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Editor's notes...



Brett Shohet, Editor

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

For me this is a great time of the year. Obviously, everyone loves the sunshine and long days but it's such a great time of year to connect with

the readers when I help the distribution team deliver the magazines to homes in the local areas (who do a fantastic job for us might I just add).

The summer months are now in all their glory, so I hope you are all enjoying the long days and outdoor living. Let **VISION** be the perfect companion to complement that environment.

Jeffrey Archer is our cover story this month as he prepares to return to the limelight with a series of books. We take a look back at the highs and lows of the former politician's life.

In local news this month, two men are charged with the manslaughter of a seven-year-old, tributes are paid to a woman killed while training for a charity bike ride and a woman shaves her head to raise money for charity.

We welcome any of your stories for our local news pages. So if you have a story to share, please send it to hornchurch@visionmag.co.uk

VISION is your magazine for your town. I hope you all enjoy the July 2019 edition of **VISION** Hornchurch.

Brett



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Donald 'TRUMPS' London

Amid the pomp and protest, it is hard to say definitively whether President Trump's recent trip to the UK was a success or not. But in the spirit of 'all press is good press', his was arguably one of the most compelling and entertaining state visits in our country's illustrious history.

Around 9am on June 3, 2019 there was an unfamiliar roar in the skies over London as Airforce One made its descent into London's Stansted airport. After stepping off the bulletproof behemoth with First Lady Melania, President Trump did as many former US presidents have done and headed to Buckingham Palace for the beginning of a three-day state visit, where he was officially welcomed by Her Majesty.

In many ways, the visit was unremarkable. There was an impressive gun salute performed by members of the King's Troop Royal Horse Artillery and the marching of the guards; there were official photocalls featuring a changing parade of senior royals; a customary banquet; a trip to Downing Street and a joint news conference to discuss the politics of the day and, finally, attendance at a poignant commemoration of the 75th anniversary of D-Day.

But behind every handshake, camera click and pearly white smile there was a pervasive whiff of controversy and rebellion. Some of this came from Trump himself who reignited a feud with the Mayor of London, Sadiq Khan, by referring to him as a "stone cold loser who should focus on crime in London", in a tweet sent moments before he landed on British soil. He also provoked a backlash by suggesting that our beloved NHS would be "on the table" in the event of a US/Britain trade deal. And let's not mention him breaking royal protocol by patting the Queen on the

back during their lavish banquet.

For once though it was left to the public to upset the apple cart. Gathering in their thousands to protest the President's presence, they unveiled an impressive, if juvenile, array of anti-Trump memorabilia including the famed baby blimps, an effigy of him on a golden toilet and even loo roll embossed with his face.

Unperturbed, the President proceeded with his usual confident charm. In his presence the Queen appeared to be relaxed and jovial, while the clamour of the protesters outside Downing Street led him to comment to Theresa May – according to a lip reader – that the gathering was "very small" adding, "last year we had thousands."

As a nation, this 'glass half full' ethos is surely what we now need to adopt as we look ahead to life post-Brexit. Trump's visit, if nothing else, suggests that a trade deal between us and our American cousins is already in the bag, which is positive in the event of no deal. Inevitably there will be naysayers who will suggest such a deal will spell the end of the UK, but they also said that when we opted out of adopting the Euro...

Trump is, if nothing else, a charismatic and engaging world leader whose bullish brand of diplomacy seems to get the job done. And perhaps it will be a similarly brash and blonde alpha male who leads this country into its next uncompromising era.

CHANGE OF GEAR

With the 27th series of long-running British TV megalomaniacal motor show *Top Gear* airing last month, there are two new presenters in the ranks, alongside existing petrolhead Chris Harris.

As Matt LeBlanc and Rory Reid have departed the terrestrial version – they continue to host the online spin-off *Extra Gear* – the BBC have taken the opportunity to inject back into the format a dose of sarcasm and silliness.

Step forward comedian/TV presenter Paddy McGuinness and former England and Lancashire cricketer Andrew ‘Freddie’ Flintoff in a show that Harris says “will be a little bit different, more relaxed and approachable, but just as motoring mad.”

“When you have part of your audience that doesn’t know too much about cars – or maybe doesn’t even want to – we have previously had to inject some humour into the parts of the show which were more serious,” he continued.

“However, these two are brilliant and when we are together there is so much fun and laughter.”

McGuinness seconded that statement, all the while remaining keen to promise the millions of ever-loyal followers that the show

hasn’t been changed drastically.

“There are a few differences to the format but only in the case of the foreign trips that we go on, and in our interacting with the locals.” The comment may well be taken as a rebuffing of the controversial approach towards past overseas ventures, notably where Clarkson, Hammond and May were accused of intentionally antagonising those they encountered.

While petrolheads will be reassured of a stronger focus on the cars themselves, the humour that’s been sadly redundant since the show’s enigmatic long-serving trio departed promises to return, not least with Flintoff having already been filmed for the show crashing out of a race of electric cars in Mansfield’s town centre. *Top Gear*’s revved up irreverence may well be its salvation.



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BEAUTY



THE RISE OF UNISEX SKINCARE

In a world that is moving away from traditional gender stereotypes, consumers are now, more than ever, wanting equality in all aspects of their lives. And this extends even to their beauty routines.

What is unisex skincare?

As the name suggests, unisex, or gender neutral skincare, is built around the premise that products for our skin do not need to be different for men and women. Skin is ultimately skin whatever your sex.

specific skin type; for example, normal, oily, sensitive or combination.

What are the benefits?

Providing you have a similar skin type, you can share products with your partner, meaning less expense and less space taken up in the bathroom cabinet.

So, why have we always used different products up until now?

Many would argue that it lies at the feet of the marketers and advertisers who have convinced us that we need separate products. There is even the well-known 'pink tax' which most women will know as the reason why we pay more for basically the same products. Hair removal products instantly spring to mind.

What are the best unisex skincare brands?

Due to an increased demand, there are now a wide range of fabulous unisex skincare ranges, and even make-up ones. Some brands actively market themselves as gender neutral whilst others simply refuse to conform to gender-based packaging or labelling. Either way, we are loving these fabulous unisex brands;

But don't men and women's skin have different needs?

Although there are differences between men and women's skin; male skin is around 20 per cent thicker, has more hair follicles and is generally oilier, gender-specific skincare products are not the answer. Instead we should be choosing products that suit our

- > Panacea
- > Aesop
- > Dermalogica
- > ASOS Face + Body
- > Verso
- > Non Gender Specific



BEAUTY



The magic of microblading

It can be hard to keep up with eyebrow trends; should you be going for bold and bushy or barely there brows? And what happens when you have succumbed to the dreaded over-plucking and now want to go back to big brows? Well, microblading could be the answer to all your plucking problems.

What is microblading?

Microblading is effectively a tattoo. Sounds scary we know but it is highly effective, and the results can be amazing. Microblading artists implant pigment underneath your skin using a handheld tool, although it is worth noting that the pigment does not penetrate as deeply as with a normal tattoo.

What are the benefits?

If done well, microblading can be a godsend for your rushed morning make-up routine, as you will have full brows every day without the need to groom or use make-up. You can also happily sweat away in the gym without any worry of smudging. The procedure itself is relatively pain free, although some artists recommend using a numbing cream

if the client is particularly worried or has a low pain threshold and it only takes 1 1/2 hours to do.

How long do the results last?

Microblading can last up to three years depending on your skin type, although some eyebrow specialists advise clients to come back every six months for touch-ups if they feel they are needed.

What do you need to do ahead of a microblading session?

Preparation is vital before microblading is carried out. You need to avoid anything that will thin your blood for example taking aspirin, drinking alcohol or using any beauty products that contain retinol.

Are there any celebrities who have had this procedure?

Mila Kunis, Gwyneth Paltrow and Mandy Moore are all known fans of microblading, and each of them has stunning eyebrows that complement their face shape and colouring.



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Mud

Wait for the mud to completely dry | Pre-treat with a standard liquid detergent | Wash as normal.

Blood

Always rinse the blood-stained item in cold water first | Pre-treat with a standard liquid detergent | Wash as normal | For older stains, an unseasoned meat tenderiser is incredibly effective. Simply make a paste by mixing the tenderiser with water, apply and leave for 30 minutes.

Chocolate

Firstly, avoid using hot water on chocolate as it is more likely to lead to a permanent stain | Instead, place the stained item in a sealed plastic bag and refrigerate for half an hour | Once the chocolate has hardened, simply scrape off with a blunt knife.

Tea or coffee

For fresh stains, mix one part white vinegar with three parts water | Using a sponge gently dab the stain with the treatment | Wash as normal | For older stains, soak repeatedly for optimal results.

Paint

Turn the item inside out | Rinse the back of the stain with warm water | Wash as normal.

Red wine

Neutralise the stain with white wine first | Sprinkle salt to absorb any excess liquid | Wash as normal.

Ketchup

Simply rub the stain with a halved lemon | Rinse thoroughly | Wash as normal.

Ink

Spray hairspray directly onto the stain | Wait for 30 seconds | Wipe gently with a damp cloth.

Grease

Sprinkle with baking soda to cut through the grease and absorb some of the excess liquid | Then apply dish detergent and scrub with an old toothbrush for several minutes | Leave to rest for 30 minutes and then wash as normal.



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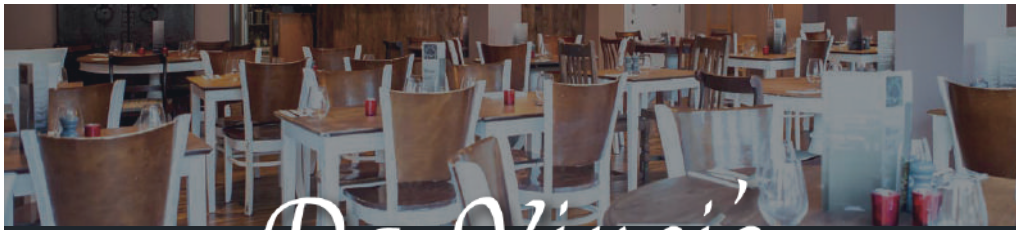
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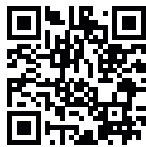
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FOOD & DRINK

Flower

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Flourishing flowers can serve as so much more than simply brightening up your garden. Why not utilise the edible ones in these delicious summer recipes?

Lovely lavender

You may be more used to flavouring your Sunday roast with a sprig or two of rosemary but lavender works brilliantly with lamb and is completely safe to eat. The sweetness of honey also works wonders with the rich fragrance of lavender flowers.

Dandelion delight

Most gardens have an abundance of dandelions so why not utilise them? The heads of these flowers are 100 per cent edible and we recommend chopping a handful up and adding to an omelette or Italian frittata. You can even add in some wild garlic if you have any in your garden.



Calming chamomile

Most known for its use in teas, chamomile flowers also work wonderfully in a summer jelly. Simply dissolve honey in a jug of boiling water and add a generous portion of the chamomile. Strain out the leaves once they have had time to steep and then add gelatine to set.

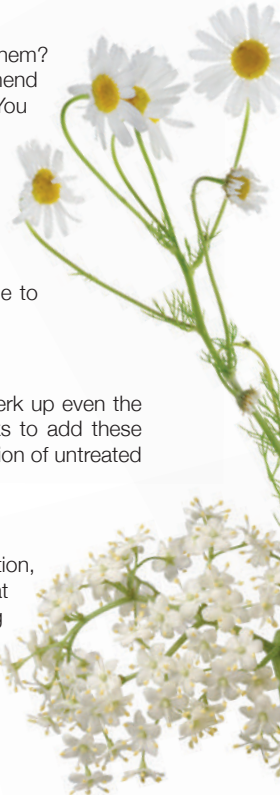
Top with tulips

Tulips are a gorgeous spring flower and their vibrant petals can perk up even the most lacklustre garden so it's a natural progression for creative cooks to add these flowers to their dishes. And all you need to do is gently sprinkle a selection of untreated petals over a summer salad and enjoy.



Elderflower mocktail

With people trying to cut back on their alcohol consumption, booze-free drinks are more popular than ever and what could be better than a freshly made, thirst-quenching cordial? Add a handful of elderflower heads and some lemon zest to a simple sugar syrup and leave to infuse for 24 hours or longer if possible, then dilute.



Poisonous flowers to avoid:

Daffodils | Hydrangea | Clematis | Azalea | Foxglove



LETTUCE eat greens

Do you know your cos from your chicory? Your roquette from your radicchio? If not, then now is the perfect time to learn.

LETTUCE

Probably the most well-known and most used of the salad greens, lettuces are cost-efficient, easy to grow, extremely low in calories and are full of vitamin A and potassium.

The most common types of lettuce are iceberg, known for its crunch and high water content and romaine or cos, which you typically find in a Caesar salad which contains high levels of folic acid.

CHICORY

Perfect for those that prefer a slightly more bitter taste, chicories work well alongside strong flavours such as pickled vegetables and blue cheeses.

Varieties of chicory include endive, a sweeter type of salad leaf that is ideal for appetisers due to its elegant appearance, as well as frisée which is recognisable by its pale green leaves and offers a strong bitter bite.

And we can't forget ravishing radicchio with its distinctive purple colour which provides a spicy flavour that is just perfect for a stand-alone salad.

BRASSICA

When you think of the brassica family, cauliflower probably springs to mind, but it also includes many other greens that are wonderful in salads and definitely pack a punch when it comes to both flavour and nutrition.

Arugula, also known as rocket, is part of this family and is known for its peppery taste. Rocket is very high in vitamin K and is popular sprinkled over a pizza or simply served as a side salad with a standard lemon vinaigrette. Superfood of the moment kale is also a brassica and is extremely high in fibre but be warned, it has a slightly grassy taste.

Lesser known varieties that are definitely worth a try include...

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Experience the wonder of wild swimming

Shockingly one in three people in the UK have not been swimming in the past decade. So, why the wide berth?

Well, according to a recent survey many find public swimming pools too expensive whilst others simply don't like using the changing rooms. But what if there was an alternative?

What is wild swimming?

Wild, or outdoor swimming, is essentially swimming in any natural bodies of water such as lakes, ponds, rivers or the sea.

Is it safe?

As long as you ensure that you take the adequate precautions, wild swimming can be just as safe as indoor swimming.

These precautions include;

- Always tell someone where you are planning to swim and if you are a beginner, we would advise that you always swim with a buddy or a group.

- Dress appropriately. If the water is

cold, then wear a wetsuit to protect yourself from hypothermia.

- Keep warm and dry clothes close by.

- Goggles are a good idea for seeing in murky waters.

- Do not jump straight into wild water. Instead ease in slowly to adjust to the temperature and check the depth.

What are the main risks involved?

Even if you take all the necessary precautions before embarking on your outdoor swimming journey, there will always be the risk of water-borne diseases and insects. In particular, you should be vigilant when it comes to ticks as you may not even realise that you have been bitten. Leeches can also be found in fresh water so be sure to cover any cuts with a plaster.

Where are some of the best places to swim outdoors in the UK?

- Gosford Lake Resort, Essex
- The Grantchester Meadows, Cambridgeshire
- The Barle, Somerset
- Shepperton Open Water Swim
- London Royal Docks

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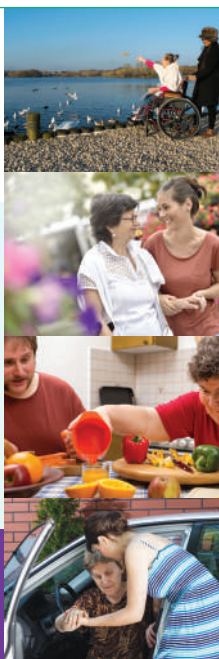
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Do you need some 'MANTIVATION'?

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The good news is that by simply adopting a few better habits you can drastically improve your overall wellbeing.

Variety is the spice of life

Whether you already exercise or even if you've just now decided to start, it is important that you alternate workouts. Not only will this stop your body from becoming used to the same activity, but it will also help keep you motivated and enjoying exercise.

Buddy up

Most women love a fitness class as they can exercise and socialise simultaneously. Men generally prefer to exercise alone but if you work out with another person, you can add a level competitiveness to your workout which should encourage you to push yourself harder.

Watch your portion control

Although men can eat up to 500 calories a day more than women, many massively underestimate how many calories they are consuming. Make sure you pay attention to serving sizes and fill at least a third of your plate with fruit and vegetables.

Combine cardio with strengthening exercises

Cardio gets your heart pumping and is great for burning calories. Even the simple act of walking up the stairs can count towards your daily exercise goals. Strength training on the other hand is vital for building muscle which helps you to burn more calories. Push ups are a great muscle building exercise.

Take the right supplements

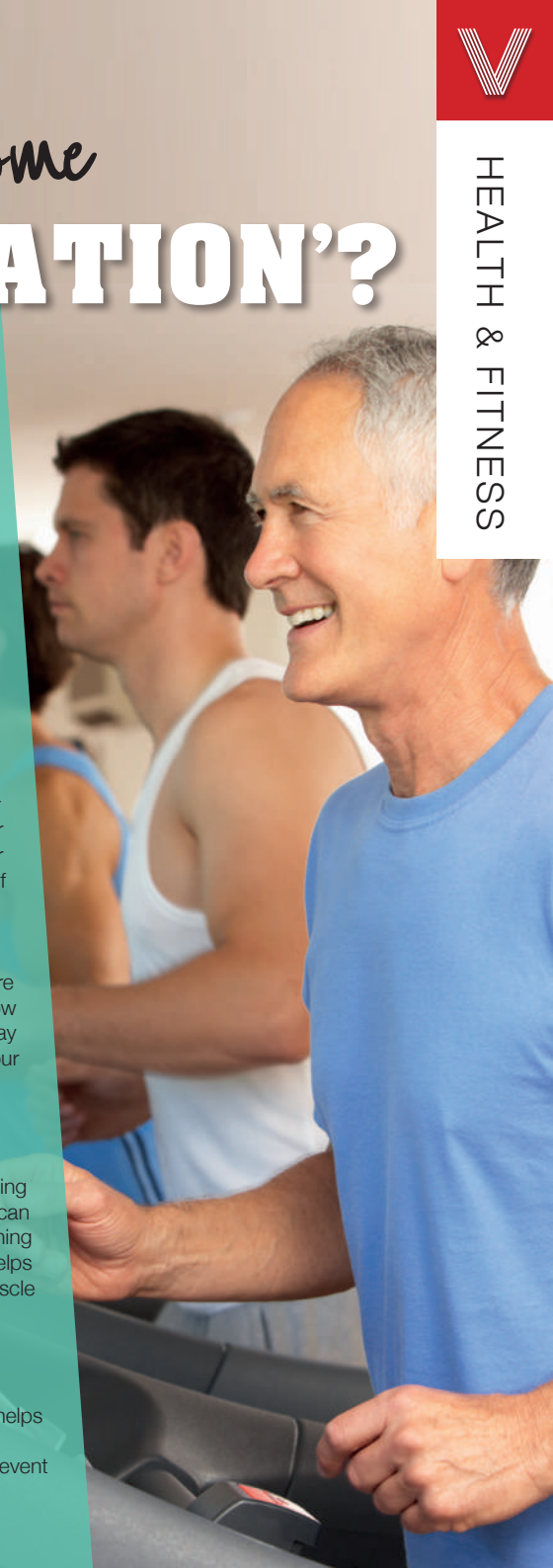
Zinc enables the male body to produce testosterone.

Fish oil helps to keep blood pressure low and helps prevent cardiovascular disease.

Selenium is the single best nutrient for helping to prevent cancers including prostate, colon and lung.



HEALTH & FITNESS





TRAVEL

carry on



If every camping trip you've ever been on has ended in disaster, read on, for our camping survival guide is here to make your summer holiday a whole lot happier.

CAMPING DOS AND DON'TS

- DO embrace your wild side
• ...but DON'T forgo those little luxuries that make you happy (gin in a tin anyone?)
• DO go as far afield as you dare
• ...but DON'T go unless you're fully prepared
• DO spend time planning your trip
• ...but DON'T get bogged down by agendas, it's an adventure after all

TOP TIPS

- Test your gear - No one wants to arrive in a muddy field only to find their tent isn't up to the terrain, so have a trial run in your garden beforehand
• Prepare for cold - Buy good quality sleeping bags and avoid sleeping directly on the ground. Some good options are camp beds, yoga mats and air mattresses

- Let there be light - Good lighting is essential both within and outside your tent
• Research is king - Make sure your campsite has all the amenities that you require
• All the little things - Hay fever medicine, matches, bottle/tin opener, wet wipes... these are the items that elevate a camping trip

WHERE TO GO*

- For stunning views and excellent amenities - Castlerigg Hall Caravan and Camping Park, Cumbria
• For great glamping - Redwood Valley, Powys
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• For couples - Newbourne Woodland Campsite, Suffolk
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• For dog lovers - Old Oaks Touring Park, Somerset
• For Eco Warriors - Eco Retreats, Powys

*according to 2018 Campsites.co.uk camping and glamping awards

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Advertisement for babyballet featuring two teddy bears, the text 'babyballet where little boys and girls love to dance', 'Exciting classes available in Romford, Chelmsford, Brentwood and Billericay', 'Contact Miss Laura on 07534 260067', 'romfordcentral@babyballet.co.uk', 'from 6 Months', 'Book a 3 week trial for £15', and 'www.babyballet.co.uk AS SEEN ON.. CBEBBIES & NICKJR.'



As easy as riding a bike

The moment when you see your child finally ride their bike on their own is priceless, but it can take a lot of blood, sweat and tears to get there. Literally. But it doesn't need to be so difficult.

What is the best age to teach your child to ride a bike?

The ideal age to teach your child to ride a bike is between four to six years old. Any earlier and they may not have the coordination skills or balance to master the skill. And any later, and your child may become overly cautious.

How long should it take?

According to experts, you can teach your child to ride a bike in as little as 45 minutes, as long as they are showing signs that they are ready; namely that they have good coordination.

How should you start the process?

A balance bike is a great starter bike for a child as they can learn about the feel and balance that is needed on a bike without having to master the pedals.

Where should you teach them?

Choose an area that is quiet and preferably one that has a tarmac surface. Grass surfaces should be avoided as it takes a lot more effort to ride on them than on hard ground.

How can you help your child?

- Always hold on to your child if they need support rather than the bike. Hold their back and their shoulder/upper arm.
- Encourage them to look forward, let go of their breaks and pedal.
- Run alongside them as they gain confidence.
- Teach them how to use their brakes.

Additional tips:

- Always ensure your child wears a helmet, knee and elbow pads are a good idea too.
- Dress your child in long-sleeved tops and trousers to protect them from grazes.



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Pets POSH NOSH

Pets, like people, get bored of the same old food every day. With that in mind, your little ball of fur will love you all the more for adding some home-made ingenuity into meal times, and you may save a few pennies along the way.

DOGS

Super Salmon

Ingredients:
(1oz per 10lb of dog) of salmon portions (incl. skins) | 1 squash | 1 head of broccoli (incl. stem) | 2 tbsp of olive oil | 2 carrots | 3 potatoes

- 🐾 Peel carrots, cut broccoli stem and squash, take peelings for dog. Mix together and oven bake
- 🐾 Cover potato shavings with 1 tbsp of olive oil and place in the oven
- 🐾 Cover the salmon in the other tbsp of olive oil and pan fry at a medium temperature, skin-side down first. Once flipped, pull the crispy skin off and leave to cool for 15 to 20mins
- 🐾 Finally, mix skins together then place in the dog's bowl

Caribbean Chicken

Ingredients:
6-and-a-half cups of water | 4 cups of rice | 3lbs of minced chicken meat | 2-and-a-half cups of frozen veg (no garlic or onions)

- 🐾 Put chicken, veg and rice into large

saucepan with water and stir until smooth
 🐾 Bring to the boil over a medium heat
 🐾 Reduce heat, cover until rice is tender. Cool completely before serving. Store leftovers covered in the fridge

CATS

Fish Finesse

Ingredients:
1 tbsp of sunflower seed oil | 1 cup of canned mackerel | 1 tbsp of cooked organic brown rice | 1-2 tbsp of chicken or beef broth

- 🐾 Put all the above into a food processor and pulse until blended
- 🐾 Serve immediately - any leftovers can be refrigerated for up to three days

Meat & Veg Oats

Ingredients:
2 tbsp of cooked and mashed carrot | 1/3rd of a cup of cooked oatmeal | 1 can of sardines

- 🐾 Mash all ingredients together and serve
- 🐾 Again, any leftovers can be kept in the fridge for up to three days

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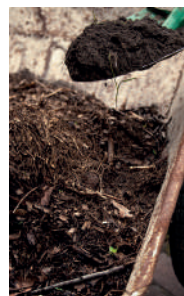
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Dear Brett,
We would like to take this opportunity to thank you and your team at **VISION** for the expert way you have promoted our business over the past two years.

When Major Glass was started in 2008 our main aim was to give a fantastic service to our local community whether it be a pane of glass to replace or an entire new conservatory. We have achieved that target and with the help of **VISION** have been able to expand our business within the local community.

The advert in **VISION** magazine circulates to 30,000 readers in Hornchurch, Loughton and the surrounding area. The results of this advertising are extremely encouraging and we are now receiving enquiries and business from many new customers.

We would have no hesitation in recommending **VISION** Magazine to any person or company wishing to expand their business by reaching that local community.

Many thanks,

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DIY PALLET Sofa



GARDENING

Sprucing up your garden couldn't be easier (or cheaper) this summer, thanks to this brilliant guide on how to make a very stylish outdoor sofa from some basic wooden pallets.

Summer in the UK can be frustratingly difficult to navigate. In pursuit of a few sunny afternoons spent lounging in our oasis with the barbecue sizzling and the rosé chilling, we more than likely find ourselves dodging rain showers and taking cover from gale-force winds.

Given the sporadic nature of these occasionally clement evenings, it hardly seems worth splashing out thousands on garden furniture, and the good news is that you don't need to. In fact, not only can you make brilliant, dynamic DIY designs from unwanted wooden pallets, you'll find whatever you envision is completely customisable to your tastes, your time, and your garden.

DIY SOFA

What you'll need:

Three (or more) plain wooden pallets | An electric drill with screws | A small roller and tray | A paintbrush | Scatter cushions | Garden furniture chalk paint

How to make your pallet sofa:

Step One

Using your foam roller, layer your pallets in whichever glorious hue you have selected, using a paintbrush for those tricky to reach areas. Paint one side first, let it dry, then do the other.

Step Two

You'll need to stack at least two pallets to get your sofa to a suitable height – you may want to make your sofa higher using more pallets, or even double the length... it's all up to you – before fixing them together with your electric drill and screws.

Step Three

Add another pallet to the back of the bench to make your sofa back. Affix with screws.

Step Four

That's the hard part done. Now decorate your masterpiece in whichever way you choose with cushions, garlands and throws. Then relax... you've earned it.

PLANT OF THE MONTH:

echinacea

What don't we love about Echinacea? It's sturdy, easy to grow, undemanding and it provides handsome long-lasting flowers that attract beautiful butterflies in abundance. So, where do we start with this perfect plant?

WHAT TYPE OF PLANT IS ECHINACEA?

Echinacea is a group of herbaceous flowering plants that are part of the daisy family. They can be recognised by their showy heads of composite flowers and can grow up to 140cm in height.

HOW DO I SOW ECHINACEA?

Echinacea can be grown either from seed sown indoors and then moved outside after frost or directly in the garden in the summer months. You can also plant them as a potted plant.

HOW DO I GROW ECHINACEA?

- > Water thoroughly at least once a week
- > Protect your plants from extreme winds and direct sunlight
- > Regularly remove spent flower heads to encourage continuous flowering
- > Divide perennials when the plants become overcrowded to keep them at their best

WHAT IS THE BEST WAY TO USE ECHINACEA IN YOUR GARDEN?

Echinacea is a great plant for gardening beginners as all it really needs is a sunny, well-drained site in order to flourish. It is ideal for mass landscaping and it's also a great attraction for pollinators. Plus, they smell lovely.

WHAT PESTS AND DISEASES SHOULD YOU LOOK OUT FOR?

- > ALTERNARIA LEAF SPOT – recognisable by small, round reddish brown spots with white centres.
- > APHIDS – green, red, black or peach coloured sucking insects that leave a sticky residue on leaves.
- > STEM ROT – black or pale roots that appear mushy
- > POWDERY MILDEW – circular, white powdery spots on leaves and stems

DOES THIS PLANT HAVE ANY MEDICINAL USES?

Yes, Echinacea has been used in folk medicine for centuries and is known for its ability to strengthen the immune system and help ward off and treat colds.

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ADVERTORIAL

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whole window including the frames and all the hardware, however Cloudy2Clear have come up with a simple and cost saving solution... Just replace the glass!!

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years of experience Cloudy2Clear have a wealth of knowledge and are recognised as a Which Trusted Trader, plus our work is backed by an industry leading 25 year guarantee. Cloudy2Clear also replace faulty locks handles and hinges on all windows and doors.

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Not only are shop bought cleaning products expensive but many also release harmful chemicals that can cause headaches, throat and eye irritations, and even cancer. And don't even get us started on how they aggravate allergies. But what is the alternative? An unclean home? How about using a store cupboard staple instead?

Use as a multipurpose cleaner

White vinegar is ideal for cleaning sinks; simply pour onto a sponge and wipe over the whole area. It is also brilliant for removing limescale from taps. Add a few drops of lemon juice if you are not keen on the smell.

Get streak-free glass

No need for a separate window cleaner, just spray some white vinegar onto any mirrors, windows or shower screens and wipe with a lint-free cloth or even more frugally, with an old piece of scrunched up newspaper.

Soften stiff towels

After a few too many washes, your once soft towels can become stiff from overexposure to detergents; counteract this by using white vinegar instead of fabric softener next time you wash them.

Combat lacklustre looking leather

Mix equal parts white vinegar and boiled linseed oil in a spray bottle, shake and spray evenly. Spread over the total surface area with a soft cloth, leave for five minutes and wipe over with a clean one.

Vanish ballpoint pens marks

Remove ballpoint pen from walls or desks with a quick dab of undiluted white vinegar.

Clean your window blinds

Simply don a pair of white cotton gloves, dip your fingers in white vinegar mixed with equal parts hot water and then slide your fingers along each blind, removing any stubborn grime as you go.

Do not use white vinegar to clean

- Frosted glass
- Limestone, natural stone or marble worktops



HOME & DIY

from FASHION HOUSE to HOME



Dolce & Gabbana's return to design sensibilities with Smeg is perhaps one of the more pleasing style collaborations of recent years, and the latest in a long line of brand extensions that see fashion and function collide, with spectacular results.

Here are a handful of collaborations and product extensions for every room in your house:

The kitchen: DOLCE & GABBANA AND SMEG

Tiresome teapots, tardy toasters and bland blenders have been revived as true items of fashionista food finesse in this most unique of collaborations. The hand-painted designs offer echoes of high contrast and holiday happiness. There are also reflections of the circus and canal boats, with intense irreverence abound.

The living room: DIESEL AND MOROSO

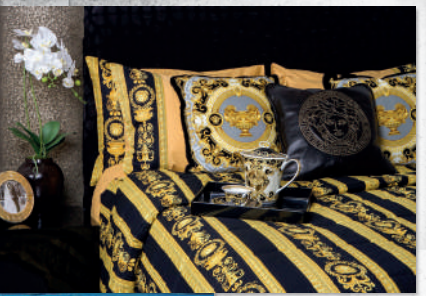
Moroso, the contemporary furniture maker, have teamed up with fashion heavyweight Diesel to present a range that is a mass of delicious contradictions. From simple shapes echoed with eccentric designs, and a collection split between dark underground tones and the brilliant beauty of nature, there is something for everyone... particularly the person who wants to find a fabric lizard staring at them as they sit down at night to watch *Coronation Street*.

The bedroom: VERSACE

From bed linen to towels, cushions to ashtrays, Versace's extension from the core world of clothes fashion now embraces hundreds of products, most of them with a characteristic gold edge... and a price tag to match.

The bathroom: CHRISTIAN DIOR

It may be over six decades since one of the world's leading fashion designers passed away, but the Dior brand lives on, with clothes, fragrances, interiors and accessories as plentiful now as any time in the past. To prove it, how about this double-sized bathroom towel? Just don't expect any change out of £1,000.



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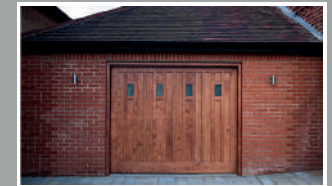
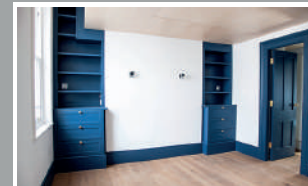
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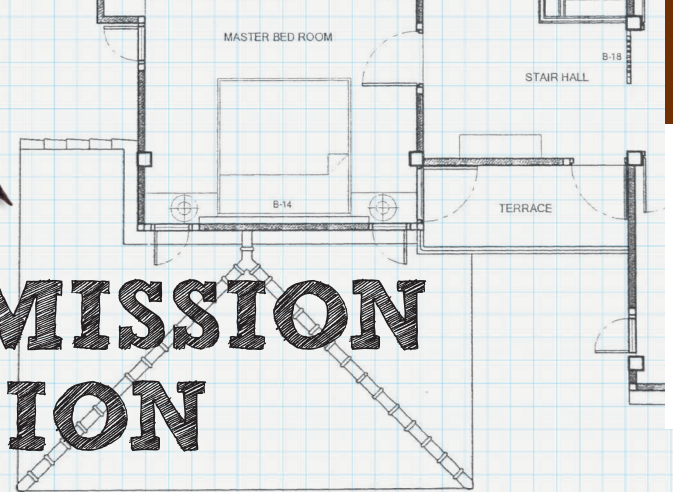
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THE PERMISSION MISSION



They say failing to plan is planning to fail, and that's no better evidenced than when it comes to making changes to your home.

For many even the thought of planning permission provokes images of complicated architectural plans, horrendous legal fees and an abundance of red tape. Yet in truth, whether you are building something new, altering a building or simply changing its use, the process can be easier than you think – indeed, it can even be completed online. The main elements are:

- > A Standard application form
- > A Location Plan (which shows the site area) and a Site Plan (which shows the proposed development in detail)
- > An Ownership Certificate, as it's important to prove the proposed planning permission is for something you actually own
- > A Design and Access Plan, detailing the style and vision for your project, as well as how this fits in with existing surroundings
- > An Application Fee, for the correct amount, so that representatives can move your application forward

It's important to have an exact vision of what your plans are from the off. Repeated changes or alterations will have a profoundly bad effect on your budget, as well as incurring significant time delays.

Finally, while there are plentiful stories of retrospective planning permission being granted on properties where owners have gone ahead and got work done in the hope of getting the green light further down the line, there are just as many cases where local authorities have insisted walls, room and sometimes entire buildings are returned to their previous state.

It's proof enough that the old adage 'it's better to ask for forgiveness than permission' doesn't ring true in every case.





HOME & DIY

Relax with colour



REASONS WHY NAVY BLUE HAS BEEN REVEALED AS THE WORLD'S MOST RELAXING COLOUR

It's an announcement that will have come as no surprise to any of our planet's ocean-dwelling creatures, many of whom bob about in a perfect, perennial paradise of water and waves. But while it was recently voted the world's most relaxing colour, does this blissful emblazoning of blue actually serve a purpose to a front room in Watford?

The answer appears to be yes... that is, if you listen to the experts at the University of Sussex. They teamed up with papermakers GF Smith to survey 26,000 people, each being quizzed on their emotional response to a variety of different colours and shades.

It was found that when surrounded by shades of dark blue, heart rates fell, stress levels dropped and positive, relaxed emotions were allowed to come to the surface. In contrast, colours such as red brought about tension, passion and anger; white offered

notions of cleanliness and the need to maintain clear space; while respondents subjected to black were more likely to bring on feelings of fear or depression.

Elsewhere, green is supposed to evoke the future, while orange and purple stand for luxury.

"Colour has always had an intrinsic relationship with our culture and is woven into our consciousness," John Haslam, GF Smith's joint managing director said.

"The story of colour maps a particular history through our cultural development – telling a much larger story about the way we perceive, value and cherish colour.

"The study underlined that colour is as much about substance as it is about beauty. The fascinating results and their relevance all add up to inspiring the world to think differently about the role and value of colour in our lives."

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HOME & DIY

How to turn your home's original floorboards into a fantastic feature.

If you've got carpets that are looking worse for wear, rather than splash the cash and replace them, why not do away with them entirely? Underneath every stinking and stained shag is a robust wooden floor just waiting to have its moment, and restoring those tired floorboards into something wonderful is easier than you may think.

The good news is that if a floor has been laid for some time it is unlikely to warp, meaning once the carpet is gone you will find a perfectly blank canvas. Inspect your floor carefully for loose nails, squeaks and rot – the former two are easily fixed while the latter will need replacing. Then repair any deep scratches and holes with sandpaper and wood filler – or in the case of uneven boards, an electric sander – before deciding on your fabulous finish.

For the classic au naturel look, you will simply

need a good varnish. Choose your shade, whether pale ash or oak, and apply. Bear in mind that the varnish will darken with every coat you add, so consider buying a clear varnish as well to strengthen your finish.

For something Scandi-inspired, why not soap your floors for a subtle whitewashed sheen? Firstly, apply wood lye to your sanded boards, which will lighten them and remove warm tones, then after further sanding apply a white-tinted wood soap, which has an oily finish and acts as a protective sealant. Or for a cleaner finish, simply invest in a specialist floor paint in white to instantly brighten and modernise your space.

Naturally, white is prone to flaws and will need regular touch-ups, so for something less demanding consider an elegant grey or even black. Bear in mind that wooden floors still require weekly vacuuming and mopping with a specialist wood-floor cleaner, but at least you can ditch the Shake 'n' Vac.





A NOVEL

excuse

Jeffrey Archer's ability to live a number of different lives in one is bettered only by his propensity to evolve and reinvent. As he prepares to return to the limelight this year with a series of books revisiting his popular *Clifton Chronicles*, we look back over the highs and lows of the former Conservative politician's life.

"Every morning when I wake up, I look out of the window of my home, down the River Thames and think about how lucky I am," says Jeffrey Archer. To those who want to interpret it as such, it sounds a very privileged, very Conservative view on life, but the facts are such that the 79-year-old's arrival at wealth, happiness and contentment has never come easy. Indeed, few have had to work harder than Lord Archer of Weston-Super-Mare, to give him his full title, in having to recover both financial stability and reputation over the past 50 years.

He said: "I think the route to true happiness has to be one where you've been tripped up a few times along the way. When something comes easily I'm not sure it ever feels like it is a trophy well earned."

Archer has had anything but a quiet life. After running the '100 yard dash' in 9.6 seconds for Brasenose College, Oxford, for a while it seemed as though the London-born student might become an athlete. Instead, he decided to go into the world of politics and, at the age of 29, became MP for the Louth constituency in Lincolnshire. The world seemed bright.

However, after ploughing his money into investment schemers Aquablast in the 1970s, and subsequently watching on helplessly as the Canadian corporation slid into liquidation, Archer found his entire wealth gone, with a debt of half a million pounds hanging over him.

"What motivates me is the sheer desire to achieve something, and that's sometimes where mistakes arise," he says.

"My biggest regret is not getting as far as I should have done in politics," he admits, perhaps part-referencing the *Daily Star* libel scandal in 1987, which brought down his political reputation. Some years later, he was found to have perjured himself in court, perverting the course of justice by using a false alibi after the tabloid newspaper reported time he had spent with a prostitute.

He jokes: "How can I complain, though, when the storytelling has gone so well? When I was in prison, I certainly met interesting people who were able to give me stories."

From debut effort *Not a Penny More, Not a Penny Less* in 1974 – written to stave off bankruptcy in the immediate aftermath of the Aquablast scandal – to further books *Kane and Abel* (his most successful to date), *First Among Equals* (which was turned in a 10-part screen adaptation by Granada Television), right through to the return of the *Clifton Chronicles* series – in the form of detective William Warwick in *Nothing Ventured* – Archer's novels and short story books have sold over 300 million copies in nearly 100 countries.

He admits: "I want to go on writing, but at my age I don't know just how much longer I have to do so. I don't fear death in any way at all, but I fear in the sense that I have still got things to do."



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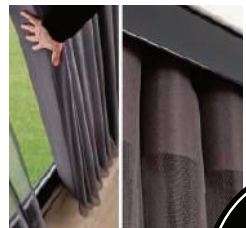


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LOCAL NEWS

from your neighbourhood



LOCAL NEWS

Lucy Wildheart with her coach.
Photo credit: @LucyWildheart



Boxer misses out in bid to become world champion

A Hornchurch boxer came up short as she valiantly lost out for the World IBO lightweight title.

Lucy Wildheart lost out to French boxer Estelle Mossely by a narrow points decision on June 14 in what was the biggest test of her professional career.

The world title bout took place on home soil for Mossely as Cherbourg played host with the French fighter, who won gold at the Rio 2016 Olympics, taking the IBO lightweight belt.

Lucy, who is originally from Sweden, is trained by former boxer Colin Lynes from Hornchurch and vowed immediately to continue her quest for glory.

Taking to social media following the loss to Mossely,

Lucy said: "I did not get the result, I still think I won the fight. I proved to myself and it shows where I am going with the help of my amazing team.

"I am always trying to be the best I can be. I am already on a new programme for my next fight, making me stronger, fitter and more explosive to box world top level."

Speaking to French television, Mossely told L'Equipe: "It's only the first step, the first belt. There are many others after that, big titles I'll need to go after. I'm working hard with my team, so it's a good start."

To follow Lucy's progress in her bid to become a world champion visit www.lucywildheart.com



Photo credit: Tasha Whitmore



Park leak turns out not to be raw sewage

A water company has confirmed that a build-up of water in a park in Hornchurch was not raw sewage as first feared.

Last month concerned residents spoke out after a smelly build-up of water appeared in Hacton play area, believing it was raw sewage.

After being bounced between the council and the Environment Agency the residents turned to councillor Ray Morgon who took on the challenge of investigating the leak.

Cllr Morgon, who represents Hacton Ward, lobbied Havering council to act after frustrated residents were told by the council that it wasn't their responsibility.

Eventually the stinky saga was resolved after Thames Water visited the site.

Cllr Morgon told **VISION**Hornchurch: "The council arranged for Thames Water to investigate and the conclusion that they came to was that there was no sewage leak, but the wet area was as a result of a high water table.

"We then went down to the park again and had a detailed look around the area and could see no sign of sewage. No smells, no nothing.

"We looked around the back of the play area to see if there were any signs of sewage coming down from the houses."

Town commemorates WWII D-Day landings

A Hornchurch D-Day commemoration event saw hundreds of locals come to visit the military exhibition based around the Normandy landings during the Second World War.

Hornchurch Country Park hosted a two-day military event in Ingrebourne Valley Visitors Centre to commemorate the 1944 D-Day landings.

A short memorial service was held at the RAF

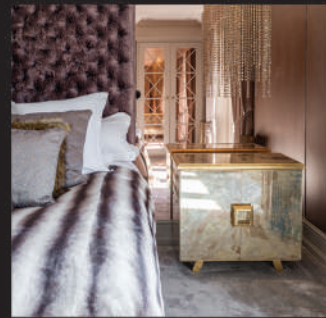
Hornchurch roundel at 11am in memory of those that gave their lives.

A replica fighter aircraft cockpit was brought by the RAF Hornchurch and Battle of Britain Roadshow.

The Royal Navy Cadets of T.S. Hurricane, Elm Park and the Hornchurch Aerodrome Historical Trust who were promoting their forthcoming museum, all attended the two-day event on June 8 and 9.



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LOCAL NEWS

Family bring cardiac screening back to town

Two days of specialist cardiac screening were held in Hornchurch recently in memory of a local man.

James Patterson died suddenly in March 2000 from a previously undiagnosed heart condition. He was aged just 28 and a seemingly fit, healthy and sporty young man.

Since his death, his family, led by parents Peter and Gillian Patterson, from Billericay, became involved with Cardiac Risk in the Young (CRY).

They have worked tirelessly to raise funds and awareness for the charity and its ongoing mission to prevent young sudden cardiac death.

Supported by many members of their local community, they have raised over £82,000 to help fund cardiac screening sessions in the local area – and to date 1,300 young people have been tested.

Chief executive of CRY, Dr Steven Cox, said: "The death of a young person is heartbreaking and devastating for any family. It is therefore essential that anyone with a potentially fatal heart condition knows about it. Without this knowledge and, if necessary,

appropriate treatment, they could be putting their lives at risk.

"Sport itself does not actually cause sudden cardiac death but it can significantly increase a young person's risk if they have an underlying condition. However, research carried out by CRY has also shown that a large number of these deaths will also occur when a young person is at rest or even sleeping, as occurred in James' tragic situation.

"CRY now tests around 30,000 young people, aged 14 to 35, annually. But we still believe screening needs to be extended to all young people.

"Although screening will not identify all those at risk, in Italy, where screening is mandatory for all young people engaged in organised sport, the incidence of young sudden cardiac death has decreased by 90 per cent."

Any person between the age of 14 and 35 can register to have a free cardiac screening at www.testmyheart.org

Visit www.c-r-y.org.uk for more information on CRY.

Students create videos for counselling service

Students studying TV and film at a Hornchurch College created six short videos for a counselling service recently.

Havering Sixth Form College pupils created the 30 second films for Havering & Brentwood Bereavement Service (HBBS) to promote and raise awareness of #4ME – a unique, free counselling service for young people.

The films will be used on the HBBS social media

platforms and were received exceptionally well by the audience, which included representatives from HBBS.

Tutor Holly Whelan said: "The work produced this year by the students was excellent. There were so many original ideas.

"It has been a very positive experience for both our students and the clients at HBBS to work together, and we were pleased to be able to share the result of this collaboration at the screening."



Students awarded by college

Students who have gone the extra mile to make a difference to the local college community have been honoured with Jack Petchey Awards.

Charlee Wood, Eitan Robinson and Freya Barnes-Wassell were chosen by Havering Sixth Form College's college council from several worthy nominations.

They received a certificate and £250 to be spent on a project of their choice which will benefit a group of young people.

Charlee was nominated for being an asset to the Hornchurch college and aiming for top A Level grades, despite having to cope with dyslexia.

Eitan was nominated for being a trustworthy and

reliable student who is always willing to help. He has set up and led student self-defence classes in his own time.

Freya was nominated for managing to maintain high grades despite going through so much in her personal life this year. She has managed to come out the other side, keeping up with her educational responsibilities as well as providing care and support for those around her.

Ian Budge, assistant principal for student behaviour and attitudes, said: "These students are all a credit to our college and they thoroughly deserve the Jack Petchey Award. We are very proud of them."

Touring car racer enjoys point scoring finish



A racer from Hornchurch picked up some valuable British Touring Car championship points in round 12 of the 2019 season.

Bobby Thompson, a former Emerson Green pupil, finished 14th at the Croft Circuit in Stockton-on-Tees on June 16.

The race was round 12 of the 30-race season and represented Thompson's first points since the third round of races several months ago.

Delighted with the points earned, Thompson said: "It feels good to come away with some more points in the bag. It definitely highlighted the fact that while we have an excellent car in the wet, we have some issues in the dry that need to be resolved.

"All week the forecasters had been predicting rain for race day and when it poured down all day on Friday as we were setting up, I was feeling pretty confident for race day. "But on Sunday morning everything was dry and while that is great for the BTCC fans, it wasn't the weather we were looking for.

"When the rain came I won't lie, I did a little rain dance in the awning as I knew this was my chance to compete on a level playing field with everyone else.

"I am obviously pleased to have made it back into the top 15 after a tough couple of rounds. But we have to put a lot of work in as a team to make things a bit better in the dry."

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LOCAL NEWS

Charities given funding

Two charities in Hornchurch were given a boost after being handed National Lottery funding.

The Keats Avenue Allotment Society and The Harwood and Oak Glen Residents Club in Hornchurch received a slice of £362,888 handed to charities in Havering.

The Keats Avenue Allotment Society in Hornchurch will use its £2,700 grant to make the allotments more accessible for children with learning difficulties.

The Harwood and Oak Glen Residents Club received £9,501 for its plans to clean up the area and introduce coffee mornings to bring vulnerable people together.

Saint Francis Hospice, which has a shop in

Hornchurch, was awarded a big chunk of the funding for the borough with more than £300,000 of National Lottery funding for its helpline project.

Sacha Rose-Smith, head of funding for London at The National Lottery Community Fund, said: "National Lottery money continues to change the lives of thousands of people across the capital.

"From community-led projects that reduce loneliness and isolation to those supporting young people to overcome modern-day challenges, this quarter's funding has been awarded to groups with the ideas, knowledge and passion to empower their community to thrive."

Tributes paid to popular man of the community



Tributes have been paid to a popular man who ran a dry cleaners in Hornchurch for more than 30 years.

Kivanc Houssein, 60, better known as Kev to his customers, at Real Clean Dry Cleaners, Station Lane, sadly died of a heart attack last month.

His passing has shocked the community who have shown their support to Kev's family who are raising money for the British Heart Foundation.

Kev first opened the shop more than 30 years ago and during those three decades, had become a focal point in the community.

Kev's son, Kayan Houssein, 31, said: "I think he was a big part in the community because he would always help people, letting them put up posters and flyers in the window, giving other shops help if they needed it.

"I think people really appreciated him."

Kayan is leading the fundraising for the British Heart Foundation and on the JustGiving page he added: "The news of Kev's passing has hit everyone who knew him very hard due to how suddenly he was taken away from us."



Photo Credit: Daura Photography

Woman sets up youth event to tackle knife crime

A Hornchurch businesswoman has created a youth unity event for children, charities and people in need of help to tackle knife crime.

The sun was shining on Central Park in Dagenham for Youth Unity Day on June 22, where up to 1,500 people attended throughout the course of the day.

Hornchurch resident and businesswoman, Shirley Jackson, wanted to create Youth Unity Day to enable the community to work together and create a united front against knife crime.

Shirley said: "The day went remarkably well, the feedback was amazing and I'm so pleased with how everything went. We had 54 teams from across London playing football, there was music and dancing and everyone who attended had a great time.

"People are so quick to criticize the younger

generation and with everything that's happening with knife crime at the moment, we need to look after our young people.

"It was an old-fashioned community event and we have big plans for the future. We want to be the biggest youth event in the UK, I know its ambitious, but I know it can happen, we had people fly over from the States to be a part of our event."

Shirley is now planning to hold a youth unity homeless drive and a youth event in both the north and south of England.

"I would like to thank MC CKP, David Peters, John Gildersleeve, Bast Securities, Insight Risk Management and Barking College for all their help and donating their time to spend the day with us, it wouldn't have been manageable without them."

Students rewarded at awards ceremony

Students at Havering Sixth Form College in Hornchurch were celebrated at an awards evening recently for their commitment to their studies and contribution to the college community.

Bursary awards were presented to eight students for excellent progress, determination and attitude in their subject area. These awards are handed out in memory of members of staff and student Jodie Chesney who all passed away while working or studying at the college.

Many other young people were rewarded for improvement, commitment, reliability, 100 per cent attendance, being student ambassadors, belonging to the College Council or making a standout contribution to their faculty.

Principal Paul Wakeling said: "These awards are not only about the grades – they are about some of the other things these students have brought to the college."



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News from
Councillor Paul Middleton
St Andrews Ward, Hornchurch Residents' Association



Stock image

Another busy month, the year is moving forward too quickly. I hope you are either enjoying a nice summer break or are looking forward to one. When the weather is good in the UK, for me, it is hard to think I want to go elsewhere. If you live near or visit Hornchurch and Upminster, you will have noticed that the free parking has now been abolished.

It may have only been 30 minutes – but these were 30 minutes that were all you needed to pop into a shop to pick up a coffee, newspaper, prescription, etc. All little things that help keep the local shops running.

Now parking for a few minutes will cost you a minimum of £1.50.

It might not seem much, but suddenly that paper costs a little more, the prescription you need, can this be collected from elsewhere? It is only £1.50, but it is an unnecessary £1.50 that will likely have dire consequences for the local shops and the community.

All the members of the Conservative party, alongside the three independent councillors from the North Havering group, voted for this change, whereas all the other independent councillors alongside the five Labour councillors voted against this short-sighted change.

The Independent Resident Associations are fighting this change – this is not yet over.

There is a public protest planned for Wednesday, July 10 at 6.45pm outside the Town Hall in Romford. If you disagree with the raised parking charges, please attend. This will be next to the Library in Main Road.

The leader of the council claims that the Conservative Party listens to the people and quoted from a Mori Poll that received 1,200 responses. The results were in general about people wanting clean streets and good roads. To meet this demand, we must lose our free parking, the free overnight parking and the free Sunday parking to help pay for this.

When the Hornchurch Residents' Association presented a petition of 12,000 signatures against the loss of the free parking the Tory party promptly ignored the petition. So much for 'listening to the people'.

Please take note of this the next time a council election is called. Are the Tories looking after your interests and the interests of the community at large? Government elections are very different to council elections.

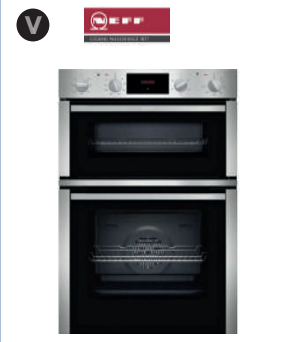
If you have any issues in the St Andrews Ward in Hornchurch, please contact any of your Hornchurch Residents' Association members for help – they are Gerry O'Sullivan, Bryan Vincent and myself.

Our website www.hxra.org gives the contact details under the 'Meet the team' tab.



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Girl Guides awarded for recognised achievements

A group of talented young Girl Guides came together on June 13 to receive the prestigious Jack Petchey Foundation Achievement award at The Queens Theatre, Hornchurch.

The event honoured Achievement Award winners aged 11 to 25 who received medallions to go with their framed certificate and a cheque for £250 each, already presented.

Each year, the foundation awards 14,000 Guides across London and Essex for their hard work and dedication in their local clubs and community.

Rosie Scott, 17, from Hornchurch, attends 4th Hornchurch Guides and was among the few to pick up an award, being recognised for her guidance and

goodwill.

A spokesperson for the Jack Petchey Foundation said: "All the Guides love Rosie because she shows how a Guide should act and how you can become confident and learn lots of new skills if you stay with the Guides.

"When she leads the games, she makes everyone laugh and gets involved. If there is an argument, she gets to the bottom of it and brings the girls together to make up and shows them that it's not worth arguing and they should all be there for each other.

"Rosie decided to spend her £250 Jack Petchey Achievement Award grant on a visit to the Live Escape Rooms in Hornchurch for her unit."

Familiar face appeared on ITV2's Love Island

Hornchurch residents may be familiar with one of the islanders on ITV2's *Love Island*. 26-year-old Elma Pazar joined the 2019 cast on June 12 with a dramatic entrance.

The eyelash technician, who works in Hornchurch, spoke briefly about her clients in her pre-*Love Island* interview claiming she had worked with "some of the girls from *TOWIE*".

Speaking to ITV, she described herself as an "all-rounder" who will be "an easy person to get on with in the villa."

Elma was axed from the show after losing to Anton Danyluk in a viewers vote on June 18, but not before viewers got to see Elma stand up to the Irish model in a heated chat after Maura accused the 26-year-old of "breaking girl code."



LOCAL NEWS





LOCAL NEWS



Woman shaves head for father with blood cancer

A woman from Hornchurch shaved her head last month as a Father's Day present for her dad.

Oriana Chaplin wanted to show her dad, Phil, who has polycythemia vera, a form of blood cancer that starts in the bone marrow, that hair isn't important after he became bothered when he started to lose his beard.

The 26-year-old had her head shaved on June 18 by Marie at Glam & Go in Romford.

She explained: "His beard has always been one of the features he is known for so when it started to fall out it really started to bother him. He thought people would know he had cancer just from looking at him, so I wanted to show him that hair isn't important and people that aren't ill can have no hair too."

As well as shaving her head, Oriana set up a GoFundMe page to raise money for The Chartwell Cancer Trust. She is hoping to raise at least £500.

She said: "I chose to support Chartwell as it is a unit my whole family has been linked to.

"My mum and myself have visited there in the past and it is the unit where my dad has his treatment.

"Due to funding, the unit is struggling to stay open and if it shuts then my dad, and all the other patients, would have to travel to Denmark Hill for their treatment, which is 12 miles away on the train.

"I am hoping to raise at least £500. It may not seem a lot but I'm hoping that it will help in some way."

To donate, visit www.gofundme.com/im-shaving-off-my-hair-in-support-for-my-dad

Women guilty of providing fake alibis

A woman has been jailed and another handed a suspended sentence after police untangled a web of lies that followed a Hornchurch man's murder.

Jamil Sarki, 23, (pictured left) was fatally stabbed to death in January 2018 and six months later Daniel Frazer-Trailer was sentenced to a minimum of 23 years in prison.

Another two men were also jailed for their involvement and now Gemma Kinnane and Kim Munns have been punished after they were found guilty of providing fake alibis.

Kinnane and Munns were convicted of perverting the course of justice with Munns sentenced to 12 months in prison. Kinnane had her 12-month prison sentence suspended for two years and was ordered to serve 200 hours of community service.

Melanie Knight, from the Bedfordshire, Cambridgeshire and Hertfordshire major crime unit, said: "My thoughts remain with Jamil's family and I hope that this result provides some justice for them."



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Second year of success for Elliott Deans Salon

Salon owner, Elliott Dean, helped add some volume and glitter to We Are FSTVL in May. Previously reported in **VISION**Hornchurch last year, Elliott and his colleagues were invited for the second time by the festival organisers to creatively collaborate in the pamper parlour in the VIP area.

Speaking about being asked to come for a second time, Elliott said: "It went so well last year which was great. I think they wanted us back due to popular demand.

"It was better than last year, not only because I

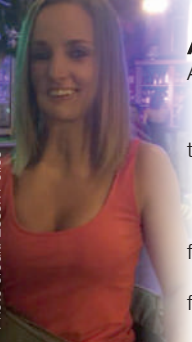
knew what to expect but the way it was set up and so organised and the atmosphere was unreal."

Elliott and his team were faced with creating festival hair braiding, plaits, tonging and adding some sparkle. Over the two-day festival, Elliott had 400 to 500 festivalgoers visit him.

Elliott added: "The whole vibe was great, and we would all 100 per cent love to do it again, especially working with We Are FSTVL.

"Going forward we are in talks with other festivals and have some big things this year coming forward."

Woman killed training for charity bike ride



A woman from Hornchurch has died after a collision while training for a charity bike ride.

Jay Stone, 29, was in collision with a grey Fiat 500 on the A127 at the junction with the A128 in West Horndon on Sunday, June 2.

She sadly died in hospital from her injuries the following day.

In a statement, her family said: "Jay was tragically killed in a collision while she was training to complete a 100-mile charity bike ride in honour of Tommy's Charity.

"She was a dearly loved daughter, sister, auntie and friend to everyone that knew her.

"Jay worked as a global compliance officer at Ocean Connect who were her second family.

"She was a selfless, bubbly, intelligent girl who loved spending time with her family and friends. She enjoyed listening to music, dancing and was a fantastic artist.

"All Jay's family members and friends are deeply shocked and saddened by her loss. No funeral arrangements have been made at this stage.

"We are finding comfort by continuing to raise as much money as possible on Jay's behalf."

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JULIA LOPEZ MP

Hornchurch and Upminster




LOCAL NEWS

In June my team and I brought together community representatives, police and Havering Council at a meeting to encourage a joined-up approach to preventing and tackling violent crime in the borough.

While Havering still has comparatively low rates of violent crime, this makes incidents like the senseless murder of Jodie Chesney all the more shocking. I have successfully made the case to government for extra resources and increased use of stop and search. But police officers cannot do everything, and in involving all parts of the community in the public health approach to violent crime, we stand a better chance of preventing tragedies in the first place.

Held in St George's Church, Harold Hill, courtesy of Rev Shaun Moore, the meeting aimed to connect those voluntary organisations and residents who had approached me about youth violence into police and council work already underway. I also invited representatives from specialist youth groups, local primary and secondary schools, and Havering College and Sixth Form College, to ensure that issues of exclusions, after-school safety, adverse childhood experiences and deprivation featured in discussions.

The meeting provided an opportunity for new BCU Police Commander, Stephen Clayman, to set out his previous experience in Trident and community policing, and the work of borough police in tackling the county lines drug trade. Parenting support for those youngsters most at risk of gang involvement formed a key part of the round table, while members of faith communities also offered their support to borough initiatives. The meeting followed work in Parliament with Home Office Ministers, Nick Hurd and Vicky Atkins, who are leading the government initiative to crack down on serious violence.

In Parliament, I met local guide dog owners, Sarah and Mike, to hear about their experiences of navigating Hornchurch and Elm Park and the problems they have encountered in using taxis and entering shops and cafes when their dogs are not welcome. I welcomed former International Development Secretary, Priti Patel MP, to Emerson Park to talk to residents about Brexit and her experiences in government.

I also visited Radfield Home Care Havering on Butts Green Road, which has just won FSB Family Business of the Year in London.

I was honoured to graduate from the Armed Forces Parliamentary Scheme, which sent me to RAF bases across the country over the past year to understand more about defence and security. My final visit was to RAF Coningsby where we were able to see the aircraft that were used to defend our nation during the Battle of Britain as well as the Typhoon squadron that protects London today, reminding me of the crucial role that RAF Hornchurch played in defending our capital during the war.



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Funday a huge success

The Hornchurch Residents' Association (HRA) was amongst the many stalls available to peruse when The Friends of Hylands Park group put on their third community funday at the end of May Bank Holiday Monday, with the ever-successful Woofs & Walkies Dog Show having their best day so far.

The funday was busy with JumpinJacks from Dagenham stepping in with a host of inflatables, making for lots of happy parents.

Kids were covered in face painting from Bugz & Butterflies, with Wellgate Community Farm providing the calming influence of a dozen or so animals to pet and hold.

Nic Dodin who presides over the Havering Classic

Car Club did the HRA proud yet again, with more than 20 shiny cars and lots of proud owners drawing lots of interest from the crowds.

The Woofs & Walkies Dog Show organiser, Graeme Turner, said: "The third Hylands Park Dog Show was more popular than ever. Nearly all the classes were well supported with an average of thirty entrants in each class.

"The overall winner of Best in Show was a St. Bernard "Bentley" owned by a very proud Debbie Davidson. Everyone seemed to have a lovely time and Judge Nick Briggs from Vets4Pets has already asked if he can be the judge again next year as he thoroughly enjoyed himself."

Men charged with manslaughter of boy

Photo credits: Met Police



Two men have been charged following the death of a seven-year-old boy at a pub in Romford.

Harvey Tyrrell was killed in September 2018.

David Bearman, from Hornchurch, was charged with manslaughter and abstracting electricity on June 14.

Colin Naylor, from Rayleigh, was charged with manslaughter on the same date.

They will appear at Barkingside Magistrates' Court on Thursday, July 11.

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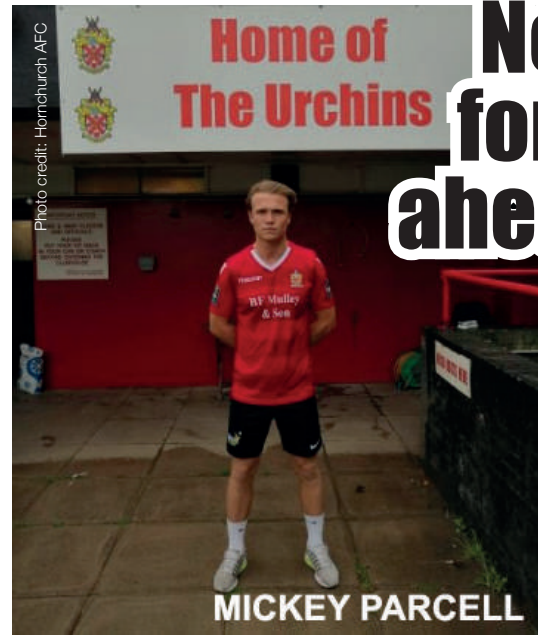
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LOCAL NEWS



New additions for the Urchins ahead of season

Hornchurch manager Mark Stimson strengthened his squad and his defence with two new signings last month.

Centre back Arthur Lee comes to Hornchurch from Tonbridge Angels. He played a key role in the Angels, promotion to the National South, turning out 53 times and scoring twice. One of the strikes was particularly memorable as it came in the play-off final against Met Police. Lee spent two seasons at Hendon before he moved to Kent.

Meanwhile there was another special delivery to the Hornchurch Stadium in the shape of Mickey Parcell. The full back comes to Hornchurch from Enfield Town. He turned out 50 times for Town last season, netting twice and setting up ten goals.

Parcell began his career at Torquay United and he has also had loan spells at Bideford and Truro City.

Meanwhile Nathan Cooper who was sidelined by injury for the majority of last season, has signed for the forthcoming season. A strong, pacy centre back, Cooper has been a key member of the Hornchurch defence which, since his arrival, has an unparalleled record for keeping clean sheets. Cooper was voted both 2017/18 Players' player of the season and Supporters' player of the season.

As VISIONHornchurch went to press, Stimson's men were preparing to get their pre-season programme underway.

After away ties at Grays Athletic and Canvey Island, Hornchurch have home ties against Leyton Orient and Chelmsford City. After travelling to Frenford, the Urchins take on Billericay Town at home then travel to Great Wakering Rovers before concluding with a home game against Hullbridge Sports.



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LOCAL NEWS



Brandon Meads wins Essex Amateur Championships

Golfers from across Essex took part in the Essex Amateur Championships recently, as part of Romford Golf Club's 125th year celebrations.

The top 72 players from across the county played in the blue ribbon at the course on Heath Drive.

A spokesperson from the golf club said: "The course was in immaculate condition for the two-day 72-hole event which started on a fine but very blustery Saturday. This was reflected in the scores with only six players breaking par in the whole day."

After day one, Brandon Meads led by one shot with

Ricky Lee and Alex Christie close behind.

On Sunday, the golfers had an unexpected arrival on the course – two hot air balloons from the Lord Mayor's Hot Air Balloon Regatta – which ended up delaying the start of play.

Harry Robson joined the leaders to take the lead, one shot ahead of Christie and two from Meads and Lee.

Meads came out on top to win by five shots from Lee and Christie.

Robson won the Jubilee Trophy for the Under 21's.

Pop-up Business School visits to teach residents

Local residents were invited to sign up to a two-week training course that would provide those attended with the support and tools to start a business of their own.

The project was set up by Havering Council in partnership with Wates Residential to deliver a major regeneration over the next 12 to 15 years.

As part of the project, there has been an investment in education, training and skills to support the commitment to deliver a borough-wide legacy.

The Pop-Up Business School took place on May 13 to 24 at the Mercury Mall as an initiative to help potential entrepreneurs and small businesses kick-

start their careers.

Business owner, Tahira Bartolo, said: "It was really inspirational and there were some really great ideas, including some different ways to think about business.

"Lots of us are still in touch with each other and we meet on a monthly basis, the pop-up aspect was really successful as well as it being a great networking event.

"The business I'm starting following the pop-up is www.love4rumi.com and I'm excited to see where it takes me."

To learn more about the Pop-Up Business School project, visit www.popupbusinessschool.co.uk



LOCAL NEWS

ANDREW ROSINDELL



MP for ROMFORD



In Havering, we must always strive for a cleaner, safer and a healthier environment for our residents. I have always campaigned to highlight our wonderful open spaces and 'Keep Havering Tidy'. This is why I'm so pleased to see local businesses support our council's Cleaner Havering scheme. In addition to seeing a more proactive approach from local businesses, the council has invested an additional £400,000 to increase the frequency of residential street cleaning, and a programme to deep clean our high streets.

It is always good to see residents take pride in their neighbourhoods. I was particularly happy to witness the recent establishment of a new Friends of Park Lane Park group, a voluntary initiative to bring the community together and look after this park. Havering is ranked as one of the greenest boroughs in London, and we are placed highest in air quality. This bodes well for the health and wellbeing of residents, and work has also started on the new £30million Hornchurch Sports Centre.

At the time of writing, Boris Johnson is leading the race to become the next Conservative leader,

and therefore Prime Minister. As you may know, I announced my support for him as early as May. The reasons for this are manifold, from his brilliant record in London to his position on Brexit, Boris as PM will always be a friend of Havering.

I hear time again the increasing concerns about local crime rates, so I ask everyone to have a brief glance at Boris' record as London Mayor. The ringing endorsement from Bernard Hogan-Howe, the former Metropolitan Police Commissioner, speaks for itself. As the Mayor of London, and therefore in charge of policing in the capital, overall crime went down by 20 per cent, knife crime decreased by 17 per cent and the murder rate was halved. These were promises made and most importantly delivered for everyone.

In addition, the London Living Wage was expanded, air quality was massively improved, and 20,000 trees were planted. This is not a man of empty proposals and trendy programmes which sound good on paper, but someone who can deliver.

Boris has visited Havering on many occasions, and was keen to speak residents about their concerns.

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Photo credit: Alan Davidson/Shutterstock

As the *Sunday Times Rich List* again serves to showcase the wares of some of our wealthiest residents, the addition of the first black female entrepreneur provides a welcome twist in financial fortune.

They are numbers so great that we might never be able to imagine the sheer extent of wealth that those on the list possess, but let us dream for a while that we will one day rival the fortunes of these financial tour de forces.

THE TOP TWO

Sri and Gopi Hinduja: The brothers, British nationals but responsible for the incredible growth of a family business that was started in Mumbai in 1914, have amassed a fortune that now tops £22bn. They have proved the phrase 'diversify or die' many times over, with investments and enterprises in industries as unconnected as oil and gas, banking, IT and property.

David and Simon Reuben: If risk-taking delivers reward, then it's little surprise the Reuben

brothers are in second position, with an estimated worth of £18.7bn. The duo dined with the Russian mafia on their way to becoming leaders in private equity, real estate investment and development, and their impact on the debt financing market continues to grow as well.

SELECTED OTHERS

Ed Sheeran: Although his fortune of £160m looks small in comparison to the true rich list heavyweights, the British musician has leapfrogged Adele on the most recent rankings, and over time you feel the songsmith will continue to make up ground on the leading musical maestro, Andrew Lloyd-Webber, whose mountain of money totals three quarters of a billion.

Valerie Moran: Finally, Zimbabwe-born Valerie Moran becomes the first black female entrepreneur on the list. She owns an 81.5 per cent stake in tech company Prepaid Financial Services and her inclusion is noted as a much-welcomed cultural shift from the perceived mould of the uber-wealthy.

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We live in the age of digital distraction. Just walk into any bar, coffee shop, office, college or anywhere else people gather, and you're guaranteed to see at least one person staring at or swiping a mobile phone.

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So, have we become slaves to tech? The evidence is indicating we are. But it's not impossible to break those chains even if it's just for a short time.

Here are some easy steps you can take to ditch the digital and give yourself a technology retreat.

KEEP IT REAL: If you try to go cold turkey you're setting yourself up for a fall. Give

yourself a daily allowance of an hour or two to begin with.

SWEET DREAMS ARE MADE OF THIS: Any kind of digital tech in the bedroom can play havoc with the quality of your night's sleep. Leave the tablets and phones in another room and buy an alarm clock if needs be.

OUT OF SIGHT OUT OF MIND: Keep your phone out of sight and reach when you're driving. Even hands-free phone systems distract drivers considerably.

STEP BACK IN TIME: Buy an old phone for use at the weekends. The Nokia 3310 is decent because it allows you to make and take calls without all the digital distractions of a smartphone.

One of the best websites we've come across that may help you in your quest to conquer your digital dilemma www.itstimetologoff.com – just don't spend too much time looking at it on your phone.

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PUZZLES & TRIVIA

PUZZLES

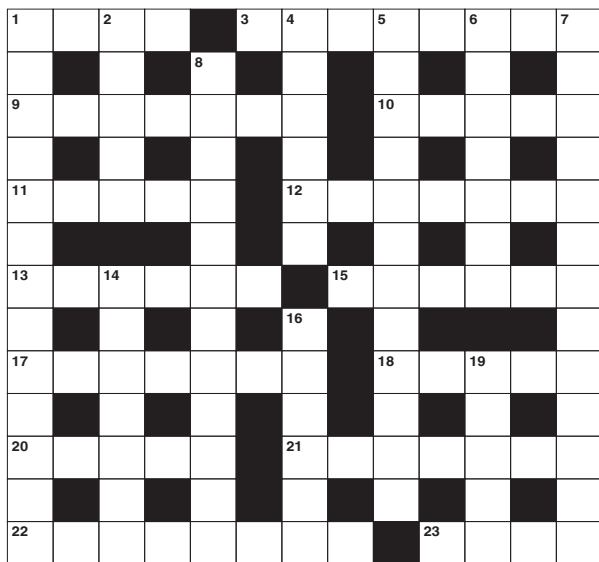
Answers can be found on the Contents Page 4

ACROSS

- 1. Large-headed food fish (4)
- 3. Appetising drink (8)
- 9. Open-minded; given freely (7)
- 10. Weatherproof coat (5)
- 11. Relating to a city (5)
- 12. Organ of digestion (7)
- 13. Make worse (6)
- 15. Star like object that often emits radio waves (6)
- 17. With reference to (7)
- 18. Hackneyed (5)
- 20. Accustom to something (5)
- 21. Ice hockey offence (7)
- 22. Peer (8)
- 23. Small flake of soot (4)

DOWN

- 1. Figment of the imagination (13)
- 2. Meat and vegetables on a skewer (5)
- 4. Burnish (6)
- 5. Duplication (12)
- 6. Statements of intent to harm (7)
- 7. Boxing class division (13)

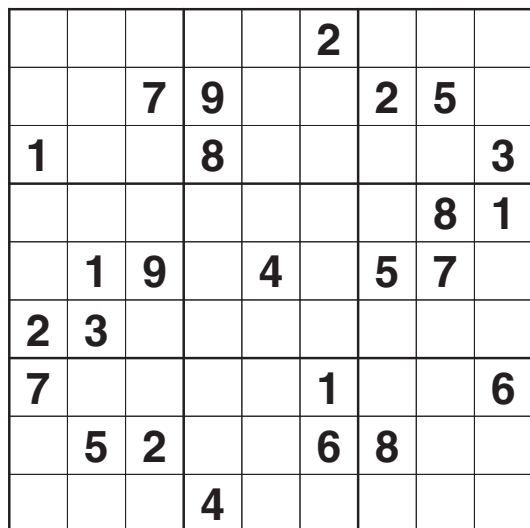


- 8. Principal face of a building (12)
- 14. Agitate (7)
- 16. Respiratory condition (6)
- 19. Form of expression (5)

DID YOU KNOW?

- ▶ Most bears have 42 teeth, including four long canines
- ▶ An ostrich eye is bigger than its brain
- ▶ Lobster blood is colourless, but turns blue when it is exposed to oxygen
- ▶ The giraffe, which is the tallest animal in the world, can clean its ears with its tongue
- ▶ Due to its composition, camel milk doesn't curdle naturally
- ▶ Frogs can't swallow with their eyes open
- ▶ Dragonflies have six legs, but can't walk due to the weight of their body

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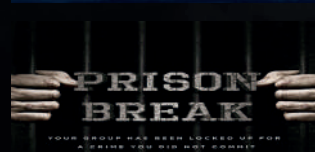


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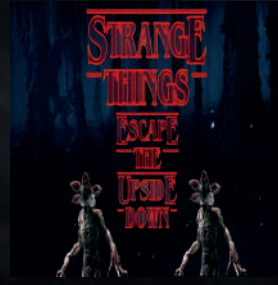
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“One small step for man; one giant leap for mankind” – the words trip off the subconscious of the minds of the old, the young, the wealthy, the poor, and folk in every country across the globe.

Those 10 words, spoken by Apollo 11 pilot Neil Armstrong on July 20th 1969, encapsulated a drive for discovery that went far beyond anything we previously thought possible. As a result, the completion of that 385,000km journey from the Kennedy Space Centre on Merritt Island, Florida, to the moon, offered NASA, America, and the entire planet an insight into the solar system, into evolution, and the potential for human discovery, the like of which had never before been seen.

It's easy to forget though, Apollo 11's mission was actually two-fold. Getting the three-man crew to the moon was only the first part; NASA wouldn't be satisfied unless they proved they could return their brave heroes back to planet Earth in one piece.

Despite the task taking on two distinct and very different elements, it might be fair to say slightly less effort was invested into the second part of the equation, something that was elegantly depicted by Ryan Gosling in last year's Armstrong biopic *First Man*. The popular actor brilliantly portrayed the very human story behind the landing in a movie that stripped away the science to depict an expedition many felt the trio would never return from, the crew included.

“From playing Neil Armstrong I certainly took on a whole new admiration for anyone who has the bravery to be a NASA pilot,” Gosling said.

“The training alone was brutal and something most people would never survive; and then to willingly put yourself in a position where there is every chance you will perish, but to have the mental strength to do everything that you were asked. All I will say is, those guys are heroes.”

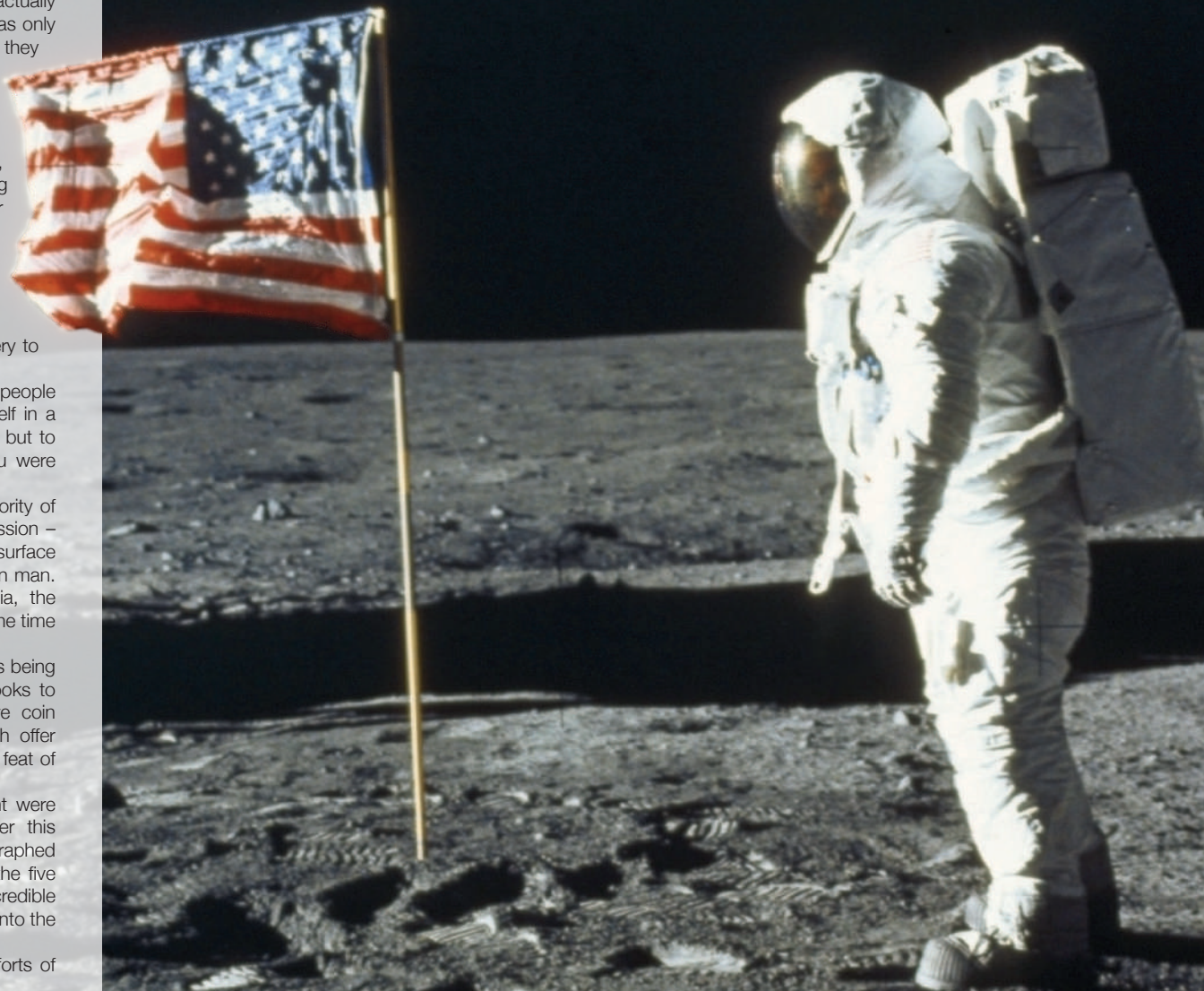
Of course, while Armstrong and Aldrin get the majority of the credit for the incredible achievements of that mission – they spent about two-and-a-quarter hours on the surface of the moon – spare a thought for the often forgotten man. Michael Collins was responsible for flying Columbia, the command module, and he remained in lunar orbit all the time his colleagues were on the surface of the moon.

Naturally, the anniversary of that incredible landing is being marked in a flurry of events and tributes – from books to documentaries, talks to exhibitions, commemorative coin and stamp issues to special-issue Lego sets. Each offer fanatics their own way of remembering an incredible feat of technological ingenuity and human endurance.

If you ever need evidence of just how magnificent were the achievements of the Apollo 11 crew, consider this – while spacecraft have scurried across, photographed and circumnavigated the solar system endlessly in the five decades since Armstrong and co. made their incredible voyage, only nine further men have actually stepped onto the moon's surface.

In an era where ambition came before risk, the efforts of those space warriors will never be forgotten.

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MOTORING

When to
change your...



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One of the most thankless pieces of kit on our motors, they are also perhaps the most important, as anyone will a faulty wiper blade will confirm.

That's why decent wiper blade maintenance isn't just a good idea, it could be life-saving:

with streaks across the windscreen, even going as far as squatting in our seats to look past the latest rainbow-like wave of water that's been created right in front us? The rule with streaks is simple – your blade is deficient and needs replacing.

Skipping along: A wiper blade that skips probably hasn't been used for a while may need lubrication, though most likely has been bent out of shape – perhaps following a period of hot weather – and should be replaced.

Smear test: Smears are dangerous and you mustn't ignore your wiper blade's desperate call for help. If you're lucky, the smear could be being caused by a dirty windscreen, although more likely the blade is worn and is on its way out.

Squeaking needs tweaking: Squeaks may not sound good but the diagnosis is probably the most favourable, given that when this happens it's often because the wiper is slightly misassembled and probably just needs to be refitted.

Remember, wiper blades are relatively low cost, and most autocentres will fit new ones for free, so there's no excuse for taking a chance on the road.



Wiper
blade = wipe:

For basic care, clean your wiper blades every couple of months. Removing residual dirt will keep the rubber in better shape for longer, eliminating the need for regular replacement.

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SPORT

THE COUNTDOWN BEGINS TO ONE OF THE MOST HOTLY-CONTESTED SPORTING EVENTS

Don't be deceived by the tradition, the pomp and the ceremony – the Ashes is as brutal, embittered and bulldozing a contest as any other, with a tradition that dates back to 1883.

As if regaining the Ashes weren't incentive enough in itself, England have an added carrot, namely that they can equal Australia's 33 victories, with a further five series ending as draws.

Edgbaston will be the venue for the first Test, beginning on August 1 and Trevor Bayliss' men will hope the Birmingham ground offers up some lucky omens. Not only did it host England's 1000th test match in 2018, when they beat India, it also provided the Three Lions with one of their memorable victories over the old enemy - that incredible two-run win during the historic 2005 series, the smallest ever margin of victory in an Ashes test. It gave England the impetus to go on and clinch a 2-1 series victory. They've won every home series since.

The four subsequent tests will be at Lord's, Headingley, Old Trafford and The Oval, with England starting as favourites.

Both squads are strong in the bowling department; it's in the batting order where the two countries need to overcome selection issues. For the Aussies, David Warner and Steve Smith have returned from their suspensions, and just as well, with many believing they are the only two holding the run-scoring operation together. Usman Khawaja, Marcus Harris, Joe Burns and Travis Head would disagree.

As for England, Joe Root, Jos Buttler, Ben Stokes and Jonny Bairstow make up a formidable middle order, but Keaton Jennings and Joe Denly have far from cemented their places as openers, and speculation continues over whether Jason Roy's ODI form can be translated into Test cricket.

Be prepared for a slow lead-up to one of the longest-running sporting contests ever.

Photo credit: RexShutterstock



Premier League

BIG Kick-off

After the disappointment of England's third-place finish in the inaugural Nations League tournament, there is reason to be cheerful... the 2019/20 fixtures have been released!

Defending champions Manchester City get their campaign up and running at West Ham United in a lunchtime kick-off on Saturday, August 10, while gallant runners-up Liverpool begin their quest the night before at home to newly-promoted Norwich City. Spare a thought for the Canaries – in their first five fixtures they face the Reds and West Ham United away, and host Newcastle United, Chelsea and Manchester City.

The other two sides coming up from the Championship also have away fixtures on the opening weekend - Aston Villa go to Tottenham, while Sheffield United make the journey to Bournemouth. The first 'Super Sunday' game sees Manchester United host Europa League winners Chelsea - in the past this match-up may have been regarded as a title six-pointer... now it's simply an also-ran 'opening weekend' fixture.

Pep Guardiola's City have a decent test on matchday two when they host Spurs, but then have until the end of September before their next tough game, at Everton. Meanwhile, Jurgen Klopp's side face Arsenal at home in August and Chelsea away the following month, but will surely be gearing up for the November 9th clash with title rivals City.

The first big derby match comes to North London, as Arsenal host Tottenham on August 31. Liverpool play Everton on December 4 – a Wednesday night – and on the weekend of December 7 Manchester City welcome neighbours United.

Watford open up with Brighton at home, have winnable games against Sheffield United, Aston Villa and Wolves over Christmas, and conclude on May 17 with an attractive-looking trip to Arsenal.

Let battle commence...



Liverpool v Norwich City 09/08/19
Liverpool v Everton 04/12/19



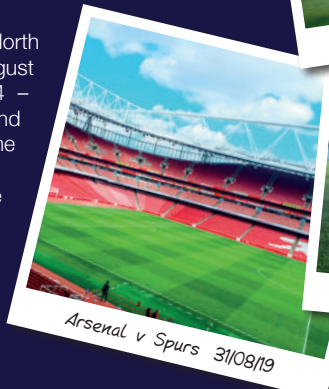
West Ham v Man City 10/08/19



Spurs v Aston Villa 10/08/19



Man Utd v Chelsea 10/08/19



Arsenal v Spurs 31/08/19



Man City v Man Utd 07/12/19

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WHAT'S ON

WHAT'S ON

in your area

Free Disney Workshops
Hylands Primary School, Granger Way,
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July 6, 10am – 1pm



Photo credit: Shutterstock

Theatretrain Romford is having a FREE open day for any new students who have a love of the performing arts. To book your child a space now, email romford@theatretrain.co.uk

Hornchurch Jazz Club
Hornchurch Conservative Club, 25 North Street, Hornchurch, RM11 1RS
July 14, 8pm - 10.30pm

For the first time at the club, vocalist Paul Wood performs with the Alan Berry Trio of piano (Alan Berry), bass (Issy Sapsard) and drums (John Field). The club is an air-conditioned venue with comfortable seating, a dance floor, drinks at club prices, wheelchair access and car parking.

Mental Health Poetry
Library, 44 North Street, Hornchurch, RM11 1TB
July 19, 7.30pm

Come and join the exploration of the topic of mental health through spoken words and poetry. Doors open at 7pm and the event begins at 7.30pm.

Summer Delights
St. Peter's Church, Gubbins Lane, Harold Wood, RM3 0QA
July 20, from 7.30pm

Haverings Singers bring you a selection of Songs

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The music has been arranged by Jonathan Rathbone.

Tickets are priced at £12. Tickets for children (aged 5 to 17) £5.

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Hickory Shaft Society Match
Romford Golf Club, Heath Drive, Romford, RM2 5QB
July 27

In an effort to replicate the way members 125 years ago had to accommodate using the equipment of the day, Romford Golf Club has organised a match versus the Hickory Shaft Society when all players will be using Hickory Shafted Golf Clubs.

Messy Outdoors
St Andrew's Church, 222 High Street, Hornchurch, RM12 6QP
August 15, 3pm – 6pm

Everyone is welcome to explore the life of an Old Testament Bible character through drama, games, activities, prayer and food, within the beautiful grounds of St Andrew's Church, Hornchurch. All are welcome whether you are a regular at the church or not.

The Havering Show
Harrow Lodge Park, Hornchurch, RM12 4PL
August 25 – 26, 11am – 7pm

The Havering Show returns this August Bank Holiday, boasting a bigger and better line-up than ever before. A weekend of music with Aswad, Alison Limerick, Mr Soul, Toploader and tribute acts. For tickets and more information, visit www.havering.gov.uk/Haveringshow



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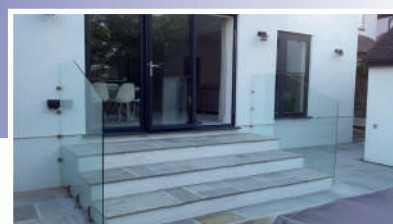
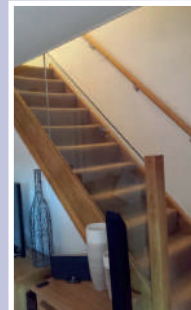
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RAYBURN ROAD, HORNCHURCH £695,000

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