



ourtownswf.co.uk

South Woodham Ferrers

NEW COMPETITIONS & VOUCHERS

CLICK ON THE QR CODE ON PAGE 9 TO ENTER ONLINE

Scan the
QR code below
to view the full
online **weekly**
magazine or click on
to the website
ourtownswf.co.uk

This month & online

- **The Whalebone Inn**
Welcomes you back!



- **Essex Physiotherapy**
- **New Competitions**
- **Articles - Repair it**
Smart/Greenoak



Supporting our
Business Partners

Delivering 6,000 copies across South Woodham Ferrers

ourtownswf.co.uk

Issue
3

FREE

Contact details



About Our Town

Our Town delivers current information, including news, sports results, medical, events and local special offers in South Woodham Ferrers. It's designed to be interactive and offers small and medium-sized enterprises a powerful, cost-effective platform for advertising.

The platform is developing all the time and the magazine goes live on a Wednesday every week.

We want to hear about your birthdays and special announcements that are coming up or anything exciting you want to tell us all about.

To find out more email: wendy@ourtownmagazine.co.uk

CALL US NOW ON **01245 203123**

Some of our Business Partners



Visit Our Town online magazine every Wednesday for all the latest news and updates.



The Whalebone Inn Welcomes You Back – Now Serving Food!

**Historic pub opens brand-new kitchen this
September**



The Whalebone Inn has long been a cornerstone of South Woodham Ferrers, with a history stretching back to 1735. Generations of locals have gathered here, making it a true staple of the community.

After a full facelift and reopening as a vibrant wet pub earlier this summer, The Whalebone has quickly reclaimed its place as the talk of the town. The pub has been buzzing with atmosphere and has once again become the place where friends, families, and neighbours come together. For the past three months, locals have enjoyed great drinks, warm hospitality, and the lively pub atmosphere.

Now, the next chapter begins — and there's even more to celebrate. The team is delighted to announce the much-anticipated opening of our kitchen from September! We are excited to serve up home-cooked favourites alongside seasonal specials, with a focus on quality, comfort, and community spirit.

Fresh, Traditional Pub Food

From hearty classics to lighter bites, our menu has something for every appetite. Each dish is freshly prepared and served with the same warmth and character you've come to expect from The Whalebone Inn.



Opening Offer – All September

To celebrate the launch, we're offering an exclusive deal all month long:

***Buy one meal, get the second half price
(cheapest meal applies).***

On top of this, there'll be more to enjoy — from OAP Specials offering fantastic midweek value to Small Plate Deals, perfect for sharing over drinks with friends.

More Than Just Food

The Whalebone Inn is a dog-friendly community hub with something for everyone. Our sunny south-facing garden is ideal for families, complete with a children's play area and bouncy castle. Inside, enjoy the lively games room with pool and darts (free every Monday & Tuesday) or relax in the cosy snug lounge with Chesterfield sofas and classic board games.

In addition, the Inn boasts a stylish private hire space with its own entrance and facilities, ideal for birthdays, weddings, anniversaries, wakes, and community events.

Here at The Whalebone, we prioritise variety and atmosphere. Live music continues every weekend through the year, keeping the pub alive with energy and local talent. All live sporting events are shown across six large TV screens — whether it's

football, rugby, cricket or Formula 1, you won't miss a second of the action. And for even more flavour, external catering vans will still be serving diverse street food every weekend throughout September.

A Pub at the Heart of South Woodham

The Whalebone Inn is back, better than ever — and now with a kitchen serving the food you've been waiting for.

Join us this September and be part of the next chapter in nearly 300 years of history.

"The Whalebone has always been at the heart of South Woodham Ferrers. After a fantastic summer of welcoming everyone, we're thrilled to finally serve food again. This is the next step in bringing our historic pub fully back to life, and we can't wait for people to try the menu and make more great memories here."

**The Whalebone Inn, Old Wickford Road,
South Woodham Ferrers, Chelmsford,
Tel: 01245 672310**



Our Town Interview with the Whalebone Inn



1. Who is on the team behind The Whalebone?

The Whalebone has been brought back to life by four local businessmen who were long-time regulars before the pub closed its doors. They were so passionate about restoring their favourite local that they came together to invest, renovate, and reopen it for the community. Their mission is simple: to create a welcoming, family-friendly, and lively hub for everyone in the area.

2. What previous experience do you have in running a bar and restaurant?

Our team of bar and kitchen staff all bring many years of experience in the pub industry. Our General Manager in particular comes from a family with a proud history of running pubs across several decades, so hospitality is truly in their blood.

3. How long have you been operating in South Woodham Ferrers?

The Whalebone itself has been an established since 1735 — so we're building on a strong tradition.

4. How do you promote your business, and which social media platforms do you use?

At the moment, Facebook is our main social platform, where we share updates, events, and news. We also rely heavily on word of mouth and local press coverage, which has been fantastic so far. Looking ahead, we aim to expand our presence across other popular platforms to reach even more of the community.

5. What do you believe sets you apart from similar businesses in the town?

We're lucky to have one of the largest pub spaces in the local area, including a sunny south-facing beer garden, a children's play area, and multiple large TV screens for sports fans. But it's not just about size — we're committed to offering diverse weekly entertainment, welcoming a broad mix of people, and creating a warm, friendly atmosphere where everyone feels at home.

6. How would you describe your food menu?

Our menu is all about hearty, traditional pub food — think comforting classics, generous portions, and dishes to suit all tastes. Alongside this, we offer lighter bites, "picky bits" for sharing, and a rotating weekly special to keep things fresh and interesting.

7. Are your food ingredients locally sourced?

Yes — wherever possible, we use fresh, locally sourced ingredients. Supporting suppliers and farmers is important to us, and it ensures our dishes are both high-quality and sustainable.

8. Do you cater to all dietary preferences?

Yes — we've worked hard to make sure there's something for everyone on our menu. Alongside the traditional pub classics, we offer a range of vegetarian and gluten-free dishes. Our chefs are always happy to adapt meals where possible, and we encourage guests with any specific dietary requirements to let us know in advance so that we can make their visit as enjoyable as possible.

9. Do you have a children's menu?

We are a family-friendly pub and love welcoming younger guests meaning we offer a wide range of children's dishes that will appeal to our younger diners. We also provide high chairs and family-friendly seating areas, making it easy for everyone to feel comfortable when dining with us.

[Visit ourtownswf.co.uk](http://ourtownswf.co.uk) to read the rest of the interview



Repair It Smart – Car Body Repairs



The Team at Repair it Smart

Richard, the owner of Repair It Smart, established his business in 2012 in Rettendon, Essex, after progressing from a Saturday job, to apprentice paint sprayer, bodyshop manager, and eventually, aftersales manager at various independent workshops and main dealers.

Together with his partner Jo Courtney, Richard was motivated by hard work, perseverance, and a passion for providing a more efficient, customer-centric approach to body repair.

Repair It Smart is a BS10125 accredited bodyshop, utilising state-of-the-art equipment for insurance retail and de-fleet jobs. The shop is equipped with cutting-edge technology, including a brand new spray booth and advanced equipment, guaranteeing a perfect finish every time. They have also integrated a new water-based paint technology system, allowing them to mix their own paint for flawless colour matching.

Repair It Smart has expertise in all types of body repairs, from heavy collision damage to minor body scuffs and alloy wheel repairs. They are recognised specialists in various insurance-approved jobs.

The team at Repair It Smart is composed of highly skilled and dedicated professionals, bringing many years of experience in the industry.

To learn more about the services Richard offers, visit repairitsmart.co.uk.

Email: info@repairitsmart.co.uk

Tel: 01245 475100 / 07778 112770

Unit 38, Highlands Farm, Southend Road,
Rettendon, Essex, CM3 8EB.



Greenoak Concept & Design Ltd - Home Improvement Specialists



Before



After

The Head's of Rettendon, Essex were saying goodbye to their old style look of their property during their total property refurbishment of their property and instructed Greenoak gave their property a new lease of life by upgrading to our HardiePlank Wall cladding system.

Out with the old and in with the new

It was time for the Head's old rendering and hung tiles to have a makeover, as their external property was not performing or the new modern look, they were going for within their property refurbishment.

The Head's property was in constant need of painting and maintenance due to the weather, poor thermal efficiency, size and location.

This beautiful property is located on top of a hill and open to the elements throughout the year and was in the final stages of its year renovation. The Head's wanted the to give their property the best finish look to the exterior as well and maintaining great character. Our HardiePlank Maintenance free with boards provided both the look and character they were looking for as well as protection from all weathers

At Greenoak Concept & Design, we had the perfect solution for the Head's. We added all new HardiePlank Cladding under our licenced and preferred contractors' status via James HardiePlank matching their existing style to complete their look.

Our HardiePlank wall cladding system is the ultimate solution that combines a maintenance free system, authentic look with A-RATED thermally efficient design, and it is the most versatile replacement cladding product on the market.

The Head's old external property was transformed into a beautiful warm and welcoming home once again.

<https://ourtownswf.co.uk/showcase/greenoak-concept-design>

Phone number: Tel: 01702 238938

Website: greenoakcompany.co.uk and updates.

Our Town Interview with Angela Buillard-Meaden



Why did you decide to start your own business in South Woodham?

As I drove into South Woodham on a sunny but cold afternoon in February 1986, I had no idea that nearly forty years later I would still be here, proud clinic owner, mum, grandmother and fiction author.

My first impression was raw. A long high brick wall, unbroken by plants or trees on either side of the road and the new gardens barely established. But look at what the community here has made—a garden town vibrant with colour.

How did you market your business initially?

My early years as a physio had been spent in London, Geneva and Sydney, so I came here with no contacts and build Essex Physio Clinic from the ground up on a shoestring budget with a large bank loan. My first welcome came from John Cormack and from Mrs Govani as we shared premises in the town square—both convinced me I had done the right thing and was joining a dedicated team of healthcare providers in the town. No social media or mobile phones back then, so to become known I made appointments to visit the local GP's, Orthopaedic Consultants and any speaking venue that would have me—sports clubs, the WI, Coffee Pot, Rotary to name but a few. Gradually patients began to trickle in and to make ends meet I covered lunchtime shifts in the local hospital and taught post-graduate courses on most weekends.

What is the hardest part of being a business owner?

Long weeks and tight finances, not helped by the shock of a sudden interest rate hike (sounds familiar!) had me teetering on the brink of disaster—and I think the hardest thing about being in business is the unexpected things, outside your control, which can impact all your carefully laid plans and hard work. But if you love your career, care deeply about your clients, and have a vision for the future, you dust yourself off and keep going. There aren't many overnight success stories—building trust and connections takes time and hard work, but it is so worthwhile. I have treated three generations of some families, seen kids become professional dancers, elite athletes, and international gymnasts, watched our work experience students become physios, doctors, lawyers and parents themselves and shared in the everyday joys and sorrows of so many lives. We have gone through some boxes of tissues in our time!

Are you a hands on boss?

I have always loved integrating traditional and holistic therapies and so added acupuncture, reiki and coaching to my physiotherapy skills over the years. I'm a hands-on boss and love bringing into the clinic therapists from different backgrounds so that we can offer the widest possible skillset, ranging from sports massage to muscle and joint problems, respiratory care to Pilates or work-related issues. I've always believed in wellness as well as health and have seen over the years how much stress leads to emotional and

**Read more Health
Articles on
ourtownswf.co.uk**



What if You Didn't Need a Holiday from Your Life?

[Read more: ourtownswf.co.uk](http://ourtownswf.co.uk)



Independent academic report into "Accessibility to Healthcare Services in South Woodham Ferrers (SWF), the Dengie & Maldon"

[Read more: ourtownswf.co.uk](http://ourtownswf.co.uk)

physical issues, this made coaching a natural progression for me to help people thrive.

At what point do you look at your business and consider it a success?

A health business doesn't run with clinicians alone and I have been blessed with an amazing admin team some of whom have been with me from the early days. Apart from keeping us in order and the bills paid, they are so kind and helpful to all our clients, dispensing tea, sympathy and a warm welcome. We've had patients pop in just for ten minutes peace, to share a grief or to exchange a recipe. I like that we are part of the community in that way.

What do you enjoy doing in your free time?

South Woodham is blessed with so much countryside nearby which I enjoy walking with my dogs, and I like that it is also close to facilities such as theatre, cinema and shops. In fact as I close this piece, I'm off to watch a dance show in Southend as a long time Strictly fan. Has Essex Physio Clinic changed over the years, yes, it's grown, modernised, and diversified. Would I change anything about my business journey—probably not, there have been tough times, but sometimes we learn and grow more from them, than when things are easy. In five years' time I'm hoping to have taken a back seat and am proud to see my son, Jamie ready to take up the reins.

Angela Buillard-Meaden

www.essexphysio.co.uk Instagram: @essexphysio Facebook: @essexphysio

Read more Health
Articles on
ourtownswf.co.uk



Desperately Seeking Happiness? Here Is Your Twelve Step Guide

[Read more: ourtownswf.co.uk](http://ourtownswf.co.uk)

Events

Discover a vibrant array of local events happening in and around South Woodham Ferrers! From markets and lively community gatherings to family-friendly activities, music, entertainment and exclusive workshops, there's always something exciting to explore. Visit the online magazine to view more ourtownswf.co.uk

REMEMBRANCE DAY SERVICE

SUNDAY 9TH NOVEMBER 2025

Outside Holy Trinity Church, Trinity Square at 10.30am for a service start at 10.45am.

This will be followed by a procession to Millennium Place where wreaths will be laid. Residents are also welcome to lay memorials.

The memorials will be moved after a short time to the Garden of Remembrance memorial bed

- lest we forget -



Mental health support for veterans, service leavers and reservists

[Read more: ourtownswf.co.uk](http://ourtownswf.co.uk)



What is measles and why is it so important we're all up to date with our MMR vaccine?

[Read more: ourtownswf.co.uk](http://ourtownswf.co.uk)

Competition Winners

Meet our £50 Competition Winners



I had the delightful opportunity to meet Lynn Perham, our very first competition winner! Needless to say, she was overwhelmed with joy upon receiving her prize of £50.



Katrina's Win: Celebrating Community, Connection, and Embracing Tech at Any Age



Karen Kemp our most recent winner of £50, who was delighted to receive her £50.

Watch out for all our latest offers and competitions
ourtownswf.co.uk

chillies

INDIAN FUSION

01245 426200 / 01245 324260
chilliesfusion.co.uk



Church & Hawes

Church & Hawes SOLD more properties in 2024, in the areas that we cover than any other agent!



Agent	Properties Sold
Agent 2	343
Agent 3	172
Agent 4	120
Agent 5	93
Church & Hawes	425

The statistics above speak for themselves, so if you want to be SOLD in 2025, please contact your local Church & Hawes branch!

Burnham On Crouch
Tel: 01621 782652
burnham@churchandhawes.com

Danbury
Tel: 01245 225853
danbury@churchandhawes.com

Malden
Tel: 01621 855195
malden@churchandhawes.com

South Woodham Ferrers
Tel: 01245 329429
swf@churchandhawes.com

Information Data Source: Rightmove, plus during period to January 2024 to 31st December 2024.
Church & Hawes and other agents continued to work sales for the area.

Online advertising from as little as £15 a week
Call 01245 203123

How to enter

To celebrate the release of the Our Town online and printed magazine, we have teamed up with some of our business supporters to give some of our lucky readers the opportunity to win these fabulous prizes.

To enter, click on the QR Code below and add your details in the form and select which competition you are interested in and click send.

Winners will be notified by email on the 8th October.



**WIN 2 FREE
ARSENAL TICKETS
TO A HOME GAME**
(date to be arranged)
Winner will be notified by 8th October*
Click on to the QR code below to enter.
*To view terms & conditions go to:
ourtownswf.co.uk



**WIN A MEAL
FOR 2 AT CHILLIES**
(to the value of £50)
Winner will be notified by 8th October*
Click on to the QR code below to enter.
*To view terms & conditions go to:
ourtownswf.co.uk

**Scan the
QR code to enter
the
competitions**



The Eatery
Cafe - Bar - Grill
**FOOD & DRINKS
VOUCHER £30**
Winner will be notified by 8th October*
Click on to the QR code below to enter.
*To view terms & conditions go to:
ourtownswf.co.uk



**The Big Variety
Show**
Amy Winehouse
& Adele Tribute
**3 SETS OF TICKETS
TO GIVE AWAY**
Take a friend or guest
Winner will be notified by 8th October*
Click on to the QR code below to enter.
*To view terms & conditions go to:
ourtownswf.co.uk



**WIN a £40
SAVERS VOUCHER**
Winner will be notified by 8th October*
Click on to the QR code below to enter.
*To view terms & conditions go to:
ourtownswf.co.uk

How to avoid making mistakes when writing your Will

Writing your Will is an important part of the estate planning process and at times it can be challenging especially when compiling all your assets and mistakes can be made when creating or editing your Will.

As a member of the Essex community, we know how much family means to you and we know you want insurance that your estate is in order to take the burden away.

However, you need to ensure there are no mistakes when creating or updating your Will because individuals will make them without realising and this could impact your estate.

What are some of the main mistakes when creating a Will?

There are legal requirements in place when creating or updating your Will and it is important they are followed to ensure your Will is authentic and executed by law when you eventually pass away.

Many individuals forget the laws in place and this can be costly. Your Will must be signed and witnessed to make it legally valid. However, if this doesn't happen, any Will you make is invalid. signed and witnessed to make it legally valid. However, if this doesn't happen, any Will you make is invalid.

This also applies to updating your Will, if any alterations are not witnessed and signed, your estate is at risk and your wishes may not be fulfilled as intended.

As noted above, it is important you organise all your assets whether that is money, investments, properties, gifts, whatever you intend to leave your beneficiaries because it is common for assets to be left out.

This can be accidental, but it means there is no legal beneficiary for this asset if it is not included as part of your estate.

Alongside forgetting to include assets, another common mistake individuals make is ensuring the right beneficiaries are included or fail to update their Will to reflect current circumstances.

For example, not updating your Will if a beneficiary passes away or considering other possibilities such as marriage, divorce and civil partnerships. It is essential you include the right beneficiaries in your Will as mistakes can lead to family disputes and potential legal action.

These are common mistakes and ones that can be costly if not addressed. You want to ensure your Will is authentic, legitimate and reflects exactly what you want. Any mistakes can damage this, and many people have learnt that the hard way.

How can I ensure my Will is how I want it?

Given mistakes are very common, before putting any estate planning measures, you should ensure you know exactly what assets you want to leave and who will be included as beneficiaries.

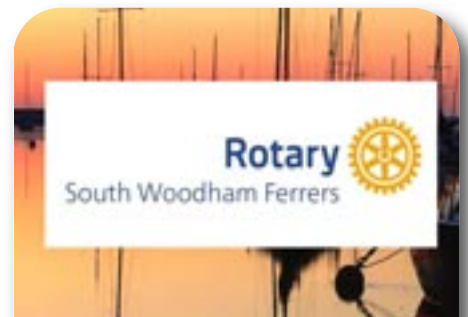
Doing this ensures you have included all the assets and beneficiaries in your planning. You should also seek legal advice to ensure you know how to create or edit your Will.

An expert Wills and Probate solicitor will give you the tools to manage your estate and create a Will that is authentic and doesn't have any mistakes in there. They will advise and guide you on the right steps to take.

At Palmers, our team of experts will help you every step of the way to ensure your Will covers exactly what you want. We'll support you and offer tailored advice to suit your needs.

Your Will is your insurance that your estate will be distributed how you wish, and any mistakes could jeopardise this. Want assurances over your Will? Get in touch with our team. palmerslaw.co.uk

Read more Features,
News & Articles
ourtownswf.co.uk



Open Road bring their night time economy SOS Bus to the Club

[Read more: ourtownswf.co.uk](https://ourtownswf.co.uk)



What is measles and why is it so important we're all up to date with our MMR vaccine?

[Read more: ourtownswf.co.uk](https://ourtownswf.co.uk)



Share a business,
Share a page,
from **£50** plus vat.

Call **01245 203123** for
more info.

If you would like to
advertise email
wendy@ourtownmagazine.co.uk

Want to find out about all the benefits
of becoming a business partner,
then get in touch **NOW!**



HD High Definition SECURITY SYSTEMS

*We are a local family
business trading for
over 30 years in
all aspects of
security systems*

Suppliers & Installers of:

- Intruder Alarms • Locks
- CCTV • Access Control
- Security Lighting

Also:

- Routine Maintenance
- Emergency Callout

*Monitor & control all
at the touch of a button*

Call us now on
01245 42 66 17 • 07976 323838
www.highdefsecurity.co.uk



Palmerslaw

**Providing friendly and
exceptional legal services
as standard**

**For over 40 years, we have offered expert
legal advice to individuals and business clients
across Essex and beyond.**

Please contact our **South Woodham Ferrers** office today
to find out how we can help you.

01245 322111 • palmerslaw.co.uk

Moving forward **together** >

Palmers Solicitors is the trading name of Palmers Law Limited (company registration England & Wales: 09464224) registered office 19 Town Square, Basildon, Essex SS14 1BD and is authorised & regulated by the Solicitors Regulation Authority, SRA No. 813805



Now with a
new office in
Chelmsford!



Before and After - Conservatory Tiled Roofs

Let us transform your conservatory

Reclaim your tired space and make it part of your home again

Contact Greenoak - the tiled conservatory roof specialists

Greenoaks are offering all customers the most advanced thermally efficient Conservatory tiled warm roof system on the market by leaders in Tiled Conservatory Roofs.

Upgrade to one of Greenoaks tiled roofs and provide yourself with that all year-round room you have always longed for whilst saving on expensive heating bills.



FOR MORE INFORMATION:

01702 238 938

www.greenoakcompany.co.uk

SHOWROOM: 96 BRIDGWATER DRIVE, WESTCLIFF-ON-SEA, ESSEX S50 0DH

WINDOWS • DOORS • CONSERVATORY REFURBISHMENTS • WALL CLADDING



Act now and get the most advanced thermally efficient roofing system for your conservatory and start saving your money!

SCAN FOR PREMIUM DISCOUNT OFFER

SALE

UP TO A MASSIVE 10% DISCOUNT
ON ALL ORDERS
T&Cs apply

