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SECURE
BUSINESS
INVESTMENTS**

HOWZAT
England win nail-biting
Cricket World Cup

POP THE PROSECCO
Recipes to help celebrate Prosecca Day

Dame
MAGGIE SMITH

The actress still in the limelight at 84



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Editor's notes...



Brett Shohet, Editor

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

I hope you are all enjoying the summer months and the outdoors before it becomes a distant memory.

What a great time of year to visit our local high streets and see the buzz in the community with all the events taking place.

Dame Maggie Smith is our cover story this month speaking about the new *Downton Abbey* film which is due to be released later this year. We also look at England's nail-biting win at the Cricket World Cup and 100 years of women in the police force.

In business, we show you how to secure investments for your new venture and we also share some recipes for the upcoming Prosecco Day.

In local news, a barber shop raised money in memory of a local man, Hornchurch School wins two awards and a dental practice hosts an event in aid of a brain tumour 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

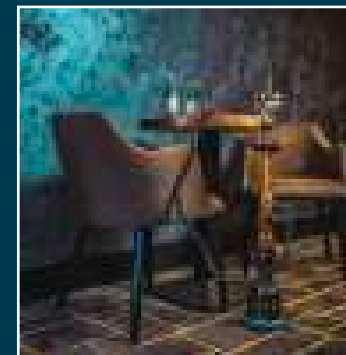
VISION is your magazine for your town. I hope you all enjoy the August 2019 edition of **VISION** Hornchurch.

Brett



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ICC CRICKET WORLD CUP 2019



"there's a

WICKET

at the cricket..."

HOW ENGLAND'S INCREDIBLE DEBUT WORLD CUP TRIUMPH WILL GALVANISE OUR YOUNG CRICKETERS OF THE FUTURE

To put England's brilliant cricketing success into perspective, consider this fact – the last time we won a World Cup on home soil in a major sport was way back in 1966 when the men's football side were triumphant.

During that tournament, BBC Sport commentator David Coleman was astounded by a little genius player from Portugal, Eusebio, saying: "Oh my word, have you ever seen anything quite like that?"

Well, the watching audience may have been muttering the very same words on that balmy mid-July Sunday afternoon at Lord's, after an unbelievable climax to a match which reinforced cricket's reputation as a sport that combines docile, statistical nerdery with power-packed nerve-jangling edge-of-seat drama.

And what made this showpiece event a true celebration for the nation was the decision to make the final free-to-air on Channel 4 after a deal was struck with host broadcaster Sky. That meant that all those fans – both young and old – who may normally only have been able to listen to coverage on the radio or catch highlights later on, were able to witness the action unfold, from start to finish.

It swelled the viewing figures to 7.9million in the UK, and while in the short-term the immediate effect will be a surge in interest in the upcoming Ashes series against Australia – which starts on August 1 – the longer-term impact is certainly the more profound, with the success of the Three Lions certain to inspire more youngsters to pick up bat and ball.

The unfolding of events and the lifting of the trophy in final-ball super-over drama will also quieten those whose impression of cricket is stuck somewhere in the W.G. Grace era. Cricket, these days, is a fiercely competitive, modern, fashionable sport. While that familiar clack of leather on willow is a traditional sound that we'll always come back to, there is a drive towards technology that football is only just catching up with.



HISTORY

100 years of WOMEN POLICE OFFICERS

This year marks a century since women police officers were allowed to join the Met, and it's safe to say the force hasn't looked back since.

While many assume it was the capital city that led the way in changing perceptions and levelling inequality as regards the gender of police officers, by the time the Metropolitan Police were assembling their Women Police Officers (WPOs) for duty, the Grantham constabulary had been sending a woman out on the beat for four years.

Edith Smith is officially titled the first female police constable in the UK, and was given her role in August 1915. She had been part of a group called the Women Police Volunteers (WPV), who took it upon themselves to protect the large number of prostitutes who had congregated in the Lincolnshire town, attracted there by the nearby army base.

Duties involved any cases where women, or children were involved, and news of the success of her work quickly spread to London,



where the Met were keen to replicate the positive results.

Smith had to combine police work with duties as a matron nurse in a care home and eventually left the WPV through exhaustion in 1919. Five years later, aged just 44, she was dead from a morphine overdose.

Regardless, her legacy lives on nationwide, and the Met's centenary celebrations have unearthed a number of gems from the archives; notably, a photo from February 1919 showing the first female police officers assembled on Clive Steps in Westminster.

The Met decided to replicate that original image, including recreating the outfits worn by those pioneering ladies. The project took six months to complete, with researchers and modern-day designers needing to use protective gloves when handling the fragile uniforms.

Today, there are almost 8,000 policewomen in the Met, and 40,000 nationally; many still encouraged and inspired by those women who broke the mould 100 years ago.



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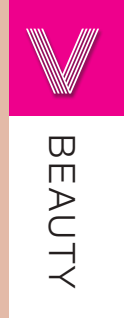


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A GUIDE TO SKIN

fasting

ARE YOU READY FOR THE LATEST SKINCARE CRAZE?

Do you ever get sick of your daily skincare routine? Is the expense and the pure monotony of it all just getting too much?

If you have answered yes, then the new beauty trend 'skin fasting' might be exactly what you need.

WHAT IS 'SKIN FASTING'?

Skin fasting is when you stop using any skincare or beauty products on your face for a set amount of time; optimally for seven days. You are advised to wash your face with lukewarm water twice a day and to take in plenty of fluids.

HOW DOES IT WORK?

Although we are used to looking after our skin by using the best products money can buy, the skin is actually a very clever organ. It has the ability to look after itself and even regenerates on a monthly basis. Skin also produces its own moisturising substance called sebum, but if we overdo on skincare products, our skin can stop being able to produce this. Over-cleansing can also strip the skin of essential lipids that hold it together.

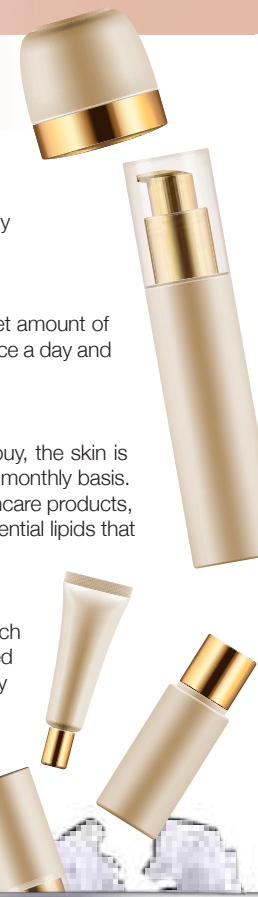
IS THERE ANY SCIENCE TO BACK THIS UP?

Japanese skincare brand Mirai Clinical, who have studied the skin's ability to regenerate each month, found that skin fasting improved the overall condition of the skin and also helped detoxify any skin impurities, leaving those who tried the trend with a clear, fresh and naturally moisturised complexion.

ARE THERE ANY DRAWBACKS?

You may experience greasy skin for the first few days as your skin adjusts to a lack of products. Shine on your T-zone is also common.

Avoid skin fasting if you suffer from severe acne or eczema as your skin may benefit from additional moisturising.





dry brushing

We brush our hair to make it look appear glossier. We brush our teeth to make them look whiter. So why shouldn't we also brush our skin to make it look better? Well, apparently, we should be.

How to dry brush your skin

1. Invest in a firm and natural bristle brush
2. Make time for dry brushing in the morning before you shower
3. Start at one knee as this is where your lymph nodes are
4. Apply pressure to the area but not so much that it causes pain
5. Brush upwards towards your heart in small, circular motions
6. Be quick and fairly vigorous
7. Move onto your thigh, then your calf and finally your buttock area
8. Repeat on the other side
9. Shower to wash away any impurities
10. Finally, moisturise as you usual for soft skin

Why is it good for your skin?

Dry brushing helps to stimulate circulation as well as acting as an exfoliant by removing any dead skin cells. It can also help give your skin a natural glow and can even tone your legs and bum area. Plus, it is extremely effective at removing ingrown hairs.

How often do you need to do it?

For optimal results, spend five minutes dry brushing your skin at least two days a week. If you are wanting to try dry brushing in preparation for a holiday or special event, start at least 30 days prior to the occasion for the most noticeable difference.

And the most important question, can it get rid of cellulite?

Although the verdict is still out, many fans of dry brushing swear by its effectiveness in reducing cellulite. Most likely due to the fact that regular brushing can help boost circulation and lymphatic drainage.



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THE PERFECT TEE

Is there anything worse than taking your favourite T-shirt out of the washing machine to find that it has been completely ruined? Oh no not our beloved Hard Rock Café one. How can we stop this from ever happening again?

AVOID WASHING TEES WITH OTHER ITEMS

Keep one wash cycle purely for your delicate and much-loved T-shirts as washing them with other fabrics can cause permanent damage. Particularly avoid any items with zips or buttons that could catch onto your tees.

BEWARE THE BOBBLE

You know that dreaded bumpy effect that appears on your clothes once you have washed them too many times? Counteract this T-shirt destroyer by turning your tees inside out before washing. This will also help them retain their original colour for longer.

KNOW YOUR COLOURS

Dark coloured tees should be washed at lower temperatures as this will help them retain their colour, whereas whites benefit from higher degrees in order to stay stain free.

SHIRK THE SHRINK

If you want to avoid shrinking your favourite T-shirts then the tumble dryer should be avoided at all costs, as should drip-drying. Instead, lay your tees out on a dry towel, roll and then squeeze out any excess moisture. Leave to air dry on a flat surface.

NEVER USE HANGERS

These metal contraptions can be the death of the T-shirt; stretching the material and leaving the item out of shape. Ideally you should keep your tees neatly folded their own drawer, separate from other items.

PUT THEM ON WITH CARE

Probably the simplest rule, if you want your T-shirts to last then treat them well. Do not pull your T-shirt off by the neck but remove it by gently taking the hem and pulling the tee over your head.



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FOOD & DRINK

Pop the PROSECCO

Prosecco lovers rejoice for National Prosecco Day takes place this month on August 13. Yes, it falls on a Tuesday which isn't ideal, but that doesn't mean you can't celebrate this fabulous fizz with a few sensational seasonal cocktails.

PEARSECCO

YOU WILL NEED: 1 tbsp caster sugar Pear juice
½ tsp ground cinnamon 1tsp ginger syrup Prosecco

HOW TO MAKE:

- Mix the sugar and cinnamon in a small dish
- Take a prosecco flute, dip the rim in water then dip in the sugar mixture
- Pour the ginger syrup into the bottom of the glass
- Top with equal amounts of pear juice and prosecco

SOUR FLOWER POWER PUNCH

YOU WILL NEED: 100ml pink grapefruit juice 100ml prosecco
50ml elderflower cordial 25ml pink gin (regular gin is fine too)

HOW TO MAKE:

- Mix together the pink grapefruit juice, gin and cordial in a glass
- Add a few cubes of ice (you can make elderflower ice cubes)
- Top with prosecco

STRAWBERRY SLUSH

YOU WILL NEED: 1½ cups frozen strawberries 300ml prosecco
1 tbsp honey

HOW TO MAKE:

- Simply place all the ingredients in a blender and blitz until smooth
- Serve in a frosted cocktail glass and garnish with a fresh strawberry

BERRY PROSECCO ICE LOLLY

YOU WILL NEED: One bottle of prosecco Fresh strawberries and raspberries
½ lemon 1 tbsp caster sugar Lolly moulds

HOW TO MAKE:

- Open the prosecco and leave to stand for 1-2 hours
- Chop the berries into small pieces
- Mix the prosecco, sugar and juice of the lemon in a jug
- Pour the liquid into the moulds until around two thirds full
- Add a few pieces of fruit to each mould
- Add the lolly handles and leave to freeze for 24 hours



REFILL STATIONS

Food refill stations are being introduced in supermarkets in an attempt to reconfigure our approach to shopping.

In recent years, use of sustainable packaging has been cited as a huge step forward in our attempts to better protect the environment. As a nation, we are switched on to the wastage contained in the use of bottles, boxes, wrapping and, of course, plastic bags. But while we've made tremendous strides in reducing everyday excesses, recent moves to eradicate one-time use packaging altogether has been met with genuine excitement.

What food refill stations offer is the dispensing of certain types of products to any sorts of reusable containers, which you can bring from home.

Termed 'zero waste stores', the perception is now moving away from these places just being the domain of lentil-loving hippies. Instead, they are thriving dispensaries for a huge variety of foods, from lentils to dried fruit, pasta to homewares, tea and coffee.

While the presentation of these stores is usually rustic, raw and brilliant on the eye, there is a

cost benefit too – namely that without excess packaging, the cost price of goods is kept to its bare minimum, and they are savings that can be passed on to the consumer.

What's more, where previously the refill station concept was that of the independent, organic, back-to-basics store, major supermarket brands are now taking notice.

In a sense, the move towards refill stations is merely an example of consumers driving change by their actions. In our homes, we are dedicated, resourceful and smart when it comes to recycling, but food and goods producers have been slow to respond despite there being a clear desire for simpler, stripped back, more efficient packaging.

Refill stations are very much the 'ground zero' of buying goods, and there is of course an echo here back to the way we'd fill our cupboards and larders some 100 years ago; but in the current climate, perhaps the saying 'backwards to move forwards' is a perfect mantra to have.

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So, what can we learn from this long-living nation?

1. THE PERFECT PORTION

You will never see a Japanese person pile their plate high with food. A Japanese meal is as much about the socialising and sharing of one's day as it is about the actual eating. They eat slowly and use smaller plates so that their brain has time to recognise that they are full.

2. FANCY A CUPPA?

Japanese really love drinking tea, and Matcha tea in particular which is full of antioxidants and other nutritional valuable properties. And unlike us, they don't add milk, two sugars and half a packet of digestive biscuits.

3. NO SKIPPING BREAKFAST

We've heard this one before, but breakfast really is the most important meal of the day, at least to the Japanese it is. But no sugar laden cereal for them. Instead, they are more likely to tuck into Okayu (rice porridge), Gohan (steamed rice) and broiled fish.

4. CRASH DIETS ARE OFF THE MENU

This nation is definitely not a fan of dieting, not that they need to if their waist lines are anything to go by. Their typical diet includes plenty of rice, fish and pickled vegetables combined with plenty of exercise.

5. CLEANLINESS IS NEXT TO GODLINESS

If you think you are hygienic because you carry a hand sanitiser with you, then you are in for a shock if you visit Japan. Japanese people are obsessed with cleanliness and they are extremely disciplined with keeping themselves clean and healthy.



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HEALTH & FITNESS

Even with the best of intentions day-to-day life can get in the way of sticking to a fitness routine. The good news is that it is never too late to get back on the saddle, whatever your age. All you need is determination.

MAKE A COMMITMENT

Whether that be 10 minutes a day or an hour; make a commitment that suits your current lifestyle and stick to it. It can be less daunting to commit to a smaller daily workout than one long mammoth session weekly.

JOG YOUR MUSCLE MEMORY

Start back at the beginning. You may have previously been able to lift a very heavy weight or run a very long distance, but your body is no longer used to this level of activity or strenuousness. Set your ego aside and start small.

BE REALISTIC

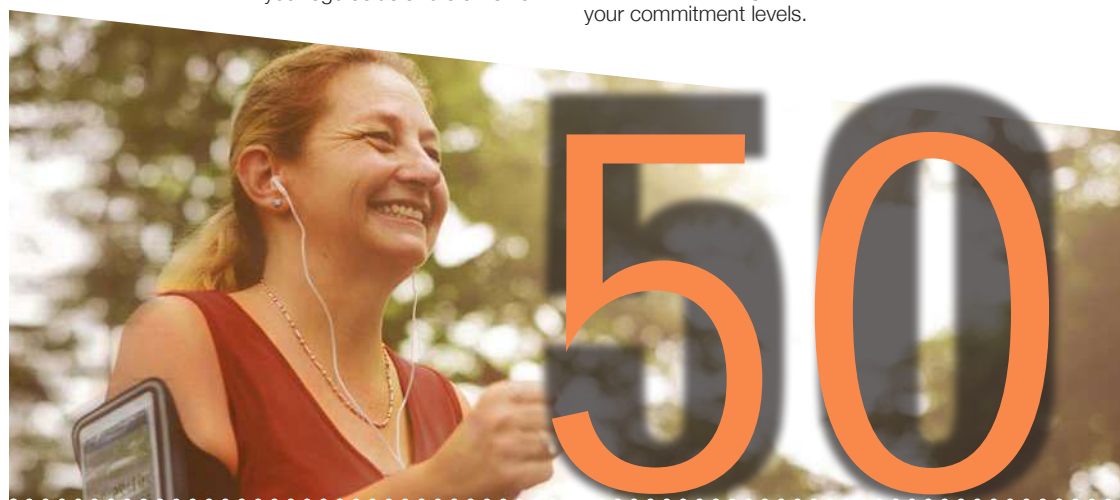
Once you hit 50, it can be a lot harder to stay fit and if you have not trained for more than three years then it is unlikely that you will be able to achieve the same level of fitness that you previously had due to muscle and mobility deterioration. That being said, that doesn't mean you can't get results.

CONSIDER AN EXERCISE BUDDY

If you struggle with motivation, working out with a friend or trainer can work wonders for keeping you on track. Try and find someone who shares the same fitness goals as yourself.

SET UP A ONE MONTH CHALLENGE

There is nothing like a challenge to kick start a new fitness routine and setting a monthly target can seem more manageable if you are worried about your commitment levels.





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Whether your son or daughter is just about to start school, or is looking for a Junior or Senior place, we offer you and your family a warm welcome to our friendly and caring community.

Raphael has come a long way since it began as Clark's College in Romford in 1935. Building on the best of traditional values and embracing the exciting educational opportunities of the 21st century, we offer families good quality education in small class sizes.

VISION STATEMENT

Raphael Independent School is committed to striving for excellence in all that we do at the school. Our vision is that students become independent, ambitious, resilient learners who strive to do their best for themselves, the school and wider community, at all times because they are motivated, act with integrity, understand the value of teamwork and have an inner confidence. They will be guided by outstanding teachers and support staff who will work as a team to inspire students to be more than they thought they could be.

MISSION STATEMENT

We aim to fulfil our vision for the school by:

- Delivering outstanding lessons based on expert subject knowledge delivered by passionate, nurturing teachers.

- Ensure all the school community, aspire to embed the values and ethos of the school within our vision in all everybody does at the school.
- Strive to continually safeguard the welfare of the students, improve their academic and extra-curricular, experiences, by providing learning opportunities that develop life skills and widen student's horizons through career education and other first-hand life and teaching opportunities, so we achieve excellence.

Our students will be able to contribute positively to the school and wider community, understand how their actions impact on a wider, global world. They will become citizens who know how to conduct themselves by being respectful. As we continue to develop our teaching and our curriculum we are aiming for outstanding in all that we do.

We have an Open Day on Saturday 5th October from 9.30am – 12 noon. If you are looking for a place at our school for Sept 2020, you are most welcome to come along and visit our school and meet some of the pupils and talk with the class teacher and class room assistants or alternatively you can make an appointment to visit the school at your convenience please call 01708 744735.



RAPHAEL INDEPENDENT SCHOOL

CO-EDUCATIONAL INDEPENDENT SCHOOL FOR BOYS AND GIRLS AGED 4 TO 16

We care about your child's education

Raphael Independent School is a school where all members of the school community have equal access to learning opportunities and enjoy growing and learning together.

We value good behaviour, mutual respect and co-operation, believing that each pupil is a unique individual with the right to learn at school in a secure and structured environment.

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- Caring Environment
- Excellent development of key skills



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- Traditional Values



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You have just started to settle in to the summer holidays, enjoying the flexibility that they bring and then all of a sudden, it's nearly September.

Panic sets in. As does the dread of getting the kids back into a set routine.

START A CONVERSATION

The best way to ease your child back into a school routine is to start off by talking to them about it. This is especially important if your child is starting a new school or a new year that will require them to do something new or unknown, whether that be joining a breakfast club or having someone else pick them up.

GRADUALLY START REELING IN BEDTIME

More than likely you have relaxed with your attitude to bedtime, and you may find your child is going to bed several hours later than normal. At least a week

prior to them going back to school, more if their bedtime has become really late, start sending them to bed 10-15 minutes earlier each night so that they can gradually adjust.

GET BACK INTO SET MEALTIMES

We all know that in the holidays our children seem to be hungry every five minutes, and this can result in a grazing style of eating with little or no set mealtimes. Start getting them used to structured mealtimes again as the holidays draw to an end.

ENCOURAGE INDEPENDENCE

The end of the summer is the ideal time to start a set of new routines with your child; whether that be allowing them to make their own packed lunch, clearing away after breakfast or laying their school clothes out for the next day. Not only will this encourage independence, but also make the morning routine easier for you as a parent.



Sleep Tight:

Weird and wonderful hotels to visit

Many of us crave the thrill of going away on holiday simply to sample the style, character and culture of a new city, town or wilderness. Yet more and more these days, hotels are becoming just as much of a draw as the places they serve. Here are four weird and wonderful hotels ready to invite you in:

The Big Idaho Potato Hotel

You may suppose starchy bedsheets are a guarantee with this curious hotel based in Idaho. You'll be chipping in for a decent night's sleep inside this terrifically tuberous crop (in everything but its colossal size). This voluptuous vegetable once travelled the states promoting the Idaho Potato Commission, but now has taken root back in its homeland.



Hotel de Glace

While ice hotels are nothing new, the Hotel de Glace in Quebec has shimmering, frosty elegance in abundance. In fact, the only things not made of ice or snow are your duvet and pillows. Hairdryers are strictly banned.



Jumbo Stay Hostel

If jetting away takes your fancy then head to Stockholm where you can spend the night... in a jet. This converted Boeing 747 has two suites, each offering natural night-time views over the city's Arlanda airport... just don't get too close to the controls or your experience may take off in a way you hadn't planned.



Crane Hotel

Popping out for a loaf of bread isn't an option at the Crane Hotel in Amsterdam, for the principal reason that you're 50ft up in the air. This converted piece of industrial elegance contains three suites, includes an outdoor jacuzzi and even has a bungee jump. And unlike the view from your window, the prices aren't sky high.



Photo credit: Otto Krisinger/AP Images for Idaho Potato Commission, @JuoRousseau



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PETS

goat for it

The advantages of keeping a pet goat

A bit of land, a passion for animals and the world's cheapest lawnmower, but surely there must be more to it than just that when it comes to keeping a goat?

A key factor in nurturing these inquisitive, largely friendly animals is to consider the fact it needs to exist in what resembles its natural habitat. That means room to roam – around 200sqft per goat – plentiful natural food supplies and fresh air. If you can provide that, you're halfway there.

Consider too whether the goat you're thinking of bringing into the family likes to be in a herd, or does it seem contented being independent? The chances are it will require company, so perhaps your solitary pet has already turned into a pair.

It (or they) will require adequate shelter from the elements, as well as a constant supply of clean water. When it comes to food, you might want

to add to what's on offer in fields by supplying a mix of grains. While these aren't essential for the survival or your pet, they will add vitamins, minerals and protein into your four-legged friend's diet.

Veterinary bills are rarely cheap and you'll also need to consider hoof trimming, deworming and a few other animal care elements to preserve a happy homestead.

But in return, your animal's manure can act as a brilliant fertiliser, and if you're not afraid to extend your reach, mating will not only add new faces, but can provide you with a supply of milk up to a year after giving birth.

More than that though, goats are characterful, affectionate, unusual and a lot of fun. They require attention, patience and love, but will give back as much as you give them.



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7 weird ways to get a LUSCIOUS LAWN

GARDENING

Forget expensive lawn treatments. All you need are a few household staples plus one thing we all produce daily that is completely free.

1 GARLIC CLOVES

Not just for warding off vampires, tossing a few garlic cloves across your lawn will also scare off pesky parasites who will try to destroy the roots.

2 APPLE CIDER VINEGAR

If weeds are driving you to despair, try dousing them in apple cider vinegar. Vinegar contains acetic acid which can help prevent weeds from growing but without the chemicals that can harm the quality of your soil.

3 ASPIRIN

Use this method sporadically, but by dissolving two aspirin into a watering can of water and sprinkling over your grass, you can help your lawn fight off bacteria and also insect infestations.

4 RUSTY NAILS

Just like us, grass needs iron in order to thrive, and a few

old rusty nails are the perfect solution for any deficiency your lawn may have. Just add a few nails to a full watering can and sprinkle liberally.

5 COPPER COINS

Grass is prone to infections which can affect its health and overall appearance. A simple trick to boost your lawn's immunity is to bury a few copper coins in the ground.

6 GRASS

Next time you mow your lawn, make sure that you leave the clippings on the surface rather than throwing them away as they will act as a natural fertiliser.

7 URINE

Unfortunately for animal owners, this has to be human urine and it has to be diluted as to not kill the grass, but it is a very effective and completely free remedy. Simply mix one part urine with ten parts water and apply directly across your whole lawn.





GARDENING

LET'S GET *wild*

Turn your garden into a veritable paradise for birds, bees and much more besides by creating a wildflower meadow. Simple, environmentally beneficial and stunningly beautiful.

Manicured lawns and glamorous show gardens may be all the rage these days, but nothing quite compares to the raw, untamed beauty of wildflowers. Providing an unrestrained explosion of colour and character to your outside space, wildflowers are the ideal choice for someone who craves the delights of the garden, but doesn't have time to spend hours cultivating their plot.

Not only does a wild area enable you to create your own little spray of colour, it is also fast-growing, meaning that any patch of land you have can be germinated in a matter of months. That means you could be gazing out over a carpet of poppies, cornflowers, daisies, cowslips and bluebells as summer draws to a close.

As a rule, perennial flowers will flourish in uncultivated soil, whereas cornfield flowers will do

better in richer earth. You can buy ready-mixed seeds which will be tailored to certain variables such as soil containing heavy clay, boggy land by the pond's edge, or even seeds that are specifically combined to provide the maximum nourishment to bees – these include pollinators such as sunflowers, borage, evening primrose and corn marigold.

To prepare, make sure you thoroughly weed the soil before scattering your seeds – you need 1g per square metre of pure wildflower seeds and 5g per square metre of grass and wildflower meadow seeds – and ensure the earth remains consistently moist thereafter.

Once your meadow starts to bloom, you will need to spend the odd afternoon clearing away dead plants and weeds to allow new seeds to sow. You also may need to add more seeds the following year or two, but rest assured that once your wildflower meadow is established it will provide joy for years to come... to you, to passers-by, and to the humble bumble bees.



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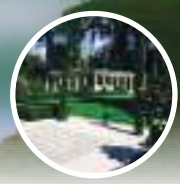
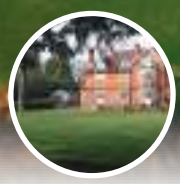
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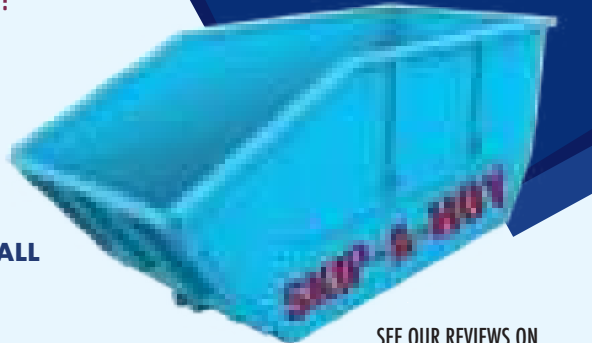
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HOME & DIY

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UNDERSTANDING THE OLIVER BURNS WAY



The complex, sometimes convoluted language used by interior designers can often result in a reader running for the hills... which rather defeats the object.

So while design house Oliver Burns aren't bereft of overdone adjectives when it comes to offering their clients a taste of ambition and opulence, they are at least fixed in the MO of their craft – namely when you employ these most talked about interior experts, you will get an end product that echoes art, luxury, originality and detail.

The team work with a cross-section of international clients, which itself poses its own problems... after all, the tastes of an LA rap star are quite different from that of a Middle Eastern Sheikh. But in combined ethical design, expert sourcing of materials, and working within a property's shape and image in complementing interior to exterior, the agency have become renowned as one of the very best in their field.

The good news for those of us who are more television set than jet set is that the classic Oliver Burns look is more than achievable, and on a rather more modest budget. Here are five Oliver Burns ideas you might want to consider...



- 1 **Mix contemporary finishes with splashes of colour** – Walnut wood plus accents of yellow and turquoise offer incredible transition
- 2 **Lighting should come from all around** – Spread direction of light and use dimmers to create a mellow glow to your room, hiding away extreme brightness or desperate darkness
- 3 **Combine textures and be brave** – A polished desk will work brilliantly next to a fluffy sofa
- 4 **Double stack** – A small painting on a unit in front of a large wall print can create a brilliant contrast of emotions and visuals
- 5 **Go against convention** – A regal table in a modern kitchen can create an effect that is resplendent and rebellious





COLOUR *me content*

Colours have a clever way of making you feel different emotions. That is why it is so important that you pick the right shades when decorating your home.

The Kitchen

Depending on what you want for this communal space, you can either go with warm or cool tones. Reds and oranges are ideal for those

who want this room to be a hub of conversation and laughter whereas blues and whites are more suited to those wanting a clean and calm space.

The Living Room

Clearly this is a room that you want to feel warm and inviting so earth tones are ideal. Think brown, beige or orange shades that will make people feel welcome and relaxed.

The Bathroom

The most obvious requirement for a bathroom is that it looks clean and fresh so cool colours are recommended. Try painting the walls white but to avoid the space feeling sterile, inject some colour by using a turquoise shade for your accessories.

The Bedroom

This is the one room where you want to be able to feel the most relaxed but in a different way to the living room as you also want to be able to feel rejuvenated in the morning when you wake up. Go for calming lavender or pale blues.

The Dining Room

A space where you want to entertain perhaps? Or simply share your day with your loved ones. Warm tones are essential for this space as colours like red actively stimulate conversation and make people feel relaxed and ready to eat.

The Study/ Home Office

Working from home can be extremely challenging as the urge to simply kick back can become overwhelming. Psychologically, green is the go-to colour for those wanting a space to concentrate in as it is known to boost productivity and creativity.



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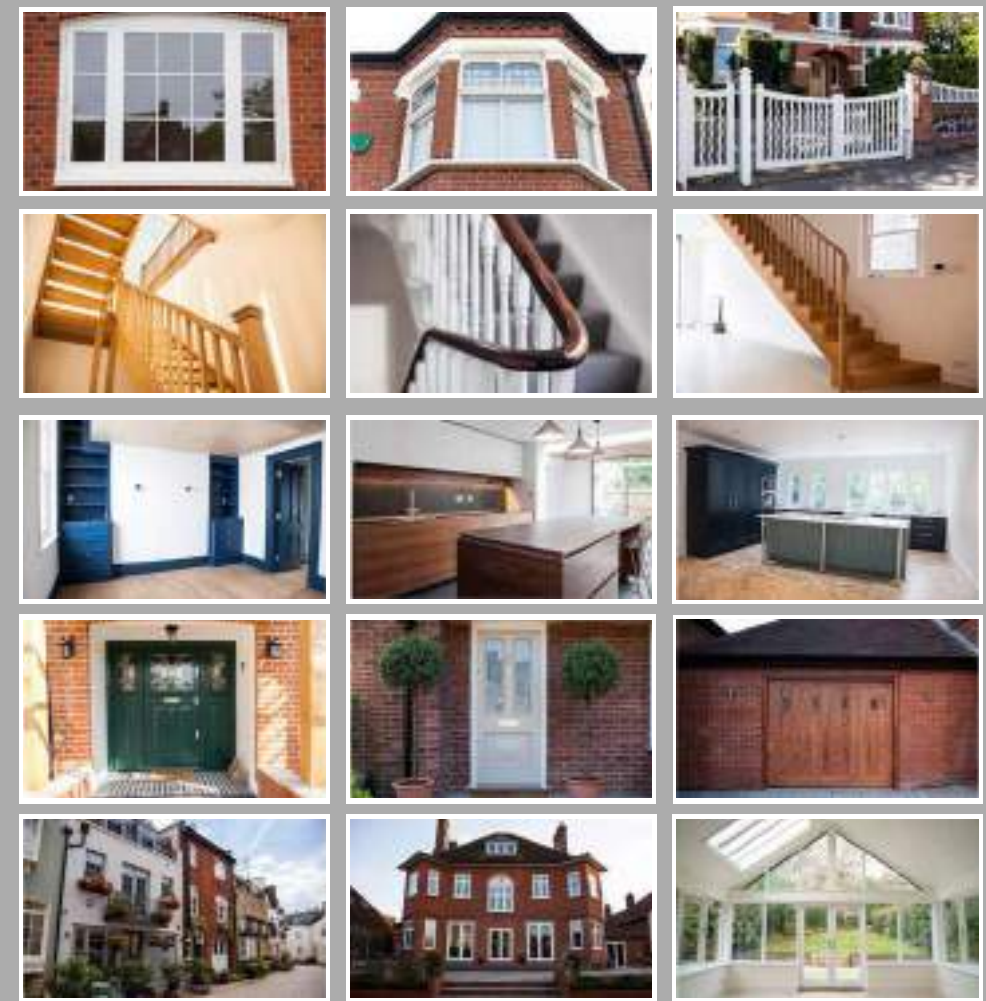
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5 USES FOR...

coat hangers

We've all cleared out coat hangers from the backs of our wardrobe - some, virtual antiques given the length of time they've been there.

But before you throw them away, consider what other uses they may have...

ANTI-STATIC STUNNER

Too much static in that jumper? Just slide it through the body of a wire coat hanger. The metal discharges the electricity in the garment and the static is no longer.

SUPERB SHOES

Hang not just clothes, but shoes. For this, you will require pliers to snip the bottom, horizontal part of the wire. Then, create a loop in each of the two remaining ends and bend them upwards. Each shoe can then rest on the peaks with the hanger being placed on a rail.

BIG BUBBLES, NO TROUBLE

Make a homemade bubble wand. Using a set of needle nose pliers, you need to straighten out and untwist your wire hanger, then work it into a

desired shape. Something circular usually offers the best effect, and consider too it needs to be able to fit into a bucket or flat tray which will hold the bubble mixture.

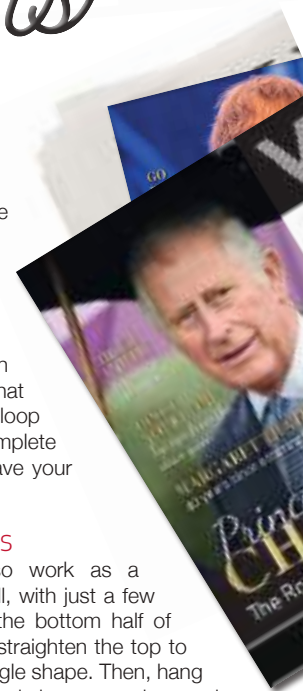
Then, cut a 20-inch piece of twine and wrap that around the edge of the loop to assist absorption. Complete with a handle and you have your bubble wand.

MAGNIFICENT MAGAZINES

A coat hanger can also work as a magazine rack on the wall, with just a few bends and a nail. Twist the bottom half of the hanger upwards and straighten the top to match it, creating a rectangle shape. Then, hang the hook part on the wall and place magazines and newspapers in the middle.

JEWEL OF THE NAIL

Finally, wooden coat hangers are great for presenting your jewellery. You can use the horizontal wooden rod to wrap over items such as necklaces and bracelets. Then, just pop a nail in the wall to display your treasured accessories for all to see.





HOME & DIY

ANIMAL MAGIC

If the phrase 'animal print' evokes images of Scary Spice dancing around in leopard-patterned lycra, you may feel some reluctance in embracing the very forward-thinking trend of using this sort of art around your home. But think again, for a tease of zebra stripes or a hint of python scales can really scream 'luxury' in a sea of dull beige and grey colour schemes.

But how do you end up with a home that looks tasteful and inviting, as opposed to one used as a set in *Ace Ventura: Pet Detective*?

The answer is to keep your main palette neutral, while indulging in some pretty wild flourishes of colour. In short, less is more.

Think more in terms of accessories, rather than the main event - a lion rug for example, cheetah print upholstery, or a zebra print bedspread. Another tip is to surround your animal-themed items with materials that hold the natural aesthetics. A leopard print throw teamed with pink velvet curtains is perhaps a step too far, but that same throw surrounded by wood, leather and bamboo creates a sophisticated and luxurious atmosphere.

Animal lovers wishing to embrace this trend need not fret, for no one is expecting you to head out on safari to score any rare skins. Many high-end brands do quality animal print fabric which is entirely synthetic. Though if you would like something more realistic, you can also find cow rawhide which has been printed with another animal's livery.

It goes without saying, this trend is not for the faint of heart, but for those who want to be the king or queen of the jungle, follow your animal instinct.



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HOME & DIY

Let's Work Together

The popularity of the home office has never been greater, but many believe creating the perfect space is directly proportionate to your productivity, so design your 'brain space' well!

It's an appealing thought to work from home – late mornings, lazy afternoons, coffee breaks at will, and all that sat in one's underwear.

The reality, as anyone who has worked from home for any extended period will tell you, is quite different. It's less *Deal or No Deal* and more 'pay the mortgage or starve'. Forget *Pointless* and consider 'powerless', and you can swap *This Morning* for 'this morning, this afternoon, early evening, the midnight hour...'

Unless you've landed a dream job viewing football clips for a living, working from home is tough. But the appeal remains strong, and with a designated workspace it can be a nice environment in which to earn a crust.

The trick to a home office is in the name though – it's an office. Sofa-surfing with laptop in hand won't do, and when the kids invade your designated space you need to be firm in telling them to come back later... unless, that is, they're bringing you the

mentioned coffee.

Your investment in a home office space is really an investment in your own work philosophy. A good computer, smart desk, noticeboard and an abundance of stationery are exactly what you need to set yourself up. Storage, too, is imperative to ensure you don't get bogged down by a mass of paperwork.

Natural light is a must and window space is certainly appealing, although make sure what you're looking out over doesn't distract you. And don't scrimp on a nice chair either – you're going to spend more time on that than any other piece of furniture, so reward your dedication with something bottom-friendly.

But overall, the home office is an environment in which you need to lose yourself. It's a space designed to block out distractions and interruptions so you can drift effortlessly into your most productive mindset.

And sure, with an office at home the hours are long – you'll find yourself up early and working long into the night, but consider the plus-side... your daily commute is manageable.

MAGNIFICENT Maggie



Same Maggie Smith's place as a British drama institution is unquestionable, and her return as Violet Crawley in this year's *Downton Abbey* movie, at the ripe old age of 84, will give her box office acclaim she has perhaps never before experienced.

.....

And yet away from the red carpets, the flashbulbs and the seemingly endless press junkets, this is someone ill at ease with the demands of fame, as **VISION** discovers.

"I really don't like to watch myself," she begins, with typical bruising honesty.

"You are helpless to do anything to stop it once it's out there, and that has always terrified me.

"In the theatre things are a little different because you can say to yourself 'I'll have another go at that tomorrow night... I'll change that, alter that...', but with cinema it is there forever.

"Sometimes you are forced to see yourself at a premiere, and you think, 'Why on earth did I do it like that?'. You would suppose that after all this time I might have got used to it, but I haven't".

Twice-married Smith's working life has a longevity that's difficult to fathom. First stepping into the spotlight in 1952 under the auspices of the Oxford University Dramatic Society, she appeared as Viola in *Twelfth Night* at the Oxford Playhouse.

Switching between theatre and film – from a first Oscar nomination in 1965 opposite Laurence Olivier in *Othello*, to an Academy Award for Best Actress for the title role in 1969 film *The Prime of Miss Jean Brodie* – her work has only ever disappointed one person... herself.

"People have said I am too hard on myself, but it just goes with the territory.

"The truth is I'm critical of everything because I care and worry too much. I'd love to be more relaxed, but after all this time I don't think I'm going to change now."

From intense drama to rich comedy, Smith has circumnavigated a cross section of work that diversifies from *Hook* and *Sister Act* in the 1990s through to the *Harry Potter* movies over the past two decades. And while many saw her place in *Downton Abbey* as being perhaps a gentle sojourn into retirement every bit as decorated as the lady herself, the popularity of Highclere Castle and all those who reside in and around it has seen her star glide higher than ever before.

"It's ridiculous - I was able to live a somewhat normal life until I started doing *Downton Abbey*," she laughs.

"I know that sounds funny, but I am serious. Before that I could go to all the places I wanted and see all of the things that I like, but now I can't, which I find incredibly awful... flattering, but awful."

Smith admits she has never watched a single episode of *Downton Abbey* – "and I don't plan on starting now" – but is thrilled something as traditional as a period drama has engaged a watching audience that might otherwise be distracted by CGI, green screens and special effects so readily used by today's studios.

"It's very easy to get carried away by the technology that's available these days, but when people can invest in the honesty and simplicity of great scriptwriting, it restores your faith in what it is we do."

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Barber raises funds for inspirational Ross

A barber shop in Hornchurch has raised money for Saint Francis Hospice in memory of a local man who died of a brain tumour.

GentCo Barbers, in North Street, invited family and friends of Ross Annear, who died from brain cancer in May, to the shop where they were able to collect donations in charity buckets.

The barbers also donated 50 per cent of all money made from haircuts to the hospice - which totalled around £600.

Ross, 29, first came to the attention of GentCo owner David Langley when he was asked to visit the hospice to give Ross a haircut and a beard trim.

When Ross's sight deteriorated, it took him some time to let his wife, Chloe, trim his well-kept beard — his pride and joy. When Chloe noticed that Ross's hair and beard were getting a little long, her twin brother Lewis asked his barbering friend David if he could visit

Ross at the hospice.

There was an incredible moment for everyone at Ross's side as barber Dave was leaving.

Unresponsive for days, Ross reached for his pocket to pay him for the haircut — but this one was on the house, and the only thing Dave would accept from Ross was a handshake.

Even though Ross had been unresponsive, Chloe knew it was the right thing to do.

She added: "You could tell that he really appreciated getting his hair cut as he was such a proud man.

"He was the most amazing person, so strong and brave. Ross put everyone else first and never himself."

Ross passed away on May 22 at the hospice with his friends and family around him.

For more information and to donate to the fundraiser in Ross's name visit www.justgiving.com/chloe-and-ross-annear



Choir donate thousands to Singing for the Brain group

A Hornchurch choir donated over £2,000 to Singing for the Brain, a group which helps to bring people with dementia together in a friendly and stimulating activity.

Hornchurch Can't Sing Choir met Vivien Saxby, from Singing for the Brain, on July 10 to announce the total amount raised for the 2018-19 academic year.

The choir, made up of people who have been told by others that they can't sing, raised the money by holding concerts.

Tom Rodgers, director of music, said: "This year the choir presented its first concert for some years in April at Holy Cross Church when we performed a programme of folksongs from around the world to an appreciative audience of over 170.

"This summer we are joining another local choir, the United Singers, and performing in their summer concerts.

"Hornchurch Can't Sing Choir has raised £2,275. This is a fantastic amount of money to raise for a local

community group, particularly considering the social focus on dementia created over recent months."

The choir, which was founded in 1999, was on the brink of closing last year after it struggled to find a new director of music.

Tom explained: "The choir had been around for about 20 years and was on the brink of closing before I took over, meaning the potential loss of a musical ensemble that its members valued greatly for many reasons.

"The choir is open to anyone who wants to sing, particularly for those have been told they 'can't' sing." It currently has around 40 members and meets weekly on a Wednesday afternoon at Hornchurch Methodist Church during term time.

The first rehearsal of the next academic year is Wednesday, September 4 at 1.30pm in Hornchurch Methodist Church.

For more information, please visit www.hornchurchcantingsingchoir.co.uk

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LOCAL NEWS

Charity report shows how technology can help loneliness

A Hornchurch charity that gives media technology to lonely people living in poverty recently released a report that showed how it can help people who feel isolated.

The recent study suggests that people feel less lonely after receiving technology from the Hornchurch charity, WaveLength.

The national charity provides free tablets, TVs and radios to those who are suffering from loneliness or have become lonely through different circumstances.

WaveLength published its Everyday technology fighting loneliness during Loneliness Awareness Week, which ran from June 17 to 21.

Using survey data collected from more than 445 people over the past two years, their research showed that individuals rated their own health more positively after receiving and/or using their new technology.

WaveLength CEO, Tim Leech, said: "The research shows a statistically significant relationship between technology usage, a reduction in loneliness, and an increase in self-rated health.

"The results of this study should lead to a greater recognition of the valuable role technology can play in fighting loneliness, alongside other forms of support."

To read the report, visit wavelength.org.uk/everydaytechnology

Double delight as school wins two awards

A Hornchurch school is celebrating after collecting two gongs at the Havering Teaching Awards 2019.

The annual event celebrates the very best of teaching in Havering, with Hornchurch High School earning two titles. Staff were awarded for improving the progress of disadvantaged pupils more than any other school in the borough and recognised for an excellent OFSTED report in January.

The 2019 award ceremony was held on June 20 at Drapers' Academy, with schools nominated from all parts of Havering.

Deputy headteacher, Stuart McConnell, said: "This is an external validation of the fact that Hornchurch High School is going from strength to strength in all areas. With a new build in progress and summer GCSE results approaching, it's an exciting time for the school."

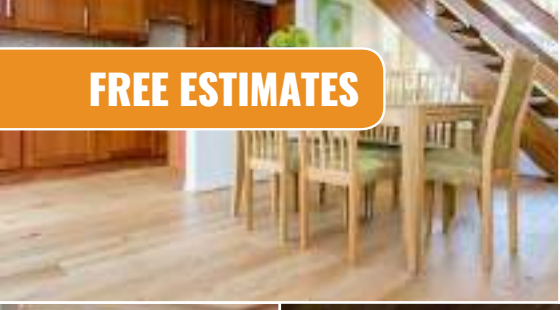
Councillor Robert Brenham, cabinet member for children and learning at Havering Council, said: "This was an inspirational celebration, showcasing all that is great in Havering's schools and colleges."



Photo credit: Hornchurch High School



LOCAL NEWS



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Dental practice host event in aid of brain tumour charity

A charity gala was held by a Hornchurch-based dental practice to raise money for The Brain Tumour Charity recently.

Dr Saleh Aria, from Harrow Dental Practice, organised the event which was held on June 22 at the O2 Intercontinental in London.

His son was diagnosed with a brain tumour 12 years ago and he has been dedicated to increasing awareness of them ever since.

Dr Aria said: "A major motivation for us to host this Charity Gala was to celebrate the life of my son and his survival from a brain tumour diagnosis some 12 years ago.

"There is not a day that goes by that my family are not grateful for the current predicament we find ourselves in, to have a son brain tumour free. He has some symptoms but at least we have our son.

"My son likewise cherishes his life due to the help of his doctors, whom to this day he still views as his biggest inspiration.

"This is exactly why my son made it a mission of his every year as he grows older to raise as much money as he could and then donate this money on the day of his diagnosis to The Brain Tumour Charity.

"He made it a personal goal of his to not simply settle with just being able to thank people that his

life was saved, but to attempt to aid others lives to be saved also."

The event, attended by celebrities and over 300 people, had a red carpet with guests enjoying a meal.

Dr Aria continued: "The Brain Tumour Charity is aware that even more needs to be achieved if a cure is going to be found and it needs to be achieved now. That's why myself, my family and everyone at the Harrow Dental Practice knew we had to go the extra mile to really assist other families currently in agony.

"Through the money that was raised through tickets for the Charity Gala and events that our guests chose to take part in, The Brain Tumour Charity will now hopefully, due to our efforts, be able to increasingly invest in more forward-thinking research, more specialist support services, and also be able to passionately lobby for more urgent change.

"Everyone was so pleased and enjoyed the night. I'm hoping I can repeat this event to continue to raise awareness.

"I'm already planning for next year which will be for brain tumour and breast cancer charities and awareness."



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LOCAL NEWS



Pub helps to raise £1k for Macmillan Cancer Support

A Hornchurch pub hosted a Macmillan Day last month, which raised over £1,000.

Paul Lyons, who works for Macmillan Cancer Support, organised the event at the Fatling Pub to raise funds towards his cycling challenge.

He needs to raise a minimum of £4,200 for the 450km challenge around Myanmar, which he will be doing in November.

Paul said: "I was delighted with how much we raised. In my head I'd said around £500, so it was a massive result for me personally.

"We had a couple of volunteers come and we had a lot of Macmillan giveaways like pin badges and pens.

"It was good because we had people talk to us about cancer. Someone spoke to us who only had a year to live.

"Macmillan Cancer Support is dedicated to supporting people affected by cancer and that

certainly means, treatable, not necessarily curable cancer too."

As well as the Macmillan Day, Paul has also been receiving donations and collecting foreign currency. He has raised a total of £2,231.85 so far.

Paul continued: "I'd like to give my thanks to Sandy, the landlady at the Fatling Pub, and to the Hornchurch public who made the day happen and made it a success.

"I have a Golf Day planned for September 6 at Toot Hill Golf Club in Ongar.

"It will be an 8.30am start and cost £60 which includes breakfast, 18 holes and a meal afterwards.

"There will be professional footballers taking part and it's £150 to sponsor a hole."

To take part, email plyons@macmillan.org.uk or to donate towards Paul's cycling challenge, visit www.justgiving.com/fundraising/paul-lyons-sri-lanka-cycle

Dropout student makes £1.3million playing Poker

Nick Marchington, 21, from Hornchurch, has earned himself more than £1million by finishing seventh in the world's most prestigious poker tournament in Las Vegas on the weekend of July 13.

The University of Hertfordshire dropout scored 1,525,000 US dollars, equalling to £1,352,770 from his first appearance at the World Series of Poker, after

only just turning 21.

Nick missed out on the top prize of 10million US dollars, equalling to £8,870,650.

The only Brit to make the final, he managed to make it to that stage of the competition with the shortest stack of chips.

For more information, visit www.wsop.com



New museum step closer after fundraising success

A new Royal Air Force (RAF) heritage centre in Hornchurch is a step closer to reality after a successful fundraising quiz.

The quiz was organised by Hornchurch Aerodrome Historical Trust (HAHT) which is aiming to raise £10,000 ahead of a new RAF museum opening in September.

The quiz was the latest fundraiser for the group, with £761 raised at The Good Intent pub on June 29.

The pub, with strong RAF ties, was historically frequented by passing pilots and remains an important gathering place for the aeronautical community.

Following the quiz, the HAHT also revealed the artist's impression of what the new museum will look like.

It's scheduled to be open on September 15 at Sutton's House in Sutton Lane.

The house was part of the wartime RAF Hornchurch aerodrome and after the war it became St George's Hospital and remained a mental health facility until its closure in 2013.

The HAHT shared the artist's impression on their Facebook page and one user, Trevor Williams, echoed the excitement building as the opening edges closer.

He said: "This building will give Hornchurch back its RAF Heritage. A place of remembrance and a place of pilgrimage in memory of all the squadrons servicemen and women that served."

For more on HAHT and to donate to its fundraising bid visit www.rafhornchurch.com

Arrest made following spate of burglaries

Police have confirmed that a male has been arrested after a spate of burglaries in the area, including in Hornchurch.

GFC Hairdressing in Butts Green Road had its window smashed in the early hours one day last month and the till was stolen.

Junk N Disorderly in Hornchurch Road also suffered as it was broken into on June 24 before a charity tin, raising money for sick children, was taken.

Elsewhere in the borough, a pet shop and a crematorium were also targeted.

The crime spree caused Andrew Rosindell MP to call for "more to be done" to tackle burglars who are targeting local businesses.

He said: "My thoughts go out to the local businesses

that have suffered break-ins in recent weeks, it takes an absolutely vile individual to steal charity tins from hardworking people.

"Clearly, more work must be done to tackle these criminals, who simply have no respect for the law or our local community.

"The sad fact remains that petty thieves believe they can get away with this."

The news that a male had been arrested was met with widespread glee after GFC Hairdressing owner, Gisela Fallick, confirmed the news on social media.

She said: "We have been here for almost 40 years and we are devastated that this has happened to our shop. I'm concerned but it is happening everywhere nowadays."



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News from

Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association



This will probably sound like a broken record, however it is worth repeating.

The loss of the 30 minutes free parking in Hornchurch and Upminster town centres is down to the Conservative administration at the council.

The opposition (which I am part of) voted to retain the 30 minutes. We even presented a budget that allowed the retention of the free parking and more recently arranged a protest outside the Town Hall in Romford, which was attended by roughly 300 people.

There were many shopkeepers from both Hornchurch and Upminster in the crowd. I spoke to a few. All the shopkeepers were reporting that takings were much lower than expected for the time of year, some reported several thousand down that week alone.

How long can the shops continue to run at such a loss in takings? What will happen to the buildings if the shops close?

Have you noticed how the car parks are now almost totally empty most times during the day? People are searching elsewhere to park.

This leaves me with the next question I am often asked about – Controlled Parking Zones (CPZ). What is happening about this?

In areas near to train stations we already have parking restrictions in place that disrupt all day parking, this is in the form of a yellow line that covers a one to two-hour time frame.

In other areas, we have implemented a CPZ with limited hours of operation and included some parking bays. We have no issues with a CPZ or yellow line where there is an issue that needs to be dealt with. As new issues arise, we will look for a solution and work with the residents to agree the best way forward.

The administration had the idea of rolling out CPZs within 1KM (10-minute walk) of any station and Hornchurch Town Centre. These CPZs would cover Monday to Saturday and 8am-6pm.

We are still waiting for the council officers to present the plan they have been working on for the last several months. During this time, virtually all other work around road schemes has ground to a halt.

The intention is that all the people in Havering will be contacted and asked about their opinion on the various schemes – how much will this cost? Personally, I believe this to be a waste of money.

This might sound as anti-Tory – I am not anti-Tory, I am against wasting money and prefer to be building a stronger community, something the current administration appears to be dead set on destroying.

If you have any issues in the St Andrews Ward in Hornchurch, please contact any of your Hornchurch Residents' Association members for this ward 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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LOCAL NEWS



Fairkytes Live Stage to celebrate local talent

Fairkytes Live, Hornchurch's intimate music venue, has unveiled a host of singers and bands that will be performing on the Fairkytes Live Stage at the Havering Show.

The show, that takes place on August 25 and August 26, is known for cultivating the excellent talent on offer by local bands and singers.

Fairkytes Live is thrilled to be showcasing some of the winners of last year's Last Band Standing competition, Rolled Up Sleeves and Project.

Previous winners The Everglows will also be joining the eclectic bill of local music, along with previous entrants The Echoes, as pictured.

Following their recent stellar performance at the Havering Para Arts performance night, performers Caged Arts will also be rocking the Fairkytes Live Stage.

Vocalist Gary Walker, guitarist Tom Hughes, bass

player Martin Connors and drummer Gavin Jones are a mixed ability band with autism and learning difficulties.

Formed via Essex-based music service therapy in Music Expression, Fairkytes Live have been working with them to provide more opportunities for people of all abilities to play their music.

Havering's Voice, an annual competition to find the best and brightest new vocal talent in the borough, will be bringing back previous winners Millie Mae Johnson and Ben Page to dazzle show-goers.

Also joining the line-up are Fairkytes Live and community performers Molly Lavender-Rose, Saucermans Band, Louise Jaymes and Charlie Powell.

Councillor Damian White, leader of Havering Council, said: "I am thrilled with the line-up for this year's Fairkytes Live Stage. It is excellent to see so many talented local bands and artists taking to the stage."

Successful day for St Andrew's Fun Day

The 10th St Andrew's Fun Day and Dog show was held on Saturday, July 13 and was a huge success for both attendees and participants.

Children were able to enjoy bouncy castles, bungy trampolines and games at St Andrews Park, as well as the Havering Classic Car Club providing classic cars to be marvelled at.

The Woofs and Walkies Dog Show proved itself to be a hit yet again with the nine classes well supported.

The overall winner of Best in Show was a 15-month-old border collie named Buffy and her owner Louise Richardson.



Photo credit: Google Maps



Schoolchildren get visit from TV star and former pupil

A reality TV star took a trip down memory lane recently when she visited her former Hornchurch school.

Amy Childs attended Raphael Independent School to present awards to students who were nominated by their class teacher for outstanding work.

She gave an inspirational talk, speaking about her time at the school.

A spokesperson from the school said: "She has fond memories of the school, the most poignant being when she presented the Queen with a bunch

of flowers on behalf of Raphael Independent School when she came to visit Romford.

"The pupils, parents and teachers enjoyed having Amy at the school. As an entrepreneur she is an excellent role model.

"Through her achievements, she demonstrates to pupils at the school that she has harnessed some of the school's values; ambition, confidence, resilience and independence.

"Her speech encouraged the pupils to embrace these ideals for success in the future."

Town parks still flying Green Flag

Several Hornchurch parks will continue to fly Green Flags after successfully retaining them for another year.

Langtons Gardens, Haynes Park, Harrow Lodge Park, St Andrews Park and Hylands Park were amongst many across Havering awarded a Green Flag as a sign to residents and visitors that they are among some of the very best in the country.

The recognition is awarded by environmental charity, Keep Britain Tidy. It is the second year running that Havering Council has seen 14 of its parks have the accolade of a Green Flag Award, the highest ever for the borough.

Councillor Osman Dervish, Havering's cabinet member for environment, said: "We are extremely proud as I am sure our residents are, that we have

retained the 14 Green Flags in our parks for another year. Some of our parks have now held this award for many years, so we're delighted for them to be part of what is a prestigious list.

"We know that our parks are an important place where communities can come together to relax, embrace nature and take part in social activities. Recently, residents have been sharing their affection for our brilliant parks as part of Love Your Parks Week.

"The Green Flag awards are also recognition of all the hard work put in by council staff and volunteers from friends of parks groups, supported by members. It is right that this dedication has been rewarded and I encourage everyone to get outside this summer and make the most of what our fantastic parks have to offer."



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Time called at primary school after more than eight decades

A Hornchurch school which has educated children in the town for 84 years has closed its doors.

The bell at Goodrington School, in Walden Road, rang out for the final time on July 10 with the site earmarked for demolition.

Once demolished, the school could be turned into four bungalows if the council approves plans.

The primary school, which was first opened in the 1930s, has been one of the smallest schools locally throughout its existence.

In recent years, Goodrington has suffered from dwindling pupil numbers, from an already low number, and with the cost of repairing the building the decision was escalated to close the school.

Archie Lauchlan, owner of the school and director, said: "The family have made the difficult decision to close Goodrington School at the end of this summer

term and sell the property at 17 Walden Road.

"The school has experienced falling pupil numbers over the last five years as competition in the local area has increased, not only from other independent schools but from a number of local state schools who have opened up nurseries.

"Lower pre-school numbers have inevitably impacted on the number of pupils who are entering the reception class and who then move through the main school.

"Furthermore, the cost of repairing and maintaining a property of this age and size is also extremely prohibitive. Sadly, our small school, like many others, is no longer sustainable in the current economic market."

Havering Council is set to make a decision about the housing application by July 23.

Residents protest against parking charges

Residents from Hornchurch attended a protest outside Romford Town Hall recently to have their say on parking charges.

Havering Council recently removed the 30 minutes free parking, causing outrage among residents.

Resident Rita Pierson said: "I am angry about the loss of the 30 minutes free parking. I am elderly and it was convenient in bad weather to hop in the car for everyday purchases."

Garry Daffin added: "It also has a detrimental effect upon local businesses who are fighting a constant battle to keep trading."

The council have come under pressure to respond

to protestors.

Councillor Osman Dervish, cabinet member for environment, said: "The changes to charges were made in order for us to invest more into our roads and pavements, which is something residents have told us is a major concern. Even with the new charges, the cost of parking in Havering still remains competitive when compared with our neighbours.

"At the same time, after listening to concerns from residents and businesses, we will monitor the new arrangements where the charges have changed to see what the impact is. If it has affected them adversely, then we will review this again."

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JULIA LOPEZ MP

Hornchurch and Upminster



LOCAL NEWS



Parents and teachers regularly raise special educational needs (SEN) provision with me.

I am very pleased to report that Nelmes Primary School will now be adding a 12-place SEN provision for pupils with autism and communication needs. The government understands that more needs to be done, so I am encouraging local teachers to contribute to a consultation on funding arrangements so that we get this critical policy area right.

I was pleased to meet in Parliament a delegation of students from Champion School to discuss climate change. The students wanted to discuss their passion for the environment as part of a wider lobby and I shared with them the commitments the government has made to reducing emissions.

I am keen to help local businesses thrive and I recently held a breakfast meeting for Upminster traders and spoke at the Hornchurch Plus business lunch at the Mandarin Palace to talk about their concerns. Business rates, policing and the council's recent changes to parking policy were hot topics, and I have asked retailers to provide figures for any impact on trading from the parking changes so that they can be presented to the council. I sat on the Bill Committee to change the business rates valuation regime and will be making representations to the Treasury to push for lower rates to boost our high streets.

On the political front, we held two wonderful events last month to offer residents the opportunity to engage with well-known Westminster figures, Priti Patel MP and Jacob Rees-Mogg MP. Former International

Development Secretary and Essex MP, Priti, spoke at a summer barbecue in Emerson Park about Brexit and set out an upbeat vision for bringing the country together. Jacob came to the Hornchurch Conservative Club for a question and answer session on behalf of the Back Boris Campaign.

We celebrated Armed Forces Day in the borough in June, and I am promoting the Royal Air Force Benevolent Fund's #JoinTheSearch campaign to find local veterans who might qualify for their support. Given our constituency's history with RAF Hornchurch, it may be that there are residents who have served in the military who do not realise what help is available to them. For more information, visit www.rafbf.org

On transport issues, I met Transport for London with our London Assembly Member, Keith Prince, to ask for progress in unlocking cash offered by the Department for Transport to improve Gallows Corner. The temporary flyover that was built in the 1970s to take cars from the A127 to the A12 was designed to last only 10 to 15 years so is well past its sell-by date. The flyover will need to be replaced and if we are to have the disruption of works, I want to get the right scheme that will relieve traffic and improve the safety of the junction for drivers, pedestrians and cyclists alike. I also attended an accessible transport event at the Romford YMCA to promote the services available for disabled residents to get around the capital and lead independent lives.



www.julialopez.co.uk



Couple celebrate 70th anniversary at street party

A couple from Gidea Park celebrated their 70th anniversary at a street party recently, which was held by residents to boost community spirit.

The event was held on July 6, with residents from Links Avenue and Hockley Drive coming together to organise the party. On the day, there was a DJ and a barbeque and local community police officers joined the celebrations for a while.

One resident said: "We work together on our

WhatsApp group to warn of suspect people or vehicles in the area and share CCTV from domestic systems to help identify any suspects. We also share recommended services we may need.

"Before, we only knew our immediate neighbours in passing, but now, we know people all down the street by name.

"We are looking forward to future events, including a Christmas party."

Have your say on future of libraries in borough

South Hornchurch Library could be one of five to become community-run as part of a proposal by Havering Council.

The council has launched two consultations asking residents to share their views on the way the borough's libraries and children's centres services should be run in the future.

As part of the library proposal, residents are being asked whether they want to keep all 10 of the borough's libraries open, but have five of these - Collier Row, Elm Park, Gidea Park, Harold Wood and South Hornchurch - become council-supported, but community-run.

Those libraries would be run by community groups on a day-to-day basis, if such groups can be identified.

Councillor Damian White, leader of Havering Council, said: "We are absolutely committed to protecting our community services and the benefits that our children's centres and libraries provide. This consultation reflects that while proposing changes that take into account the different ways local people are using these services."

To have your say, visit consultation.havering.gov.uk/communications/haveringfrontdoors

The consultation will close on Wednesday, September 18.

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LOCAL NEWS

Photo credit: Hornchurch FC



Urchins to kick off and end season on the road

Hornchurch FC now know who they will face and when in the 2019/20 season after the fixtures for their upcoming Isthmian League campaign were announced.

The Urchins begin the season with a trip to Merstham on August 10 while they will also end the season on the road with a visit to Bognor Regis Town on April 25.

The first home game of the season will be on August 13 against Margate.

In the FA Cup, Hornchurch have been handed a home tie against Kingstonian with the game to be played on August 24.

Another home tie was pulled out of the hat in the FA Trophy

with Bishops Stortford visiting Hornchurch Stadium.

Preseason friendlies kicked off with a 2-1 away win at Grays Athletic before a 3-1 defeat at Canvey Island.

The squad for the new season has been taking shape with the notable capture of Rickie Hayles from East Thurrock United.

Rickie has played for Hornchurch on two previous occasions notching up 168 appearances and scoring 13 goals.

His other clubs include Canvey Island, Lowestoft, Bishop Stortford and Welling amongst others.

For more information on fixtures, tickets and club news visit www.hornchurchfc.com or follow Hornchurch FC on social media.



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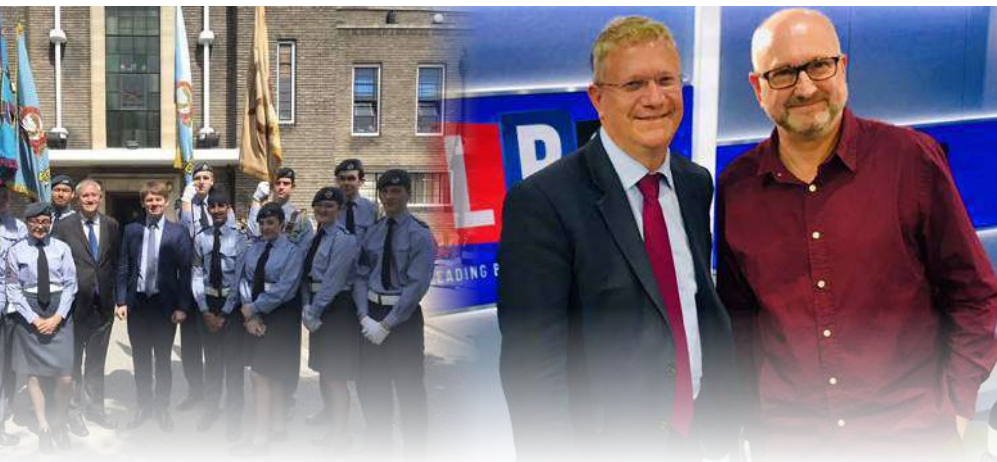
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LOCAL NEWS

ANDREW ROSINDELL

MP for ROMFORD



After listening to residents' concerns, I am happy to see that Havering Council is taking action on our borough's biggest priorities. The local authority has decided to directly pay for additional officers to support the local police force. This will strengthen the current allocation provided by the Metropolitan Police Service, which is two dedicated ward officers and one police community support officer per ward. This is great news for Hornchurch and all over Havering, local people frequently raise community policing as an issue, so I am happy to see that we are increasing their visibility and availability of law enforcers.

This is only feasible because of our borough's sound finances. With the limited resources at their disposal, this Conservative council has been incredibly effective in the way it spends every penny, one of the most productive in the whole country according to the latest productivity index. While I trust the local administration to carry on the good work in provision, I will continue fighting on a better deal from the government.

I have always believed the government's distribution of money to Havering Council an injustice because the borough is being unfairly treated compared to our neighbouring authorities. For example, Barking and Dagenham receive around three times per head more in funding. In my next meeting with the Minister for

Local Government, I will discuss the impact of adult social care in our ageing borough and the need to retain the transition grant for Havering. I passionately believe in the provision of affordable social and health care for our elderly citizens.

In other local news, I am proud to learn that Havering has seen fourteen of its parks achieve a Green Flag Award, the highest ever for the borough. This means they boast the highest possible standards, are well maintained and reflect the local staff and volunteers' pride and dedication. The recognition is awarded by environmental charity, Keep Britain Tidy.

Lastly, I would like to highlight the brilliant work done by Lennox Children's Cancer Fund, who I have the honour of being the patron of. This local charity makes a hugely positive difference to the lives of children diagnosed with cancer, supporting them and their families together through a wide range of projects. They will be hosting a spectacular fundraising event on Saturday, September 7. Set in the wonderful surroundings of Southwark Cathedral, the All Saints Orchestra will be performing Beethoven's *Symphony No.8*, followed by Mozart's *Requiem*.

All proceeds go a worthwhile cause. Please call the co-ordinator Claire on 07933 983652 for tickets. They are priced at £10 each.

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Estate and lettings agent celebrates 25th anniversary

An estate and lettings agent in Hornchurch celebrated its 25th anniversary recently.

An event was held at Stephen James on the High Street on July 12 to mark the occasion.

A buffet was arranged and clients old and new popped into the shop for the staff to thank them.

Owner Stephen James said: "On hand were our current trades team to give free advice to our clients on various property matters.

"We also had mortgage and legal advice available on the day if needed - all in a very informal manner.

"I spoke briefly to all the guests about how much had changed during the 25 years and mentioned how grateful we are to our clients for the support and

loyalty shown to our firm."

Brett Shohet, **VISION**Hornchurch editor, attended the event.

He said: "It was a fantastic event and it was a great opportunity to connect with successful business owners in the area.

"I am sure estate agency has had its good and bad times in the last 25 years, but like Stephen, if you look after your clients and are always visible in the community, you and your business can accomplish anything."

Stephen added: "Please feel free to drop in anytime to see if we can help with property matters relating to rentals or sales."

Fun on the Farm at Havering Show

A travelling petting farm will bring an assortment of farmyard friends to this year's Havering Show, adding to the wide range of attractions on offer.

The mini farm, which will be at the event being held on August 25 and 26, offers a traditional experience for all ages and provides interactive fun with a variety of farm animals, allowing visitors to feed, touch and stroke the animals, whilst learning about their wider role within in the countryside.

Alongside the mini farm, there is something for everybody with the Main Stage, Fairkytes Live Stage and Community Performance Stage. There are also licensed bars, a sports zone, street food, children's

attractions, a fairground and much more.

Councillor Damian White, leader of Havering Council, said: "There is a great range of attractions on this year and a whole host of other talent and performances that will appeal to everyone in our borough.

"We look forward to seeing you there in August."

Tickets for The Havering Show can be bought in advance online and cost £3 per day for adults and are free for children under 10.

If still available, tickets on the door over the two days in August will cost £4 per adult. Visit www.havering.gov.uk/haveringshow



LOCAL NEWS



End of service as college restaurant serves its final meal

After 35 years of serving food to the public, Havering College's Jubilee Restaurant has closed its doors. The catering team and students cooked their last meal recently at the Quarles Campus based restaurant.

With the upcoming merger with New City College due to take place in August, the catering team and students will be moving to New City Redbridge College in Goodmayes from September.

Tony Pecoraro, food service lecturer and restaurant manager said: "It has been a pleasure for me

over the past 28 years to have taught tomorrow's catering professionals here at the outstanding Jubilee Restaurant.

"It has been rewarding to pass on my knowledge and expertise to them and to serve the public during this time, including meeting the Queen and talking to her about our work when she came to visit us in 2003.

"I now look forward to carrying on this great work and to welcoming and serving our loyal customers at the Rouge Restaurant in New City Redbridge College."

Bereavement charity receives Queen's Award

A charity that provides counselling to bereaved children across Brentwood and Havering held an event recently to celebrate its 30th anniversary.

During the evening, HBBS Counselling (also known as Havering and Brentwood Bereavement Service) was also awarded the Queen's Award for Voluntary Service (QAVS) - the highest accolade for voluntary organisations.

Sue Newth-Gibbs, chair of trustees at HBBS Counselling, said: "We were one of only nine voluntary organisations in Essex to receive the QAVS. It is a great honour and testimony to the hours of selfless work volunteers have given to our charity over 30 years.

"It is also recognition of the many thousands of adults and children we have been able to support


through the grieving process since we began in 1989 and the demand for our services is now higher than ever so our work must continue far into the future.

"But as a charity, of course, we must find the funds to pay for it."

The charity made an appeal at the fundraising event, held at Ingatestone Hall on July 5, to seek partnerships with local businesses to help fund its counselling programmes for children in primary and secondary schools going forward.

At time of publication the event had raised £5,300, which equates to specialist counselling for another ten children at HBBS counselling.

If you own or work for a business who would be interested in working with HBBS Counselling contact louise.mundy@hbbscounselling.org



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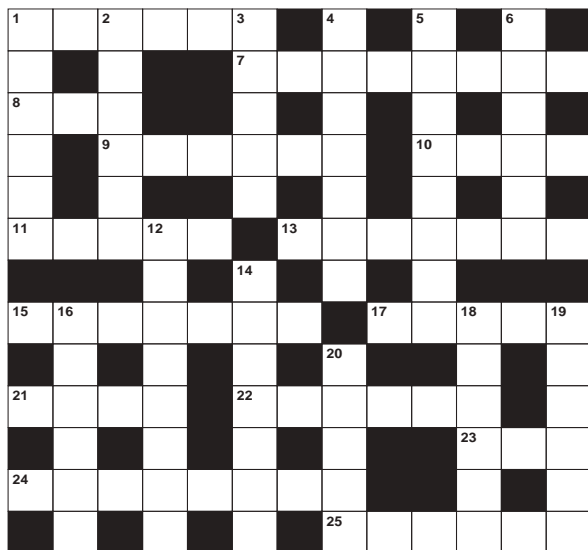
Answers can be found on the Contents Page 4

ACROSS

- 1. Mete out (6)
- 7. Come before in time (8)
- 8. ___ Thurman: actress (3)
- 9. Remould; allocate parts to different actors (6)
- 10. Flightless birds (4)
- 11. Harsh and serious in manner (5)
- 13. Angled; biased (7)
- 15. Terrible (7)
- 17. Allow in (5)
- 21. Link a town with another (4)
- 22. Country in N Europe (6)
- 23. ___ Thumb: folklore hero (3)
- 24. Highly seasoned smoked beef (8)
- 25. Browns bread (6)

DOWN

- 1. Mature people (6)
- 2. Deprive of food (6)
- 3. Pertaining to warships (5)
- 4. Majestic (7)
- 5. Showed a TV show (8)
- 6. Advance evidence for (6)



- 12. Evoke memories (8)
- 14. Motor-driven revolving cylinder (7)
- 16. Archer (6)
- 18. Eg. March and May (6)
- 19. Outdoes (6)
- 20. A sum owed (5)

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- ▶ There are more stars in the universe than there are grains of sand on all the beaches on Earth
- ▶ You would not be able to walk on Jupiter, Saturn, Uranus or Neptune as they are 'gas giants'
- ▶ Comets are bits of solar system material that date back to the formation of the Sun and the planets
- ▶ Over one million Earths could fit inside the Sun if they were squashed in, or around 960,000 if it kept its shape
- ▶ It took New Horizons, the fastest spacecraft to leave Earth, nine and a half years to reach Pluto

SUDOKU

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6				7		5	
	7		9				3
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	4		6				8
			1				6



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Investors love to see energy, enthusiasm and a willingness to go the extra mile. Many are investing in the person rather than specifically the idea. Subsequently, that's where organisation and ambition will succeed, while bolshiness, arrogance or ignorance will quickly see you turned away.

TRACK RECORD

While showing a track record isn't always possible – for instance, if your business is a start-up – most investors will want to see evidence that the idea works. It may be that you have to go it alone, prove your market exists, then go back in looking to scale up. If that's the case, having had an initial

conversation should guarantee you getting back through the door further along the line.

KNOW YOUR NUMBERS

It's been the downfall of so many budding young entrepreneurs – see any episode of *Dragons' Den* as evidence – but if you don't know the nuts and bolts of your own business, how can an investor be expected to put their cash forward? In addition, know the size of your market, the strength of your competitors and how conditions will evolve over the years to come. You should be able to reel these statistics and projections off in your sleep – if you can't, don't even step foot inside an investor's office.

DON'T GIVE UP

Sometimes an investor won't reach for their wallet simply because their portfolio is too big or the proposal isn't in their sphere of interest. That doesn't mean your idea is a bad one, it's just pitched to the wrong person.

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Roisin McCorry
Head of Family Department
roisinmccorry@mplaw.co.uk



Angela Sharma
Senior Associate Solicitor
angelasharma@mplaw.co.uk



Jessica Thrower
Associate Solicitor & Mediator
jessicathrower@mplaw.co.uk

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Stunning two bedroomed floor flat, new on the market, opposite Hornchurch main line station. Kitchen fitted with all white goods. Nicely decorated. Private parking.

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A 100ft garden refurbished – trees all trimmed, paths/patios washed and repointed, lawns cut to a professional finish, which helped to sell the house quicker; (the garden had not been attended to for many years).

A parade of four shops – all front glass professionally cleaned for a year on a monthly basis as a goodwill gesture to the new tenants.

Helped a family during a recent burst pipe – paid for two nights in a hotel.

For many self-employed people, we have gone out on viewings until 10 pm at night so no one loses a day's pay.

These are a few highlights of our giving back. Just call us and let us show you our first class service.



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TECHNOLOGY

CLEAN-UP CREW



The gadgets that clean so you don't have to

We all remember Alesha Dixon and her constant claims that “the boy does nothing”. He didn’t wash up, he didn’t clean up; he couldn’t even be bothered to brush up. Well, Alesha, the good news is that now you don’t have to either, providing your song royalties will stretch as far as picking up some of these incredible gadgets.

IROBOT BRAAVA JET 240 ROBOT MOP

If you have wooden floors then the constant challenge of picking up dust is akin to painting the Forth Bridge, yet with iRobot’s natty motorised mop, this little bod will zip about the place, spraying and sparkling the floor as it goes.

LITTER ROBOT III OPEN AIR AUTOMATIC SELF CLEANING LITTER BOX

In the grand scheme of things, remembering to empty out your cat’s litter tray shouldn’t be one of the week’s most arduous tasks, but the reality is we all lead busy lives, and if there’s a robot that can separate out the, erm, ‘clumps’, neatly storing away your feline’s little presents in a carbon-filtered drawer, then you should probably let the computerised colossus have its day in the sun, or bin.

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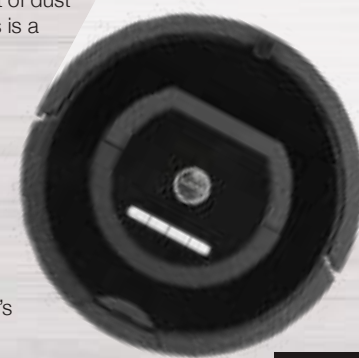
This one won’t win any prizes for innovation, but in capturing 99.97 per cent of dust and allergens, as well as beaming out UV-C light to kill airborne germs, this is a cleaning genius that keeps you in tip-top condition.

ALFAWISE MAGNETIC WINDOW CLEANING ROBOT

It’s convenient, it’s frustrating (think ‘smears’) and at times it can be downright dangerous, so let this little window cleaning wizard do the hazardous stuff as, via remote control, you instruct it to get into those parts you just can’t reach... or can’t be bothered to reach. Same difference.

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Net GAIN



ENGLAND'S WORLD CUP HEROES ARE READY FOR THE NEXT LEVEL

Has the game of netball ever enjoyed a greater stage? Brilliant television coverage, fantastic role models, a successful home side, and a 44 per cent increase in participation over the last year.

While it's easy to define success purely on trophies, what surely counts more is that a sport most people forgot about no sooner had they left school is now fully reborn and ready for the next chapter.

For the uninitiated, the Netball World Cup was a flurry of nimble, energetic, highly-skilled sportswomen at their peak. Not only was the movement, precision and craft little short of artistic, but we were witnessing a sport our heroes can claim almost purely as their own.

Netball is as predominantly female as maxi dresses, childbirth and Take That reunion gigs,

and while the recent women's football World Cup came with almost constant comparisons to the men's game, what we witnessed in Liverpool across July was a celebration of a sport that women alone have conquered. And our English girls almost conquered the world.

While semi-final defeat to New Zealand saw Tracey Neville's players fall agonisingly short when it appeared they might just go all the way, at least their third-place play-off win against South Africa presented them with bronze medals – just as they achieved in Australia four years ago – and hope for the future.

That they have now cemented their place in the world's top order gives the Roses something to build on, even if the next major tournament is three years away, as the Commonwealth Games come to Birmingham in 2022.

That's three years for a new coach to get her feet under the table, three years of further increases in participation, and three years to work out how to defeat those dominant Southern Hemisphere sides.

Photo credit: Paul Greenwood/BPL/Shutterstock



SUPER SIX

AT SILVERSTONE FOR LEWIS

Double boost for British F1 fans as hero Hamilton toasts Silverstone's secured future

Lewis Hamilton's sixth British Grand Prix win was great news for home racing fans, as smart in-race management – in taking advantage of a safety car intervention – enabled him to cruise to victory on July 14, by a winning margin of almost half a minute.

Hamilton's seemingly irrepressible cruise towards another driver's championship perhaps wasn't the biggest 'win' of the Silverstone weekend, however. Instead, champagne corks were being popped following the finalisation of talks between Silverstone and F1 supremoes in the week leading up to the race – the outcome of which is a new deal for the Northamptonshire circuit, protecting until 2024 its status as one of the sport's jewels in the crown.

The news brought to an end the worries that the racetrack – which first hosted the British Grand Prix in 1950 and has been present on the F1 calendar

since – would lose its title due to rising costs.

Negotiations had gone on almost two years as Silverstone cited the running costs as unsustainable. To demonstrate this fact, 2018's crowd of 140,500 spectators on race day was a record for the track, but organisers only just broke even.

Before the new deal, fees for hosting the race were steadily rising and would have reached £25m by 2026. That forced the British Racing Driver's Club – the company which own Silverstone – to threaten to pull the plug on what is an iconic sporting event; but common sense has prevailed and the 3.7mile circuit's legacy has been preserved.

Hamilton himself had earlier vowed to fight for the future of the event and it seems that his influence was valuable. He promptly celebrated by becoming the only driver to taste victory in the race six times.

Photo credit: Phil Duncan/Prosports/Shutterstock

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MAXIMUM CHARGE FOR MINI COOPER

Will electric vehicles ever fully catch on? Well, one of the most iconic car brands in Britain certainly hopes so as they release their most eco motor yet.

As little as five years ago, there were no new plans for a totally electric Mini. The company had declared combustion engines were the way to go after a largely underwhelming experiment with the BMW-envisioned test car, the Mini E.

They also experimented with the plug-in electric-petrol hybrid Countryman, but the technology necessitated a reduction both in boot space and in the number of seats (the rears were gone), plus hardware needed to run the vehicles swelled the car's weight by a third of a tonne.

But plans for a totally electric Mini Cooper SE kicked off again in 2015, and the iconic British brand believe they have found the sweet spot with drastic

improvements in performance, reduced costs and better efficiencies. The weight distribution, for instance, is only a third of the previous increase, added to better acceleration and braking.

If you charge overnight – around 12 hours – on a domestic three-pin socket, that will get you 80 per cent battery, while it will only take a quarter of the time to do the same using an 11.2kW AC charger. If you can locate a 50kW DC version, it will take just 40 minutes.

Mini are taking orders now for what will surely be the most efficient run-around on the market. You'll need to hand over the best part of £30,000 for your new set of wheels, though a government grant will see you reimbursed for £3,500 of that figure. Delivery is expected in March 2020, meaning you'll be the talk – and the eco-toast – of the town by Easter next year.



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WHAT'S ON

WHAT'S ON *in your area*

Hornchurch Jazz Club
Hornchurch Conservative Club, 25 North Street, Hornchurch, RM11 1RS
August 11, 8.30pm – 11pm

Why not come down to the jazz club and bar? If you want to hear musicians play jazz saxophone, jazz clarinet, jazz piano, jazz drums, jazz trumpet, jazz trombone, jazz violin, or jazz bass why not visit one of the sessions at the jazz club? These gigs are very friendly and one of the best jazz nights in Hornchurch.

A-Level Results
ATIK, 108 South Street, Romford, RM1 1SS
August 15, 10pm – 4am

Whether you're celebrating or commiserating, ATIK is where everyone will be for the biggest A Level Results Day. Early bird tickets are currently selling at £3 via www.atikclub.co.uk/romford/15-08-2019/a-level-results

Blue Riband Event
Romford Golf Club, Health Drive, Romford, RM2 5QB
August 23

34 teams, each team made up of three RGC members and a top professional golfer from the Eastern Region PGA ORDER OF MERIT LIST and a chance to win a prize fund in excess of £10,000.

Guests are very welcome to come along and to see how the game should be played.

Havering Show 2019
Harrow Lodge Park, Hornchurch Road, Hornchurch, RM12 4PL
August 25 to August 26 , 11am – 7pm



The Havering Show returns this August bank holiday weekend, boasting a bigger and better line-up than ever before, from a Tina Turner and Robbie Williams tribute, to Toploader and Alison Limerick. Why not bring the family down and enjoy the scrumptious street food and a Fairkytes live stage? Tickets are £3 online and £4 on the door, children under 10 get in for free. For more information or to buy tickets, visit www.havering.gov.uk/haveringshow

Romford Trophy
Romford Golf Club, Health Drive, Romford, RM2 5QB
September 6



Romford Golf Club is hosting its annual Romford Trophy, where all the top amateur players from throughout the country descend upon to battle it out for one of the very top prizes of the season.

Hornchurch Photographic Society
Ardleigh House Community Association, 42 Ardleigh Green Road, Hornchurch, RM11 2LG
Every Monday, 7.45pm – 10pm

Looking for something to do on a Monday evening? This small friendly camera club meet up every Monday evening with a range of experienced photographers to beginners. The Hornchurch Photographic Society hold internal and external competitions, with the external competitions being judged by an experienced photographer. Membership starts from £40 a year, for more information about joining, visit hps@hornchurchphoto.co.uk

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