

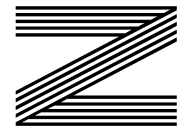
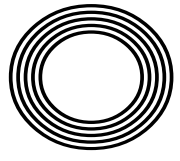


**TIPS TO
MANAGE
SCREEN
TIME**

**SPRING
BLUEBELL
BEAUTY
SPOTS**

ROCKET RECIPES
Make your own rocket pesto

Dancing Queen
50 years of ABBA world domination



FREE

Photo credit: John Angelillo/UPI/
Shutterstock

Kate
WINSLET CBE

Award-winning actress returns to the small screen



ESSEX & SUFFOLK
WINDOWS | DOORS | CONSERVATORIES

CONTACT US ON:

01206 679 507

TIME FOR A CHANGE?

TRANSFORMING *HOUSES*
INTO *HOMES*

WINDOWS
DOORS
CONSERVATORIES



TRUSTED
BUILDING
PARTNERS
& EXPERTS



VALUE AT
THE HEART
OF EVERY
PROJECT



OVER 15
YEARS OF
EXPERIENCE
& SKILL

DELIVERING THE HIGHEST QUALITY IN
WINDOWS AND DOORS TO CUSTOMERS
ACROSS ESSEX AND SUFFOLK

WWW.ESSEXANDSUFFOLKWINDOWS.CO.UK





Editor's notes...

APRIL 2024



Nik Allen, Editor

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

I recently read the story of Chris Kanizi, who runs an award-winning fish and chip shop in Greenwich. Of Cypriot descent, his family moved to this country in 1977 and has embraced one of Britain's culinary staples for two decades. Yet he's been told the 8ft Union Jack mural on the outside of his restaurant must go because both the mural, and the words 'A Great British Meal' are "inappropriate for the area"!

How? Why? In what version of Britain are we living in that we cannot proudly display our own flag? In fact, how many times have you been in an

Italian, Spanish, French, or Turkish restaurant, or visited the US or Canada or Australia, and welcomed the fact that they openly embrace the colours, flavours and flags of their country?

We have lost our minds if the lunatics at Greenwich Borough Council force through the order for Kanizi to paint over a mural that portrays the love, gratitude and respect he has for this nation. It can't be allowed that Kanizi, or me, or anyone else, cannot fly their flag. It's enough to send a man doolally with disgust.

Until next month, take care of yourself, each other, and fly your flags with pride!

Nik Allen

Delivered in Frinton-on-Sea, Manningtree, Mistley, Brantham, Walton-on-the-Naze and Clacton-on-Sea 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 | tending@visionmag.co.uk | 01255 564021

[X](#) @visionmagessex [IG](#) @visionmagessex [FB](#) Vision Magazine Essex

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Panayiota Demosthenous

All pages are recyclable



FAST, EFFECTIVE & PROVEN



ESSEX BASED LEAFLET, PRINTING & DISTRIBUTION SERVICE

CONTACT US 0800 086 2836

www.flyerdistributionessex.co.uk

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

24 PLATE PRE-REG OFFERS IN BLACK & WHITE ROY TOLLEY COLCHESTER



Get More



SAVE UP TO £3,095 WITH OUR DELIVERY MILEAGE MARCH 2024 REGISTERED

MG3 EXCITE 5-DOOR IN ARCTIC WHITE (LIST PRICE £14,335)

SAVE £1,345 NOW £12,990

MG ZS AUTOMATIC EXCITE IN ARCTIC WHITE (LIST £20,890)

SAVE £2,600 NOW £18,290

MG ZS 1.0 MANUAL EXCLUSIVE IN ARCTIC WHITE (LIST £22,085)

SAVE £3,095 NOW £18,990

MG ZS AUTO EXCLUSIVE IN BLACK PEARL METALLIC (LIST £23,935)

SAVE £2,945 NOW £20,990



www.roytolley.co.uk/mg-nearly-new-sale-2024



Get More

Roy Tolley MG

Gosbecks Road, Colchester, Essex CO2 9JS

Tel: **01206 574488**

www.roytolley.co.uk/mg-offers



GIMME!GIMME!GIMME!

THE RESURGENCE OF POP ICONS ABBA – 50 YEARS SINCE THEIR EUROVISION WIN

Fifty years ago this month, a Swedish pop group called ABBA wowed the Eurovision stage with their catchy hit, *Waterloo* – even though the UK gave them precisely ‘nul points’. This victory launched the band into legendary status in the world of pop music. But what have they been up to since then?

WHO WAS IN ABBA?

ABBA was made up of two couples: Agnetha Fältskog and Björn Ulvaeus, and Benny Andersson and Anni-Frid Lyngstad. The group enjoyed worldwide success throughout the 1970s and into the 1980s with pop classics like *Dancing Queen*, *The Winner Takes it All*, and *Gimme! Gimme! Gimme! (A Man After Midnight)*. They had nine UK chart-toppers and sold up to 385 million records worldwide.

THE BIG SPLIT

In 1982, the pop world was shocked when the group announced they were breaking up. Around the same time, each couple within the group also parted ways. But the band members kept busy. Agnetha and Anni-Frid both released solo albums, and Anni-Frid devoted herself to charitable work. Björn and Benny forged individual careers, but also continued working together on shows like the award-winning musical *Chess* and the *Mamma Mia!* stage show.

BACK TOGETHER AGAIN

Fast forward to 2016, and the group shocked the world once again with the announcement of their reunion. They were going to appear as virtual avatars in a groundbreaking entertainment experience called *ABBA Voyage*.

In a joint statement, the members expressed their joy at reuniting after more than three decades apart, saying: “We all four felt that, after some 35 years, it could be fun to join forces again and go into the recording studio. So we did. And it was like time had stood still and that we only had been away on a short holiday.”

A RESOUNDING TRIUMPH

The show featured super-realistic avatars of the band, looking just like they did in the late 1970s. They played a mix of new and old hits, and the show was a massive hit. In May 2022, all four members attended the premiere in London and the newspapers had a field day.

In November 2021, ABBA released their ninth and final studio album, *Voyage* – their first release in 40 years. The reviews might have been mixed, but fans loved it. It soared to the top position in the UK charts, earned four Grammy nominations, and brought the group’s music to a new generation of fans. And, of course, it will help to make sure the *Money, Money, Money* continues to roll in!

50 YEARS ON

This May, BBC One is showing a special documentary called *ABBA: Against The Odds*, commemorating the 50th anniversary of ABBA’s Eurovision triumph. The programme will coincide with the 68th Eurovision Song Contest, where Years & Years singer Olly Alexander will be representing the UK. Coincidentally, this year’s show is being held in ABBA’s own country – in Malmö, Sweden, on Saturday, May 11. The documentary promises to unveil the untold story of the iconic supergroup, showcasing their remarkable journey to global fame.

“WE ALL FOUR FELT THAT, AFTER SOME 35 YEARS, IT COULD BE FUN TO JOIN FORCES AGAIN”

Photo credit: Ken McKay/ITV



a new morning

WITH TV PRESENTERS BEN AND CAT TAKING OVER AS THE NEW HOSTS

Following a challenging few months for the show, ITV bosses have pinned their hopes on Ben Shephard and Cat Deeley to take forward the continued renaissance of *This Morning*.

Having stepped in during a turbulent interim period, the charismatic pair are now the permanent hosts for the Monday to Thursday slots, succeeding Phillip Schofield and Holly Willoughby, who departed the show in May and October respectively.

Both new presenters are veterans of British TV. Deeley rose to prominence as the host of *SMTV* alongside Ant and Dec. She also gained recognition by earning an Emmy Award nomination for her role as the host of *So You Think You Can Dance?* in the United States.

As well as previously hosting ITV's *Good Morning Britain*, Shephard, who started his career on Channel 4's *The Bigger Breakfast*, has also held presenting gigs for *T4*, *The Xtra Factor* and *Ninja Warrior UK*. He also previously stood in for Schofield on *This Morning* several times, and currently fronts the

game show *Tipping Point*.

The 49 year old said: "I get a bit longer in bed, so I am grateful for the opportunity!"

"*This Morning* is such a prestigious show and it's a real honour to be taking my place on the sofa."

With such experience and long-time popularity with UK viewers, it is not surprising that the photogenic pair have been trusted to reinvigorate what is considered to be a British institution.

Also, given the show's failure to win at the audience-voted National Television Awards in September 2023 (for the first time in 13 years), Deeley and Shephard will have their eyes on a very specific prize in 2024!

In recent months, *This Morning* has featured an ever-rotating line-up of presenters, including Andi Peters, Sian Welby, Mollie King, Josie Gibson, Craig Doyle, Emma Willis, Christine Lampard and Rylan Clark. Alison Hammond and Dermot O'Leary, who have previously presented the show throughout the week, will continue to co-host the show on Fridays.



FROM ROOF TO RADIATOR

Your One-Stop Solution for all your Home Needs

IRECT

Building & Heating

- » NEW ROOFS » ROOF REPAIRS
- » UPVC PRODUCTS » LEAD WORK » FLAT ROOFS
- » NEW BOILERS » HEATING REPAIRS
- » ALL BUILDING WORK UNDERTAKEN

- » Local Family Run Business
- » Free Estimates & Advice
- » All Work Fully Guaranteed

Freephone 0800 702 2668 Direct: 07903 115832
www.facebook.com/directbuildingandheating
directbh@yahoo.com





ELECTRIC ROLLER GARAGE DOORS
01621 781133 • 01245 835011 • 07525 717055

ELECTRIC ROLLER GARAGE DOORS

- MADE-TO-MEASURE
- FULLY INSTALLED
- 2 REMOTE CONTROL
- 2 YEARS WARRANTY
- INTERNAL MANUAL OVER-RIDE
- HOLD TO RUN CONTROLS
- ALUMINIUM POWER COATED
- REMOVAL & DISPOSAL OF OLD DOOR
- 55MM INSULATED ALUMINIUM
- 65MM GUIDE RUNNERS

55mm INSULATED ALUMINIUM DOOR CURTAIN **£895**
UP TO 2.4m

COMBINATION OFFER **£1495**
ELECTRIC ROLLER GARAGE DOOR PLUS UPVC HIGH SECURITY DOOR

HIGH SECURITY UPVC DOOR

- MADE-TO-MEASURE
- FULLY INSTALLED
- DOUBLE-GLAZED
- MULTI-POINT LOCKING
- WEATHER RESISTANT
- LOW-MAINTENANCE
- 2 YEARS WARRANTY
- SUPERIOR INSULATION

£650

77mm PREMIUM INSULATED ALUMINIUM CURTAIN
MADE-TO-MEASURE UP TO 3m **£1699**

GO EZ ON YOUR CONSERVATORY

Fall back in love with your old conservatory, stay cool in summer and warm in winter with our clever solutions

Usable rooms all year around

Insulated Roofs

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

1 DAY INSTALLATION

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

AFFORDABLE PRICES

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

MAKE IT YOUR OWN

Two types of finish, Cladding or Plasterboard.

Fixed prices for all shapes & sizes

Send us pics and sizes for a same-day quote

Replacement Roof

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

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

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

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

EZ2OWN
Windows & Doors

01621 781133
01245 835011
07525 717055

Follow us on Facebook & Instagram



EZ2OWN
Windows & Doors

01621 781133
01245 835011
07525 717055

Follow us on Facebook & Instagram





INTERIOR DESIGN PROFILE

STUDIO IRO

THE INTERIOR DESIGN STUDIO TEACHING US TO EMBRACE IMPERFECTION...



Studio Iro is the design studio of founder Lucy Carrell, whose work is inspired by the Japanese practice of Wabi, where beauty is found in imperfection. Studio Iro's portfolio contains understated designs that have subtle details to create warm spaces that leave a lasting impression.

A CLOSER LOOK AT STUDIO IRO

Studio Iro creates styles that are eclectic and beautiful, bringing together a range of influences to create looks that are always unique. From antique furniture to colour blocks that add interest and style, you should expect the unexpected and watch it all come together perfectly.

Studio Iro uses textures and original features of properties to create looks that are unique to each space. Colour pops through art, textiles and accessories add fun elements to looks that are

easy to recreate in your own home.

CREATING THE LOOK IN YOUR HOME

Lucy describes her designs as "soulful and warm", and this is a theme you can easily recreate in your own space. Some Studio Iro-inspired tips include:

- > Imperfections should be embraced, such as bricked walls, adding their own beautiful touch to your project. Not everything needs to be flawless.
- > Keep an eye out for antique furniture, like a sideboard and armchair that can add some character to a more contemporary home.
- > Use abstract or fine art and decorative wallpaper to lift your spaces and bring in some patterns and textures.
- > Embrace florals and greenery to add further detail to your space and make it look more homely.




BEVERLEY ANN DESIGN LTD
PLANNING & ARCHITECTURAL DESIGN
• RESIDENTIAL • COMMERCIAL • RETAIL • MEASURED SURVEYS

- Local Architectural Practice
- Planning Applications
- Building Regulation Drawings
- Home Extensions
- Garage and Loft Conversions
- New Build Development

01255 736030
info@beverleyannndesign.co.uk
www.beverleyannndesign.co.uk

We will write **YOUR WILL** FOR ONLY **£49.99** +VAT
Subject to T&C's (£59.99 inclusive)

PARAGON LEGAL SERVICES LTD
Fixed Prices **Affordable Excellence Endorsed by Over 20,000 Satisfied Clients**

Let one of our local professionals offer expert advice and create your Will in the privacy of your home or over the telephone, day or evenings at no extra charge.

Call Free **0800 0747 642** or **01206 544919**
8am - 10pm weekdays, 9am - 5pm weekends
Call us for a free home appointment and request your free information pack on Wills, Lasting Powers of Attorney, Trusts, Probate and Care Fees.

Regulated by the Society of Will Writers and Estate Planning Practitioners
www.paragonlegal.co.uk

FREE QUOTES

JRS PAINTING SERVICES

ALL ASPECTS OF PAINTING WORK COVERED INCLUDING:
DOMESTIC, BOTH INTERIOR AND EXTERIOR
COMMERCIAL
BEACH HUTS

FOR ALL ENQUIRIES, PLEASE CONTACT JAMIE ON:
07712 524 407
JAMIESANDERS273@YAHOO.COM


The No. 1 BOILER SPECIALISTS IN ESSEX

**FREE system health check
worth £95 + VAT**



Solving any of your heating problems.
Get peace of mind knowing your
system is working perfectly
and ready for all seasons.



 01255 520022

 office@essexboilerspecialists.co.uk

 www.essexboilerspecialists.co.uk

179 Connaught Ave | Frinton-on-Sea | C013 9AH

MAKE YOUR OWN OTTOMAN

Ottomans are stylish, practical and perfect for storage, but there is no denying that they can be expensive to buy. But what if we told you that you could easily make your own with just a few basic supplies and a bit of DIY know-how?

HOW TO MAKE YOUR OWN OTTOMAN

You will need:

A wooden crate | Castor wheels | Dark wood wax | Short wood screws | Standard wood screws | Plywood | 2 x wood battens | Upholstery foam | A piece of fabric | Spray adhesive | Wadding | A staple gun

How to make:

1. Apply furniture wax to the crate to make it look more rustic and aged.
2. Fix the castor wheels to the base of the crate using short wood screws.
3. Measure the top of the crate and then cut a piece of plywood to these measurements.
4. Cut two battens of wood, one inch shorter than the width of the plywood lid.
5. Cut a piece of upholstery foam the same size as the lid.
6. Stick the foam to the back of the plywood lid using the spray adhesive.
7. Cut a piece of wadding that is large enough to wrap around the foam and then cover the lid with it, and secure it with the staple gun.
8. Cut your chosen fabric so that it is big enough to wrap around the lid.
9. Cover the lid with the fabric and use the staple gun to secure it to the underside.
10. Add the battens of wood to the underside of the lid using two standard wood screws. These will stop the ottoman lid from sliding around.

CUSTOMISATION TIPS

- > For a child's bedroom, stencil their name onto the side of the crate.
- > For a nautical theme, attach rope for handles.
- > For a retro feel, cover the lid with an old pair of jeans or a vintage dress.

Photo credit: Gracie Oaks viawayfair.co.uk, August Grove via wayfair.co.uk, canarystreetcrafts.com, pillarboxblue.com



Find your Luxury with Stone Replacement Worktops

Granite Unlimited is a family-run business dedicating to producing kitchen worktops. Founder Malcolm Wade is an expert stonemason, bringing 33 years of experience to the company, producing customers with the best quality products and services.

Here, they go through the top things to consider when renovating your kitchen worktops.

BUDGET

Your first – and most important – consideration should be your budget. Sticking to a budget shouldn't mean compromising on aesthetics or quality.

Granite Unlimited offer premium quality, made-to-measure worktops at affordable prices. They will also provide a free, no-obligation quote. Should you find a cheaper offer locally, they will do their best to beat any written quotation.

CHOICE OF MATERIALS

Granite Unlimited offer a variety of heat-resistant materials for your worktops. Granite comes in a variety of colours and is a popular choice for modern kitchens, while quartz is similar but has a more consistent finish. Corian is an acrylic material which is surging in popularity and has seamless joints producing a flawless finish. Neolith is both heat- and scratch-resistant and easily withstands daily kitchen use. Dekton is famed

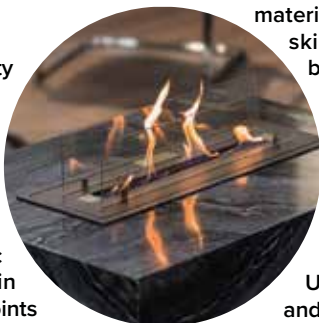


for its incredible strength, high performance and compact nature.

The friendly and experienced team at Granite Unlimited can talk through the different options with you to ensure you are choosing the right material for your kitchen. Their highly skilled stonemasons manufacture bespoke worktops at their Essex-based workshop using state-of-the-art machinery.

MATCHING ELEMENTS

If you already have a bespoke worktop and are looking for a matching product, Granite Unlimited also produce fireplaces and tables to match perfectly your rooms together. Contact them today to start the process of creating your dream kitchen.



REVITALISE YOUR KITCHEN WITH OUR REPLACEMENT MARBLE AND STONE WORKTOPS

Why reface when its easier to replace?

SAME DAY FITTING SERVICE AVAILABLE

Stoneware Worktop Design & Installation

- Bespoke Granite, Quartz & Corian** for your Kitchen, Bathroom & Fireplace
- Full Design & Installation Service** from your local team based in Essex
- Over 33 Years Experience** in all aspects of Stone Masonry



granite-unlimited.com

TO SEE OUR WORKTOPS, VISIT OUR SHOWROOM

Unit 5, The Old Stone Yard, Hockleys Business Centre, Valley Road,
Clacton on Sea, Essex. CO15 4AE



SCAN TO VISIT OUR WEBSITE

BRINGING STONE TO THE HOME

IF YOU HAVE ANY ENQUIRIES CONTACT US NOW

01206 598 890 | 07877 861 117
www.granite-unlimited.co.uk



SCAN FOR OUR GOOGLE REVIEWS

AW LANDSCAPING LTD

TURNING YOUR IDEAS INTO REALITY

OUR LIST OF SERVICES INCLUDE:

- Paving
- Driveways
- Fencing
- Turfing
- Composite and timber
- Decking
- Landscape contractors
- Ponds and play areas
- Shed bases
- Sleepers



Contact 07769 655328

■ Alan.wrycraft@live.co.uk



HIGH QUALITY GARDEN LANDSCAPING



AW Landscaping Ltd have been trading locally now for over 20 plus years.

We provide a professional landscaping service from plans to construction, including paving, driveways, fencing, turfing, decking, landscape contractors, ponds & play areas, shed bases & sleepers.

We offer a comprehensive garden design & construction service. All our staff are experienced landscapers, so no matter how big or small your garden, the end results will always be amazing.

PLEASE CONTACT US ON 0776 965 5328 FOR FURTHER INFORMATION & FREE ESTIMATES

Sports legend celebrates community links

Though not a native of Brentwood, legendary British boxer and former world champion Frank Bruno MBE's significant association with the area packs a punch.

During his 14-year boxing career, which started in the 1980s, Frank Bruno MBE was known for his exceptional punching power and dynamic resilience. It led him on the path to becoming a national hero in Britain, as a nation celebrated not just his sporting achievements, but also his unique personality.

His connection to the Brentwood and Ongar area was also something that became greatly aligned with his professional journey. It began during the peak of his career after he moved to the area, as he found the environs a serene contrast to the intense and brutal arena of boxing.

His presence also helped to raise the profile of the region, drawing attention to its community and cultural offerings, as he engaged with local events and charities and endeared himself to residents, becoming a beloved local figure.

It showed in his career as he eventually fought 45 times, winning 40 bouts – 38 of which were by knockout. His most notable victory came against Oliver McCall in 1995, when he won the WBC heavyweight title – a significant moment for both British boxing and Bruno's status as a UK icon.

After retiring, Bruno willingly discussed his own battles with mental health and wellbeing, becoming an advocate for raising awareness of such issues, particularly among men. His openness has been instrumental in helping to reduce stigma.

His autobiography, *Frank: Fighting Back*, chronicles his life, career and struggles, offering an intimate examination of the life of a sports legend. His ongoing association with the local area highlights the enduring bond between the public figure and the community he chose to call home.

Frank Bruno's story is one of hardiness, community engagement and the power of sport to unite and uplift.

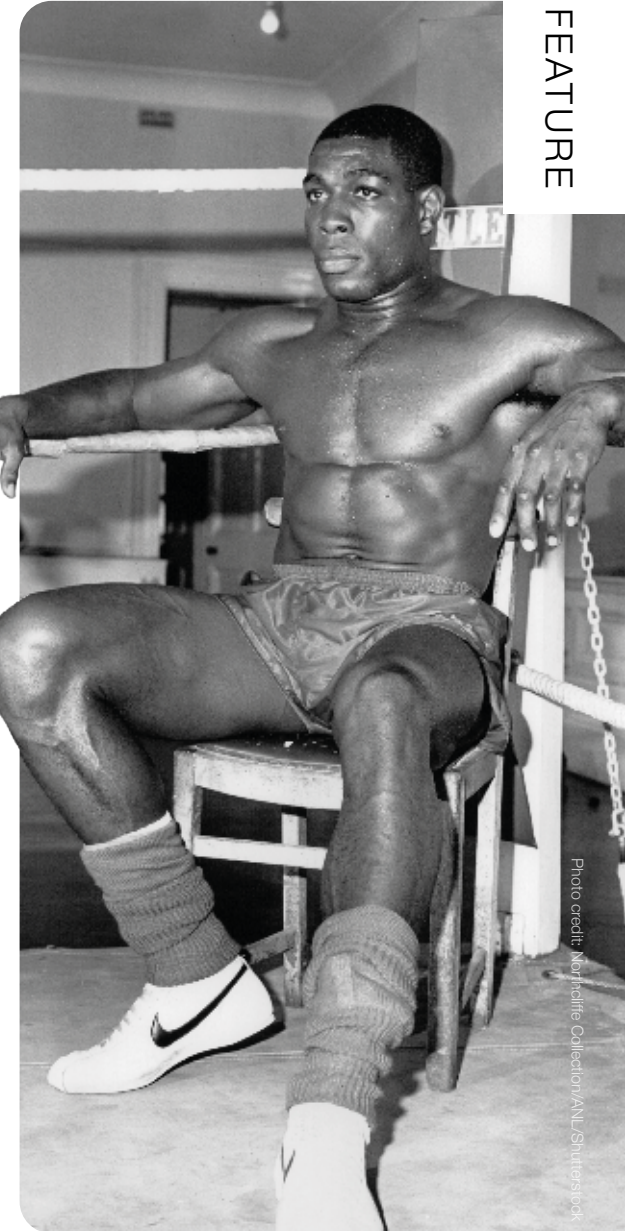


Photo credit: Northcliffe Collection/ANL Studios/Corbis

LOCAL FEATURE



LOCAL FEATURE

The stunning Elizabethan mansion – Hill Hall

Among Essex's many notable buildings, one in particular offers visitors a glimpse into England's rich past.

Hill Hall was originally constructed for Sir Thomas Smith during the reign of Queen Elizabeth I, covering approximately 50 hectares. Enveloped by an 18th-century landscaped park providing dramatic vistas atop a high ridge, with grounds descending in every direction, it offers breathtaking views across the rolling landscape.

The gardens, designed by prominent architects Reginald Blomfield and Philip Tilden, retain features from the late 17th century and are nestled within the parkland for which Humphry Repton, a renowned landscape gardener, created a design in 1791.

Located southeast of Epping – near Junction 27 of the M25 – its approach is through a carriage drive lined with young lime trees, leading directly to the hall's gates. This path closely follows the original drive of the house, despite various modifications over the centuries.

The hall itself was built between 1569 and 1575. Adorned with terracotta and cut-brick dressings, it features a north front with mullioned windows and central Elizabethan entrance arch under a Tuscan portico.

The garden to the south displays nine bays with outer three-storey towers, while the east front – remodelled in 1714 – boasts giant half-columns and a family coat of arms. Despite numerous alterations by the Smith family, the original Elizabethan layout remains largely intact.

A blend of historical and modern landscaping, surrounding gardens to the east, south and west of the hall feature a late 19th-century flagstone terrace, mature trees and remnants of 17th-century formal gardens.

Later, it briefly became a women's prison hosting, among others, Christine Keeler, the model involved in the Profumo affair, who was jailed for perjury.

Hill Hall has now been divided into private houses, but parts remain open to the public for pre-booked tours on Wednesday afternoons.



Photo credit: Heritage Image Partnership Ltd/Alamy Stock Photo

B F C C GARAGE DOORS
SUPPLIED • INSTALLED • AUTOMATED • REPAIRED

FREE SURVEY & QUOTATION



3 good reasons... for choosing BFCC

1. Quality range of doors from leading manufacturers
2. First Class service for all budgets and tastes
3. Unrivalled, knowledgeable and friendly personal service

BFCC supply and install garage doors in and around the Essex and Suffolk regions, located in Thorpe-le-Soken within the heart of the beautiful Essex countryside.

We offer a free of charge survey and quotation service so why not give us a call today or pop into our local showroom where you can view a variety of operational doors in various styles.

Call: 01255 863815 | email: sales@bfcc-garagedoors.co.uk | www.bfcc-garagedoors.co.uk
BFCC Garage Doors Showroom, Tendring Road, Thorpe-le-Soken, Essex, CO16 0AA

Peeverell's Bathrooms & Kitchens

- WETROOMS • TILING • PLASTERING
- ELECTRICAL • PLUMBING • HEATING • BUILDING WORKS



Tel: 01255 688892 Visit Our Showroom at 53 Ravensdale, Great Clacton, CO15 4QH



www.peeverells.co.uk

About the Tenth Anniversary Frinton Festival

2024 marks **Frinton Festival's** 10th Anniversary, an annual feast of live music over the late May Bank Holiday weekend. Each concert is in a characterful local venue and the generosity of loyal sponsor **Mr. Wheeler** means that every ticket-holder can enjoy a glass of their delicious wine, or a soft drink if they prefer, in the interval of each concert.



The highlight this year will be the performance of **Beethoven's** iconic 9th **Symphony** in St. Mary's, Frinton. Written exactly 200 years ago, this was the first orchestral work to add the colour of the human voice



and for this performance the mighty **Frinton Festival Orchestra** comprising some of the UK's top professional musicians will be joined by singers from Clacton Choral Society and other local choirs. A quartet of brilliant young soloists completes the line-up, all conducted by the festival's Artistic Director **Robert Max**.

Keen festival-goers are also looking forward to the return of the seven sensational singing cellists known as the **Massive Violins** who gave sold-out performances in 2015 and 2018. They bring a selection of their fabulously entertaining arrangements of iconic music by David Bowie, The Buggles, Queen, Simon & Garfunkel, Madness and Johnny Cash.



The Barbican Piano Trio concert in Voysey's Homestead usually sells out quickly but those who prefer listening to more intimate music-making can also come to All Saints', Great Holland where they can hear music by **Mozart, Fauré and Mendelssohn** within earshot of the resident peacock.



Full details at www.frintonfestival.com

FRINTON FESTIVAL

Tenth anniversary

24TH - 27TH MAY 2024

Four days filled with beautiful music by the Essex coast

- ★ *String Quartets in All Saints', Great Holland*
- ★ *The Barbican Piano Trio in Voysey's iconic Homestead*
- ★ *Frinton Festival Choral Evensong in St. Mary's Parish Church*
- ★ *The Massive Violins in McGrigor Hall*
- ★ *Beethoven's 9th Symphony in St. Mary's Parish Church*



Tickets now on sale

www.frintonfestival.com

Email: frintonfestival@gmail.com

Call: 07443 732474



YOUR LOCAL EVENTS

WHAT'S ON

CALLING PLANET EARTH

West Cliff Theatre, Tower Road,
Clacton-on-Sea, CO15 1LE
Saturday, April 27, 7.30pm



Photo credit: Calling Planet Earth

This New Romantic Symphony goes on a journey through one of the greatest musical eras of all time – the electrifying 80s. Featuring songs from legendary artists such as Duran Duran, Spandau Ballet, The Human League, Ultravox, Tears for Fears, Depeche Mode, Soft Cell, and many more. Performed by an incredible live band with awesome symphonic arrangements, combined with stunning vocals and cast, this is a must-see show.

Tickets cost £26.50 from www.westcliffclacton.co.uk/livemusic/calling-planet-earth

JIMMY CARR: LAUGHS FUNNY

Princes Theatre, Clacton Town Hall,
Station Road, Clacton-on-Sea, CO15 1SE
Thursday, May 2, 7pm and 9.30pm

If you like fast-paced, edgy one-liners, then get ready to be happy. Jimmy Carr is going back on tour with his new show. Some people are repelled by Jimmy's dark brand of comedy. This show is not for them.

This event is not suitable for under-16s. Tickets cost £35 and can be bought from www.princestheatre.co.uk/event?i=873652924

NAZE NATURE IN WATERCOLOURS – PAINTING WATER

The Naze Nature Discovery Centre,
Old Hall Lane, Walton-on-the-Naze, CO14 8LE
Saturday, May 11, 10am

Join watercolour artist Vivien McGuinness for a relaxed, friendly, fun-filled morning. Learn to use watercolour in

an exciting, experimental way. Everyone is welcome and no previous experience is necessary.

The session costs £24 and more information can be found at www.t.ly/hPLHs

AN EVENING WITH MATTHEW ETHERINGTON

Frinton Golf Club, 1 The Esplanade,
Frinton-on-Sea, CO13 9EP
Friday, May 17, 6pm – 10.30pm

Frinton Golf Club is pleased to announce another Hammers Heroes event with former Hammers winger, Matthew Etherington. This is a very special event that marks the 20th anniversary of Matthew's goal against Ipswich in the 2004 play-off semi-final that helped fire West Ham into the final in Cardiff. The evening also includes a raffle and a memorabilia auction in aid of Prostate Cancer UK, as well as photo and autograph opportunities at no extra cost.

Tickets cost £20 from www.tickettailor.com/events/mandevillepromotionslimited/1022084

THE ROCK DINOSAURS

The Waggon at Wix, Clacton Road,
Manningtree, CO11 2RU
Saturday, May 18, 8.30pm

Enjoy all your favourite classics and contemporary tunes from your favourite bands in one gig. The Rock Dinosaurs consist of Lynn on vocals, Tony on guitar, Phil on lead guitar, and Andy on the drums.

Entry to the event is free. To find out more, please visit www.therockdinosaurs.com/shows



Photo credit: The Rock Dinosaurs



JSR FLOORING LTD

jsrflooring.co.uk



Flooring Specialists

Opening Times
8:30am - 5pm
Monday - Saturday
(Open later on Request)

JSR Flooring LTD is a family run business specialising in commercial and domestic floor coverings. We supply a wide range of flooring options from carpets, luxury vinyl tile, laminate, safety flooring and much more. We can also plan and fit your floor covering to the highest standard.

Shop Address
72 Ravensdale,
Great Clacton,
CO15 4QH

Shop Number
01255 317 830

Mobile Number
07779 652 972

Email
jsrflooring@hotmail.co.uk

Kate WINSLET

Photo credit: David Fisher/Shutterstock



She was the prim beauty who won our hearts on the doomed deck of the *Titanic*. Wind forward almost three decades and Kate Winslet CBE wows again as a ferocious female leader who makes grown men quake in their boots.

Once upon a time in Hollywood, there were two unspoken rules: first, glamorous film stars generally played the roles of glamorous women; and second, a jump to television often meant your career was in terminal decline!

Thankfully, like most things in Tinseltown, neither of these caveats remains true.

Take Kate Winslet in HBO's *Mare of Easttown*, for example a critically acclaimed 2021 miniseries in which her character Mare Sheehan – a detective sergeant and lifelong resident of Easttown – is tasked with investigating a local murder while also dealing with personal and professional challenges. The show was lauded for its gritty realism, encapsulated by Winslet's Mare, a downtrodden, frumpy and dishevelled woman who is a far cry from the actress's usual splendour.

"It's always been good to step outside who I really am," the *Titanic*, *Eternal Sunshine of the Spotless Mind*, *Hamlet* and *Avatar: The Way of Water* actress begins. "Some actors like the security of a certain type of characterisation, but for me that feels boring. My contentment actually comes in taking risks; and of course, some work, and some don't!"

Most for Winslet have worked, thankfully; so much so that rather than push her daughter away from the emotional perils of the entertainment industry, as so many parents do, she has encouraged her to carve out a niche. In 2022, the Reading-born beauty starred in *I Am Ruth*, a deeply moving film for Channel 4 which explores the ruptured relationship between Ruth (Winslet) and her teenage daughter, Freya, played by Winslet's own first-born child Mia Threapleton, whose mental health is becoming increasingly compromised by her mobile phone.

"I've always kept my children away from the media and that part of the industry. And in the case of Mia, not only has this protected her, but I think also kept the idea of acting and performing pure and wholesome, and that's really important."

Indeed, with her lookalike daughter embarking on her own acting career, 48-year-old Winslet could consider early retirement, especially considering she's already won an Oscar, two Emmy Awards and numerous BAFTAs, as well as being awarded a CBE by Her late Majesty Queen Elizabeth II in 2012 for services to drama.

Instead, she has delivered one of her finest performances yet in six-part satire, *The Regime*.

Created by *Succession* alum and *The Menu* cowriter Will Tracy, the Sky Max series features Winslet as the manicured and manic dictator of an imagined European state.

Primarily filmed at the picturesque Schönbrunn Palace in Vienna, Austria, with additional scenes shot in the baroque rooms of Wentworth Woodhouse, near Rotherham, *The Regime* is a fever dream that simultaneously terrifies, baffles and entertains viewers.

"You've got to keep pushing in this industry. As they say, standing still is going backwards!"

Push she does, something aided by a happy private life and marriage with Edward Abel Smith. The couple contentedly exist in the rural confines of West Wittering on the Sussex coast, turning away from the red carpets and flashbulbs. "Of course I will do what I can when promoting projects, but outside that, I've never been too fussed about the scene.

"I've never missed it, and I don't think it's ever missed me!"



REACH FOR THE sky

Climbing vines are great for all-sized gardens, adding visual interest and acting as a highly effective disguise for any eyesores without taking up too much room. Discover the best climbing plants for your garden.

BEST CLIMBING VINES FOR STUNNING SCENTS

JAPANESE WISTERIA: Boasting fragrant flowers in shades of purple-blue and white, Japanese wisteria needs a lot of space and support, as well as twice-yearly pruning. Allow this plant to grow up an established tree or a house wall.

ROSE CLIMBERS: Roses are beautiful to look at and stunning to smell, making them the perfect climbing vine for creating a scent-filled garden. These can be grown up a trellis or up and around arbors to create an intimate area in your garden.

BEST CLIMBING VINES FOR EARLY BLOOMS

WINTER JASMINE: Winter jasmine produces fragrant yellow flowers in the depths of winter before its dark green leaves appear in spring. Its stems do not like twine so they need support from a trellis secured to either a wall or fence.

JAPANESE QUINCE: One of the first shrubs to flower each year, the Japanese quince bears red, pink or white blossoms along its bare branches. This vine can be trained to grow up against a wall or a fence.

BEST CLIMBING VINES FOR SHADY SPOTS

SAUSAGE VINE: Sausage vine is a frost-hardy evergreen climber that grows to around 6m high. With pale pink blooms in April and May, this climbing vine will grow in the shade, making it ideal for a dreary corner. Grow in a wall-side border for the best results.

CHINESE VIRGINIA CREEPER: A deciduous climber that attaches itself to walls and fences with little sucker disks, the Chinese Virginia creeper produces masses of growth each season and is one of the few climbers that actively thrive in shady areas.



Photo credit: treesandshrubsOnline.org, longfordgardencentre.com



**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





- ✓ Grab hire available
- ✓ Crushed hardcore
- ✓ Same day delivery/ collection
- ✓ Card payments excepted
- ✓ No hidden costs
- ✓ Fully insured
- ✓ Fully licensed

2 YARD SKIP
4 YARD SKIP
6 YARD SKIP
8 YARD SKIP
12 YARD SKIP

WE ARE A LOCAL SKIP HIRE COMPANY PROVIDING WASTE MANAGEMENT SERVICES TO BOTH BUSINESSES AND HOMEOWNERS.

We pride ourselves on excellent customer service and provide North East Essex with a local, friendly and affordable skip hire service.

FULLY LICENSED & INSURED

OIL TANKS SUPPLIED AND INSTALLED

Enjoy professional installation from TRS - a trusted family business most often rated 10/10 for quality, service & value.



- Oil tanks in stock now
- Choice of plastic or steel
- Professional installation
- Existing oil transferred
- Your old tank removed



We are the region's leading oil tank supplier and have a proud reputation for customer service.

99% recommend us
referenceline

01206 231 555

We remove your old tank for recycling

MADE IN BRITAIN STEEL TANKS CUSTOM MADE WWW.TANKREPLACEMENTSERVICES.CO.UK



BEGINNER'S GUIDE TO *Pineapple lily*



GARDENING

Eucomis, aka pineapple lily, makes an impressive addition to any garden with its exotic-looking blooms and tufts of vibrant leaves. However, despite their show-stopping appearance, they are relatively easy to grow, making them perfect for beginners.

What are the different varieties of pineapple lily?

- 1 Eucomis comosa:** A tall variety that grows up to 75cm, with large leaves that boast a slightly wavy edge.
- 2 Eucomis autumnalis:** Produces a long, thin flower spike that is topped with a small rosette of leaves.
- 3 Eucomis bicolor:** A two-tone variety that has pale green flowers with maroon edging.
- 4 Eucomis pallidiflora:** Known as the giant pineapple lily, this variety can reach up to 2m when in flower.

Where to plant pineapple lilies

Pineapple lilies are tender plants that need plenty of sun to thrive. Choose the warmest and brightest spot in your garden and make sure the soil is well drained. You can plant pineapple lilies in either borders or containers.

How to plant pineapple lilies

If growing pineapple lilies in your garden, plant bulbs 15cm deep in fertile, well-drained soil. Keep the plants well watered during growing season (April to early October).

If growing in containers, plant bulbs in a wide, shallow pan, if possible, but a normal flower pot will do. Use a loam-based compost (a mixture of clay, sand and silt) with added sharp sand to improve drainage. Allow at least 7.5cm between bulbs and make sure the top of the bulb is just below the soil's surface. Just like plants in the garden, water well during growing season.

How to care for pineapple lilies

Keep pineapple lilies well watered during the summer but dry in the winter by either digging up the bulbs or moving pots indoors in autumn. Remove any dead leaves and spent flowers at the end of each growing season.



**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

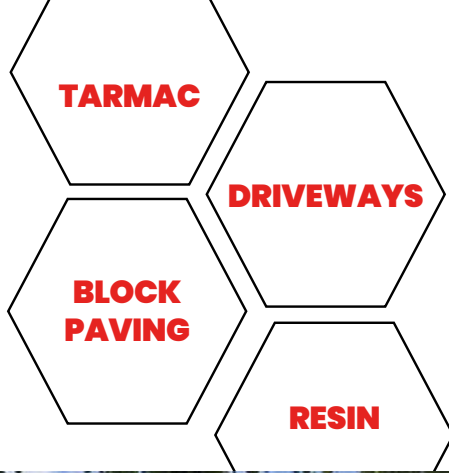
GAROLLA
ELECTRIC GARAGE DOORS

★ Trustpilot
★★★★★
4.7 out of 5

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



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

GOING THE DISTANCE

A brief history of the London Marathon, in advance of this year's event on April 21

While we have the Ancient Greeks to thank for the world's most recognised long-distance running event (it's named after the 25-mile route from Marathon to Athens, embarked on by a Greek messenger who announced victory over invading Persians in 490BC, then promptly collapsed and died), the modern incarnation of the challenge is a very British creation.

Indeed, from a standardised 25-mile distance, the challenge was extended by a mile and 385 yards ahead of the 1908 Olympic Games in London, with Queen Alexandra requesting the race start on the Windsor Castle lawns and finish in front of the royal box at the Olympic Stadium.

The random boost in mileage stuck, and the marathon has evolved to become one of the toughest (yet at the same time perfectly achievable) endurance challenges.

Globally, there are thousands of official marathons that take place every year, yet of them all, no one has ever run one quicker than Kelvin Kiptum, who was tragically killed in a car crash in his native

Kenya on February 11 of this year. His time of two hours and 35 seconds (and a barely believable mile pace of four minutes and 36 seconds) at the 2023 Chicago Marathon is an incredible legacy to leave.

The London Marathon is arguably the world's favourite. Conceived by Chris Brasher and John Disley in 1981, it has men's, women's and wheelchair variants. At the first event, there were 6,255 finishers, with Dick Beardsley and Inge Simonsen crossing the finish line first hand-in-hand.

Kiptum holds the current London Marathon record (2:01:25), the fastest of more than one million entrants across the past four decades. More than £1 billion pounds of sponsorship has been raised for good causes during that time.

With nearly 580,000 applicants in 2024 – an almost fourfold increase compared to a decade ago – the London Marathon has never been more popular. Beginning in Greenwich Park, it finishes on The Mall, and almost 99 per cent of runners who start will finish.

If you feel inspired, entries will soon open for the 2025 event. And even if you decide not to run, it's still a great event to witness as a spectator, with a lively atmosphere and community spirit as crowds come together to cheer on the runners.



Photo credit: Ted Blackbrow/Daily Mail/Shutterstock



Your local solution for fully fitted blinds and plantation shutters.

With over 20 years of experience in the trade.

A wide range of shutter styles available to suit your needs, expertly installed to the highest standard.



Tendring Blinds & Shutters



★★★★★ rated excellent on [Google](#) [Checkatrade](#)

MULTIPLE OPTIONS FOR
Bi-Fold Doors

Call us today for your
FREE QUOTATION

Rollers
Verticals
Romans
Perfect Fit
Venetians
Intu
Day & Night
Pleated
Skylight
Motorisation
VS2 Slide
Plantation Shutters



01255 474241

www.tendringblinds.co.uk



How to *your* MANAGE EMAIL INBOX!

TOP TIPS TO KEEP YOUR EMAIL INBOX UNDER CONTROL AND MORE ORGANISED

Do you struggle to keep on top of your emails? If yes, then you are far from alone, with the average professional spending a whopping 4.1 hours each day responding to work messages. Furthermore, more than one-third of office workers state that 'email fatigue' has made them want to quit their jobs.

1. ONLY KEEP EMAILS THAT REQUIRE IMMEDIATE ATTENTION IN YOUR INBOX

Although this may seem a little extreme, keeping only emails that require your immediate attention in your inbox can make this tedious task feel a lot more manageable. Move all non-urgent emails to relevant subfolders. Aim to have 25 emails or fewer in your inbox at the end of each day.

2. CREATE A WAITING FOLDER FOR ACTION-PENDING EMAILS

For any emails that require an action from someone else before you can respond, a waiting folder is a great idea. This way, they are not taking

up space in your inbox and you can simply take a look at the end of each day or once a week to remind yourself of any projects that are still pending.

3. MAKE SUBFOLDERS OR USE A LABEL SYSTEM

If you receive hundreds of emails a day, then subfolders are a must. These can be used to group together important email chains so that you can easily reference something when you need to.

4. USE YOUR CALENDAR TO TRACK EMAILS

For emails that require more than just a simple reply, we recommend that you add them to your email calendar with a reminder of when a follow-up email is required. You can also use an appropriately coloured follow-up flag to easily identify emails that require further attention.

5. CREATE TEMPLATES FOR GO-TO RESPONSES

Tailoring a reply for every email is time-prohibitive, so stock responses, can be a real life saver. Save a few different generic responses and tweak accordingly.



SOLE TRADERS

Let Claro Tax Solutions be your reliable partner in managing your sole trader tax returns.

CAPITAL GAINS TAX

I can help with general CGT related queries, or with assistance in preparing your CGT return

SELF ASSESSMENT

Contact me if you're not sure if you need to file a tax return, or if you do and you would like help

CONTACT ME TODAY AND TAKE THE FIRST STEP TOWARD STRESS-FREE TAX PLANNING AND MANAGEMENT

☎ 07935 338085 🌐 www.clarotaxsolutions.co.uk
 ✉ Martin.Quinton@clarotaxsolutions.co.uk

Contact us today, at one of our offices, to make an appointment.

Legal advice with a conscience.



www.fjg.co.uk
info@fjg.co.uk

Offices across Essex, Suffolk and London

Billericay 01277 623132	Clacton-on-Sea 01255 323103	Holland-on-Sea 01255 818900
Braintree 01376 552828	Colchester 01206 835300	London 0845 543 5700
Chelmsford 01245 890110	Frinton-on-Sea 01255 514100	Sudbury 01787 373387

Friendly, personal legal advice on your doorstep.

For clear legal advice you can understand and rely on, contact a member of our team on 01255 679222.

We can help with all your legal needs, including:

- Wills and Probate
- Lasting Powers of Attorney
- Estate planning
- Court of Protection Matters
- Conveyancing

Home visits available on request.

62a Connaught Avenue, Frinton-on-Sea, Essex CO13 9QH
Tel: 01255 679222 Fax: 01255 679229
Email: enquiries@sparlings.co.uk
www.sparlings.co.uk

Sparlings
Solicitors ... we care

Lexcel
Legal Practice Quality Mark
Law Society Accredited



Bluebells

The Sweetest Flower

As April arrives, bluebells emerge in woodlands, parks and gardens across the country, reminding us that spring is most definitely here. For centuries, these delicate blue flowers have captured the hearts of poets, artists and nature lovers. But sadly, they're not in bloom for long – usually from mid-April to early May. So get out and enjoy their beauty before it starts to fade. These are some of the best places to see dramatic displays of bluebells this spring.

Leigh Woods, Bristol: Admire a sea of bluebells against the dramatic backdrop of the Clifton Suspension Bridge.

Bodnant Garden, Conwy: Spanning more than 80 acres, Bodnant Garden is especially beautiful when the bluebells take over the Old Park.

Blickling Estate, Norfolk: Visit the Great Wood and Temple Walk at the birthplace of Anne Boleyn to see one of the country's best bluebell displays.

Mount Stuart, Bute: Visit this Victorian gothic mansion to see bluebells take over the stunning woodland below thousands of mature trees.

There are also dazzling bluebell displays at:

- > Hatfield Park and Garden, Hatfield, Hertfordshire
- > Whippendell Wood, Watford, Hertfordshire
- > Norsey Wood, Billericay, Essex
- > Blake's Wood, near Danbury, Essex

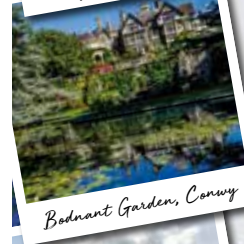
Fun Bluebell Facts

- > The UK is home to more than half of the world's bluebells.
- > The UK has two types of bluebells: the scented native English bluebell and the unscented, more upright Spanish bluebell. The Spanish bluebell was originally an ornamental plant and many see it as a threat to our cherished native species.
- > It's a criminal offence to uproot wild bluebells.
- > Other names for bluebells include cuckoo's boots, wood hyacinth, lady's nightcap and witches' thimbles.

Remember to tread gently when visiting bluebell woods so we can all help to preserve their beauty for future generations.



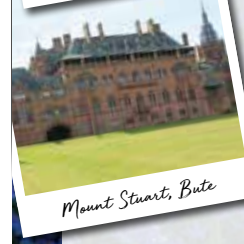
Leigh Woods, Bristol



Bodnant Gardens, Conwy



Blickling Estate, Norfolk



Mount Stuart, Bute



Travel in Our Style

PRIVATE CHAUFFEUR DRIVEN EXECUTIVE STYLE TO & FROM AIRPORTS

Airport Chauffeur Service to provide a collection and return for all airports including cruise ship harbours and long distance venues.

We operate a flexible 24/7 service which includes days and nights out. The Chauffeur will be at your beck and call.

Our customers are important to us, so your needs and requirements will be taken on board.

STANSTED FROM £75.00
SOUTHEND FROM £80.00
LUTON FROM £140.00

LONDON CITY FROM £125.00
HEATHROW FROM £155.00
GATWICK FROM £160.00

If you have any queries or would like to use us, please contact via phone, email or Facebook.

01255 675192 | 07449 545460 | maroonedairportruns@gmail.com

FRINTON, MANNINGTREE, MISTLEY, WALTON, CLACTON, COLCHESTER & SURROUNDING AREAS



TRAVEL





NATIONAL STRESS AWARENESS MONTH

APRIL IS ALL ABOUT LEARNING TO REDUCE STRESS

Do you suffer with stress? If yes, then you are far from alone, with one in 14 adults admitting to feeling stressed every single day and more than one-third feeling stressed at least once a week.

WHAT CAUSES STRESS?

Sometimes stress is caused by one big event or situation in your life, or it might be an accumulation of lots of smaller things. People often feel stressed if they are under a lot of pressure, are facing big changes in their life or are worried about something. You may also feel stressed if you feel like you don't have control over a certain aspect of your life or you have responsibilities that you find overwhelming.

HOW DOES STRESS MAKE YOU FEEL?

Stress can affect your emotions, your body and how you behave in many different ways. Some of the ways stress can make you feel include: Feeling irritable, angry or impatient | Feeling overwhelmed | Feeling anxious or depressed | Not being able to enjoy yourself | Not having a sense of humour | Feeling uninterested in life | Feeling neglected or lonely | Existing mental health problems getting worse
In severe cases of stress, some people may also experience suicidal thoughts.

WHAT ARE THE MOST COMMON PHYSICAL SYMPTOMS OF STRESS?

Difficulty breathing | Panic attacks | Trouble sleeping | Muscle aches and headaches | Fatigue | Chest pains and high blood pressure | Sweating | Changes to your menstrual cycle | Existing physical conditions getting worse

HOW TO REDUCE STRESS

There are many techniques that you can try to reduce stress, including:
Being more active | Eating a healthy diet | Avoiding unhealthy habits such as drinking alcohol and smoking | Practising meditation | Laughing more | Connecting with loved ones | Getting sufficient sleep | Seeking counselling | Limiting your time on social media | Working smarter, not harder.



Coastal Physiotherapy is proud to announce a new service for patients at our clinic in Connaught Avenue, Frinton-on-Sea. The practice's clinical director, Fleur Oakley-Pugh says: "**APOS**[®] is a great addition to the services we offer at the Clinic. We have been looking for a **non-surgical option for patients** who are struggling with conventional therapy and do not want, or cannot have surgery. For example, patients with severe knee osteoarthritis can benefit greatly from APOS[®] treatment. We have had some **fantastic results already** in Clinic, in addition to **nationwide endorsement** of this treatment in the **NICE** guidelines (National Institute for Clinical Excellence).

Are you wanting to delay back, hip or knee surgery?

FRINTON GOLF CLUB
FREE TALK
13th MAY and
10th JUNE - 10am
LIMITED PLACES
CALL 01255 850350
TO BOOK



Coastal Physiotherapy
93 Connaught Avenue
Frinton-on-Sea CO13 9PP
01255 850350

www.coastalphysiofrinton.com



VOTED **NO.1** MOBILITY RETAILER IN THE UK

S425 Road Scooter



BATH LIFTS FROM ONLY **£199***

STAIRLIFTS



RECONDITIONED STRAIGHT FROM ONLY **£495*** (*SUBJECT TO AVAILABILITY)

NEW STRAIGHT SALE FROM **£1295*** SAVE **£200** ON NEW HANDICARE STAIRLIFTS

NEW CURVED SALE FROM **£3095*** SAVE UP TO **£200** ON NEW CURVED HANDICARE STAIRLIFTS

WE BUY BACK & REMOVE UNWANTED STAIRLIFTS ACORN • AGE UK • BROOKS COMPANION • HANDICARE UP TO **£500 PAID** (DEPENDENT ON AGE AND CONDITION (UPTO 5 YEARS OLD)

FREE NO OBLIGATION QUOTES FROM FRIENDLY LOCAL ENGINEERS **01206 561335**

Prestbury Riser Recliner



3 LUCKY CUSTOMERS WILL WIN BACK THE COST OF THEIR RISER RECLINER

2 Way Sculptured support



ABLEWORLD
www.ableworld.co.uk

BIG SALE NOW ON

20% OFF ALL WALKING STICKS

20% OFF ALL SLIPPERS

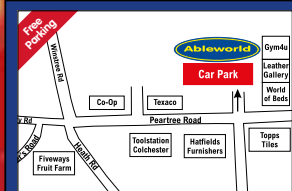
I-Lite Travelchair



Wheelchair Underseat Bag



Ultralite 480 Boot Scooter



COLCHESTER ABLEWORLD
5 The Stanway Centre, Peartree Road Colchester, CO3 0JX
Tel: (01206) 561335
info@ableworldcolchester.co.uk
Opposite Hatfields

Voted UK's **no.1** Mobility Retailer 2019, by Access & Mobility Professionals

NHS Vouchers Welcome Where Applicable - *VAT Exempt - Ask in Store for Details MRP - Manufacturers Recommended Price
Previous Price - Sold for 28 days in last 6 months at our Nantwich Store
Insurance/Warranty is arranged by Ableworld UK Ltd and provided through Mark Bates Ltd t/a Premier Care, Premier House, Londonthorpe Road, Grantham, Lincs, NG319SN who are authorised and regulated by the Financial Conduct Authority. FRN308390.
Calls made to this number may be recorded for monitoring and quality purposes

www.ableworld.co.uk

Voted UK's **no.1** Mobility Retailer 2019, by Access & Mobility Professionals

SCREEN SHOCKER

TECHNOLOGY

Do you know how many hours a day you spend glued to your mobile phone? How about your kids? Are they more likely to be seen staring at a screen than playing with their toys?

- > How are your eating habits?
- > Are you sleeping okay?
- > Do you get any physical exercise?

If you are not happy with your answers, then it may be time to look at reducing your daily screen time.

How much time are people spending on screens?
The average screen time for people aged 16-64, across different platforms and devices, is an estimated six hours and 37 minutes per day. Mobile devices account for most of this, with users spending an average of three hours and 46 minutes on their smartphones, with desktop computers not far behind at two hours and 51 minutes.

How screen time adds up over one year

1 hour	→	15 DAYS	a year
2 hours	→	30 DAYS	a year
3 hours	→	45 DAYS	a year
4 hours	→	61 DAYS	a year
5 hours	→	76 DAYS	a year
6 hours	→	91 DAYS	a year
7 hours	→	106 DAYS	a year

What problems are associated with too much screen time?

Too much screen time can cause a whole host of problems for adults and children alike, including: Obesity | Sleep disturbance | Depression | Anxiety | Hyperactivity | Poor language development | Inferior social development | Low moods | Headaches/eye strain | Light sensitivity | Shorter attention span | Frustration and less impulse control

How to know if you are spending too much time in front of a screen

If you are unsure whether or not you are spending an unhealthy amount of time in front of a screen, ask yourself the below questions:

- > How often do leave your house and socialise?

How to manage and reduce screen time

- > Create tech-free zones, such as mealtimes and bedtime
- > Set and enforce daily/weekly screen time limits
- > Consider using an app that controls the length of time your child can use a device
- > Eliminate background TV from your home
- > Try to spend more time outdoors as a family
- > Set clear work boundaries.



YOU rock(et) MY WORLD

A GUIDE TO GROWING, STORING AND COOKING WITH THIS CLASSIC SALAD GREEN

Used in salads since Elizabethan times, rocket has a distinct peppery flavour that people tend to either love or hate. Easy to grow and prepare, find out everything there is to know about this leafy salad green right here.

How to grow rocket

Rocket can be sown either indoors in containers filled with multi-purpose compost or directly into the soil. A sunny spot is best for spring sowings, whereas mid-summer sowings are best in a cooler spot in light shade. There are two main types of rocket you can grow:

1. WILD ROCKET

This is a perennial plant that is robust and easy to grow even in poor soil. It produces long, deeply divided leaves that have a strong peppery flavour.

2. SALAD ROCKET

This is an annual plant that has a shorter life span and produces dark, delicate leaves that offer a milder taste.

How to store rocket

Rocket should be stored in the bottom part of your fridge, known as the salad drawer, in either a brown paper or perforated bag. Consume within two days for optimum freshness. If you would like to freeze rocket, make sure you chop up the leaves first and then place them in an airtight container as whole leaves do not thaw well.

How to use rocket in cooking

Rocket can be mixed with other salad leaves to add a hint of spice, scattered on a pizza or used to garnish pasta dishes. It can also be wilted directly into pasta or eggs; just make sure you add it at the last minute to retain its flavour.

Some of our favourite rocket recipes include:

- Rocket pesto (see recipe below)
- Prawn, fennel and rocket risotto
- Ricotta and rocket lasagne rolls
- Slow-roasted tomatoes and rocket

How to make rocket pesto

- Combine 50g pine nuts, 100g rocket, 50g parmesan or vegan alternative, 150ml olive oil and 1 garlic glove in a blender.
- Season with salt and pepper and blend to a paste.
- Store in an airtight container in the fridge for up to five days.

MAKE YOUR CHILD'S DEVELOPMENT MORE FUN! TRY RUGBYTOTS

Our dynamic weekly play sessions enable boys and girls aged 2-7 to develop their social and physical skills in a fun, positive environment.

For more details, just call or email:

0345 313 0422
adrian@rugbytots.co.uk

AS SEEN ON 



rugbytots.co.uk
The world's favourite rugby play programme



Essex Stairlifts Ltd

Your local stairlift specialist

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



Find us on:  facebook.

For friendly, personal service telephone:

01206 231568

01473 249174

01268 550173



Email: sales@essexstairlifts.co.uk

www.essexstairlifts.co.uk

Nirala Tandoori

FULLY LICENSED RESTAURANT
TAKE AWAY MENU

SPECIAL OFFER

FREE BOTTLE OF WINE
Order over £80.00 (Take Away only)

OPENING HOURS

Open 7 days a week including bank holidays
5:30pm to 10:30pm

Mother's Day on Request
Lunch Time Open on Request

14-15 Brook Street
Manningtree, CO11 1DR



Delivery Service Available

01206 392735 / 01206 396704

ORDER FOOD
ONLINE

www.niralatandoori.com

HIGH PRESSURE WASHING SERVICES



FOR ALL EXTERIOR CLEANING

- Roof cleaning
- Solar panel cleaning
- Moss removal & treatments
- Paving & driveway cleaning & sealing
- Facia & gutter cleaning & emptying
- Cladding and render cleans & treatments
- Decking and timber cleaning & treatments
- Conservatory cleaning



CONTACT US FOR A FREE QUOTATION
077696 55328
Alan.wrycraft@live.co.uk



Checkatrade.com

PASMA



Yell

IPAF

WE CAN TAKE ON ALL EXTERIOR CLEANING

High Pressure Jet Washing is located on the border of Essex and Suffolk. Our highly recommended team offers professional, reliable and trusted service for domestic, commercial and industrial customers across the region.

Using the latest technology, much of our work is carried out without harmful chemicals. Our on-board water systems allow us to bring water to you, allowing us to offer our services at remote locations. We also have the means to spray areas with anti-bacterial disinfectant.

We cover everything from paving, driveways, pool surrounds, paved areas, walkways, moss & algae removal, drains, graffiti removal, gum removal, commercial vans, playgrounds & equipment, play areas and more.

Our services are competitively priced, and fully insured. We offer a free consultation before quotation.

Before



After

Contact 077696 55328 • Alan.wrycraft@live.co.uk

SPEAK UP

New figures show that 20 per cent of toddlers are not meeting their expected development levels because they were prevented from learning communication and play during the pandemic. If you are worried about your child's speech, then these talking tips are just what you need.



TALK TO THEM

If you are guilty of scrolling through your phone or leaving your toddler to play alone for long periods of time, then this can affect their speech development. Instead, make an effort to talk to your toddler throughout the day; tell them what you are doing and point out objects in the home.

READ TOGETHER

One of the most important things that you can do for your child is to read to them every day. In fact, reading just one book per day to your toddler can mean that, by the time they reach pre-school age, they are exposed to 1.4 million more words than children whose parents don't read to them.



USE SIGN LANGUAGE

While you don't have to become an expert in sign language, just teaching your baby or toddler a few signs such as 'more' and 'milk' can help them learn how to express themselves at a much younger age. It can also boost their confidence levels, which can in turn create a better environment for learning to speak.

AVOID BABY TALK

It is much better to talk to your baby using proper words than with baby talk, however adorable it may be. If your baby or toddler gets a word slightly wrong, do not point out their mistake but simply repeat it back to them correctly.

LIMIT SCREEN TIME

The less time your toddler spends on a screen, the better, as it is interactions with others that help with language development. Even programs that are designed for babies and toddlers are no substitute for human communication.



ACCOUNTANTS

ALTORIAN CHARTERED ACCOUNTANTS

Professional and friendly local accountants. Contact us for all your accounting and tax requirements. 01206 392750 | www.altorian.co.uk

ARCHITECTS

BEVERLEY ANN DESIGN LTD

Planning & Architectural Design. Residential, Commercial. Call 01255 736030 | info@beverleyanndesign.co.uk | www.beverleyanndesign.co.uk

BATHROOMS & KITCHENS

PEVERELL'S

Bathrooms and Kitchens. Wetrooms, Tiling, Plastering, Electrical, Plumbing, Heating, Building Works. 01255 688892 | www.peverells.co.uk | 53 Ravensdale, CO15 4QH

BLINDS & SHUTTERS

TENDRING BLINDS & SHUTTERS

Over 20years experience. Rollers, Verticals, Romans, Perfect Fit, Venetians, Intu, Day&Night, Pleated, Skylight, Motorisation, VS2 Slide, Plantation Shutters. 01255 474241

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

BUILDING

KESTON SERVICES LTD

Specialists in Resin Bound Driveways, Pathways & Patios. 01255 850067 | 07834 373187 | www.kestonservices.co.uk | Heidi Cottage, Main Road, Gt Holland, Frinton, CO13 0JN

DRIVEWAYS & RESIN

LJ ANDERSON & SONS LTD

Essex's leading road & surfacing contractor. Grab Lorry Hire. A Family Business. Established for decades. 01621 772429 info@ljanderson.co.uk | www.ljanderson.co.uk

EXTERIOR CLEANING

HIGH PRESSURE WASHING SERVICES

For all Exterior Cleaning. Contact us for a FREE quotation 07769 655328.

FINANCIAL SERVICES

PARAGON LEGAL SERVICES LTD

Affordable Excellence endorsed by over 20,000 clients. We will write your will for only £49.99+VAT *Subject to T&Cs (£59.99 inclusive) Call free 0800 074 7642 or 01206 544919

FLOORING

JSR FLOORING LTD

Family run business specialising in commercial and domestic floor coverings. Wide range of carpets, vinyl, laminate, safety flooring and much more. 01255 317830 | 07779 652972

EMAIL TENDRING@VISIONMAG.CO.UK NOW TO BOOK

GARAGE DOORS

BFCC GARAGE DOORS

Supplied, Installed, Automated, Repaired. Free Survey & Quotation. 01255 863815 | sales@bfcc-garagedoors.co.uk | www.bfcc-garagedoors.co.uk | BFCC Showroom, CO16 0AA

HANDYMAN

MARK RENAULT

From coat hooks to kitchen renovations. Plumbing, electrics, painting, carpentry, flooring, brickwork, fencing, etc. Fully insured. 07801 306004 | markrenault05@gmail.com

HEATING & PLUMBING

ESSEX BOILER SPECIALISTS

The No.1 Boiler specialists in Essex. Tel: 01255 520022 | office@essexboilerspecialists.co.uk | www.essexboilerspecialists.co.uk | 179 Connaught Avenue, CO13 9AH

JEWELLER

HARRY FRANCIS JEWELLER

Buyer of all gold jewellery. Established in Frinton 1980, I buy gold jewellery, gold coins, medals, pockets watches. Collections or single items. Phone 01255 676918

LANDSCAPING

AW LANDSCAPING LTD

Paving, Driveways, Fencing, Turfing, Composite and Timber, Decking, Landscape Contractors, Ponds & Play Areas, Shed Bases, Sleepers. Contact 07769 655328

LEAFLET DISTRIBUTION

FLYER DISTRIBUTION ESSEX

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

MOBILITY

ABLEWORLD COLCHESTER

Voted No.1 Mobility Retailer in the UK. Tel: 01206 561335 | E: info@ableworldcolchester.co.uk | 5 The Stanway Centre, Peartree Road, Colchester, CO3 0JX | www.ableworld.co.uk

PAINTING & DECORATING

JRS PAINTING SERVICES

All aspects of painting work covered: Domestic, interior & exterior. Commercial. Please contact Jamie for FREE quotes on 07712 524407 | jamiesanders273@yahoo.com

PROBUS CLUBS

FRINTON & WALTON MEN'S PROBUS CLUB

A friendly group of retired & semi-retired men meeting on the first Tuesday of each month at Frinton GC from 11am to 3pm. We have a speaker, meal and bar. Call 07917 191632

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

SCAFFOLDING

ULTRA ACCESS

Scaffold Technical Support. Consultation, Design, Build, Inspections, Safety. Contact us on 07751 867929 or jason@ultra-access.co.uk

SKIP HIRE

COUNTY SKIPS

2 yard, 4 yard, 6 yard, 8 yard and 12 yard skips available. Fully licensed & insured. Local Skip Hire. Both businesses and home owners. 01255 423242

SPORTS CLASSES

RUGBYTOTS

Join Rugbytots, the world's favourite rugby play programme for children and toddlers. Find a class & book online! Email: Adrian@rugbytots.co.uk | Call: 0345 313 0422

STAIRLIFTS

ESSEX STAIRLIFTS

Straight Stairlifts, Curved Stairlifts, Rental Stairlifts, New & Used, Servicing & Repairs, Home Lifts. Call 01206 231568 | sales@essexstairlifts.co.uk

GET IN CONTACT WITH US TO JOIN THE LISTINGS... CALL 01255 564021

TAX SOLUTIONS

CLARO TAX SOLUTIONS

Sole Traders, Capital Gains Tax, Self Assessment. Call 07935 338085 | www.clarotaxsolutions.co.uk | martin.quinton@clarotaxsolutions.co.uk

TRAVEL

MAROONED AIRPORT RUNS

Private Chauffeur Driven executive style to and from airports. Contact 01255 675192 | 07449 545460 | maroonedairportruns@gmail.com

JOIN THE LISTINGS

For just **£180** +VAT per year

TUTOR & EDUCATION

MATHS TUTOR TOM

Expert maths tuition from a qualified teacher with 10+ years experience. 11+,GCSE and A-Level. WhatsApp: 07784 162248 | Email: Tom@MathsTutorTom.co.uk

WINDOWS/CONSERVATORIES

E&S WINDOWS, DOORS AND CONSERVATORIES

Offering excellent value for money on windows, doors and conservatories, we thrive to deliver the best quality possible for all our customers in Essex and Suffolk. 01206 679507

WORKTOPS

GRANITE UNLIMITED

Stoneware Worktops Design & Installation. Same day fitting. Bespoke granite, quartz & corian. Design & installation. 01206 598890 | 07877 861117 | www.granite-unlimited.co.uk

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



PUZZLES & TRIVIA

PUZZLES

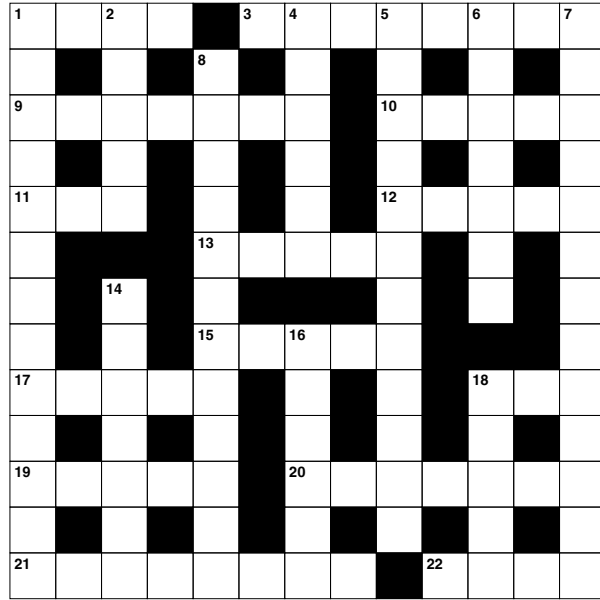
Answers: see end of The VISION Listings

ACROSS

- Spur on (4)
- Came into possession of (8)
- Income (7)
- Sprites (5)
- Four-wheeled road vehicle (3)
- Card game (5)
- Insurgent or revolutionary (5)
- Where one finds Rome (5)
- Cook meat in the oven (5)
- Not on (3)
- Brought forth (5)
- Respectable; refined (7)
- Expulsion (8)
- Solely (4)

DOWN

- Irretrievable (13)
- Donor (5)
- Winged child (6)
- Joblessness (12)
- Officially cancels (7)
- Shamefully (13)
- Sporadic (12)
- Open area of grassland (7)



- In slow tempo (of music) (6)
- Large body of water (5)

DID YOU KNOW?

- Feng shui, meaning 'wind and water', is an ancient Chinese art of arranging spaces to achieve harmony and balance.
- The aim of feng shui is to balance the life force of chi. In the Taoist belief, chi is said to inhabit everything.
- To protect against negative chi, feng shui practices include making sure to always keep the bathroom door closed and to throw away wilted flowers immediately.
- In feng shui, every colour has a meaning. For example, black signifies contemplation and wisdom, while purple is connected to power and prosperity.
- Feng shui has influenced the design of a number of landmarks around the world, including the glass pyramid at the Louvre Museum in Paris and the Sydney Opera House in Australia.

SUDOKU

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



KESTON SERVICES LTD

Specialists in Resin Bound Driveways, Pathways and Patios



Professional jet washing service



Approved drop kerb contractor



Before



After



Before



After



Tel: 01255 850067
Mob: 07834 373187

www.keston-services.co.uk

Heidi Cottage, Main Road, Gt Holland, Frinton-On-Sea, Essex CO13 0JN



NEW TO COLCHESTER

**COME DOWN & ENJOY THE GAMES,
DRINKS & DELICIOUS FOOD**



PLAYSTATION GAMES ROOM • KARAOKE ROOM

ALL PLAY PASS PRICES: AGE 14+ £25 PP

OFF PEAK (MON-THURS) ONLINE ONLY: AGE 14+ £20 PP

AXE THROWING • CRAZY GOLF • SHUFFLEBOARD GAMES ROOM

AUGMENTED DARTS • TABLE TENNIS • BEER PONG • POOL TABLES

WE SHOW LIVE SPORTS

LIVE DJ FRIDAYS & SATURDAYS

WWW.NONAMEBARGAMES.COM

FREE ENTRY

11AM - 12AM • OPEN 7 DAYS A WEEK

PHONE: 01206 981 237

EMAIL INFO@NONAMEBARGAMES.COM

FIND US AT

(THE OLD ARGOS BUILDING)

LONG WYRE STREET,

COLCHESTER CO1 1LJ

**QUOTE VISION
FOR 10% OFF
INSTORE BOOKING
WITH THIS AD**

