



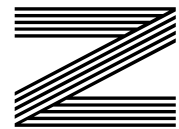
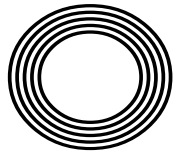
**TOP 5
CLEVER
IKEA
HACKS**

Fancy a pint?

Visit the smallest pubs in the UK

FISH AND CHIPS DAY

How to make the perfect fish and chips



FREE

COOPER AND

CLARKSON

Dynamic duo return for third series of popular show



THE WINDOW MAN

WINDOWS | DOORS | INSTALLATION | REPAIRS

"Your Friend in the Trade"

Proudly Providing the Complete Service

FAMILY-RUN BUSINESS SERVING THE LOCAL COMMUNITY FOR OVER 25 YEARS

SUPPLY, REPAIR & REPLACEMENT

DOUBLE GLAZING | TRIPLE GLAZING | UPVC | ALUMINIUM WINDOWS | HARD WOOD WINDOWS
FRENCH & PATIO DOORS | PORCHES & CONSERVATORIES | BI-FOLD DOORS

REPAIR SERVICES AVAILABLE 8AM - 8PM

CAT FLAPS | KNOCKERS | LETTER BOXES | SPYHOLES | CYLINDERS | HANDLES
HINGES & LOCKS FOR WINDOWS & DOORS | TRICKLE VENTS | SEALED GLASS UNITS
LEADED & GEORGIAN GLASS | CONSERVATORY ROOF REPAIRS | PANELS

**EVERYTHING WE DO IS FULLY GUARANTEED & WE PRIDE OURSELVES
IN OUR ABSOLUTE ATTENTION TO CUSTOMER CARE**

CONTACT US TODAY FOR YOUR FREE OF CHARGE, NO OBLIGATION QUOTE

01268 527112 | 01245 207225

www.thewindowmanessex.net [@thewindowmanessex](https://www.facebook.com/thewindowmanessex)

DOUBLE GLAZING REPAIRS AND REPLACEMENTS

WE FREQUENTLY CARRY OUT WINDOW AND DOOR
INSTALLATIONS AND REPAIRS IN YOUR LOCAL AREA
AND SURROUNDING AREAS



BEFORE



AFTER

AFTER



AFTER



BEFORE



AFTER



Editor's notes...

MAY 2024



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION**RayleighWickFord. As someone who values punctuality as a cornerstone of work and business, imagine my chagrin at arriving late to the office twice last week. What made it worse was that this timekeeping tardiness wasn't of my own doing - no late night, missed alarm or lost car keys to blame! Instead, it was a perplexing barrage of roadworks that doubled my journey time. These had started appearing at the start of March, and by the end of the month had resulted in miles of red cones across major local routes. We all know we have to endure and navigate the roadworks that appear just as the end of the financial year approaches. 'Spend it or lose it', as the saying goes, and councils will spend away so they can protect against cuts to their budgets the following year. I wouldn't mind so much, were it not for the number of times great swathes of roads have been put out of action where no discernible work is taking place. No diggers, no workmen, no resurfacing. Nothing. At a time when council tax rates are going up, is it too much to ask that the money we pay is actually put towards something that makes life easier, not more difficult? Until next month, take care of yourself, each other, and those traffic cones!

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 FEATURES | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

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

@visionmagessex @visionmagessex Vision Magazine Essex

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Bryn Holmes

All pages are recyclable

Spencer James Furniture

INDEPENDENT – FAMILY OWNED – RETAILER



SEE OUR FULL RANGE OF

High Quality Beds and Bedroom Furniture, Sofas and Dining



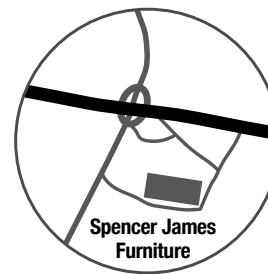
Having a celebration?

Let us help you get started!

Greetings Cards • Creative Helium Balloons
 Gifts & Gift Bags • Decorations • Candles
 Tableware & much much more...

www.rayleighparty.co.uk • 01268 502699

215 London Road, Rayleigh SS6 9DN



Visit our Rayleigh showroom behind Sainsburys

46a Stadium Way, Stadium Trading Estate,
Rayleigh Weir SS7 3NZ | 01268 260 594

spencerjamesfurniture.com

spencerjamesfurniture@outlook.com



A DATE TO REMEMBER



CELEBRATING 25 YEARS SINCE THE WOMEN'S INSTITUTE CALENDAR THAT TO DATE HAS RAISED MORE THAN £6MILLION FOR BLOOD CANCER RESEARCH

It happened 25 years ago – a funny, unconventional and cheeky method (in more ways than one), to honour a cancer victim at the Rylstone and District branch of the Women's Institute.

Wind the clock forward and the brilliance of these Yorkshire women has raised millions of pounds, as well as sparking a Hollywood blockbuster.

The story began when Angela Knowles' husband, John, was diagnosed with non-Hodgkin lymphoma in February 1998.

The devastating diagnosis sparked an interesting idea from Angela's daughter-in-law, who suggested they give those close to them a sunflower plant in the hope that when the flowers bloomed, John would be in remission.

Sadly, he died a mere five months later at the age

of 54, on July 22, 1998.

Amid her grief, Angela was looking for something positive to put her energy into. Her friend and fellow Yorkshire Ladies Women's Institute member, Tricia Stewart, suggested they find a fun way to raise money for a new sofa on the ward where John was treated. They settled, as you do, on a Pirelli-style nude calendar!

A suggestion that started as nothing more than a joke had suddenly become serious. With all profits going to Blood Cancer UK (Leukaemia & Lymphoma Research as it was then), a growing party of ladies was ready to take part.

The women tastefully posed nude for the calendar, each covering themselves strategically with items related to their interests or the Women's Institute,

such as baked goods, flower arrangements and knitting. Each picture also included a sunflower, which became the emblem for the Calendar Girls.

The initial plan was to print 1,000 calendars to be sold for £5 each, but the minimum print run was 5,000. Just as well, because by the time the calendar first became available on April 12, 1999, the publicity was so enormous that the first run was soon snapped up. Eventually, they shipped 56,000 calendars, raising £322,000.

The Calendar Girls' story gained more popularity when it was adapted into a successful film in 2003, directed by Nigel Cole and starring the great Dames Helen Mirren DBE and Julie Walters DBE.

In 2012, Gary Barlow OBE and Tim Firth began writing songs for a musical based on the tireless

fundraisers. *The Girls* opened at the Leeds Grand in 2015 and toured across the UK, receiving widespread acclaim. The show hit stages across the country again earlier this year.

Over the years, Angela and her gal pals have released several more calendars (including a 10-year anniversary edition in 2010), and even presented calendars to Her Late Majesty Queen Elizabeth II and Queen Elizabeth The Queen Mother.

The story resonates with many because of its portrayal of ordinary women doing something extraordinary for a good cause, and certainly John would have been immensely proud of his wife and her friends. A terrible illness, which stole a beloved husband in five months, has been transformed into 25 years of hope for millions.



UK's SMALLEST PUB

Photo credit: J. M. Ritchie/Shutterstock.com, L. H. O'Connell/Shutterstock.com, Claudio Divizia/Shutterstock.com

WHY DOES SIZE MATTER WHEN YOU'RE DEALING WITH BRITAIN'S SMALLEST PUBS

They say a pint of beer is the perfect representation of something that's small, yet perfectly formed. Extending that idea to the immediate surroundings is the name of the game when it comes to searching out (and getting into) the UK's smallest pubs.

That ultimate accolade goes to The Nutshell in Bury St Edmunds, Suffolk. Measuring 15x7ft, this is a boozer that can only accommodate 15 people at a time (although there is outside seating space). The Victorian pub is plastered with memorabilia and quirky ephemera and is a true gem.

The Nutshell takes the crown because of the off-season closure of The Signal Box Inn in Cleethorpes. No prizes for guessing what clever use has been made of an outdated relic from the golden era of our railways. At just 8ft x 8ft, the knocking of someone's pint with a stray elbow is less a possibility and more an inevitability.

Another challenger is The Lakeside Inn on Southport promenade. This place did hold the official record for the UK's smallest pub back in 1989, but has since been trumped by the aforementioned tiny taverns.

A little closer to home, The Rake in Borough Market is miniscule, while if you're ever in Surrey, venture to Claygate to sup a pint at Platform 3, a pub converted from an old station waiting room.

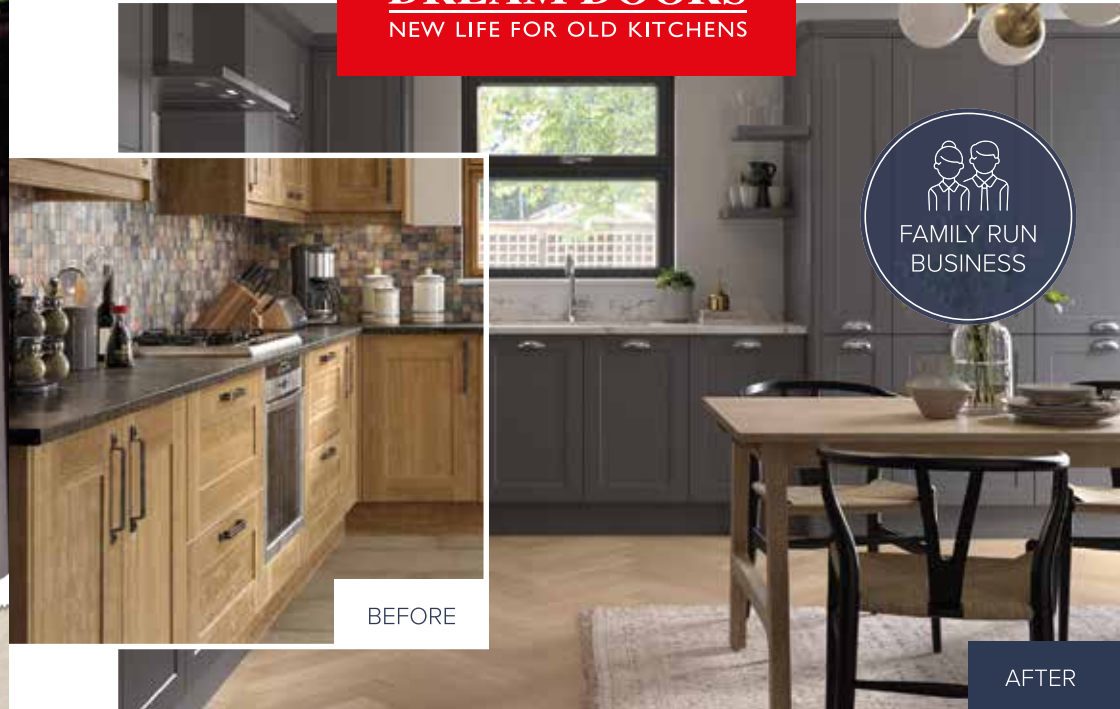
Elsewhere in the capital, The Euston Tap on Euston Road and The Dove in Hammersmith also feature in the top 10.

The seismic achievements of Britain's smallest pubs are a shot (in the arm, and of the alcoholic nature) to the continued popularity of pubs in the UK. At the last count, there were 27,650 small pubs welcoming adventurous lovers of alcohol – albeit for the establishments on this list, it's strictly one-in, one-out!

UP TO 50% LESS THAN A NEW FITTED KITCHEN

by simply replacing the doors and worktops

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS



- MODERN
- CLASSIC
- TRADITIONAL
- CONTEMPORARY

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

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

Call us now for a free estimate:
07894 714810



Checkatrade.com 9.8/10
Where reputation matters

dreamdoors.co.uk

THE UK'S #1 KITCHEN MAKEOVER COMPANY

High quality audio visual equipment bringing the cinema or concert experience to your home

With over 50 years of experience in Hi-Fi, Home Cinema and Custom Installed Smart Home Technology, we can fulfil the aspirations you have for your home and lifestyle.

Our technical expertise, combined with the highest levels of customer service, ensures we design and install systems, from a single room to a whole house, that will transform your space.

Our highly trained staff members have a passion for music, films and home technology and that passion is transferred into everything we do. Whatever your requirements, our commitment to you is



knowledgeable staff and complete pre and post sales support.

We guarantee comprehensive project management support through every step of the process and will liaise directly with your architect, builder, electrician, carpenter, interior designer etc. All of Rayleigh's deliveries and installations are carried out by our own fully-trained and experienced staff. We do not contract any of that work out.

So, whether you know exactly what you want, or would like to explore possibilities, please feel free to pop in for a chat. We are passionate about everything audio and visual and would love to work alongside you to create the perfect system to suit your specific needs.



to design a bespoke system, which will be seamlessly integrated into your home and lifestyle. We are passionate about ensuring you receive the absolute best at every stage to ensure we exceed all your expectations.

Rayleigh Sound & Vision is a supplier of a huge range of quality home entertainment products and services. We specialise in Whole House Systems with Full Custom Design and Installation Service and offer excellent demonstration facilities,



Turning ideas into reality...



Our stunning Dolby Atmos 9.6.2 Home Theatre room now open!

Home Cinema
Multi-room Music
Lighting Control
Home Security
Hi-Fi



Chelmsford
216 Moulsham Street, CM2 OLR
Tel: 01245 265245
E-mail: chelmsford@rayleighhifi.com

Rayleigh
44A High Street, SS6 7EA
Tel: 01268 779762
E-mail: rayleigh@rayleighhifi.com

www.rayleighhifi.com

HOME APPLIANCE REPAIRS

All makes of Washing Machines, Tumble Dryers, Dishwashers, Ovens & Hobs

New appliances supplied & installed
Integrated Specialist Local Engineers
Landlords Welcome

For fast response call Pete
07918 033388
Locally yours

Bosch, Siemens, Neff, Hotpoint, AEG, Electrolux, Whirlpool, Beko, Samsung, Candy, Zanussi, Hoover, New World and many more.
All Makes Range Cookers Indesit.

PRJ DECORATING SERVICES

- INTERIOR & EXTERIOR
- COMMERCIAL & DOMESTIC
- 40 YEARS EXPERIENCE
- FULLY INSURED



Call 07773 704822
Email prjdec@sky.com



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

Pay in 3 interest-free payments
PayPal
Terms apply, Paypal account required

IKEA®

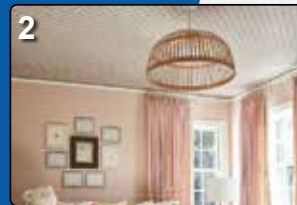
HACKS YOU'LL LOVE!



Who doesn't love a trip to the wonderful world of Ikea? With so many items for your home and garden to choose from, it is almost impossible to leave this Scandinavian superstore empty-handed. Discover all our favourite and easy Ikea hacks below!

1 FLOATING HALLWAY STORAGE

If you are always losing your keys and other essential items, then you need this Ikea hack in your home. To make this, all you need to do is mount an Ikea floating shelf to your chosen wall and then attach a few Ikea magazine holders underneath.



2 RATTAN PENDANT LIGHT

Designer lighting can be expensive, but it doesn't need to be with this super-stylish and affordable Ikea hack. Simply take a round Ikea rattan basket, remove the lid and attach it to your chosen ceiling light fixture.



3 CONTEMPORARY CAT TREE

Fed up with your feline friend scratching your sofa? Just take four Ikea wall shelves, cover them with Ikea's faux sheepskin fabric, and then mount them on your chosen wall. Hey, presto; a cosy corner for your cats to climb and play.



4 WALL-MOUNTED CHARGING STATION

If you and your family are always losing your phone chargers, or worse, fighting over whose turn it is to use them, then this DIY charging station is just what you need. To create, attach an Ikea Hultarp rail to the wall and then hook on a matching Hultarp basket or container. Add an indoor plant or two to the rail for enhanced visual appeal.



5 DIY DESK

Need somewhere to work but don't have space for a home office? Take two Ikea three-drawer dressers and place an Ikea worktop on the top. For a more upmarket look, cover the drawer fronts in wood-look laminate and replace the knobs with sleek handles.



Photo credit: instructables.com, Minh Ngoc via housebeautiful.com, Aaron Bengtson via housebeautiful.com, hometalk.com, Mike Garten via goodhousekeeping.com



HOME & DIY



HOME & DIY

How to keep your plant LEAVES CLEAN

Are the leaves on your indoor plants looking a little dirty and dusty? Do you wish they would return to their original shine?

While it can be a tedious job, a clean houseplant is happier, healthier and better equipped to improve the air quality in your home.

✓ DO be gentle

When cleaning the leaves of your indoor plants, you need to make sure that you do so gently so that you don't damage them. Use a damp cloth or paper towel to carefully remove any dust and then allow to air dry.

✗ DON'T buy expensive cleaning sprays

You don't need to buy expensive cleaning sprays to clean your plant leaves. Just add a squirt of liquid washing detergent to a bowl of lukewarm water and gently clean as detailed above. Alternatively, try lemon juice or vinegar for more stubborn residues.

✓ DO dust the leaves

As well as washing the leaves when you notice a build-up of dirt, you should regularly dust them. For plants with large leaves, use a feather duster to remove dust. For smaller-leaved plants, a soft make-up brush works well.

✗ DON'T put your plants in direct sunlight

Although you may be tempted to place your plants in the sun after cleaning to make them dry quicker, this can damage the leaves. This is especially true if you have used any cleaning products that contain chemicals.

When should you clean the leaves on your houseplants?

The best time to clean the leaves on your houseplants is towards the end of the day when the sun is starting to go down. In terms of frequency, the best way to determine when to clean the leaves is by rubbing your fingers gently along them or by looking for signs of dirt and dust.




ESSEX HOME ELECTRICIANS
ELECTRICAL CONTRACTOR

Call ELECTRICIAN Now!
07496 559 464

- Full & Partial Rewiring
- Sockets & Lighting
- Fuseboard Upgrades
- EV Chargers
- Emergency Call-Outs
- Inspection & Testing
- Domestic & Commercial

WWW.ESSEXHOMEELECTRICIANS.CO.UK



Ashington 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

CONTACT US ON 01268 955 061
OR 07748 808094

WE COME TO YOU
PERSONAL HOME SERVICE

Will Move Furniture & Uplift Old Carpets





THE EXPERT INSTALLERS OF CLADDING, FASCIAS, SOFFITS & GUTTERS IN ESSEX

We are a friendly, family business based in Leigh on Sea and covering across Essex

We have over 15 years experience of fitting cladding, guttering, fascias and soffits in both domestic & commercial premises.

Our fitters are friendly, careful and tidy, & they'll keep the disruption to a minimum.

Office
01702 908320

Mobile
07913 782857

Web
www.claddingmaster.co.uk



Checkatrade.com
Where reputation matters



Cladding • Insulation



Fascias • Soffits & Gutters



A GUIDE TO

FLUTING



HOME & DIY



Fluting is enjoying a revival in modern home décor, offering a simple way to add texture to a room, as well as a little glamour. Essentially a series of shallow grooves that run across a surface, there are lots of great ways to incorporate fluting into your home.

Fluted panel walls: Fluted wall panels can be used to add texture and visual interest to pretty much any room in your home. These can be installed vertically or horizontally, and the size of the spacing can be adjusted to achieve the desired effect. Fluted wall panels can be made from wood, metal, MDF or PVC.

Fluted design furniture: Fluted design furniture such as a fluted sofa or fluted cabinets provide the perfect way to create a focal point in a room, drawing the eye directly to the piece. When choosing fluted design furniture, pay close attention to the material and colour as these need to complement the rest of the room.

Fluted light fixtures: Light fixtures that feature fluted glass shades or grooved metal bases are bang on trend, adding a touch of elegance to any room. For a dramatic look, consider installing a fluted light fixture on a fluted wall.

Fluted design accents: Smaller fluted accents are ideal for anyone who wants to try out this design trend but doesn't want it to overpower a space. Fluted vases, candle holders and other fluted decorative items can be placed around your home to create specific areas of interest.

Fluted wall partitions: A fluted wall partition can be used as either a statement piece or as a subtle accent to separate spaces and zones in a room. It can be made from a variety of different materials including wood, metal and even glass. These are highly effective when used alongside fluted lighting for a more cohesive look.

Photo credit: www.7design.sg, houseandhome.com, corston.com, zoeelviablog.co.uk, Pinterest-Victoria | Ian



Brightlingsea
Coastal Park

Love the freedom.



Holiday homes for sale on the Essex Sunshine Coast.

If you're looking for your own holiday home away from home that you can escape to whenever you like, then look no further than Brightlingsea Coastal Park.

Owning your own holiday home means there's no need to book in advance, just escape the stresses of everyday life whenever you like throughout the season.

Perfectly located on the coast, the park is within a short walk of all the historic town of Brightlingsea has to offer including the beautiful, sandy beach perfect for a family day out, the high street with a wide range of independent shops to browse and a selection of waterside bars and restaurants to choose from.

Holiday homes
from only
£29,999 | Ready to
enjoy in just
7 days[†]

Plus
Save £2,500*
on selected models

Book your viewing today and
discover all that Brightlingsea
Coastal Park has to offer.

Brightlingsea Coastal Park,
Brightlingsea, Colchester, Essex C07 0LW
To book your visit call **0800 150 3333**

www.countrywideparkhomes.co.uk



Scan here to
find out more

*Savings available on selected models for the current season only. Minimum purchase price applies. Cannot be combined with any other offer. Offer may be withdrawn or amended without notice. †7-day handover service applies to new models we have in stock or one of our pre-owned holiday homes. Further terms apply to all other models.



IN IT TOGETHER

EVERYTHING YOU NEED TO CONSIDER BEFORE GETTING A JOINT MORTGAGE

DON'T RUSH: Whether you're buying with your partner, friend or family member, it's important to consider the long-term implications of such a commitment. It's vital to have a trustworthy and financially responsible partner, as both of you will be equally accountable for repaying the mortgage. This includes assessing each other's creditworthiness and financial stability. If you don't already live together, it may be a good idea to rent together first to test the waters.

BUDGET WISELY: Calculate how much you can afford to borrow based on your combined income, expenses and financial goals. Be realistic about your budget and ensure that your monthly mortgage payments are manageable.

GET MORTGAGE SAVVY: Familiarise yourself with the various types of mortgages available in the UK, such as fixed-rate, variable-rate and interest-only mortgages. Choose the one that suits your financial situation and future plans.

SEEK PROFESSIONAL ADVICE: Consult with a mortgage adviser or a financial expert who can provide guidance on mortgage options, interest rates, and the best lenders for your specific situation.

DECIDE OWNERSHIP: Determine how you want to own the property jointly. Common options are joint tenants and tenants in common. Each

has its implications for property ownership and inheritance. It's important to sign a legal agreement to make sure that both parties own their share of the property.

SAVE UP: Most lenders in the UK require a deposit, typically around five to 20 per cent of the property's purchase price. Saving for a deposit can help you secure a more favourable mortgage deal.

PROTECT YOUR ASSET: Consider taking out mortgage protection insurance or life insurance policies to safeguard your investment and ensure that the mortgage can be repaid in case of unexpected events.

BUDGET FOR THE UNKNOWN: Be prepared for additional costs like legal fees, stamp duty (if applicable), home insurance and ongoing maintenance expenses. It's also a good idea to set up a joint bank account to help you stick to a budget and ensure both people are accountable for their share.

MAKE A WILL: Grim as it is, such a life-altering commitment requires the need to consider what will happen in the event of your death. Making a will ensures your share of the property goes to who you want it to and can save your co-owner a world of stress.



BUSINESS & PROPERTY





Budgeting is hard enough, but for people with an irregular income, it can seem almost impossible. Whether you are self-employed, working a zero-hours contract, or claiming Universal Credit, the below top tips will help you manage your money from one month to the next.

BUDGET FOR LOWER INCOME MONTHS

Although you may be tempted to set your budget based on the best-case scenario, this can leave you short. Instead, budget for your lowest income month as this will ensure you have all your essential costs covered. Then, if you have a good month, you can revise next month's budget or add to your savings.

MONITOR YOUR OUTGOINGS

You may not know exactly how much money you are going to have coming in each month, but you can work out how much needs to go out. By monitoring your outgoings, you can stay on top

of your finances and identify areas where you can cut back. Make sure you include your bills, food shopping and other essentials, such as travel costs.

PLAN AHEAD

If your income fluctuates at different times of the year – for example, you make more during the summer months or the run-up to Christmas is your busiest time – then make sure you put some of this income aside to help see you through during quieter periods. Also, don't forget to factor in times of the year when your outgoings are higher, such as when annual bills are due or in winter when your energy bills are higher.

HAVE AN EMERGENCY FUND

Rather than spend any spare income that you have during a good month, it is a much better idea to set up an emergency fund to get you through times when your income might be lower. Ideally, this should be enough to cover three months of essential outgoings. Set this up in a separate bank account, or you can save it in a money box.



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.

FairView

Financial Management

01268 944042 info@fairviewifa.co.uk fairviewifa.co.uk

**Independent Financial Advisers & Whole of Market
Mortgage Brokers**

Fairview Financial Management Ltd is an appointed representative of 2plan wealth management Ltd which is authorised and regulated by the Financial Conduct Authority. Fairview Financial Management Ltd is entered on the FCA register (www.fca.org.uk) under no. 976151. Registered office: 12 Farm View, Rayleigh, Essex, SS6 9PT. Registered in England and Wales Number: 14057510.

FairView

Financial Management

Running out of money tops retirement concerns, but financial planning could bring peace of mind

If you're concerned about running out of money during retirement, you're not alone. In fact, it's one of the top financial concerns in the UK. Being proactive and working with a financial planner to create a retirement plan could offer you peace of mind. Read on to find out why. In an Aegon survey, 7 in 10 financial advisers said their clients' number one concern was outliving their savings. The good news is that by seeking the support of a finance professional, you can understand what income is sustainable for you and the lifestyle it might afford.

High inflation is playing a role in fears of running out of money

When you retire, you may have a pension pot that you could use to create an income. However, as you may be responsible for managing withdrawals, you might worry about taking too much too soon. It can be difficult to know what a sustainable income is. After all, you don't know exactly how long your pension will need to provide an income for, or what unexpected expenses you could face. Recent economic circumstances have also highlighted how factors outside of your control could affect the income you need to maintain your lifestyle.

The effects of the Covid-19 pandemic and the war in Ukraine led to prices rising. Many countries have experienced a period of high inflation as a result. In the UK, inflation peaked at 11.1% in October 2022 – the highest rate recorded in 40 years. Inflation has since fallen, but is still above the Bank of England's target of 2%. According to the Office for National Statistics, in the 12 months to February 2024, inflation was 3.4%.

As the cost of goods and services increased, some retirees may have taken a higher income from their pension to meet their outgoings. Some could be on track to deplete their assets quicker than expected as a result, which may fuel concerns about running out of money. Given the circumstances, it's not surprising that the Aegon survey found that 64% of financial advisers also said inflation was a major concern for their clients.

With so many different factors to consider when deciding how to create a sustainable income from your pension, it can feel overwhelming. Financial planning that's tailored to you could offer you the reassurance you need to feel confident about your finances and the decisions you make.

A tailored financial plan could address your fears

As you might expect, creating a bespoke financial plan involves assessing your assets, but also includes understanding your goals and fears to give you confidence about the future.

Cashflow modelling could be a valuable financial planning tool if you're worried about running out of money in retirement.

Based on data like the value of your assets and outgoings, it can create a visual representation of your wealth and how it could change during your lifetime. It will also include some assumptions, like the returns your investments are expected to generate and the rising cost of living.

After inputting the data, you can change information to model how your decisions might affect your financial security. For example, you could create a visualisation of how your assets may change if you took an annual income of £35,000 from your pension, and then see how your financial security would change if you increased it to £40,000.



CALL US TODAY ON
01268 944042

info@fairviewifa.co.uk
fairviewifa.co.uk



Cashflow modelling may also be used to answer questions that you're worried about, such as:

- Would a period of high inflation mean I'd run out of money during my lifetime?
- Could my pension provide a reliable income if I lived to 100?
- Would I have enough to cover the cost of care if it's needed later in life?
- Could I sustainably increase my income each year to reflect the rising cost of living?

Cashflow modelling isn't just useful for understanding what level of income is sustainable either. It can factor in one-off outgoings so you can review their impact on your financial resilience.

For instance, the Aegon survey suggests travelling or living overseas is an aspiration for many. So, you might want to model what would happen if you withdrew a lump sum to fund a bucket list trip, or whether you could afford to buy a holiday home.

Similarly, many people want to lend financial support to the next generation. As a result, you may want to incorporate gifting assets during your lifetime to help your family reach milestones, like getting on the property ladder or pursuing further education.

We could help you create a long-term retirement plan

A retirement plan could help you enjoy the next stage of your life and feel confident about your finances. We're Fairview Financial Management Ltd; a firm of independent financial advisers based in Rayleigh. Please get in touch to arrange a complimentary initial meeting to talk about how you might create a sustainable income using your pension and other assets.

This article is for general information only and does not constitute advice. The information is aimed at retail clients only. The Financial Conduct Authority does not regulate cashflow planning. A pension is a long-term investment not normally accessible until 55 (57 from April 2028). The fund value may fluctuate and can go down, which would have an impact on the level of pension benefits available. Past performance is not a reliable indicator of future performance. The tax implications of pension withdrawals will be based on your individual circumstances. Thresholds, percentage rates, and tax legislation may change in subsequent Finance Acts. Fairview Financial Management Ltd is an appointed representative of 2plan wealth management Ltd which is authorised and regulated by the Financial Conduct Authority. Fairview Financial Management Ltd is entered on the FCA register (www.fca.org.uk) under no. 976151. Registered office: 12 Farm View, Rayleigh, Essex, SS6 9PT. Registered in England and Wales Number: 14057510.



Nick Berry will be home in a heartbeat



He may have found fame and glory, but for actor Nick Berry, Epping is and always will be home.

There was a period from the mid-80s to late-90s when actor-turned-singer Nick Berry could have stopped traffic – assuming the drivers of the cars were middle-aged women who dutifully set their VCRs to record either *EastEnders* or *Heartbeat*.

Berry was born in Woodford but has lived in Epping for most of his life. He is best known for his roles as Simon Wicks in *EastEnders* and as PC Nick Rowan in ITV countryside police drama, *Heartbeat*. The handsome, down-to-earth star reached the apex of his fame in 1992 when he released his eponymous second album, featuring the theme tune to *Heartbeat*, which made it to number 2 in the singles chart (although six years previously he had trumped that with the number 1 smash *Every Loser Wins*, when residing on Albert Square).

These days, however, he has turned away from too much time in the spotlight. The charming star can often be seen walking with his dog in Epping Forest, an area easily reachable from his home in the affluent Palmers Hill area. There are no screaming fans or paparazzi hiding in the bushes, and for this, Berry, who turned 60 last year, is grateful.

Berry decided to walk away from fame in 2003 in order to focus on his family life with his wife, Rachel Robertson, and their two young sons, Louis and Finley – now both in their twenties.

“Rachel and I have never been into that side of the entertainment industry. I made enough money to have a comfortable and happy life and for that I will always be grateful, but family is my priority,” says Berry.

“I grew up in Wanstead Flats, and from our rear window we had a view of the City of London Cemetery. We consistently had meals on the table, but our financial resources were limited. That’s why I value what I have.”

Photo credit: ITV/Stillersbook

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



info@johnhunterheating.com
www.johnhunterheating.com



LOCAL FEATURE

Medieval church with 600 years of history

Discover the history behind the 600-year-old Leigh-on-Sea church, St Clement's.

Throughout a multitude of significant historical events, St Clement's Church has remained a steadfast presence on Leigh Hill, with its tower serving as a guiding landmark for those travelling along the River Thames to London.

The building's north aisle, dating back to around 1400, is its most ancient section. Legend suggests that the stones used in the church's construction were sourced from the remnants of Hadleigh Castle (though this lacks factual basis).

Notably, the north wall integrates stone steps that once led to a now-removed rood screen (which would have separated the choir from the nave). The north aisle's ceiling – resembling the underside of a ship – is speculated to have been crafted by Leigh's medieval shipbuilders.

Over the years, as Leigh's population

expanded, so too did the church. Within the next century, the centre aisle and tower were constructed using the same Kentish ragstone. Additionally, a redbrick Tudor porch was added on the southern side of the church.

The 1872 extension of the chancel to the east marked the first significant alteration to the church's layout in almost four centuries, while 25 years later, the south aisle was constructed. Modifications were also made to the south wall to include an arcade.

The Lady Chapel was built in 1913 as a tribute to the revered Bishop of Lincoln Edward King (1829-1910). He was the brother of a former rector, Canon Walker King, and the uncle of the rector at that time, Canon Robert King.

St Clement's has been a silent observer to many pivotal moments, including the advent of the railway connecting Leigh to London, and the profound impact of both World Wars on the local community.

The Resurrection Chapel within the church is a poignant memorial to those we have lost, featuring tributes such as ceramic poppies from the Tower of London and a plaque commemorating the town's involvement in the Dunkirk evacuation.



T. Cribb & Sons

Established 1882

Family owned Funeral Directors & Carriage Masters



VINTAGE HORSE DRAWN CARRIAGES

MODERN & TRADITIONAL VEHICLES

INTERNATIONAL REPATRIATION

PRE-PAID FUNERAL PLANS



www.teribb.co.uk

01268 427 529

The Willows, 3 The Broadway,
South High Road, Pitsea, SS13 3AR

01268 427 052

The Willows, 61 High Road, South
Benfleet. Essex, SS7 5LH

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
- 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!

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 cleaning 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.



- 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

YOUR LOCAL EVENTS



WHAT'S ON

LANGDON NATURE DISCOVERY PARK & HORNDON MEADOWS

Langdon Nature Discovery Park,
Lower Dunton Road, Basildon, SS16 6EB
Sunday, May 19, 9.30am



Photo credit: Roger Jones

Join the Wickford Wildlife Society for this free walk around the new nature discovery centre. Enjoy spotting the wildlife in this stunning 461-acre nature reserve, which comprises of woodland, meadows, lakes and former plotland gardens.

To sign up, please get in touch with the society at info@wickfordwildlife.co.uk

THE ROCK DINOSAURS

The White Swan, 3-5 The Broadway,
Wickford, SS11 7AD
Friday, May 24, 9pm

Prepare for a two-hour music fest as this talented four piece perform a range of classic rock tunes. The Dinos are experts in all kinds of music, playing songs from as early as the 1970s all the way up to the modern day. Entry is free.

SHADES OF SIMON

The Mills Arts and Events Centre, Mill Hall,
Bellingham Lane, Rayleigh, SS6 7ED
Saturday, June 8, 7.30pm

The UK's number-one Paul Simon tribute band bring their acclaimed show to Rayleigh. Expect some of the iconic songwriter's biggest hits, including *Bridge Over Troubled Water*, *The Sound of Silence* and *Mrs Robinson*.

Tickets cost £21. Book via www.thelittleboxoffice.com/shadesofsimon/book/event/193068

HELLENBACH COUNTRY BAND

Wickford Railway Club, Market Avenue,
Wickford, SS12 0AD
Saturday, June 8, 8pm

Enjoy the Hellenbach County Band playing hits from Dolly Parton, Willie Nelson, Loretta Lynn and more in this one-night trip to the American West.

Entry is free.

RAYLEIGH TRINITY FAIR

High Street, Rayleigh, SS6 7EF
Sunday, June 9, 11am – 4pm

This popular annual event dates all the way back to the 13th century. There will be a main stage, children's attractions, market stalls, games, classic cars and more in this massive celebration.

Entry is free.

SUMMER SOLSTICE CELEBRATION

Rayleigh Town Museum, 91 High Street,
Rayleigh, SS6 7EJ
Monday, June 17, 7.15pm – 9.15pm

Welcome in the summer solstice ahead of the equinox by discovering the world of faeries through the magic of a special sound bath.

Under-18s must be accompanied by an adult, and the event is not suitable for those who are pregnant, fitted with a pacemaker/stent, or who suffer from epilepsy.

Tickets cost £16. To book and find out more, email mrsptalks@gmail.com



Photo credit: Terry Joyce



SPRING OFFER
UP TO 20% OFF*
SKYLIGHTS WITH OUR ROOFING SYSTEMS
 Contact for more info

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



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

01268 203483 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

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.

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.



HISTORY

THE STORY BEHIND THE Railway Children

May 2024 marks the centenary of the death of writer E. Nesbit, best known for her children's books. Nesbit's own life was full of ups and downs, much like the tales she wrote. Edith Nesbit was born in London in 1858 and had a tough start. Her father died when she was just four years old. Her mother then moved the family of six children around Europe in search of a climate more suitable for Edith's sickly older sister, Mary.

A WAY OF ESCAPE: At first, writing was a way for Edith to escape her difficult life. Later, it became a way for her to make money when her husband, Hubert Bland, couldn't provide for his family. Hubert wasn't faithful, and Edith ended up supporting not just their three children, but also two children from Hubert's other relationships.

BREAKING THE MOULD: Before Edith's books, most children's literature was about make-believe or teaching moral lessons. Nesbit changed that. She wrote about children having adventures in places that could be just around the corner.

THE RAILWAY CHILDREN: *The Railway Children* tells the story of three siblings, Roberta, Peter and Phyllis. They move to a house near a railway after their father is falsely accused of being a spy and sent to prison. Their friendships with the local people and their adventures eventually lead to proving their father's innocence and his return home. In 1970, the story was made into a film, making a star of Jenny Agutter OBE, who played Roberta.

Nesbit didn't just write for children. She also wrote novels and poems for adults. These aren't as famous now, but they show she was adept at writing for different audiences. Her children's books continue to enchant readers to this day, marking her as one of the most significant writers of the 20th century.



Photo credit: Julian De Mannevez via boggielch/book.co.uk, Johnkers RareBooks, Historiar/Shutterstock



**DO YOU WANT TO SAVE ENERGY?
DO YOU WANT TO RETAIN HEAT?
DO YOU WANT TO SAVE MONEY?
DO YOU WANT TO PROLONG THE LIFE OF YOUR EXTERIOR PROPERTY?**

As Properla Approved Installers we offer a range of exterior super hydrophobic waterproof and 100% breathable coatings for your roof or walls, designed to reduce energy costs and protect the exterior of your property and save you money.

CLEANING & COATING SERVICES
PROPERLA & RENOTEC WALL & ROOF COATINGS
APPROVED INSTALLERS

**ENERGY SAVING TRUST APPROVED PRODUCTS IN THE RANGE
ALL PRODUCTS COME WITH A 10-20 YEAR
MANUFACTURERS GUARANTEE**

- Roof & Wall Coating
- Driveway Cleaning & Coating
- Wood impregnator
- Damp & Mould Prevention
- Insulation Removals
- Solar Panel Cleaning

Call us: 07810 562 506 or visit: www.ecocoats.co.uk



01255 820198
01206 984200

PROGAS

sales@progassex.co.uk
progassex.co.uk

PRO GAS ESSEX

- Local independent bottle gas supplier
- Free and quick reliable delivery
- No deposit on cylinders if you switch over to us
- Domestic heating
- Catering and much more

Call today for competitive prices

with this advert

BBQ Gas

Fork Lift Gas

Domestic Gas

Catering Gas

SCAN ME



IT'S A FARMER'S LIFE

THE THIRD SERIES OF *CLARKSON'S FARM CROPS UP SOON*, BUT WHY IS THE CONCEPT OF A PETROLHEAD PARADING IN AMONG THE PIGS SUCH A RATINGS WINNER?



Known more for his career in automotive journalism, Jeremy Clarkson's pivot to rural life has not only been educational and entertaining, but also a true transformation of someone who has reinvented himself away from the high-octane heat of *Top Gear*, *The Grand Tour* and more.

Set in Chipping Norton, in the Cotswolds, the debut series of *Clarkson's Farm*, from 2021, lured viewers in by showcasing the former motoring broadcaster getting to grips with machinery of an altogether different kind – from tractors to milking contraptions and more.

Backed by his charismatic, witty and occasionally serious take on modern agricultural complexities, the series delved into the significant challenges facing the farming industry – extreme weather conditions, skyrocketing inflation, crops and the daunting economics of keeping a farm afloat... no better referenced than the meagre £144 arable farming profit he made in year two!

Clarkson is aided on-site by a host of typically rural characters, yet it has been his unexpected and somewhat charming friendship with farm worker Kaleb Cooper that has endured.

Their relationship, marked by banter and mutual respect, sees 25-year-old Kaleb often act as a foil to Clarkson's novice enthusiasm and grandiose plans, bringing a grounded perspective to some typically outlandish ventures.

From a local young farmer to a national celebrity, Kaleb's journey highlights how dedication and knowledge can bring about unexpected opportunities. "It has been a rollercoaster ride and the best thing to ever happen to me," he says. "I don't think anyone in agriculture has ever believed their work would court celebrity circles, but if there was ever a reward for hard graft then this is certainly it."

In addition, the success of the series has driven energy and enthusiasm into the same rural communities so used to seeing younger folk depart for the city lights.

Of course, current *Who Wants To Be A Millionaire?* host Clarkson is still the skilful schemer he always was. In August 2022, the 62 year old was ordered by West Oxfordshire District Council to close the restaurant attached to the farm after being denied planning permission.

Despite his claim of exploiting a "delightful little loophole" to open in July, the council issued an enforcement notice. "The loophole is no more," he quipped.

Season three sees the unlikely pair tackle various new challenges, such as attempting to profit from unused areas of Diddy Squat Farm, inventive projects involving woodland and hedgerows, and ventures into raising different livestock and crops.

It will be split into two parts of four episodes each – 1-4 available from May 3, and 5-8 commencing May 10. "I had no idea where this project would take me when I started it," says Clarkson, "though I can safely say it's been one of the most rewarding things I've done in my whole life.

"Really, farming and agriculture remains the heartbeat of this nation. We should all take time to think about it, about the environment, about where our food comes from, and the real costs associated with producing it.

"I would like to think the series is a tribute to the trials, triumphs and essential truths of farming life – and the incredible hard work that goes into it... sometimes even by me!"



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**

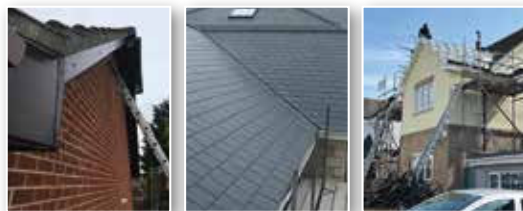
Visit us on martinhandyholmes



ROOFING CONTRACTORS

AN EXCEPTIONAL ROOFING COMPANY

- GREAT ROOFING PRICES
- FULLY GUARANTEED WORK
- OUR SERVICES INCLUDE:
- FLAT ROOFING ■ PITCHED ROOFING
- NEW ROOFS ■ REPAIRS & MAINTENANCE
- SLATING & TILING ■ LEAD WORK
- RUBBER ROOFING ■ FELT ROOFING
- ROOF FURNITURE (SKYLIGHTS, ETC.)
- ALL ASPECTS OF GUTTER WORK



FREE NO-OBLIGATION QUOTES

CONTACT US TODAY

■ **01702 278474**

■ info@bbroofingcontractors.co.uk
■ www.bbroofingcontractors.co.uk

Checkatrade.com
Where reputation matters



GARDENING

PERFECT Spring PLANTING

Just because spring is already upon us doesn't mean that it is too late to inject some colour into your garden. These beautiful blooms make the perfect pairings and guarantee to brighten up any outside space.

Roses and lavender: You can add structure and beauty to your garden by planting shrub roses surrounded by scented lavender. While the tops of roses are lush and plentiful, the bottoms can become leggy and sparse, which is where lavender can come to the rescue.

Trilliums and ferns: Trilliums are perfect for adding to borders in light shade and combine very well with other woodland plants such as ferns, which look simply stunning when they unfurl in the spring and into the summer months.

Muscari and feather grass: Muscari, also known as grape hyacinths, are very easy to grow and look great when combined with other spring bulbs and also with fine grass such as feather grass. Bear in mind that muscari tend to spread so, if this is an issue, plant them in pots rather than directly in the ground.

Daffodils and wallflowers: Daffodils are synonymous with spring, making them a welcome addition to any garden. For the ultimate display, pair them with wallflowers, which are not only vibrantly colourful but also give off a rich and sweet fragrance.

Tulips and euphorbia: Tulips and euphorbia are a match made in heaven. The acid yellows and greens of the latter combine perfectly with most shades of tulips, but especially white and purple varieties, which will really pop among the lush greenery. Plant in a sunny spot for best results.

Heathers and hellebores: Winter heathers flower well into the spring, making them ideal for use in pots and container displays. Combine with an array of brightly coloured hellebores, and irises if you have any, for an eye-catching display.



Photo credit: www.gardenersworld.com www.gardenersnet



PRUNING climbing PLANTS



Following on from our guide on how to choose the right climbing plants for your garden, we are exploring how to prune these varieties, with simple steps that are easy to follow.

HOW TO PRUNE IVY: Ivy does not need to be pruned for its health, but as a vigorous plant, you will probably need to prune it at some point to prevent it from outgrowing your space. For best results, prune English ivy in spring.
> Trim back any excess growth.
> Remove any leaves that feature dark spots as these may have a bacterial or fungal infection.

HOW TO PRUNE JASMINE: Some jasmine varieties flower in summer and others in winter – both need to be pruned after they have finished blooming to avoid damaging any flower buds.
> Start by pruning out any dead, diseased or damaged stems.
> Next, trim out any long, straggling shoots that are growing away from the plant's support.
> Finally, shorten the stems to the nearest strong side shoot to keep your plant's shape.

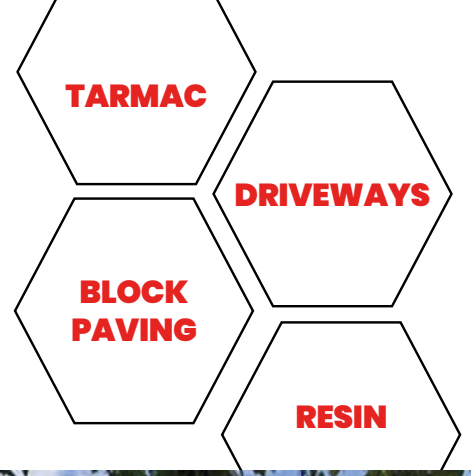
HOW TO PRUNE VIRGINIA CREEPER: Virginia creeper should be pruned annually (in winter) to

keep growth in check. This is especially important if you are growing this plant up the side of your home.
> To start, cut back older or overcrowded stems.
> Trim back any growth from the gutter, windows and downpipes.
> Remove dead or diseased vines that have been affected by pests or caused by overwatering.

HOW TO PRUNE JAPANESE QUINCE: Ideally, you should prune this plant in late April or early May, right after spring blossoming. If you prune any earlier than this, you risk losing many of its flowers.
> Examine the shape of the plant and then select approximately one-third of the branches for removal (make sure these are divided evenly over the shrub).
> At the same time, remove any dead, diseased or damaged branches.



Producing Immaculate Finishes for Decades



- ◆ **Essex's leading road & surfacing contractor**
- ◆ **Grab Lorry Hire Essex**
- ◆ **A family business**
- ◆ **Established for decades**



01621 772429 info@ljanderson.co.uk www.ljanderson.co.uk



If you're thinking your driveway needs doing, those fence panels need replacing, your patio needs updating or your back garden needs a makeover -

PLEASE THINK OF US, ALWAYS HAPPY TO HELP & FREE ESTIMATES GIVEN

Local Independent Family Run Business 40+ Years Experience

07856 024917 / 07752 866709

jflandscapes1@hotmail.com

[@juniperfencingandlandscapes](https://www.facebook.com/juniperfencingandlandscapes)



FAST, EFFECTIVE & PROVEN

ESSEX BASED LEAFLET, PRINTING & DISTRIBUTION SERVICE

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

CONTACT US 0800 086 2836

www.flyerdistributionessex.co.uk

BBQ SAFETY

tips for pet owners



BBBQ season is upon us, with households up and down the country enjoying sizzling sausages, succulent burgers, and finger-licking kebabs. However, if you have any pets, the BBQ area can be a real danger.

a pet-friendly area in your garden where they have access to shade and water.

1 Keep the BBQ area safe

With so much food and drink lying around, you need to ensure that your pet is protected from food poisoning and other potential health problems.

- > Avoid feeding your pet scraps such as cooked meat as these may contain spices, onions, and garlic which are toxic to pets.
- > Keep any alcoholic drinks away from your pets as even small amounts can be toxic when ingested.
- > Dispose of leftover food safely as bones pose a choking hazard.
- > Keep the BBQ on a flat surface to avoid any tipping accidents.
- > Keep skewers away from your pets, as if ingested, these can cause internal damage.
- > Keep lighter fluid, insect repellent, and other chemicals away from your pets.
- > Dispose of charcoal and ashes safely as these can be harmful if ingested.

3 Be vigilant of any leftovers

With so much food and drink lying around, you need to ensure that your pet is protected from food poisoning and other potential health problems.

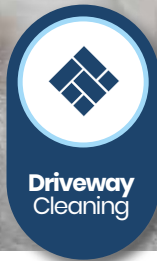
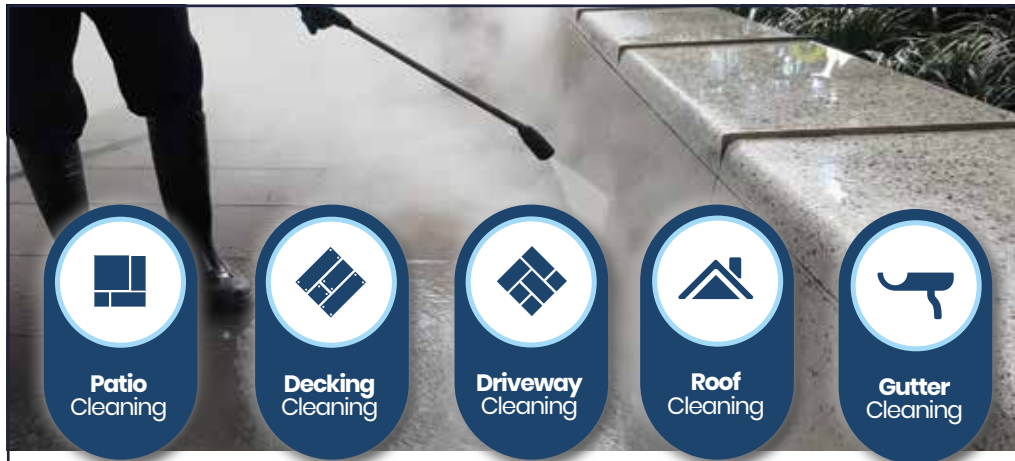
- > Avoid feeding your pet scraps such as cooked meat as these may contain spices, onions, and garlic which are toxic to pets.
- > Keep any alcoholic drinks away from your pets as even small amounts can be toxic when ingested.
- > Dispose of leftover food safely as bones pose a choking hazard.

2 Have designated pet-free/friendly areas

To avoid accidents and to prevent your pets from knocking over the BBQ or getting burnt, it can be a good idea to set up a physical barrier around your grill. You may also want to create

4 Monitor your pet's behaviour

Watch out for any signs of distress or discomfort as well as symptoms like excessive drooling or panting and whining as these may indicate that they have ingested something they shouldn't have. If you notice anything worrying, give your vet a call.



Contact Us

Call Alex 07597 914 832

Call Richard 07960 074 047

Email Us jordonsjetwashing@gmail.com



Follow us on socials [f](https://www.facebook.com/jordonsjetwashing) [@](https://www.instagram.com/jordonsjetwashing) www.jordonsjetwashing.com



5 REASONS TO ADVERTISE

Why do businesses benefit from hyperlocal advertising?

1. Targeted advertising

Hyperlocal advertising allows companies to target customers who are within a specific geographic area, making it easier to reach the right audience and increase the chances of converting them into paying customers.



2. Cost-effective

Hyperlocal advertising can be cost-effective because it is focused on a specific local area, meaning that businesses can reach their target audience without wasting money on broader marketing campaigns that may not be as effective.



3. Increased engagement

Hyperlocal advertising can lead to increased engagement with customers because it is focused on the local community and the interests of the people living in that area. By targeting customers with ads that are relevant to their interests and needs, companies can build a stronger relationship and increase their chances of repeat business.



4. Improved search engine optimisation

Hyperlocal advertising can improve a business' search engine optimisation because it targets customers who are likely to be searching for businesses and services in their local area. By optimising their website and other online presence for local search terms, businesses can improve their visibility and attract more customers.



5. Better return on investment (ROI)

Hyperlocal advertising can lead to a better ROI because it is focused on a specific area and customer base. Targeting customers who are likely to be interested in their products or services, can increase conversion rates and revenue.



IS YOUR BUSINESS READY TO BENEFIT FROM HYPERLOCAL ADVERTISING? CONTACT **VISION** TO FIND OUT MORE

AERIALBASE.COM

TV • AERIAL • SATELLITE
INSTALL • SERVICE • REPAIR

**AERIALS
FULL FITTED
from £59.97**

**AERIALS
SET UP/ REPAIR / TUNING
ONLY £29.97**

digital sky freesat youview

**FREE CALLOUTS
SAME DAY SERVICE** (where possible)

**01268 613089 / 01375 460964
FREEPHONE 0800 193 0017
BOOK ONLINE @AERIALBASE.COM**

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

SAME DAY CALL OUT AVAILABLE

**ALL MAKES
ALL MODELS
REPAIRS
SALES**

CALL OR BOOK ONLINE **SPIN DOCTOR**

01279 310793
www.spindotoruk.co.uk

FULLY FITTED PRICES FROM £995

UNBEATABLE VALUE ELECTRIC GARAGE DOORS

- ✓ FREE installation
- ✓ FREE 5 year warranty
- ✓ Manufactured in the UK
- ✓ Fitted by a local Garolla engineer
- ✓ The UK's No.1 recommended

GAROLLA
ELECTRIC GARAGE DOORS

★ Trustpilot
★★★★★
4.7 out of 5

BOOK A FREE SURVEY TODAY
01279 510 063
GAROLLA.CO.UK

Top 3 reasons to hire a mobile bar

Booking a mobile bar for your private event such as a wedding, big birthday celebration or summer gathering offers several advantages.

1) Mobile bars bring the party to you, offering convenience and flexibility. Whether your event is in a remote location, a private residence or a rented venue, a mobile bar can easily set up and cater to your guests' needs without the hassle of transporting drinks and equipment.

2) Mobile bars allow you to tailor the drink selection, decor and theme to suit your event. You can work with the mobile bar team to create a unique experience that reflects your preferences and style.

3) Booking a mobile bar can be a cost-effective option compared to setting up a traditional bar at your event. Mobile bar packages often include everything you need, eliminating the need to hire multiple vendors separately and offering various package options to suit different budgets.

Call Keith today to enquire about your next big event.



"A perfect addition to our wedding day, highly recommended".

"Incredible service for our Christmas event
Fantastic mocktails and other non alcoholic drinks.
Amazing value and communication right up to the day was spot on. Highly recommended!!"

"No nonsense set up. Keith was professional, friendly and approachable. He was a real asset to our launch event. Would highly recommend".



Get booked in now for
Spring & Summer 24

The Vdub Tavern is a company running bespoke converted VW Campervans selling the finest local crafted ales, draft lager and ciders, plus cocktails and Prosecco

Available now for hire -
events, celebrations &
party, party, party!

Check us out at
f hire#vdubtavern i vdubtavern
www.thevdubtavern.co.uk
or give us a call on 07969 285501

The cherry N THE CAKE



FOOD & DRINK

What fruit announces summer better than glossy and ripe British cherries, often grown on family farms or orchards in the south of England, particularly in Kent?

Cherries may be small, but they're also scrumptious – and pack a big nutritional punch. They're one of your five-a-day and packed with vitamins, minerals and antioxidants. This includes vitamins A and C, vital for your skin and immune system, and potassium, essential for heart health and regulating blood pressure.

Cherries, particularly tart cherries, are also great to snack on if you're struggling from sleep disorders. Sweet cherries are high in melatonin, a sleep-inducing hormone, so try eating some around an hour before you go to bed.

If you're looking for a sweet treat for your next BBQ, or feel like making a celebratory bake for any

other special occasion this summer, why not indulge in this delectable cherry cake?

YOU WILL NEED:

250g plain flour | 2 tsp baking powder | ½ tsp salt | 115g unsalted butter, softened | 200g granulated sugar | 2 large eggs | 120ml milk with 1 tsp vanilla extract added | 400g fresh cherries, pitted and chopped | Icing sugar to decorate (optional)

HOW TO MAKE:

Preheat the oven to 175°C/150°C fan/gas mark 4 | Grease a 23cm/9in diameter round cake pan | In a medium bowl, stir the flour, baking powder and salt together | In a large bowl, beat the butter and sugar together until light and fluffy | Add the eggs, one at a time, beating well after each one | Gradually add the flour mixture to the butter and sugar mixture, alternating with the milk and vanilla, and mix until just combined | Lightly toss the cherries in flour – this will stop them from sinking during the baking process | Pour the mixture into the cake tin and lay the cherries across the top | Bake for 35-40 minutes, or until a toothpick inserted in the centre of the cake comes out clean | Cool for 10 minutes before removing it from the tin | Dust with icing sugar before serving if you wish.





HOW TO COOK THE PERFECT FISH & CHIPS

THE HOMEMADE WAY TO ENJOY NATIONAL FISH AND CHIP DAY



To celebrate National Fish and Chip Day on Thursday, June 6, we're sharing the ultimate fish and chips recipe so that you can enjoy this popular national dish from the comfort of your own home.

YOU WILL NEED:

- > 650g skinless cod, haddock or hake, cut into 4 pieces
- > 50g self-raising flour
- > 50g cornflour
- > 1 egg white
- > 125ml sparkling water
- > 600ml sunflower oil for frying
- > 800g unpeeled, even-sized Maris Piper or King Edward potatoes
- > 2 tbs olive oil
- > Salt and pepper to season

HOW TO MAKE THE CHIPS:

1. Cut the potatoes into 1.5cm thick chips.
2. Add to a saucepan of water, bring to the boil, lower the heat and simmer for 4-5 minutes.
3. Drain, pat dry and leave to cool.
4. Heat the oven to 220°C/200°C fan/gas mark 7.
5. Place a large, shallow roasting tray in the oven

with 1tbs olive oil and heat for 10 minutes.

6. Mix the chips in a bowl with 1 tbs olive oil and then add to the roasting tray.
7. Bake for 5 minutes, turn them over and bake for a further 8-10 minutes until crisp.

HOW TO COOK THE FISH:

1. Place 1 tbs flour on a plate and coat each piece of fish.
2. Pour the sunflower oil into a heavy, non-stick wok and heat to 200°C.
3. Mix the rest of the flour, cornflour and seasoning.
4. Pour the sparkling water into the flour mix and gently whisk.
5. Whisk the egg white until frothy.
6. Add the egg white to the flour mix and lightly whisk. Try to retain as many bubbles as you can to keep the batter light.
7. Fry 2 pieces of fish at a time, dipping them in the batter to coat and then lowering them into the oil using a slotted spoon.
8. Fry for 5-6 minutes, turning the fish halfway through to ensure it is golden all over.

Serve your fish and chips with some peas, mushy or normal, and a wedge of lemon.



Animal buns



Have fun in the kitchen with your little ones while making these super-simple and super-cute pig and frog burger buns that you and your kids will love creating!

You will need:

- 100g spinach (frogs) or 100g cooked beetroot (pigs) | 150ml warm milk | 500g strong white bread flour | 10g fine sea salt | 1 sachet dried yeast | 50g unsalted butter, melted and cooled | 125-150ml warm water | 2-3 black pitted olives | Extra milk for glazing

How to make:

1. Blend the spinach or beetroot and warm milk in a blender until smooth.
2. Add the flour and sea salt to a bowl and dry whisk with a fork.
3. Add the yeast and whisk again.
4. Gradually mix in the coloured milk, melted butter, and 1/3 of the water.
5. Bring the ingredients together with your hand until you have a shaggy dough.
6. Tip the dough out and knead for 10-12 minutes until springy and shiny.
7. Divide the dough into 12 pieces and roll 11 of these into tight balls.
8. Place on a baking tray, making sure to leave space between each ball as they will double in

size while baking.

9. To make the frogs, use the remaining piece of dough to make googly eyes and place a pair on each roll.
10. For the pigs, make little blobs for ears and larger blobs for the noses, use a skewer to mark out holes on each, and place them on each roll.
11. Cover loosely with oiled clingfilm and put in a warm place to prove for 30-45 minutes.
12. Preheat your oven to 200°C/180°C fan/gas mark 6.
13. Add the details to each roll – slivers of olives for the frogs' eyes and tiny pieces for the nostrils, and two tiny eyes for the pigs.
14. Bake for 12-15 minutes until risen and lightly golden.
15. Leave to cool. Slice and add your filling of choice.
16. These can be kept in the freezer for up to three months. Wrap tightly with plastic and then cover with tin foil to seal in moisture and flavour.

Other animal buns ideas:

- Turtle brioche buns | Hedgehog bread rolls | Octopus soup bowl.



Photo credit: Juliett Sains via ITV rangemeister.co.uk, shreknowes.com



**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



See all our magazines online
at www.visionmagessex.com

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

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



FIBR MYALGIA

Fibromyalgia Awareness Day 2024 is Sunday, May 12, so this month we're looking at the symptoms, causes and treatments. Fibromyalgia is a chronic condition that causes extreme tiredness and widespread pain. While there is no cure for fibromyalgia, you can manage your symptoms with the right treatments and therapies.

WHAT IS FIBROMYALGIA?

Fibromyalgia, also known as fibromyalgia syndrome, is a long-term health condition that causes pain all over the body. Other symptoms of fibromyalgia include: Increased sensitivity to pain | Extreme fatigue | Muscle stiffness | Difficulty sleeping | Problems with memory and concentration, known as fibro-fog | Headaches | Irritable bowel syndrome

WHAT CAUSES FIBROMYALGIA?

While the exact cause of fibromyalgia is unknown, it is thought to be linked to abnormal levels of certain chemicals in the brain and changes in the way the central nervous system processes pain messages.

While fibromyalgia can also be inherited through your genes, in many cases, the condition appears to be triggered by a traumatic event, such as:

- An injury or infection
- Childbirth
- An operation
- The breakdown of a relationship
- The death of a loved one

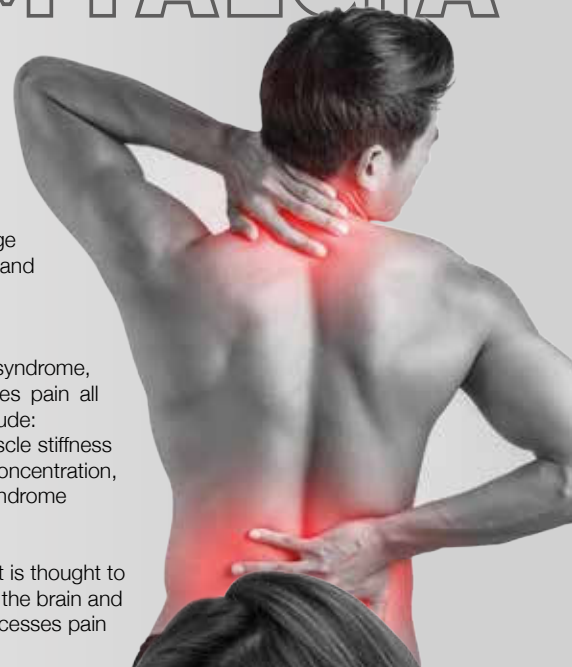
WHO IS MOST LIKELY TO BE AFFECTED?

Anyone can develop fibromyalgia, although this condition is seven times more common in women than it is in men. It most typically develops between the ages of 30 and 50 but can occur in both children and the elderly. An estimated one in 20 people is affected by fibromyalgia in the UK, but this is only a rough estimate as this condition can be hard to diagnose.

HOW IS FIBROMYALGIA TREATED?

As mentioned, there is no cure for fibromyalgia, but it can be managed with the right treatments. These tend to be a combination of:

1. Medicines such as antidepressants and painkillers.
2. Talking therapies, including cognitive behavioural therapy and counselling.
3. Lifestyle changes such as exercise programmes and relaxation techniques.



I love my specs
and there are times
I love my contact
lenses more

Contact lenses have never been easier
Call us to book a contact lens consultation today

Perfect Vision
OPTICIANS

100 Ferry Road, Hullbridge, Essex SS5 6EX T: 01702 232 222 E: contact@pvopticians.co.uk
www.pvopticians.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 @toppers_hair



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

227,500 READERS

KEY DEMOGRAPHICS ARE **EARLY 30s AND 60+**
 and around 61% of our readers are female

91,000

MAGAZINES DELIVERED MONTHLY
 TO HOMES AND BUSINESSES IN...

14 AREAS
 across Essex and
 East Herts

**AFFORDABLE
 ADVERTISING
 PACKAGES**

to suit every budget



76%
 CLIENT
 RETENTION
 RATE

VISION COMBINES...

**CURRENT
 editorial
 CONTENT**

**LOCAL FEATURES
 AND EVENTS**

**ADVERTISING
 SPACE IN A
 VARIETY OF SIZES**



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

OUR MAGAZINES ARE

**100%
 RECYCLABLE**

We're passionate about
SUPPORTING LOCAL BUSINESS

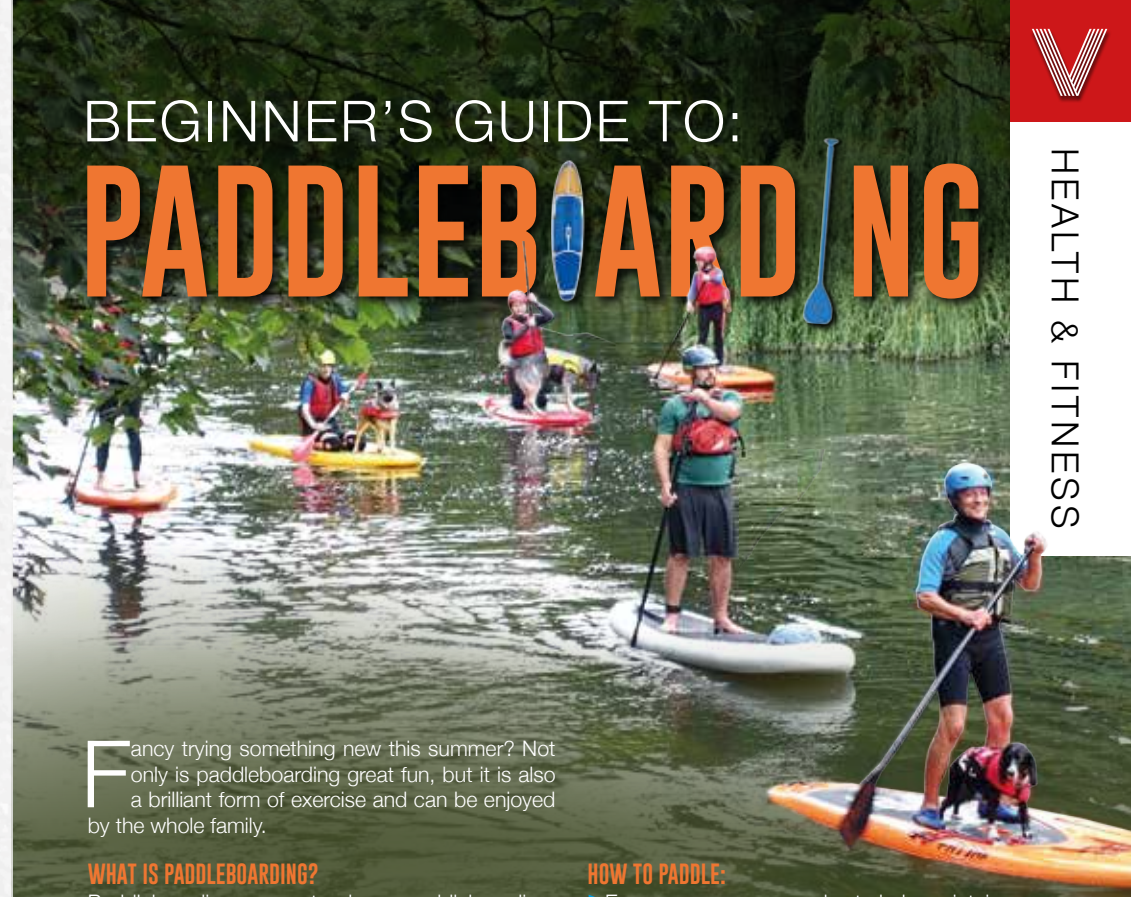


GET IN TOUCH TODAY TO ADVERTISE YOUR BUSINESS

BEGINNER'S GUIDE TO: PADDLEBOARDING



HEALTH & FITNESS



Fancy trying something new this summer? Not only is paddleboarding great fun, but it is also a brilliant form of exercise and can be enjoyed by the whole family.

WHAT IS PADDLEBOARDING?

Paddleboarding, or stand-up paddleboarding, is a water sport that enables you to enjoy and explore various waterways such as lakes, bays, rivers and even the sea. Unlike canoes or kayaks, paddleboards are completely flat and you can choose to stand, kneel or sit on them.

HOW TO STAND ON A PADDLEBOARD:

- You need to learn the proper paddleboarding technique if you want to be able to control and manoeuvre the board and get maximum enjoyment and physical benefits from it.
- > Stand next to the board in shallow water.
- > Place your paddle down on the board horizontally.
- > Attach the ankle leash if there is one.
- > Place your hands firmly on the paddle and kneel on the board just behind its halfway point.
- > When you feel like you have a good balance, slowly stand up.
- > Position yourself so that you are standing at the centre of the board which should be completely flat on the water.
- > Your feet should be facing forwards, about hip-distance apart with your knees slightly bent.

HOW TO PADDLE:

- > Engage your core muscles to help maintain balance.
- > Keep your arms straight as you extend the paddle forward for each stroke.
- > Make 4-5 short and close strokes on each side of the board and then switch sides, reversing your hand position.
- > To turn your board, keep paddling on one side (paddling on your right will make you turn left and vice versa).

WHERE TO PADDLEBOARD IN THE UK:

- > Chichester Harbour, West Sussex – Best for nature lovers
- > River Fowey, Cornwall – Best for stunning scenery
- > Saunton Sands, Devon – Best for slow waves

Remember that coastal waters are tidal so always check out the tide times before you set out. Slack tides are best for beginners as this is when the tide is moving at its minimum. Always wear a lifejacket when paddleboarding and, if you are worried about safety, choose a beach or other waterway that has a lifeguard present.



PUFFIN PARADISE



Looking for a great place to visit during the May half term? Consider exploring the Farne Islands, a group of 28 islands a few miles off the Northumberland coast.

WHAT CAN I SEE?

May and June are special in the Farne Islands because that's when puffins come here to have their babies, known as pufflings. There are 37,000 breeding pairs of puffins on the islands – more than anywhere else in the UK. The birds are drawn to the safe nesting sites on the islands' cliff edges and a plentiful supply of sandeels – their favourite food. These are actually a type of fish, not eels.

GETTING THERE

The best way to see the Farne Islands is to take a boat trip from Seahouses, a small village on the coast. Several companies organise the trips, but it's best to book in advance. You can sail around the islands and, weather permitting, land on one of them, usually Inner Farne.

WHO LIVES THERE?

Nobody lives on the Farne Islands all the time. But some National Trust workers stay there from March to October to care for the birds and seals. They

also make sure the islands are safe for people to visit.

PUFFIN FUN FACTS

- ▶ They're often called 'sea parrots' because of their colourful bills.
- ▶ They can live a long time – more than 20 years and sometimes even more than 30.
- ▶ They're great swimmers, using their wings like flippers to propel them through the water.
- ▶ They can dive up to 60 metres.
- ▶ They nest in burrows in the ground.
- ▶ They lay one egg, and both parents help to keep it warm.
- ▶ They're faithful and often return to the same partner every year.

The Farne Islands offer a fantastic chance to see nature in action – without even leaving the UK. There's always something incredible to spot. So, grab your binoculars and set off for an adventure you won't forget!



COOK'S COACHES

Booking line 01702 344702 or 349215



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

DAY EXCURSIONS JUNE

- 1st - Kensington Palace
- 1st - Norwich
- 2nd - Detling Antiques
- 2nd - Duxford D Day air show
- 4th - Beth Chatto Gardens
- 4th - Bexhill on Sea
- 4th - Hastings
- 5th - Bardfield Vineyard
- 5th - Chippenham Park Gardens
- 6th - Broadstairs
- 6th - Margate
- 7th - Brighton Retro Race Day
- 7th - Midsummer Fair at Hole Park
- 8th - Crafterama at Kent Showground
- 8th - Windsor Castle
- 9th - Ely
- 9th - Lee Valley Cruise
- 10th - Mystery Tour
- 11th - Scotney Castle
- 13th - Brighton

- 15th - Bury St Edmunds
- 16th - Broadstairs
- 16th - Windsor Castle
- 17th - Greenwich
- 18th - Faversham
- 18th - Whitstable
- 19th - Eastbourne
- 20th - Essex Countryside with lunch
- 20th - Mississippi Paddle Boat, Norfolk Broads
- 22nd - St Albans
- 23rd - Great Yarmouth
- 23rd - Kentwell Hall
- 24th - Colchester town or Zoo
- 25th - Canterbury
- 25th - Southwold & Aldeburgh
- 26th - Clacton
- 26th - Hampton Court
- 26th - Kew Gardens
- 26th - Walton on the Naze
- 29th - Cambridge
- 30th - Brighton
- 30th - Legoland

THEATRE TRIPS

- 29th May - Beauty of the Ballet at the RAH
- 31st July - Faulty Towers at the Apollo
- 12th Dec - Abba Voyage
- 15th Jan - The Devil Wears Prada
- 27th April - Torvill & Dean Last Dance at the NEC

HOLIDAYS

- BOURNEMOUTH - 1st July - 5 days £473
- ENGLISH LAKES - 8th July - 5 days £545
- LLANDUDNO & SNOWDONIA 28th July - 5 days £476
- TASTY SIDE OF YORKSHIRE 12th August - 5 days £518
- HIGHLIGHTS OF MANCHESTER 12th August - 5 days £490
- WATERFORD, SOUTHERN IRELAND 29th Sept - 6 days £498
- SIDMOUTH - 29th Oct - 5 days £465

**MANY MORE EXCURSIONS TO COME
PLEASE CALL FOR YOUR COPY OF OUR 2024 BROCHURE**

Tel: 01702 344702

Email: info@cookscoaches.co.uk

PLEASE VISIT OUR WEBSITE. NEW TRIPS ADDED DAILY.

www.cookscoaches.co.uk

Correct at time of printing.



A GUIDE TO CHOOSING THE RIGHT BELT FOR YOUR BODY SHAPE

Do you struggle to find a belt that does the job and looks good? If yes, then we feel your pain. Fortunately, the below guide to belts for all shapes and sizes is just what you need!

BEST FOR PETITE: Thin and monochrome

If you are a petite woman, then you need a belt that is going to elongate your figure and streamline your silhouette. For best results, look for a skinny belt that matches the colour of your whole outfit.

BEST FOR TALL: Wide

Taller ladies will benefit from a wider belt that will complement the natural proportions of your body. Don't be afraid to go big and bold with colour; your statuesque frame can handle it!

BEST FOR PLUS SIZE: Loose fit and contrasting colours

If you want a belt that hides your problem areas and makes the most of your curves, then opt for a loose fit design that rests lightly on your waist. For even more sass, match a bright belt with a contrasting coloured outfit.

BEST FOR HOURGLASS: High and wide

For those with glorious curves, you need to pay close attention to the positioning of your belt. Ideally, you should pick a medium to wide belt and place it slightly above your natural waist. This will emphasise your body shape without digging into your hips.

BEST FOR SHORT WAIST: V shape or chain

Make your upper body appear longer by drawing the eye downwards using a v shape or chain belt. This is especially important if you are wearing a midi-length skirt or dress.

BEST FOR BOYISH: Super slim

Create the illusion of hips with the narrowest belt you can find and wear it over an oversized dress or jumpsuit. Make sure you place the belt at your belly button and ruff up the fabric to add even more volume.

BEST FOR LONG WAIST: Big buckle

If you have a long waist, you can handle a bold buckle. Just make sure that you place your chosen belt higher up on your body to avoid adding any further length.



Photo credit: New York - SOSW



TO PLUCK or not TO PLUCK?

When you see hairs popping up on parts of your body where you definitely do not want them, it can be all too tempting to reach for the tweezers and give them a good old pluck. However, there are certain areas of the body where you should not use this hair removal technique.

✗ NOSE HAIRS: You should never pluck your nose hairs as these are there to prevent bacteria and infections. Instead, if you have very visible hairs growing out of your nose, it is a much better idea to simply trim them.

✗ HAIR ON MOLES: If you have hairs growing on or around any moles on your body, then you should not pluck these as this can lead to inflammation and can also increase the risk of the area becoming infected.

✗ INGROWN HAIRS: Ingrown hairs can be both unsightly and uncomfortable, but that doesn't mean you should go at them with a pair of tweezers. A much safer and more effective solution is to use a combination of steam, scrubs and exfoliation.

✗ SENSITIVE AREAS OF SKIN: Areas of skin such as under your arms, around your nipples and your bikini line should not be plucked. This is because the skin is incredibly sensitive in these areas and can easily become irritated or scarred.

HOW TO PLUCK EFFECTIVELY:

You can safely pluck other areas of your body, such as your chin, upper lip, eyebrows, toes and knuckles, using the below top tips:

- ✓ Always sterilise your tweezers before use or use a brand-new pair.
- ✓ Pull out the hair at an angle, following the grain of the hair.
- ✓ Pluck after showering for best results.
- ✓ Apply aloe vera lotion after plucking to soothe the skin.
- ✓ Take an over-the-counter painkiller 45 minutes before plucking to decrease discomfort.



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

GET AWAY, RELAX & UNWIND AT

PARK HOLIDAYS

Holiday Home Ownership

Steeple Bay Holiday Park

HOLIDAY HOMES

STARTING FROM JUST **£12,995!**

LOW FINANCE AVAILABLE

Free site fees 2024 & then Reduced until 2026
Available on selected models
Payment Options Available | Low Deposits

Holidays & Short Breaks

Holiday Home Ownership

Brand New Lodge Development
Luxury Lodges from **£99,995**



Please contact Lara for more information

☎ 01621 774001 📠 07415 239 231

✉ Lwilson2@parkholidays.com Southminster, CM0 7RS



UNUSUAL SPORTS:

LAWN MOWER Racing

Unsurprisingly, the sport of lawn mower racing was dreamt up while large quantities of beer were being consumed; although the UK's drink drinking laws now require all participants to prove their sobriety!

Indeed, it's just as well competitors keep a clear mind when climbing aboard these machines. While top speeds of 8mph may not have Lewis Hamilton and his Mercedes mechanics cowering with fear, competition is fierce. The roots of the sport – which originated in West Sussex in 1973 – have now spread worldwide.

The ethos behind lawn mower racing is simple – speed, competition and large amounts of fun. It came about when a group of racers adapted their home lawn mowers after finding themselves unable to afford the considerable set-up costs of traditional motorsports.

By removing the cutting blades, beefing up engines and, in some cases, lowering the riding position, they quickly discovered an affordable way

to experience the thrill of the throttle.

Lawn mower racing rapidly ascended to the point where its own governing body – the British Lawn Mower Racing Association – was set up to oversee events and competitions. Races generally take place in the spring and summer between May and October with British, World, Endurance and 12-Hour Endurance championships pitting the very best against each other.

Celebrity names, including Derek Bell MBE, Phil Tufnell, Chris Evans and Guy Martin, have all pursued arable acceleration on the track, with the late, great Sir Stirling Moss OBE a British champion in the 1970s.

The rapid growth of the sport has led to thousands of new riders getting involved each year. With numerous events listed throughout spring and summer, riders all over the country can sample the thrill first-hand. Competitors must be 18, brave and fast – no grass seed required!

Photo credit: Action Press/Shutterstock

GLADWELLS PET AND COUNTRY STORE

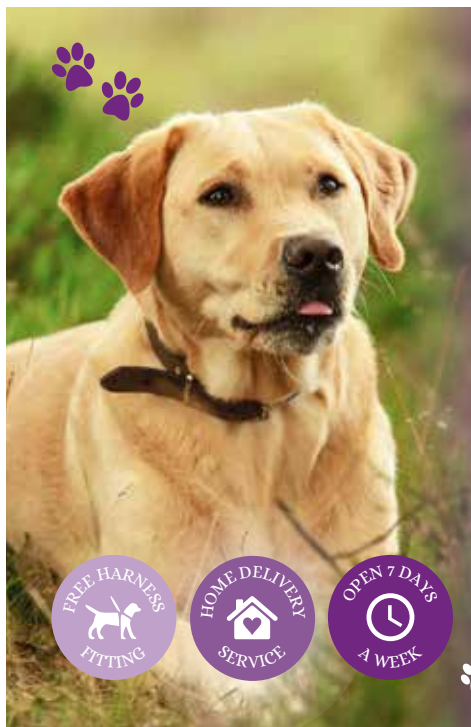
Lubards Lodge Farm, Hullbridge Road, Rayleigh, Essex, S86 9QG

01268 642601
rayleigh@gladwellspet.co.uk

£5 OFF

Hand this voucher to the cashier to get £5 off a £30 or more spend. For readers of Vision magazine. Offer ends 31/07/24. Valid at GP&CS Rayleigh only. Retail only. No cash alternative. One voucher per transaction. Copies will not be accepted. Not redeemable online. Excludes delivery service.

www.gladwellspet.co.uk



READY, STEADY, CELEBRITY



A-LIST RACERS IN THE LE MANS CHALLENGE

With the engines checked and ready to go ahead of the 92nd instalment of the world's most famous 24-hour race on June 15 and 16, here is a selection of the Le Mans race's most recognisable celebrity entrants.



MICHAEL FASSBENDER: Growing up in Ireland, Fassbender was obsessed with Formula 1. At his first Le Mans last year, the actor had a disagreement with a tyre wall, but was able to restart his Porsche 911 RSR-19 and finish.



CHRIS HOY MBE: The only competitor on this list to compete in elite racing as a profession, albeit on two wheels, Chris Hoy MBE boasts six Olympic golds and one silver. The cyclist competed at the 2016 Le Mans in a Nissan-powered Ligier and, despite issues attaching the steering wheel, his team eventually finished 17th overall.



FABIEN BARTHEZ: The 1998 French World Cup winner made his Le Mans bow in 2014, before setting up a team with ex-F1 driver Olivier Panis in the LMP2 category two years later. They subsequently finished 12th overall and 8th in their own class.



PATRICK DEMPSEY: The *Grey's Anatomy* star competed four times at Le Mans between 2009 and 2015, picking up a podium finish. It led to the actor toying with the idea of quitting his day job for good in favour of taking up racing, although the small screen won that challenge. He also raced at Daytona in the GT class in 2014 for Rolex 24.



NICK MASON CBE: Legendary Pink Floyd drummer Nick Mason CBE has long been obsessed with fast cars, making five appearances at Le Mans between 1979 and 1984, earning podium places in his first and second races in a Lola T Ford. The 79 year old is said to have one of the biggest car collections in the world.



PAUL NEWMAN: Newman made one only Le Mans appearance, but finished first in class and second overall in his Porsche 935 in 1979. In 2016, the car sold for more than £4million.

Photo credit: newroom.porsche.com, Nissan PR, Eddy Lemaitre/EPA/Shutterstock, Malcolm Greig/Alamy Stock Photo, Kobal/Shutterstock

DOMESTIC LOCKSMITH

- Trade Counter Open to All
- Key Cutting
- Domestic Security
- Locks supplied & fitted to British Standards
- UPVC Lock Replacement
- Access Control
- Safes & Key cabinets
- Non Destructive Entry
- MLA approved Company
- Used by Essex Police
- Fast, Friendly and Reliable Service

AUTOMOTIVE LOCKSMITH

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

FAST KEYS

01268 562592 sales@fastkeys.co.uk
Units 3 & 4, Pilot Close, Fulmer Way, Wickford, SS11 8YW
CONTACT US TODAY fastkeys.co.uk

VISIT OUR TRADE COUNTER

CHEAPER THAN ALL THE MAIN DEALERS

ACCESS FOBS COPIED WHILE YOU WAIT

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

V62

VISIONRayleighWickford edition60 | to advertise call 01268 955027

VISIONRayleighWickford edition60 | to advertise call 01268 955027

V63

BEAUTY

TOPPERS HAIR STUDIO

Wash, Cut & Blow Dry. Highlighting, Perm, Hair Extensions, Colour Bath, Re-Growth, Re-Fresh. Call to book 01268 72575 | 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

CARPENTRY

ADAM HOLMES CARPENTRY SERVICES

Qualified Carpentry Services, 40 years experience. Lofts, Kitchens, Doors, Floors and more | 07970 988154

CLEANER

MOLLY MAID

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

ELECTRICIAN

ESSEX HOME ELECTRICIANS

Full & Partial Rewiring, Sockets & Lighting, Fuseboards, EV Charges, Emergency Call Outs, Inspection & Testing, Domestic & Commercial. Call 07496 559464 | 0800 8611 806

FENCING

JUNIPER FENCING

Local Independent Family Run Business. With 40+ Years Experience. 07856 024917 | 07752 866709

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

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

FLOORING

JOE'S CARPETS

Family Run Business, Est since 1999. The Mobile Carpet Shop. Supply & Fit. Repairs & Refits. Free Estimates & Advice. Free Gripper Rods. Contact 01268 955061 | 07748 808094

GARDENING

ASHINGDON LANDSCAPES

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

BOOK VIA RAYLEIGH@VISIONMAG.CO.UK

GAS SUPPLIER

PRO GAS ESSEX

Independent Gas Supplier, Free Delivery, No Deposit if you switch to us, Domestic Heating/Gas, etc. Call today 01255 820198 | 01206 984200 | www.progasessex.co.uk

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

HOME APPLIANCES REPAIR & SUPPLY

HOME APPLIANCE

Washing Machines, Tumble Dryers, Dishwashers, Ovens & Hobs. Integrated Specialist new appliances supplied & installed. Call Pete 07918 033388

HOME IMPROVEMENTS

CLADDING MASTER

The expert installers of cladding, fascias, soffits & gutters in Essex. Call 01702 908 320 | 07913 782 857 | www.claddingmaster.co.uk

JET WASH & CLEANING

JORDANS JET WASHING

Patio Cleaning, Decking Cleaning, Driveway Cleaning, Roof Cleaning, Gutter Cleaning. Call 07597 914832 | 07960 074047 | www.jordansjetwashing.com

KITCHENS

DREAM DOORS SOUTHEND

Cost Effective, made to measure, worktops, appliances, kitchen doors, Quick installation. Call for estimate 07894 714810 | 1741 London Road, Leigh-On-Sea, SS9 2SW

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

OPTICIANS

PERFECT VISION OPTICIANS

Friendly, Experienced team. Fantastic range of frames. 01702 232222 | 100 Ferry Road, Hullbridge, Essex, SS5 6EX www.pvopticians.co.uk

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

PAINTING & DECORATING

PRJ DECORATING SERVICES

Interior & Exterior, Commercial / Domestic, 40 years exp. Fully Insured. Call 07773 704822

PARTY SHOP

RAYLEIGH PARTY

Greetings Cards, Creative Hellium Balloons, Gifts & Gift Bags, All party occasion wear. 215 London Road, Rayleigh, SS6 9DN www.rayleighparty.co.uk | 01268 502699

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

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

ROOF COATING & CLEANING

ECO COATS

Cleaning & Coating services. Properla & Renotec approved installers. All products come with a manufacturers guarantee. Call 07810 562506 or visit www.ecocoats.co.uk

ROOFING

JIM BARR ROOFING

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

BB ROOFING CONTRACTORS

Great Roofing Prices. Fully Guaranteed Work. Contact us for a free quote on 01702 278474 | info@bbroofingcontractors.co.uk | www.bbroofingcontractors.co.uk

SOLICITOR

BTMK SOLICITOR

BTMK Alan Simpson – 01268 745406. BTMK Todmans – 01268 774073. You're Local, We're Local. 03300 585 222 (24/7 all offices) www.btmk.co.uk

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

WINDOW MAN

Family run over 25 years. Windows, doors, installation, repairs. Call us today on 01268 527112 | 01245 207225

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



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

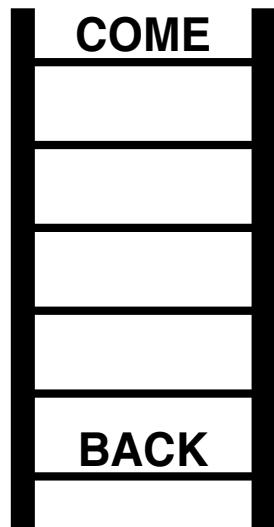
- ▶ CHERISH
- ▶ EVERYBODY
- ▶ FEVER
- ▶ FROZEN
- ▶ GAMBLER
- ▶ HOLIDAY
- ▶ HUNG UP
- ▶ JUMP
- ▶ LA ISLA BONITA
- ▶ LIKE A PRAYER
- ▶ MATERIAL GIRL
- ▶ MUSIC
- ▶ PAPA DON'T PREACH
- ▶ RAIN
- ▶ RAY OF LIGHT
- ▶ REVOLVER
- ▶ SECRET
- ▶ SORRY
- ▶ TRUE BLUE
- ▶ VOGUE



DID YOU KNOW?

- ▶ The month of May is named after Maia, the Greek goddess of nursing mothers.
- ▶ Athena is the Greek goddess of war and was said to have been born from Zeus' forehead, wearing full armour.
- ▶ Dionysus is the Greek god of wine-making and is also known in Roman mythology as Bacchus. The festivals held to celebrate him were known as the Bacchanalia.
- ▶ The common emblem for medicine of a snake entwined around a staff is known as the Rod of Asclepius, named after the Greek god of medicine.
- ▶ Hades is the Greek god of the underworld. He rules with his queen, Persephone, and they are aided by the three-headed dog, Cerberus.

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.

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

Make your kitchen the heart of your home with Dream Doors



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



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



"Excellent and courteous service."
CUSTOMER IN BASILDON



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



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

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

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

07894 714810

www.dreamdoors.co.uk



10% OF ALL PURCHASES BEFORE THE END OF MAY 2024
WITH PRODUCTION OF THIS ADVERT

Having a celebration?

Let us help you get started!



Rayleigh Party

Est. 2023

**BALLOONS, CARDS
+ PARTY SHOP**



*Greetings Cards • Creative Helium Balloons
Gifts & Gift Bags • Decorations • Candles • Tableware
& much much more...*

If you don't see what you're looking for on our site, simply give us a call

www.rayleighparty.co.uk • 01268 502699

215 London Road
Rayleigh
SS6 9DN

 Rayleigh Party
 @rayleigh.party

Mon - Sat
9.30am - 5.30pm
Sunday Closed