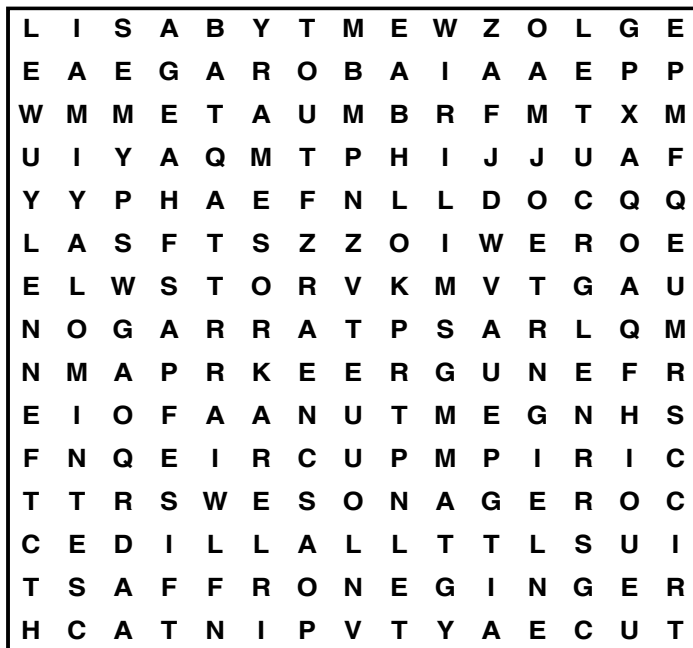


PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

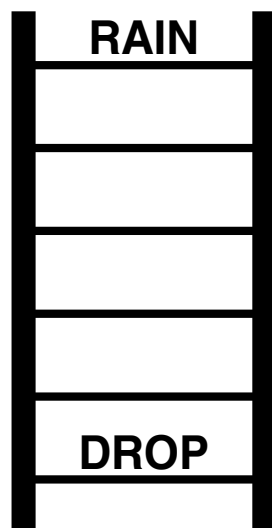
- ▶ BASIL
- ▶ BORAGE
- ▶ CARAWAY
- ▶ CATNIP
- ▶ CHERVIL
- ▶ CINNAMON
- ▶ DILL
- ▶ FENNEL
- ▶ FENUGREEK
- ▶ GINGER
- ▶ MACE
- ▶ MARJORAM
- ▶ MINT
- ▶ NUTMEG
- ▶ OREGANO
- ▶ PARSLEY
- ▶ ROSEMARY
- ▶ SAFFRON
- ▶ TARRAGON
- ▶ THYME



DID YOU KNOW?

- ▶ In 1921, women were banned by the FA from playing in Football League grounds. The ban would not be lifted for 50 years.
- ▶ The first women's FA Cup final took place in 1971 and saw Southampton win 4-1 to Stewarton Thistle (now Kilmarnock FC).
- ▶ The England women's team is fourth in the FIFA world rankings. Sweden is in third place, Germany in second place and the USA in first place.
- ▶ Jamaica's women's team was able to compete in the 2019 Women's World Cup thanks to a fundraising initiative spearheaded by Cedella Marley, daughter of Bob Marley.
- ▶ Chelsea FC player Sam Kerr is reportedly the highest-paid women's football player, earning just under £400,000 a year.

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

ONE NIGHT AT THE DISCO

Lost In Music Concert Show Takes Music Fans Back to The Seventies

Disco's roots are firmly founded in the early Seventies, says James Taylor, producer of the hit touring concert show *Lost in Music*... which comes to the Cliffs Pavilion, Southend, on Saturday, October 21.

"It was a time when Motown Records' biggest stars began to get funky," he says. "Philadelphia Records became a hit song conveyor belt with its distinctive combination of soulful vocals and lush arrangements. And, soundtracks of movies - from *Shaft* to *Car Wash* - lifted the world to its dancing feet."

By 1977, says James, disco was in full flow.

"*Lost in Music* fondly remembers the height of the disco era," he says, "faithfully recreating the biggest hits of Donna Summer, Earth Wind and Fire, Gloria Gaynor, Chaka Khan, Chic, Diana Ross, Harold Melvin and the Blue Notes, Sister Sledge and more.

"Our company Entertainers produces scores of hit touring shows including the *Magic of Motown*, *Fastlove*, *The Rocket Man* and *Thank You for the Music*," he says. "But, *Lost in Music* is by far our liveliest production. It's non-stop dance anthems from curtain up."

In fact, James admits a couple of mid-tempo tunes

have had to be added to the 32-song set list to 'give the audience a breather'.

"From worldwide ladies' anthems like *I'm Every Woman* and *I Will Survive*," says James, "to the Nile Rogers/Bernard Edwards-produced *Everybody Dance*, *We Are Family*, *I'm Coming Out*, *I Want Your Love* and - of course - *Lost in Music*; plus the greatest hits from New York's legendary Studio 54

Discotheque: *You Make Me Feel Mighty Real*, *More than a Woman* and *Disco Inferno*; and soul anthems *Ain't No Stopping us Now* and *Boogie Wonderland* - it's disco wrapped up into two hours of non-stop hits."

Backed by a talented live band, *Lost in Music* stars a cast boasting stunning vocals which combines this with the extravagant dance moves and fabulous fashion of the era, to bring the best the late Seventies had to offer to life, live on stage.

"Audiences are taken on a musical journey straight to the heart of disco by a band that just wants to play in front of crazy fans," promises James. "Concertgoers are encouraged to come dressed to impress and to get involved."

"It's the feel-good show of the year - come and get lost in music. . ."



**TO BUY TICKETS CONTACT THE BOX OFFICE:
0343 310 0030 / www.southendtheatres.org.uk**

**WIN A PAIR OF TICKETS TO SEE LOST IN MUSIC
FOR A CHANCE TO WIN A PAIR OF TICKETS - ANSWER THIS QUESTION:**

Lost in Music features 32 number one disco hits including:

a. Never Can Say Goodbye b. Never Say Never c. Goodbye Yellow Brick Road

Send your answer by email to: rayleigh@visionmag.co.uk, with *Lost in Music* Competition, Cliffs Pavillions, Southend-on-Sea in the subject line.

The winner will be drawn at random. Editor's decision is final and there is no cash alternative.

Lost in Music is a tribute show and is in no way affiliated with any original artists/estates/management companies or similar shows. Promoter reserves the right to alter the programme.

Get over TO DOVER



For centuries, Dover has been a strategic stronghold guarding the English coast. But beneath the town's castle, perched on the iconic White Cliffs, lies a hidden network of secret wartime tunnels and chambers that stretches back centuries. And the great news is that you can visit these tunnels and discover their mysteries for yourself.

WAY BACK WHEN

The origins of these tunnels date back to the medieval era. They were first constructed after the 1216/17 civil war to connect various parts of the castle, making it difficult for attackers to reach the main gate.

Fast forward to the early 19th century, when the threat of Napoleon invading had everyone on edge. The castle's engineer-in-chief, the brilliant William Twiss, stepped in and turned the existing tunnels into an impressive stronghold that even Napoleon would think twice about attempting to break into.

WAR STORIES

During the Second World War, Dover's tunnels housed a military command centre, where strategists and commanders made crucial decisions for defending the nation.

The tunnels also doubled as an air raid shelter, providing refuge for thousands of locals seeking safety from the relentless bombings. As the air raid sirens wailed, families huddled together, filled with a mix of fear, resilience and hope for a brighter tomorrow.

In addition, a new tunnel complex was built to provide a hospital safe from air attacks and shelling, where the Royal Army Medical Corps, including surgeons, nurses, orderlies and cooks, cared for those injured in the conflict.

SEE IT FOR YOURSELF

If you visit the castle today, you can walk through the secret wartime tunnels and parts of the medieval and Georgian sections. You can also visit the wartime hospital.

Tunnel visits are limited, and access is not suitable for everyone. Please get in touch with Dover Castle before making your visit or go to www.english-heritage.org.uk/visit/places/dover-castle to find out more.

Photo credit: english-heritage.org.uk

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.



LUXURY VW KAMPER VAN HIRE

A FAMILY RUN BUSINESS BASED ON OUR LOVE FOR THE GREAT OUTDOORS. PASSIONATE SURFERS, HORSE RIDERS AND OUR FAMILY TRAVELS HAS ALLOWED US TO EXPLORE WHAT THE UK HAS TO OFFER

WHERE WILL YOUR ADVENTURE TAKE YOU...

Our luxury VW campers have everything you need and are fully equipped with all your cooking and dining utensils. Comfortably sleeping 4 with some of the optional extras to include... A bike rack, portalo, with privacy tent, sup packages, special occasion hampers and drive away awning.



07968 447346 | www.Kickbackkampers.co.uk |



COOK'S COACHES TRAVEL IN LUXURY

Cook's 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 Cook's the best and most enjoyable.

COOK'S COACHES

Booking line 01702 344702 or 349215

Visit CooksCoaches.co.uk for all excursions & holidays. Please ring for a free brochure

OCTOBER DAY EXCURSIONS

- 1st - Broadstairs food festival
- 1st - Deal
- 2nd - Afternoon tea at Cressing Temple
- 3rd - Arundel Castle
- 4th - Kentish Lady Cruise with lunch
- 5th - Abba Voulez Vous tribute with included lunch
- 7th - Oxford
- 7th - Saffron Walden
- 8th - Kensington Palace
- 8th - Mississippi Paddle Boat, Broads cruise
- 9th - Braintree Freepoint
- 10th - Bexhill
- 10th - Hastings

Tel: 01702 344702

Email: info@cookscoaches.co.uk
www.cookscoaches.co.uk

- 10th - Southwold & Aldeburgh
- 11th - Dixieland Jazz Show with lunch
- 12th - Cambridge
- 12th - Ely
- 13th - Canterbury
- 13th - Herne Bay
- 14th - Clean & Tidy Home Show
- 14th - Winchester
- 15th - Columbia Road Flower Market
- 17th - Clacton
- 17th - Walton on the Naze
- 18th - Faversham
- 18th - Whitstable
- 19th - Broadstairs
- 19th - Eastbourne
- 19th - Margate
- 20th - Poppy Factory
- 21st - Great Yarmouth
- 21st - Rushden Lakes Shopping Centre

- 22nd - Antiques at Brighton Racecourse
- 22nd - Bury St Edmunds
- 24th - London Zoo
- 25th - Leeds Castle Halloween
- 26th - Colchester Town or Zoo
- 27th - Maldon Promenade
- 28th - Legoland
- 28th - Windsor
- 28th - Norwich
- 29th - Kent Autumn Tints
- 30th - Mystery Tour
- 31st - Hampton Court Palace
- 31st - Ipswich
- 31st - Kew Gardens
- 31st - Woodbridge

PLUS MANY MANY MORE
 Please contact us
 for a brochure

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



TRAVEL

THE Famous...

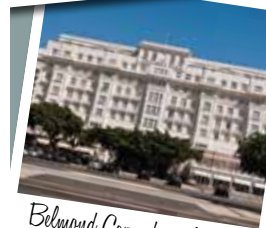
A LOOK AT THE PRESTIGE AND THE HISTORY OF FIVE OF THE WORLD'S MOST ICONIC HOTELS



Chateau Marmont



The Plaza



Belmond Copacabana Palace



Raffles

The Savoy, London: Located in the Strand and opened in 1889, The Savoy was the UK's first luxury hotel, and it has lost none of its charm or opulence in attracting the world's richest and most powerful guests.

Hollywood power couple Sir Laurence Olivier and Vivien Leigh met there, while guests have included The Beatles, John Wayne and Marilyn Monroe.

Chateau Marmont, Los Angeles: Los Angeles began to acquire its celebrity popularity in the 60s when the *LA Times* felt obliged to tell its readers that the Chateau Marmont was for those in show business. Its appeal was its combination of 63 rooms, suites, cottages and bungalows, not to mention the fact that it overlooks Sunset Boulevard.

When John Belushi died at the hotel of a drug overdose in 1982, its fame only escalated. Beyoncé, Jay-Z, Britney Spears, Lindsey Lohan are all regular guests.

The Plaza, New York: If you've seen *Home Alone 2* or *The Great Gatsby* (the author of which, F. Scott Fitzgerald, lived at this famous hotel), you've seen The Plaza. Overlooking the vast greenery of Central Park and located on the corner of Fifth Avenue, this hotel is iconic and instantly recognisable.

Royalty and state leaders have all stayed at the legendary Manhattan hotel.

Belmond Copacabana Palace, Rio de Janeiro: Located as the crown jewel of the most famous beach in the world, the Belmond is a masterpiece of art deco architecture and has welcomed everyone from Walt Disney to Princess Diana.

Built over a period of four years at the turn of the 1920s and designed by French architect Joseph Gire, it remains a staple place to visit for the affluent.

Raffles, Singapore: This Singapore hotel has been around since 1887, when it was established by a pair of Armenian brothers, the Sarkies. Its colonial style of architecture has led it to become a national monument for the country, as well as being the birthplace of the Singapore sling cocktail!

5

White Tail Studios

You Dream. We Create.

KITCHEN - DESIGN - RAYLEIGH

British made kitchen furniture to suit everyone's needs

CALL NOW OR BOOK ONLINE FOR YOUR FREE CONSULTATION



01268 906630 | www.whitetailstudios.co.uk | info@whitetailstudios.co.uk

157 High Street, Rayleigh, Essex, SS6 7QA



*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://www.instagram.com/toppers_hair)



HEALTH & FITNESS

7

MOST COMMONLY ASKED

gynaecological
QUESTIONS

When it comes to your vagina, it is normal to have a lot of questions, but you may feel embarrassed about asking your GP about your sexual health. Find out the answers to the most commonly asked gynaecological questions below.

1. Will the contraceptive pill make me gain weight?

There are multiple studies that show that the contraceptive pill does not cause weight gain. However, there are some that may increase your appetite.

2. Can I catch an STD from a toilet seat? While a toilet seat carries a lot of bacteria which can be passed on, you cannot catch a sexually transmitted disease from sitting on one.

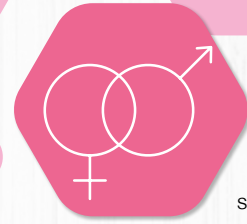
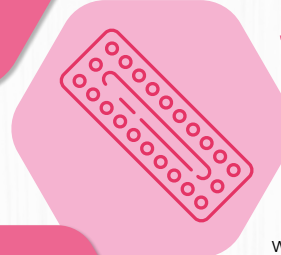
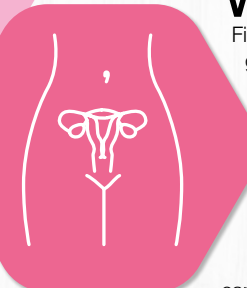
3. Is douching the best way to clean my vagina? No! Douching is not recommended as a way to clean the vagina as it can disrupt its delicate balance of good and bad bacteria and lead to infections such as thrush. The vagina is self-cleaning, which means that internal cleaning is not necessary. Instead, wash externally with warm water or a specially formulated intimate wash.

4. What is the best way to treat period cramps? Over-the-counter pain relief such as ibuprofen offers one of the most effective ways to treat period cramps. A warm bath and a hot water bottle can also work wonders.

5. Can I get pregnant on my period? Although unlikely, it is possible to get pregnant on your period. If you have a short interval between each period, meaning you ovulate early in your cycle, you can fall pregnant.

6. Can I have sex on my period? Yes, you can. Although some couples prefer not to have sex at this time, it is perfectly safe to have sex when you are on your period.

7. Why does my vagina smell? Everyone's vagina has its own unique scent, and it is important to know your own so that you can easily notice any changes. A healthy vagina should have a mild, musky scent that is not unpleasant. If you notice an unpleasant odour, this may be a sign of an infection, and you should see your GP or visit your local sexual health clinic.





WHY IS CERVICAL SCREENING IMPORTANT?

SCREENING FOR CERVICAL CANCER

Our experienced and professional Consultant Gynaecologists in Brentwood are here to help with a wide range of services including screening for cervical cancer.

It is sensible to be screened regularly as spotting any changes in cells early on can often prevent cervical cancer. A cervical screening test (or smear test) looks at the health of your cervix and for any abnormal cells. Early detection and treatment of any abnormal cells can prevent cervical cancer developing. You can ask us any questions you like during screening. Our experienced staff are always on hand to comfort and reassure you.

WHO SHOULD HAVE A CERVICAL SMEAR?

Women aged between 25 and 50 should be screened every three years. If you are a woman aged between 50 and 65, it's best to be screened every five years.

WHAT HAPPENS IN A CERVICAL SMEAR?

A speculum is inserted into the vagina, which can be uncomfortable, but shouldn't be painful. A small brush is used to take a sample of cells from the lining of the cervix and deposited either on a slide (sometimes called a 'smear' test), or in a preserving fluid. It is then sent to the laboratory to be examined. Any early changes in the cells of the cervix can be seen.

HOW WE CAN HELP IF WE FIND ABNORMAL CELLS

Treatment for abnormal cells can vary. It's likely you'll go and see a gynaecologist for treatment, which may include:

Colposcopy - a microscope is used to examine the cells on the cervix in more detail, and further treatments can be performed to remove or destroy the abnormal cells. You generally don't stay overnight for this procedure but are seen as an outpatient (day case).

LLETZ (large loop excision of the transformation zone), sometimes called LEEP (loop electrosurgical excision procedure) - this procedure removed the abnormal cells with a thin wire loop. This is usually done under a local anaesthetic. The removed tissue may then be sent to the laboratory for examination.

Laser therapy (or laser ablation) - this treatment destroys abnormal cells by vaporising them with a hot beam of light.

Cryotherapy - a cold probe is used to freeze away the abnormal cells

Cone biopsy - a minor operation to remove a cone of tissue from your cervix where the abnormal cells are located. This biopsy is usually done under general anaesthetic as a day case or overnight stay. The tissue is then sent to the laboratory for examination.



Women's health

at Nuffield Health
Brentwood Hospital

Our experienced gynaecology consultants pride themselves on helping women of all ages overcome a range of health problems. Whether you are suffering from an issue now or are concerned about your future health, we are here to re-assure and help you, offering rapid access to treatment.

- Cervical smear and HPV test
- Colposcopy
- Family planning advice and management
- Gynaecological ultrasound
- Hysterectomy
- Infertility investigation and pre-IVF management
- Laparoscopy
- Menstrual disorders and management
- Ovarian cyst
- Menopause and HRT
- Surgical and medical management of miscarriage
- Urinary frequency and incontinence
- Uterine and vaginal prolapse and reconstructive surgery
- Uterine fibroid.

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

Website: www.nuffieldhealth.com/hospitals/brentwood



For more information call **01268 955035**
or visit nuffieldhealth.com/hospitals/brentwood



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



Famous MOVIE cars

They say the car is the star, and with these cherished vehicles from the big screen, that's certainly the case.

ASTON MARTIN DB5: Four units of the DB5 were used for the 1964 James Bond classic *Goldfinger* – two during filming and a further two promotional vehicles. The now iconic car was modified by special effects expert John Stears to include a number of spy-worthy gadgets. Although stolen in 1997 from Boca Raton Airport in Florida, the car has since been spotted in a 'private setting' in the Middle East.

DELOREAN DMC-12: The DeLorean is one of the most recognisable cars in the world owing to Steven Spielberg's *Back to the Future* trilogy, yet what should have been a marketer's dream turned out to be anything but. Despite futuristic 'gull wing' doors and stainless steel body panels, the DMC-12 didn't sell well owing to its impracticability and lack of balance, being a rear-engine car.

BATMOBILE: Batman/Bruce Wayne was known to high-powdered supercars since he first appeared in comics in 1939, but it wasn't until 1941 that the title 'Batmobile' was first used. The first on-screen Batmobile appeared in the 1943 serial *Batman* movies and was a 1939 Cadillac Series 75. Since then, the Batmobile has gone through several iterations – from the first completely black version in the 1989 Tim Burton film, to the Christopher Nolan version which was described as a cross between a Lamborghini and a tank.

ECTOMOBILE: Ecto-1 from the *Ghostbusters* movies was an original 1959 Cadillac Miller Meteor, and the two models converted for screen use are still owned by Sony Pictures. The film provoked a number of copycat models, one of which sold in 2021 for more than £200,000.

FERRARI MODENA GT: While three Modena GTs were used in the iconic 1980s film *Ferris Bueller's Day Off* starring Matthew Broderick, all were replicas. The one that flies out the window in the movie didn't even run properly – it was a fibreglass shell version built specially for that scene. Though one of the replicas was seriously damaged in the jump scene, it was successfully repaired and sold for £122,000 at auction.

Photo credit: Abdul N. Quraishi - Abs/Shutterstock.com, Alarcon/Shutterstock.com, Divanyar/Shutterstock.com, silodrome.com

NEW
 AIR CONDITIONING
 SERVICE & RE-GAS
 AVAILABLE

Quick Fix

FAMILY GARAGE

MOT Centre, Wickford, Essex

4 WHEEL LASER
ALIGNMENT

LOOKING AFTER WICKFORD'S MOTORISTS FOR 30 YEARS

MoTs • Tyres • Servicing • All Repairs Large or Small

All Main Dealer Trained Mechanics inc. Citroen Specialist

Free Collection if needed • Free Estimates • Honest Advice

Absolutely no connection with the company in Shotgate

www.quickfixgarage.com

(online prices & ordering)

01268 767 300

69 Runwell Road, Wickford, Essex SS11 7HL

£20 OFF
4 NEW TYRES

on production of this advert

£20 OFF FULL SERVICE
£10 OFF INTERMEDIATE
SERVICE inc. MOT

on production of this advert

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

**FREE
FITTING**
PAYMENT ON
INSTALLATION

GAROLLA

01708 545 657

LINES OPEN 7 DAYS A WEEK

www.garolla.co.uk

PRICED
EXAMPLE
£895

COMPACT • UP TO 2.4M

GAROLLA

01708 545 657

LINES OPEN 7 DAYS A WEEK

www.garolla.co.uk

PRICED
EXAMPLE
£1,990

PREMIUM • 3.4M • ANTHRACITE

4.8 out of 5 / 4,700 reviews

4.8 out of 5

Where reputation matters
9.8 out of 10

APPROVED

BESPOKE ELECTRIC DOORS MANUFACTURED IN THE UK

THE VISION LISTINGS

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

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

TIME FOR YOU SOUTHEND

Domestic Cleaning. Honest, Dependable & Affordable. Police Checked Cleaners. Contact 01702 780122 | southend@timeforyou.co.uk | www.timeforyou.cleaning

ESTATE AGENTS

EWEMOVE

Award-winning Wickford & Rayleigh Estate Agent. Book your free valuation. Select a date & time online at: Ewemove.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.businessadvissorex.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

FLOORING

DISCOVERY FLOORS

Experts in Luxury Vinyl Flooring. Family Run Business. Supply & Install. T: 07890 792442 | www.discoveryfloors.co.uk

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

GARDENING

ASHINGDON LANDSCAPES

All types of landscaping & garden maintenance undertaken. Tree Work, Patios, Turfing, Driveway & Patio Cleaning. Free estimates & advice. 01702 206378 | 07415 911060

HEAVENLY GREEN

Artificial Grass Supply & Fit. Family Run Business. Competitive Prices. Samples Provided. Free Quotes. Est. 10 years. Call Martin on 01268 955057 | 07796 008198

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

KITCHENS

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

KUTCHENHAUS SOUTHEND

Outstanding service & quality all at a surprisingly affordable price. Visit our showroom today! 313 London Road, Westcliff-on-Sea, SS0 7BX. 01702 345302

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

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

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

PETS SERVICES

WOOF N WAG DOGGY DAYCARE

Day Care, Home Boarding, Walkies. Where pets are family. T: 07342 382003 | www.woofnwagdoggydaycare.co.uk

GLADWELLS PET & COUNTRY STORE

Where pets are more than companions, they're family. Lubards Lodge Farm, Hullbridge Road, Rayleigh, SS6 9QG. Call us on 01268 642601 | www.gladwells.pet.co.uk

PLASTERING

SPREADIES PLASTERING

All aspects of plastering work undertaken. Fully insured, no job too small, competitive rates. Please call Steve Robertson for a free estimate 07970 335437

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

PETER ASHTON

Specialising in small repairs, W.C's, valves, taps, leaks. Fully Insured. Contact by email pca1971@yahoo.co.uk or call 07595 826576

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

WINDOWS & DOORS

FRONT DOORS ONLINE LTD

Composite Front Doors, Windows & Bi-Folds, Supplied & Fitted at affordable prices. 01268 382252 | 07481 904071

WOOD FLOORING

WEST ONE WOOD FLOORING INTERNATIONAL LTD

Manufacturing, Installation, Restoration. Unit 3 Blackall Industrial Estate, Hamberts Road, South Woodham Ferrers, CM3 5UW. Call 01277 630837 | 01245 204231.

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

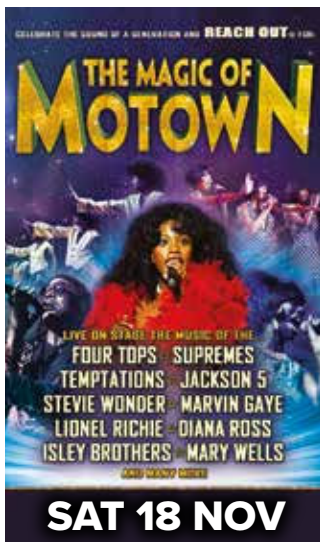
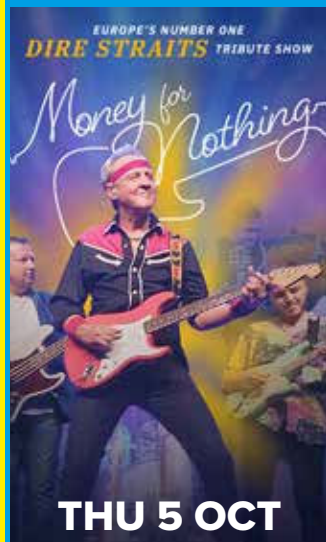
To advertise call Nik on 01268 955027

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

WORDLADDER: RAIN, GAIN, GRIN, GRIP, DRIP, DROP

PALACE THEATRE
SOUTHEND

CLIFFS PAVILION
SOUTHEND



BOOK NOW: southendtheatres.org.uk



TOWNGATE
Theatre

4 Fantastic entertainers Shows Coming To Basildon!
towngatetheatre.co.uk 01268 205 300



For **entertainers** shows appearing
at The Cliffs and The Palace please
scan the left QR code or visit
entertainers.co.uk/southend



For **entertainers** shows appearing
at the Towngate Basildon, please
scan the right QR code or visit
entertainers.co.uk/basildon-towngate