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Editor's notes...



Brett Shohet, Editor

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

I have been thrilled with the response from many readers who love the idea of a magazine dedicated to their town.

The feedback we have received has been so uplifting and we look forward to getting more of you involved. It has also been a great addition for local businesses to be featured in a publication that has a well-structured balance of editorial and features.

This edition again looks at many ways to keep you and your little ones occupied. We have a variety of events taking place, so check out our What's On pages.

Also, in local news we report on the result from the 'Hexit' vote, a restaurant manager is jailed for dodging his council tax bill and owing thousands to the council, and AFC Hornchurch's Elliot Styles reaches a landmark appearance for the Urchins. Local news is important to us, so if you have any stories, please email editorial@visionmag.co.uk

So, we hope you now find the time to relax, kick your shoes off and indulge yourself in this next edition of **VISION**Hornchurch.

Remember this is your magazine, for your town. Feel free to get in touch by emailing Brett at hornchurch@visionmag.co.uk.

I hope you all enjoy the September edition of **VISION**Hornchurch.

Brett



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DOWN 1. AOWAL, 2. UPLIFT, 3. ISLET, 4. PONTIFF, 5. GLAD RAGS, 6. ACTUAL, 12. OBSERVED, 14. EMPEROR, 16. ORATOR, 18. TAMING, 19. RIPENS, 20. NOVEL



THE GREATEST ESCAPE

THE MAN-MADE MIRACLE OF DUNKIRK

On May 10, 1940, Winston Churchill took over as Prime Minister of a Britain plunged into a World War.

Within two weeks he faced one of his darkest hours, as did the nation, of his fledgling premiership – 400,000 men of the British Expeditionary Forces were trapped on the beaches of a little French seaside town of Dunkirk.

Churchill had hoped that 30,000 men could be lifted off, whilst others in the War Cabinet put the figure slightly higher at 45,000. But to everyone's total astonishment, a sort of victory was snatched out of the jaws of total defeat with more than 338,226 soldiers plucked to safety from the shores.

The evacuation – codenamed Operation Dynamo

which began on May 26 and lasted eight days was achieved by the combined might of the RAF, Royal Navy and 933 vessels including a staggering 850 little ships. These were fishing boats and pleasure craft assembled for the seemingly impossible job.

As well as British forces a total of 140,000 French, Polish and Belgian troops were also saved.

Around 68,000 soldiers were either killed or ended up as prisoners of war.

And as Britain steeled itself for invasion by Hitler's troops, Churchill made one of his most famous and stirring of speeches to the House of Commons in which he vowed: "We shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the

hills. We shall never surrender."

But while the nation celebrated the "Dunkirk Spirit", the new found phrase to show our true grit in the face of adversity, a despondent Churchill also warned: "We must be very careful not to assign to this the attributes of a victory. Wars are not won by evacuations".

When news of Dunkirk first broke he called it "a colossal military disaster", saying "the whole root and core and brain of the British Army" had been stranded at Dunkirk and seemed about to perish or be captured.

And few months later after several other defeats and despite the RAF winning the Battle of Britain in September of that year, Churchill, in his darker moments, was questioning whether the soldiers of the British Army had the spirit to defeat

Hitler. It turned out they had more than enough spirit.

Hitler's failure to capture the British army at Dunkirk has been called one of the great turning points of the war.

Only last month Christopher Nolan's epic story *Dunkirk* was released in cinemas to largely appreciative audiences, which captured the amazing rescue from land, sea and air.

What made the rescue even more dramatic were the thousands of troops standing in orderly queues waiting to be lifted and then dispersing and trying to hide as the Luftwaffe bombed and strafed them with machine gun fire.

Every time after each of the air attacks, the soldiers were back in their orderly queues just waiting – and hoping – for their turn.



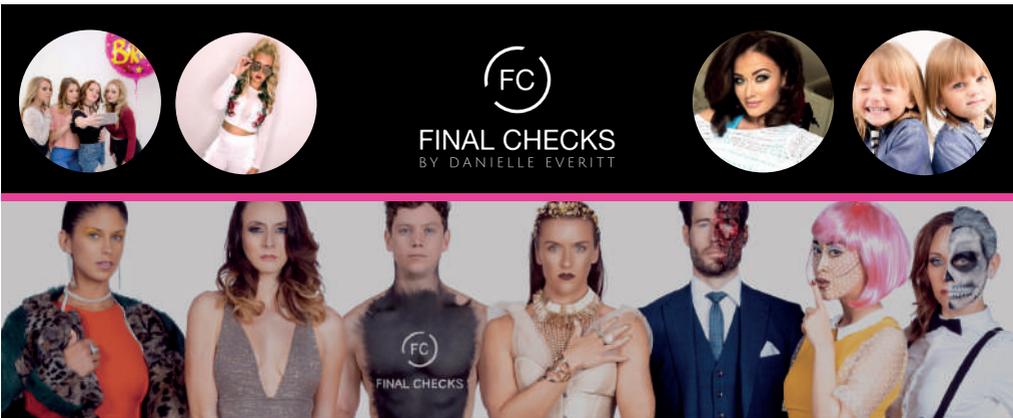
Isle of Man Steam Packet Company vessel *Mona's Queen* shortly after striking a mine on the approach to Dunkirk. May 29, 1940

Lord Gort (gesturing, at centre) was commander of the British Expeditionary Force

Troops evacuated from Dunkirk about May 31, 1940

Troops arrive back in Dover following the evacuation of British troops from Dunkirk

Dunkirk evacuation shipping routes



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The September Issue

THE HISTORY OF FASHION'S MOST INFAMOUS ISSUE

It requires months of preparation, gets bigger every year and even has its own film...they call it "The September Issue". So what is this publishing phenomena that leaves fashion editors trembling in its wake? Quite simply, it's the biggest and most lucrative magazine release in the media calendar.

Don't be surprised to see women lugging around inch-thick copies of *Vogue* and *Elle* in their handbags at this time of year, because the September issue is always mighty, with publishing houses jostling to maximise pagination (and advertising) in representing the most up-to-date looks and the world's biggest stars. Looking for evidence? Well, US *Vogue's* 2015 issue was a back-breaking 832 pages and featured woman-of-the-moment, Beyoncé, on its cover.

Why is it so important? One theory is that consumers see September as a fresh start... a moment in the year in which they can set out to transform both their image and their wardrobe. Naturally, the fashion industry wants to capitalise on that.

Also, of the two main style seasons – spring/summer, autumn/winter – the latter is generally seen as the more important. And fashion houses, like their consumers, view the magazine market as the most direct method for the re-invention and re-invigoration of brand potential, leading them to invest in lengthy advertising spreads.

In 2007, filmmaker R. J. Cutler had the privilege of spending an extended period experiencing the behind-the-scenes drama at the US *Vogue* offices, as infamous editor-in-chief Anna Wintour and her team painstakingly compiled their showpiece September issue. *The September Issue* documentary, shown two years later, was positively received and seemed to spark even more fascination with the annual event.

A decade later, the landscape has changed enormously for publishing given the ever-increasing amounts we consume online, but it seems this iconic issue is as much an autumn tradition as conkers, rustic soup and falling leaves, and will be here for some time to come.





FASHION

EASE INTO AUTUMN

HOW TO UPDATE YOUR AUTUMN WARDROBE WITHOUT SPENDING A FORTUNE

When September rolls around, we can feel pressured into hitting the high street, frantically filling our baskets with all the hottest catwalk trends. The result – you're left stylish but bankrupt before the season has even begun. A better approach, therefore, is to invest in key pieces to upgrade your wardrobe gradually as the months progress.

Start by having a sort-out. Pack away any summer clothes that only work in the warmer months – sarongs, flip flops, etc. – but leave out more versatile pieces like dresses that can be worn with tights and under jumpers, or thin sweaters that you can pair with jeans and a leather jacket for a laid-back autumnal outfit.

Next, you want to freshen up and sort all your warmer garments from last year. Dry-clean coats and wool dresses and throw away any jumpers that are looking too tatty. September is a sensible time to buy basics like knitwear as shops have an abundance of it and often fill their shelves with promotions. Go for fabrics that are warm and age well, like wool or cashmere, and in colours that are versatile; plus consider going for a bigger size than usual to allow for layers underneath.

With the foundation of your wardrobe in place, you can now shop for some hard-working essentials: a good quality winter coat, like a wool trench or duffel, a pair of everyday leather boots and, if you're brave enough, leather leggings which can be worn dressed up or down and will see you through to those spring months.

These practical steps can help transform your wardrobe while protecting your budget, and for those who look forward to their pre-season splurge, don't fret – the point is, with a strong array of versatile essentials at your disposal, you can afford to dress to impress on any day during the season.

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LOOKS TO *fall for*



If you've been keeping your make-up low-key and au naturel over the summer months, you may want to switch it up to something a little more glamorous as we head towards what is traditionally regarded as the more rustic part of the year.

heavy metal

Metallic is going to be a big look this season, so don't be afraid to go bold with eyeshadow that really shines. Warm up fairer complexions with brown and red tones, while darker skins look great with vibrant greens and lilacs. A good look should also be able to adapt to your mood, so wear a faint shimmer in the office and then layer it up for 'after dark'.



all brows allowed

Big, beautiful eyebrows are still very much on trend, and if you've let yours grow wild over the summer, now is the perfect time to get them plucked or threaded into a perfect shape. Those of us who have less than impressive natural brows can find an abundance of powders and brow gels to create this look, which requires only a touch of mascara and lip balm to create a flawless overall finish.



very berry

Berry lips were all over the catwalk this season, from dark purple Cupid's bows to mouths subtly stained as if by cherry jam. The trick to pulling off this look is to wear what makes you comfortable; matte, bold lips look gorgeous but require lip liner and frequent touch-ups, whereas a crimson lip stain finished with gloss or balm requires very little upkeep.



flash the lash

Eyelashes are making a comeback, albeit in a subtler, much prettier way. Taking a cue from Twiggy, this look is about layering up mascara, particularly on the lower lashes.

If your lashes are fair, invest in some individual glue-ons along your lower lid to create that spidery, eye-opening effect. Simple, pretty and very romantic.

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For Women

Fresh and vibrant: For the young (or young at heart), have a summer of love with this season's vibrant and youthful scents. Classic American cool goes tropical with Tommy Girl Summer Tropics (£30 for 100ml) and its notes of grapefruit, orange blossom, sandalwood and musk.

When life gives you lemons: Make a divine fragrance of course. For 2017, L'Artisan Parfumeur brings us a cologne which is as vibrant and uplifting a clear summers day. Au Bord de L'eau (£105 for 100ml) is a fresh and citrusy blend of bergamot, lemon, neroli, rosemary, orange blossom and violet wood.

Flower power: Miu Miu's L'eau Bleue (£96 for 100ml) is packed with the lingering bloom of Lily of the Valley, with a twist of honeysuckle and a touch of morning dew, it is a lighter alternative to Giorgio Armani's Si Rose Signature (£73 for 100ml). An homage to the humble rose, top notes of blackcurrant liqueur and freesia are balanced with earthy tones of iris and vanilla for a seductive summer aroma.

Beaches and (sun)cream: Relive your summer holiday with L'Occitane Terre de Lumière (£78 for 90ml). Inspired by the golden hour of a Provençal sunset, it has notes of almond and bergamot, lavender honey and balsamic and musk. Or get back to the beach with Eau des Merveilles Bleue for Hermès (£102 for 100ml) – an olfactory interpretation of water washing across pebbles combining patchouli, woody and sea notes.

Summer nights: For something super sensual, try YSL's Black Opium Nuit Blanche (£91 for 100ml), which comes in a gorgeous sparkling black glass bottle. Bourbon pepper, orange blossom absolute, Black Opium coffee, vanilla absolute, sandalwood and white musk make this a seductive and long-lasting fragrance to keep you smelling sweet till September.

For Men

Wake-up call: For men, there are several new scents for the season, like Hugo Boss Bottle Tonic (£60 for 100ml). With citrus, grapefruit and apple fragrance blending away to reveal ginger and clove, it is the ideal scent to spritz on in the morning for a daytime boost, and then leave to fade into a sensual evening ambience.

Evening wear: If you fancy something solely for the evening then invest in Narciso Rodriguez For Him Bleu Noir (£60 for 100ml). A deeply carnal scent, cardamom and nutmeg are blended with other woody notes to create a subtle musky aroma. Oh, and the dark blue bottle it comes will also look stunning on your bathroom counter. Bonus!

Sport star: Spritz up after a workout or game of football with Dior Homme Sport (£49.50 for 50ml) for an instant fresh scent. This is a juicier, fruitier and spicier version than the original. You can't go wrong with a legendary Dior scent.

Summer breeze: When you're on a seaside break, the scents of the sea air, sweet cocktails and floral plants will linger in your senses. Keep those holiday blues at bay with Tom Ford Sole Di Positano (£155 for 50ml) for a Mediterranean scent all year round.

The 'wow' factor: This handy bottle is small enough for you to whip out whenever needed to create an instant 'wow'. Joop! Wow! (£39 for 60ml) is a woody fragrance with a touch of sweetness. The addition of the tonka bean makes it that little bit more special.

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After one of the most successful series to date, *Love Island* finalists have been thrown back into the real world. The show has given many of the contestants a platform to launch their careers and they are certainly making the most of it. Some of them have been offered modelling jobs, presenter jobs and all of these come with huge salaries.



expected to earn
£750,000

expected to earn
£600,000

Kem & Amber

Love Island 2017 winners Kem Cetinay and Amber Davies ended up sharing the £50,000 prize fund and since leaving the show have been in huge demand. As well as several TV appearances, the pair landed themselves a temporary presenting role, covering the showbiz gossip on *Good Morning Britain*. Amber has also landed a fashion contract with Motel Rocks and will release her own clothing range later this year, whilst Kem kick-started his modelling career with Boohoo Man.

Alex & Montana

While Alex Beattie and Montana Brown have confirmed they have split, the pair have both received fashion deals off the back of their *Love Island* stint. Montana has become the UK's first brand ambassador for Pretty Little Thing and Alex has reportedly signed a six-figure modelling deal with Boohoo Man.



expected to earn approx.
£100,000

expected to earn
£1.8million

Marcel & Gabby



expected to earn
£400,000

expected to earn
£5,000 per PA

Marcel Somerville and Gabby Allen were one of the first couples to become official in the villa. The pair have had several TV and radio appearances and will be doing club appearances together. Marcel was also hired as the face of Boohoo Man's latest campaign alongside two of his fellow islanders.

Dom & Jessica

Although they both departed early from the *Love Island* villa, this pair are one of the estimated highest earners to come out of the show. Jessica will earn a huge sum through modelling, personal appearances, product endorsements and social media posts. Dom is also jumping on the social media and PA bandwagon to bring home the cash.



expected to earn
£1.4million

expected to earn
£2million



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THE PRESSURE IS N

How to take your blood pressure reading on a digital monitor, and what it means.

You don't always have to trek to your doctor's surgery to have your blood pressure checked, and particularly if yours is being monitored it will be essential to have the means to do it at home. Some people find taking blood readings intimidating, but the reality is it's a very simple procedure and it might just save your life.

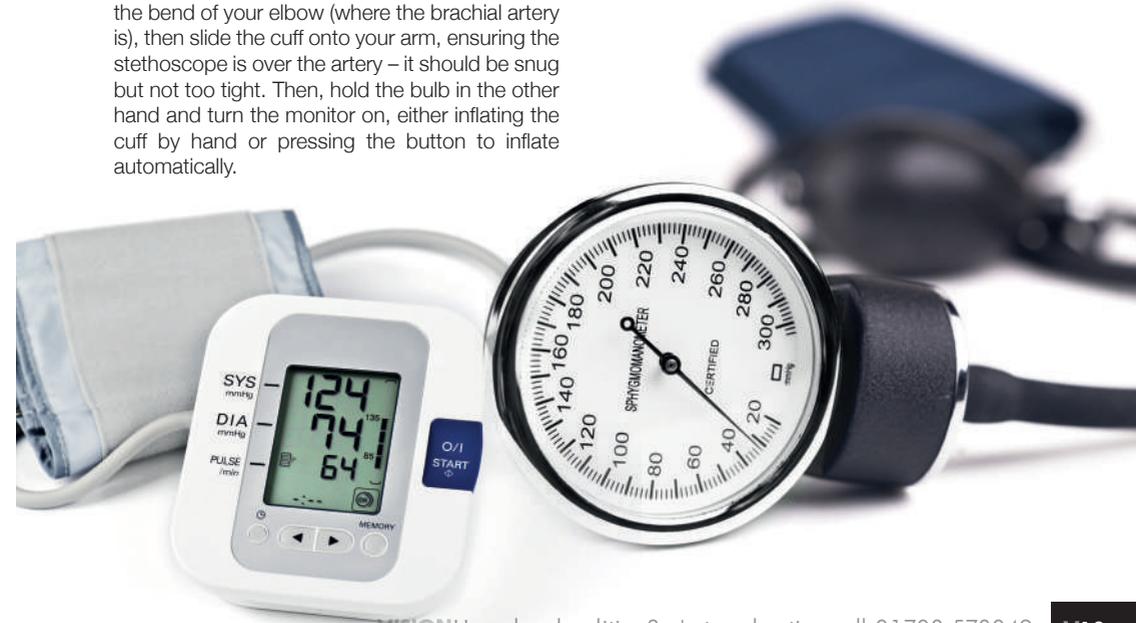
So, find a quiet place where you know you won't be disturbed and be sure to have an empty bladder as a full one can affect the reading. Remove any tight clothing or roll up your sleeve, and rest here for five to 10 minutes with your back straight in the chair, legs uncrossed, with your forearm rested at heart level, palm facing up.

Locate your pulse by lightly pressing your index and middle fingers slightly to the inside centre of the bend of your elbow (where the brachial artery is), then slide the cuff onto your arm, ensuring the stethoscope is over the artery – it should be snug but not too tight. Then, hold the bulb in the other hand and turn the monitor on, either inflating the cuff by hand or pressing the button to inflate automatically.

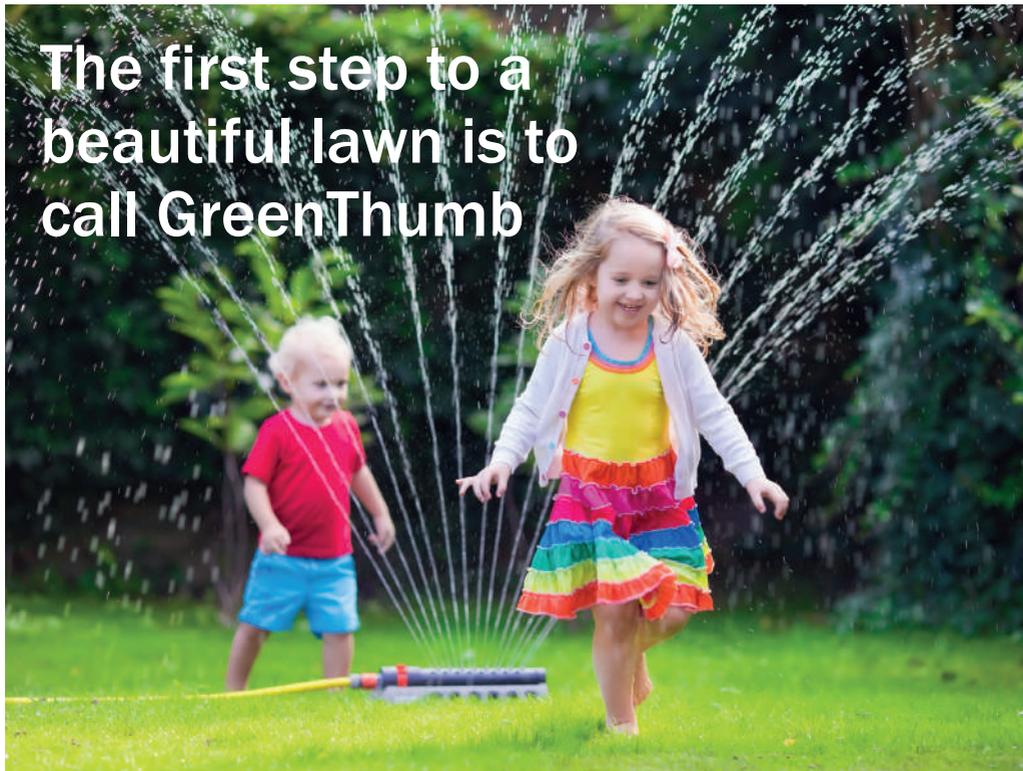
Now watch the gauge. Keep inflating the cuff until the gauge reads about 30 points (mmHg) above your expected systolic pressure. Once the monitor beeps, the reading is complete and allows the cuff to deflate. Record the date, time, plus the systolic (number on left) and diastolic (number on right) pressures.

If your blood pressure seems higher than usual, don't panic. Many factors can influence it, such as stress, smoking, cold temperatures, exercise and even caffeine; so keep note of these variables.

Hypertension, or high blood pressure, is dangerous as it can lead to strokes or heart failure, but it can also be treated with simple lifestyle changes such as more exercise and quitting smoking.



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Include pops of colour with plants like clematis, honeysuckle and even grape. The one drawback of this design? It does require a degree of upkeep as vines can become unruly.

SCREEN SCENE

If you feel like something more exotic, consider screening instead. Though made of wood, this is a much prettier design than your bog-standard fence. Each wood variety offers a different aesthetic – bamboo creates an Eastern ambience, bark is more rustic, while brushwood screening will make you feel as if you're cocooned in your own little nest.

GO GREEN

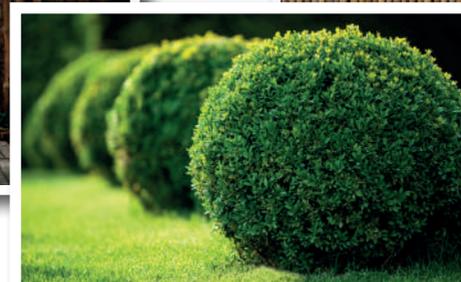
Channel your inner Edward Scissorhands and invest in a hedge. Whether you want to cultivate your own hedging plants or buy pre-groomed

instant hedging troughs, you will be surprised by how easy it is to create this look. With so many varieties, you can create something very specific to you. If you want it to look neat and boxy, for example, choose a pre-clipped Buxus sempervirens, or if you want something wilder, opt for beech.

ROCK SOLID

If you believe a garden wall is even duller than a fence, think again. Garden landscapers have had to become innovative with evolving modern gardens, and the result is some very interesting designs.

For something minimalist, consider a stacked wall where tiles and slabs of rock are piled to create a mosaic effect. Or look into the trend of encasing pebbles and rocks in wire mesh, generating an almost optical illusion of balancing stones. Your neighbours will think you're magic.





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LOCAL NEWS

LOCAL NEWS



'Hexit' has been rejected

On Wednesday, July 26, Havering Council cabinet members rejected an opposition motion calling on Havering to leave the Greater London Authority (GLA).

Speaking on the subject, Councillor Roger Ramsey, leader of Havering Council, said: "I'm pleased that common sense prevailed and this motion was rejected. Havering has been a London Borough for more than 50 years, and a majority of residents supported the creation of the GLA in 1999.

"Havering residents get a number of benefits from being part of London, including Freedom Passes and access to other subsidised transport schemes. We also cooperate across London to deliver local police and fire services as well as our transport and

highways infrastructure.

"We'll always keep the matter under review, but there's been a lot of false information flying around in the debate over housing and 'Hexit'. The reality is that, at the present time, this a completely unrealistic prospect. We'd still be bound by national planning rules whether we're in London or Essex. These rules require us to plan for new housing. If we don't do this, planning decisions can be taken out of our hands through appeals to the Planning Inspector."

Havering's draft local plan also received approval at the full council meeting. The plan will now be examined by the Planning Inspectorate. This is likely to happen in late 2017 or early 2018.

Sea Cadets named as charity of the year

Hornchurch and Upminster Sea Cadets have been named as Hornchurch Sainsbury's Charity of the Year.

The group will benefit from the generosity of the supermarket's customers over the next 12 months.

To kick-start the fundraising, a number of Sea Cadets spent a few hours packing bags. They will hold a number of event days at the supermarket throughout the year.

Vote for UK's most welcoming theatre



The Queen's Theatre, Hornchurch, is one of more than 175 venues across the country competing to win the UK's Most Welcoming Theatre award in association with Smooth Radio.

Voting, to be decided by an online public vote, will close at noon on September 19. Every person that votes will be able to opt-in for the chance to win £200 in theatre tokens.

The 12 Regional and National winners of the vote will be announced on September 29. The overall winner of the award will be announced at the UK Theatre Awards on October 15 at London's historic Guildhall.

The UK Theatre Awards are the only nationwide awards to honour outstanding achievement in theatre throughout the UK. This public vote gives audiences the chance to celebrate their local theatre and all it does to welcome them.

Last year, the Queen's Theatre was crowned Most Welcoming Theatre in the East and it would be thrilled to collect the title for the second year running.

Artistic director Douglas Rintoul said: "We are working hard to be as welcoming and accessible a venue as possible – our customer service is warm and efficient and we are striving to reach out and welcome many more members of our beloved community who may not have previously felt able to visit the theatre."

Place your vote online at uktheatre.org/vote

Restaurant manager jailed for council tax dodging

A council tax dodger has paid up after being jailed for owing more than £9,000 in council tax.

On Monday, July 31, Havering Council received full payment of £9,372.33 from Mr Atique Choudrey, manager of a restaurant in Hornchurch, who was found guilty for non-payment of £8,827.33 council tax over a period of eight years and was sentenced

to 90-days imprisonment. His additional costs were £145 for no appearance at the court hearing in February and an extra £400 towards this year's council tax.

Following months of persistent reminders and court summons from the council, Mr Choudrey turned himself in at Havering Town Hall on June 12 where he was arrested.

Councillor Clarence Barrett, cabinet member for financial management, transformation and IT, said: "If you're having difficulties paying your council tax, please contact us at www.havering.gov.uk/counciltaxenquiry. We are here to help and would prefer to know about any changes in your financial situations as early as possible."

Record number of parks to fly Green Flag



Photo credit: Havering council

St Andrew's Park, Hornchurch, is among 13 parks in the borough that have been recognised by the Green Flag Award Scheme as some of the very best in the world.

Councillor Melvin Wallace, cabinet member for culture and community engagement, said: "We are absolutely delighted to receive Green Flag Awards for Harrow Lodge and Haynes Park for the first time as well as retaining the awards for the other parks. It is recognition of all the hard work put in by both the staff and Friends groups to maintain and improve their parks for the benefit of the community."

Havering's 13 Green Flag parks are among a record-breaking 1,797 UK winners.

International Green Flag Award Scheme manager Paul Todd said: "We are delighted to be celebrating another record-breaking year for the Green Flag Award Scheme.

"Each flag is a celebration of the thousands of staff and volunteers who work tirelessly to maintain the high standards demanded by the Green Flag Award. The success of the scheme, especially in these challenging times, demonstrates just how much parks matter to people."



Havering Council appoints new development boss



Havering Council has appointed a new assistant director for development to lead on its ambitious regeneration plans for the borough.

With better connections including the new Crossrail services, and the formation of the new draft Local Plan, Havering is fast becoming a location of choice for investors, businesses and people, to live, work and visit.

Chris Hilton has been appointed to the post and will play an integral role in shaping new development, ensuring that it's right for Havering people. As the third largest borough in London, of which almost half is green space, preserving the character of the unique borough will be one of his key priorities.

Chris said: "Havering is such an exciting place to be. With the arrival of Crossrail, the potential to attract major new investment is huge. But high-quality design is very important. We need to create great places where people will aspire to live and of which local people can be proud. That means well-designed buildings and public spaces, and affordable housing for local people, and I'm incredibly excited to be leading this important area of work."

Try yoga with a splash

A yoga teacher from Hornchurch has teamed up with an adventure centre to bring a new sport to its lake this summer with SUP Yoga, also known as yoga on a paddleboard.

Vikki Kavanagh has linked up with Stubbers Adventure Centre in Upminster to offer the relatively new sport which combines yoga with stand-up paddle boarding, where you practice the yoga on the water, with the stand-up paddle board as your mat.

Although you do not need to have experience of yoga or paddle-boarding to give it a go, being confident in the water is a good idea as you may get wet.

Vikki, the SUP Yoga instructor, said: "It is a really fun way to exercise and being on the water makes the yoga poses very challenging. It is a fantastic way to improve core strength and stamina as you engage every muscle keeping your body steady and balanced on the board."

Each class includes board hire, wetsuit and buoyancy aid (although you can wear normal yoga clothes) and is led by experienced yoga teacher and SUP instructor Vikki.

Normally the class costs £25 per person but a special introductory offer of £30 for two classes is available at the moment.

To book, call Stubbers Adventure Centre on 01708 224753 and for more information email Vikki on heartfeltyoga@outlook.com or visit www.facebook.com/heartfeltSUPyoga

Styles joins the 500 club



Photo credit: AFC Hornchurch

AFC Hornchurch's Elliot Styles reached a landmark 500th appearance for the Urchins on Saturday, August 12.

Styles ended last season on 499 appearances so had to wait the summer months before reaching the milestone.

His first appearance in the squad was back in 2006 where he was a non-playing substitute against Biggleswade United.

He made his debut on September 16, 2006 against Redbridge where he came on as a substitute for Jamie Southon in stoppage time.

Styles had his first start in October of the same year against Heybridge Swifts and was made captain two years later.

In all, Styles has captained the side on 372 occasions and scored 29 goals during his 500 appearances.



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Mo Farah's exit from the world athletes stage was no more dramatic than his greatest victories, but this is far from the end for Great Britain's most successful middle-distance runner of all time.

It says a lot of Mo Farah that despite failing to clinch the dynamic double he so craved at the World Championships, his status as a true British sporting icon is secure.

In London at the start of August, he once again whipped a partisan home crowd into a sprint frenzy, with millions watching at home performing slightly less energetic physical tributes to the athlete's efforts as they punched the air and gave out high fives.

Wrapping up his track career in front of an adoring home crowd was always Mo Farah's intention, and although, ultimately, Ethiopian Muktar Edris spoiled the party, to bid farewell in a stadium that in 2012 gave the athlete his greatest ever win, was fitting.

Farah slumped to the floor as his desperate lunge for the line proved a distance too far, yet five days previously he was sprinting away from the pack in customary fashion as he retained his 10,000m title with a stunning victory.

"Fear has always been what has kept me going; it's what keeps me competitive," he admits. "I guess I don't want this journey to end. I know it will one day but I've worked so hard to put myself in this place and the only way to stay here is to keep motivated... to keep trying hard and make sure the dream doesn't end."

Having achieved everything he set out to on the track, that dream now sees the 34-year-old move up to marathon distance. Combining the short and long-distance specialisms was unsustainable, and specific endurance training will now replace the quick-fire nature of track athletics.

"I'm excited – of course I am," he says. "It's a whole new challenge, and having dipped my toe in the water I'm sure I can be competitive at that distance."

What Farah leaves behind is an incredible legacy, and perhaps one that will never be bettered by a British athlete – 2012 and 2016 Olympic golds at both 5,000m and 10,000m; World and European Championship medal hauls that are in double figures; British record holder at both those distances (as well as 3,000m, for what it's worth).

The truth is, Farah's legacy is not in his own achievements, it's in inspiring the next generation of track athletes. Not since the days of Steve Cram has one of our own made middle-distance running popular and inspirational, yet across the country people of all ages are being inspired to put on running shoes and push their physical endurance to the limits.

"Running for me has always been a great way of freeing the mind and finding clarity," he says. "To be competitive and to give people pleasure along the way has been a real bonus, but at the start for me it was always a case of clearing the mind.

"I've been lucky to transform it into a career and I'll always be grateful for that."



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HOME & DIY



Ceiling the deal WITH BOLD COLOURS

Despite the ceiling being one of the largest spaces in a room, it too often gets nothing more than a coat of white paint. It is seen as the obvious colour to paint a ceiling – it's simple and traditional.

But, adding a colour to the ceiling can add drama and excitement. Your walls can also be a more neutral colour without having to compromise the overall look of the room. Having a pop of colour on the ceiling can seem scary, but it can give a room a completely different look.

Low ceilings – Some may think that adding colour to a low ceiling will make the walls feel even shorter and make the room claustrophobic as a result. But, if you apply a colour to the ceiling and use a glaze of the same colour over the top, it will allow light to bounce off and through the room to make it seem lighter, which will make the room seem bigger. Recommended colours for low ceilings include sky blue, blush pink and pale purple.

Neutral walls – If you have neutral walls, the best way to get colour into a room without a feature wall is to paint the ceiling. You can then match furniture or accessories to the colour of the ceiling and it will completely change the perception of the room. Great colours for this are lime green and egg shell blue.

Mood changer – If you want your room to set a particular mood then having a coloured ceiling can be a great way to do this. If you're after a romantic feel, why not try a pink or red shade? Likewise, if you want the room to seem cool, then try a shade of pale blue – this colour is particularly good for bathrooms.





HOME & DIY

Photo Credit: www.jeffandrews-design.com



STAR QUALITY

Jeff Andrews isn't just a celebrated name in interior design around the world...he's the man, the biggest name in showbiz – from Hollywood to reality stardom – come to him when it's time to make their bold design visions a stunning reality.

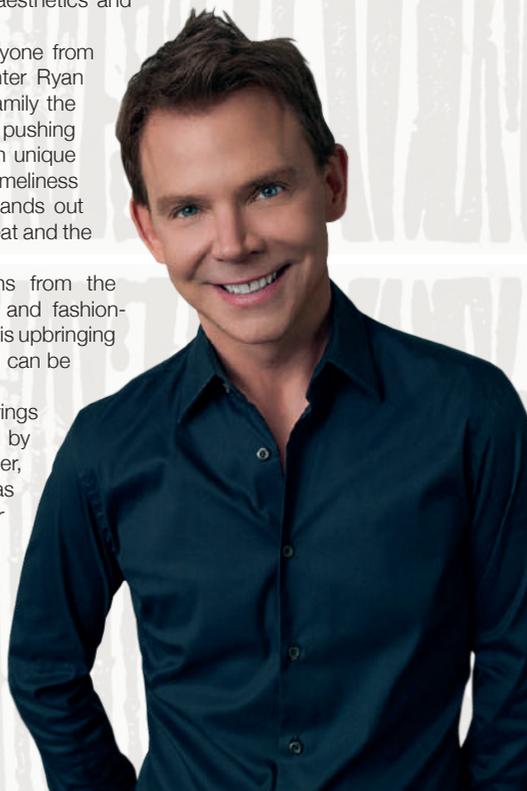
When it comes to interior design, celebrities can afford to go the extra mile to secure one of the best in the business, and Jeff Andrews has carved out a reputation among the mansions and man-caves of the entertainment elite as the king of bold aesthetics and sophisticated style.

Los Angeles-based Andrews has worked with everyone from *Big Bang Theory* actress Kaley Cuoco to TV presenter Ryan Seacrest, *Dexter's* Michael C. Hall and reality super-family the Jenner-Kardashians. With his trademark approach of pushing creative boundaries in order to marry his clients' often unique and visionary requests with a sense of warmth and homeliness despite extensive use of the colour grey, Andrews stands out even among the renowned names that make up the great and the good of luxury interior design.

Highly-adaptable – with a client base that spans from the aforementioned A-listers to ambitious entrepreneurs and fashion-forward families – Andrews' brand was first inspired by his upbringing in Southern California; and projects he has worked on can be found across LA, from Tahoe to the Hidden Hills.

In 2014, Andrews partnered with Astek Wallcoverings for Glazed, a collection of wallpaper designs inspired by his love of vintage ceramics and pottery. A year later, his signature Jeff Andrews Collection for A. Rudin has been featured in *Elle Décor*, *Veranda*, *Interiors*, *Interior Design*, *Angeleno* and *Traditional Home* magazines and in 2016 he released *Variations*, in collaboration with Jamie Beckwith Collection on wood surfaces.

To date, Andrews has received numerous awards from *California Home + Design* for his work, as well as the Hue Award from Benjamin Moore, and is simply the first name on the list when it comes to styling for the stars.



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HOME & DIY

AT THE READY



A DIY disaster can strike anywhere and at any time, so it's of utmost importance to keep yourself at the ready with a toolbox packed with equipment that's up to any job.

DON'T SCREW UP

From prying the lids off paint cans to opening child-proof battery compartments, screwdrivers are must-have tools. Look out for magnetic tips and comfortable grips to make screwing or unscrewing easier.

HAMMER TIME

No toolbox would be complete without a solid hammer, and claw hammers offer the perfect DIY mix, with one end used to drive nails in, and the other side to pull the blighters out. For better grip and superior shock absorption, try out a range of rubber and plastic handles.

THE DRILL TO WIN

You can keep borrowing your neighbour's drill, but sooner or later you'll find that it's always easier to have one at home (and it will also save you on "I'll buy you a drink" thank you gestures). Cordless drills are convenient for working anywhere, but the corded versions cost less and don't require

expensive battery replacements. Whichever type you get, an electric drill not only bores holes and drives screws but can sand and grind materials, and even be used to mix paint.

KEEPING THINGS LEVEL

A spirit level ensures you don't hang or install anything – especially that new flat-screen TV – at anything less than horizontally perfect. You can even keep things entirely hands-free with an uber-modern laser level that's sure to do the job whilst also impressing your friends.

HACKED OFF

You might have a kit full of equipment ready to mend, replace and realign, but there will also be occasions that call for some good old-fashioned dismantling. At this time, you can always rely on a trusty hacksaw to find a way through anything from plywood to metal piping, and modern versions allow for blade replacement with the utmost of ease.



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Saving space

If your house hasn't been graced with huge, gaping quantities of that most sought after commodity, space, a few handy tricks can maximise your roominess in making the most of every available nook and cranny.

RECLAIM YOUR ROOM

Have you any spaces that are being used to hoard stuff rather than help make room? That recess under the stairs may well have been full of junk for as long as you remember, but with a little cleaning and reorganisation it could become a handy office space.

EASY ATTRACTION

If the amount of available cupboard space in your kitchen is becoming a problem, just attach a strong magnetic strip to the wall. You can then place all your metal utensils within reach while freeing up the drawers for everything else.

OPEN ENTRY

Your porch can easily become cluttered and restrict the opening to your house. If you have

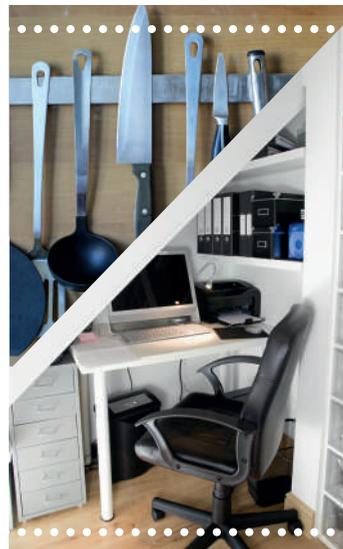
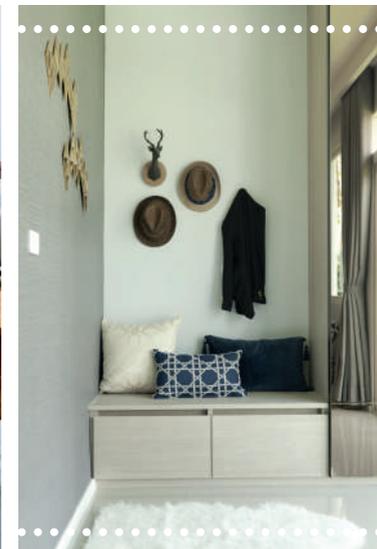
space, add a small bench for shoes to be placed under and bags to be placed on top. If you can't fit in a bench, make sure to mount plenty of wall hooks to keep any stray items off the floor and out the way.

WHAT'S UNDER THE BED?

It's essential to make the most of any available space in smaller dwellings, and one of the easiest ways to do that is by attaching wheels to drawers and storing them under the bed. That way, you can keep bulky linen and the like out of the way (and out of your wardrobe) while still being able to access it at a moment's notice.

CREATIVE CORNERS

Instead of taking up unnecessary space with a freestanding table in the middle of the room, fit your shelving units into the corners of your room, thereby saving space without compromising on available places to put things.



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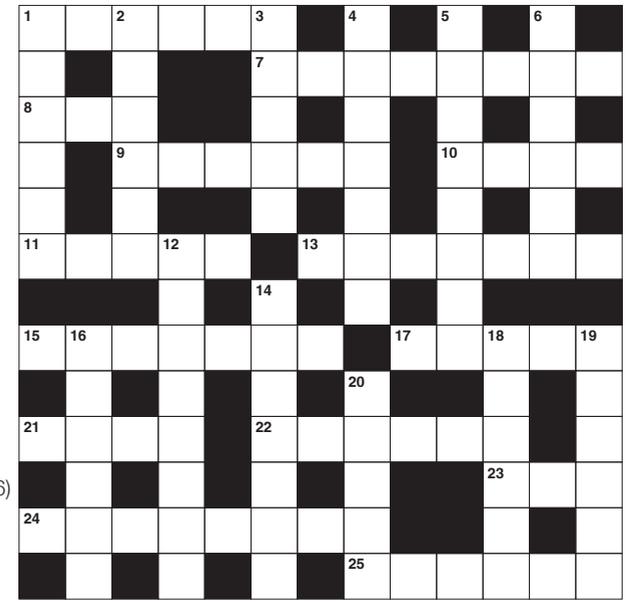
Answers can be found on the Contents Page 4

ACROSS

- 1. Graduates of an academic institution (6)
- 7. Cord for fastening footwear (8)
- 8. Hedwig, for example, in Harry Potter (3)
- 9. Put inside another (6)
- 10. Thrash (4)
- 11. Bedfordshire town (5)
- 13. Friendly (7)
- 15. Ingest (7)
- 17. Stare (anag) (5)
- 21. Just and unbiased (4)
- 22. Selfishness (6)
- 23. Frozen water (3)
- 24. Solitary (8)
- 25. Sudden forward thrusts (6)

DOWN

- 1. Open declaration of affirmation (6)
- 2. Raise (6)
- 3. Small piece of land (5)
- 4. The Pope (7)
- 5. Dress clothes (4,4)
- 6. Real (6)
- 12. Perceived (8)
- 14. Tallest species of penguin (7)



- 16. Public speaker (6)
- 18. Domesticating (6)
- 19. Matures (of fruit) (6)
- 20. Original (5)

DID YOU KNOW

- ▶ The Palace of Westminster has eight bars, six restaurants, 1,000 rooms, 100 staircases, 11 courtyards, a hair salon and a rifle-shooting range
- ▶ More than 1,000 bodies are buried underneath Aldgate station, in a plague pit built in 1665
- ▶ Underneath the Ministry of Defence's main building in Whitehall is Henry VIII's wine cellar
- ▶ To pass the knowledge test required of cab drivers in London, you must master 320 basic routes, 25,000 streets scattered within those routes and about 20,000 landmarks and places of interest within a six-mile radius of Charing Cross
- ▶ Among the many items people have left on the Tube are a samurai sword, a stuffed pufferfish, a human skull and a coffin

SUDOKU

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

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Has your egg been STAMPED?

Have you ever wondered what the lion stamp on your egg means? No, it's not for decoration. It is in fact a mark that means your egg is part of the British Lion scheme – one of the UK's most successful food safety schemes.

More than 90 per cent of the UK's eggs are now produced under the scheme and more than 130 billion British Lion eggs have been sold since its launch in 1998.

The British Lion scheme has been responsible for a drastic reduction to the presence of salmonella in UK eggs. All eggs that carry the lion stamp are under strict requirements of the British Lion Code of Practice, including that all hens are vaccinated against salmonella and a 'passport' system ensuring that all hens, eggs and feed are fully traceable.

In the news recently, supermarkets have been urgently withdrawing products from their shelves which may have used contaminated eggs. This happened because UK food safety inspectors

were trying to trace 700,000 imported eggs contaminated with Fipronil, a toxic insecticide which is harmful to humans.

According to the World Health Organization, the toxic substance can damage the liver, thyroid glands and kidneys if ingested in large amounts over time.

The Food Standards Agency said the products affected are processed foods in which egg is one ingredient among many others, mostly used in sandwich fillings or other chilled foods.

However, as the number of contaminated eggs imported only represents around 0.007% of eggs consumed in the UK every year, they believe it is unlikely there is any risk to public health from consuming these foods.

Eighty five per cent of the eggs consumed in the UK are laid here. For peace of mind, check that your eggs have the British Lion stamp and you can be reassured that these eggs are safe to consume.



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KIDS



WHEN LIFE GIVES YOU

Lemons

Money, sadly, really does not grow on trees, although by the attitudes of some children they clearly believe it does. Mummy and daddy disappearing off for the day and then the food fairy putting dinner on the table is one thing, but with the endless demands of children wanting new shoes, sparkly fidget spinners or junk food, why not instil in them a grown-up approach to finance – one which will help them make the uneasy transition from dependent to independent?

There are so many ways for kids to learn the value of money and methods to earn it. You could pay them a couple of quid to wash the car every weekend, or better yet, if you're friendly with your neighbours you can rope their cars in too. Have them undertake some of the chores you don't like – but make sure they're safe if unsupervised. Pulling up weeds in the garden, loading the dishwasher and maybe even doing the ironing (with a little guidance) are all good options.



Another approach is to make them face the idea of selling off their old gear, something they may be reluctant to embrace until they realise the end result: new, better stuff. It's never a good idea to let a child loose on eBay or Facebook though, so you'll find yourself not just supervising but running the whole enterprise. People are surprisingly willing to pay reasonable money for toys, books, games and clothes in good condition, and once the coins and notes start filling your child's piggybank, he or she will be firmly on board. For a more entrepreneurial approach, there's always the classic lemonade stand in the front garden; or how about baking biscuits, making their own ice cream (with a possibly new flavour) or even getting craftier with things such as home-made kites or T-shirt printing? Just don't let them fall foul of the Working Time Regulations...

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48 Hours IN BERLIN



TRAVEL

Want a weekend break in a city that offers rich history, world-class art and cheap beer? It has to be Berlin...

FRIDAY 4PM...GET A TASTE OF TURKEY

As soon as you land, head to the Kreuzkölln neighbourhood, where on a Friday you will find a Turkish market with luxurious fabrics, delectable candies and liquorice and the scent of a thousand spices. Afterwards, pop into Hard Wax – a must visit for vinyl heads.

7PM...DINE LIKE A STAR

Fame is the latest venture from the guys behind the now-defunct Bar 25 techno club. Dinner is a classy affair with a rotating menu and an emphasis on local produce. Afterwards head to Kater Blau, a nightclub located conveniently next door.

SATURDAY 10AM...IT'S GOT TO BE ZOO

The oldest and best-known zoo in Germany, the Berlin Zoological garden is paradise with many enclosures designed to emulate animals' natural habitats.

1PM...SPLASH OUT AT BIKINI

This exciting new shopping centre stars streetwear stores, pop-up and a window which looks into the zoo's baboon enclosure. Grab a bite to eat on the third floor in Bikini's rooftop 'garden'.

3PM...HIT THE WALL

Grab a rental bike and take The Berlin Wall

recreational route.

10PM...SECRET SUPPER

For a deliciously different and rather clandestine dinner, head to Nobelhart und Schmutzig. Upon ringing the bell of this nondescript eatery, you will be whisked inside and fed a delectable 10-course menu. For a late-night beer hop over to Vagabund Brauerei, a local brewery with a dazzling array of ales.

SUNDAY 10AM...ART PARTY

Head to Gemäldegalerie to marvel at the work of the old masters: Caravaggio, Rubens and Raphael, or for a more visceral experience head to Böttzow Berlin, a cavernous converted brewery which hosts the likes of Norbert Bisky and Carlos Quintana.

12PM...BRUNCH IN BANGKOK

Every Sunday in the western district of Wilmersdorf, Berlin's Prussian park hosts 'Thai Park', a Southeast Asian food market. Stroll through the gorgeous gardens and marvel at the magic of this magnificent metropolis.

WHEN'S THE BEST TIME TO VISIT?

Berlin are holding this year's Oktoberfest between September 22 and October 15. The streets will be buzzing with tourists and locals enjoying the world's largest beer festival. There will also be mountains of traditional, hearty food to demolish and traditional folk music. Germany is already known for its famously cheap beer - there's no better time to enjoy an ice-cold pint with a group of friends.



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MOTORING

CLEAN AIR, Do Care

Following the French government's commitment to free the roads of polluting vehicles, the UK has announced that there will be a ban imposed on the sale of all diesel and petrol vehicles, coming into force in 2040.

It's surely no secret that the global situation around climate change is in a fragile state, and more steps are being taken at the highest level of state government to ensure ecosystems are protected from our continuing reliance on polluting fuels.

To that end, the UK has announced that by 2040 there will be a ban in place on the sale of all diesel and petrol cars; this has come about due to fears that the rising levels of nitrogen oxide caused by these vehicles are becoming increasingly damaging to people's health.

The government has warned that the move, which will also take in hybrid vehicles, is needed because of the 'unnecessary and avoidable' impact that poor air quality is beginning to have. Ministers

believe it poses the largest environmental risk to public health in the UK, costing up to £2.7billion in lost productivity in 2015, and some have even called for the creation of Clean Air Zones, which motorists will be charged to use.

The move has been made after months of legal battles and forms part of the current government's dedication to implementing a clean-air plan that has seen similar action around the continent. Also included in this vision is a heavy focus on the steps that can be taken to help councils improve air quality in specific areas where emissions have breached EU thresholds, as well as measures to be urgently brought in by local authorities that have repeatedly breached EU rules. This includes the retrofitting of buses and other public transport, changing road layouts and altering features such as roundabouts and speed humps.

It all adds up to the planet's biggest 'clean air' boost in years, and not before time.





SPORT

UNBOLTED

Usain Bolt bids farewell, but his presence remains at every athletics track the world over.

The world of sport is filled with fabulous imperfections, but there are some so brazen, so unmistakably wrong, you have to wonder if the Greek god Heracles (he of sports, athletes and erm, border crossings) isn't looking down with a smirk to match that of 100m champion Justin Gatlin.

For Usain Bolt's utterly unique athletics career to end in defeat to a double drugs cheat has, in one sense, done nothing for the sport's credibility. But actually, look closer, and it's done little too to diminish the iconic status the Jamaican has cultivated.

Bolt is a man whose influence stretches well outside the world of sport – a modern hero who has talent, charisma, confidence and humility in abundance.

And on the track, there are serious question marks over whether his achievements will ever be bettered. The three fastest 100m runs ever, 200m world record holder, plus a time of 8.7secs recorded for the last 100m of a 150m event in Manchester in 2009 – that's the fastest a human has ever run.

Then you have eight Olympic golds and a haul of World Championship medals that reaches double figures.

Although his descent from the top has been gradual, and evident in his fastest season times at 100m sliding from 9.58secs in 2009 to 9.8secs this year, his utter domination of short-form athletics has seen him leave in his wake a proliferation of frustrated and awe-struck competitors.

That dominance may have come to an end in London at the start of August – and perhaps racing into his 30th year proved a step (or sprint) too far – but Bolt's legacy lives on. For as Gods go, this one isn't Greek, nor is he fictional - Usain St Leo Bolt is very much present now, and still inspiring lives (and athletes) the world over.



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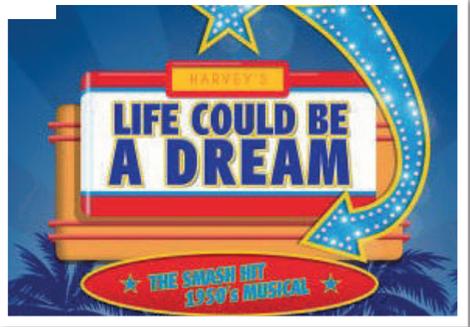
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WHAT'S ON

in your area

Life Could Be A Dream
Brookside Theatre, 21a Eastern Road,
Romford, RM1 3NH
September 5, 8pm – 10.30pm



In association with Strictly Theatre, the Brookside Theatre presents the UK premiere of this hilarious award-winning 1950s musical comedy. Packed with classic hits from the unforgettable era, including *Fools Fall In Love*, *Tears On My Pillow* and *Unchained Melody*, *Life Could Be A Dream* will leave you laughing singing and savouring the decade of sock hops, soda pops and drive-in movies. Pre-booking is recommended. Tickets cost from £15 to £18. For more information email info@brooksidetheatre.com or telephone 01708 755775.

Rainham Horticultural Society Autumn Show
Brenda Blakemore Hall, Davies Close,
Rainham, Essex RM13 9LJ
September 9, 2pm – 5pm
Various classes will be held. Refreshments will be served throughout the event. This afternoon is open to all and entry is free.

Fairkytes Live Singing Competition
Fairkytes Arts Centre, The Billet Building,
Studio 1, 51 Billet Lane, Hornchurch, RM11 1AX
September 15, 7pm – 10pm
Havering's Singing Competition is open for those aged 11 years and over. To enter, please email collette.fraser@havering.gov.uk or call 01708 434135.

Cost: £5 in advance (plus booking fee), £8 on the door.

Harvest Festival
Bedfords Park Walled Garden, Broxhill Rd,
Havering Atte Bower, RM4 1QH
September 17, noon – 6pm



Celebrate the Harvest with a festival as the end of summer approaches. There will be stalls, a bar and food, as well as music all day. This event is free. For more information, visit www.bedfordswalledgarden.org

Bubble Science
The Queen's Theatre, Billet Lane, Hornchurch,
RM11 1QT
October 7, 11.30am
Be astounded by these floating masterpieces – from tiny and misty to massive and bouncing bubbles. If you fancy eating a bubble, or even being inside a giant bubble, then come along to the show. The show is suitable for children aged seven to 12 years old. The cost is £5 per person and the show will run for 45 minutes.

OrnchurchFest
Hornchurch Stadium, Bridge Avenue,
Upminster, RM14 2LX
October 15, noon – 8pm
OrnchurchFest is a beer festival which is run by the AFC Hornchurch Supporters Association to raise funds for our stadium improvement works and our nominated charity. Following from our hugely successful first festival in 2016, we have continued into 2017 for what should be another great day. Tickets are £6.

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