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Editor's notes...



Brett Shohet, Editor

Hello and welcome to the first edition of **VISION** Hornchurch.

I am delighted to be back in the place I grew up, sharing the sights and sounds of this vibrant town. Due to the success of our

other Essex publications,

VISION Brentwood and **VISION** Billericay titles, this will be the third title in just over 12 months.

VISION is a free monthly magazine which will be hand delivered to your homes. It will bring into your home the many interesting, entertaining and topical events happening throughout the year.

We hope to build a rapport with our readership by bringing our communities together, sharing local stories, news and events from across the UK.

VISION also has a place for local businesses offering second-to-none services in Hornchurch and the surrounding areas.

The history of Hornchurch is a treasure trove of special memories for our older inhabitants and all others that wish to know about the great events that have shaped our town.

If you have any interesting stories it would be wonderful to include them in the coming editions... this is your magazine, for your town. Feel free to get in touch by emailing hornchurch@visionmag.co.uk

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

Brett



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BRITAIN'S TROJAN HORSE OF TERROR

Years ago, an ex-IRA member explained that a terrorist only had to be lucky once – but that the British Authorities had to be lucky every time.

Now with the IRA long out of the way, his words are still very much true today, as the UK tries to deal with a different terror group – Muslim jihadists.

They are in effect a Trojan horse of terror, as in most cases they are British-born.

Another group joins them - immigrants who come to the UK with the avowed intention of turning Britain into an Islamic State.

However the vast majority of Muslims who live in the UK are peace loving and want to live within the laws and rules that exist.

There have been three terror attacks in the UK in as many months: Westminster, Manchester, and now London again.

And it is disaffected young European Muslims who are increasingly conducting the Islamic State's murderous revenge on the streets of European cities.

Staggeringly since 2005 with the 7/7 bombings in London there have been 94 people murdered in the UK and 926 injured, many with life changing injuries as a result of terror attacks.

They have all been carried out by jihadists- except one - Thomas Mair an extreme right wing terrorist who killed Labour MP Jo Cox.

The rest have been carried out by British-born Muslims or those who have come to this country as refugees.

Since 2013 security forces have stopped 18 other jihadi attacks – five of them alone around the latest three atrocities.

But realistically the UK's security services have a night on impossible job on keeping track of all those who potentially could carry out a terrorist jihadi act.

Roughly 850 British Muslims have joined the Islamic State in Syria and Iraq, around half of whom may already have returned. That is around 400 known ISIS sympathisers walking our streets – and for all we know plotting another atrocity here on our streets.

The more frightening figure is that Britain now contains 23,000 potential jihadist terrorists, while the state only has the resources to monitor 3,000 at any one time.

The Manchester attacker Salman Abedi was reported to security services at least five times by the local Muslim community but was not monitored due to lack of resources.

One of the London Bridge terrorists, Pakistani Khuram Butt, was reported at least twice.

If anything, the Westminster, Manchester, and London Bridge attacks offer a dark glimpse of Europe's future.

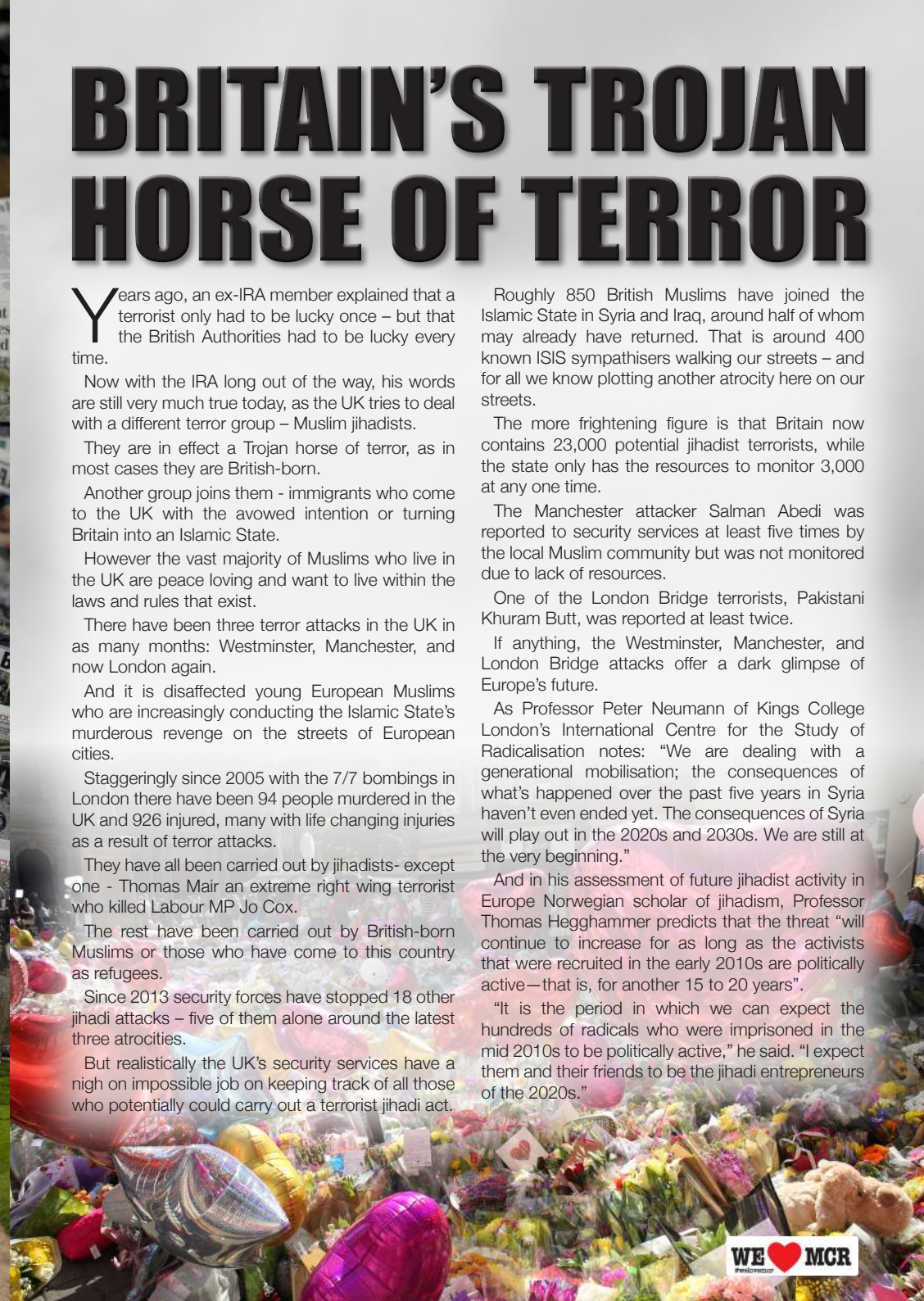
As Professor Peter Neumann of Kings College London's International Centre for the Study of Radicalisation notes: "We are dealing with a generational mobilisation; the consequences of what's happened over the past five years in Syria haven't even ended yet. The consequences of Syria will play out in the 2020s and 2030s. We are still at the very beginning."

And in his assessment of future jihadist activity in Europe Norwegian scholar of jihadism, Professor Thomas Hegghammer predicts that the threat "will continue to increase for as long as the activists that were recruited in the early 2010s are politically active—that is, for another 15 to 20 years".

"It is the period in which we can expect the hundreds of radicals who were imprisoned in the mid 2010s to be politically active," he said. "I expect them and their friends to be the jihadi entrepreneurs of the 2020s."



Memorial in Hyde Park in memory of the victims of the 7th July London Bombings





GEORGE'S DOUBLE JOY

When it was revealed last November that Amal and George Clooney were expecting not one, but two bundles of joy, the internet positively buzzed with delight, and on Tuesday, June 6 the twins finally arrived.

As one might expect from the classiest couple in Hollywood, the announcement of the births was understated and succinct, delivered by publicist Stan Rosenfield in a breezy if concise statement. "This morning Amal and George welcomed Ella and Alexander Clooney into their lives. Ella, Alexander and Amal are all healthy, happy and doing fine," he wrote, adding cheekily: "George is sedated and should recover in a few days."

Before Clooney married the stunning human rights lawyer in a lavish ceremony in Venice in September 2014, he was LA's most infamous bachelor. No woman could tame him, and on several occasions the silver fox suggested he may not ever have children. But in the fierce and bright Amal Alamuddin he finally met his match, and in February, when discussing parenthood, the movie star told French show *Rencontres de Cinema*: "We are really happy and really excited. It's going to be an adventure. We've sort of embraced it all... with arms wide open."

While we are yet to chance a glimpse of the dazzling duo's offspring, you can bet they will be adorable; and considering the veritable catwalk of fabulous maternity outfits Amal has treated us to these past few months, Ella and Alexander will be Tinseltown-stylish as well.



Dress like a BOSS



FASHION

Forget wearing suits in the board room, today's CEOs prefer laidback luxury for maximum productivity. So if you want to dress like you really mean business, read on...

With the rise of Silicon Valley the landscape of modern business has shifted enormously, but the greatest rebellion has taken place in the wardrobes of the men in charge of these multibillion tech empires. No longer clad in 'Dad chinos' with garish ties, these tycoons choose comfortable and practical attire that allows them to focus on the work at hand, all the while projecting an image of affable geniality to their employees. Casual but never scruffy; think sumptuous fabrics, supercool brands and understated luxury.

The good news is, to nail this look you don't need to buy an entirely new wardrobe - the trick is to keep things simple and then go bold on a few key pieces. Take

Square CEO, Jack Dorsey, considered by many to be one of the most stylish men in tech, who transforms a casual T-shirt and jeans combo with a leather jacket. Or perhaps Box boss Aaron Levie, who adds flair to a slim-cut suit with bright coloured Pumas or Tigers on his feet.

Leather jackets need to fit well and not be faded, and trainers have that 'just out the box' freshness. Hoodies are another CEO essential, but are best teamed with indigo, raw denim jeans and standout footwear. Alternatively, make like fictional *Billions* boss Bobby Axelrod (played by Damian Lewis) and invest in some cashmere hoodies.

The key to this look is confidence. Invest in good quality pieces that feel good on, and be a bit fearless with colours and style.

Serious entrepreneurs understand that their personal style is an extension of their brand and often adopt a uniform

for themselves, like Facebook founder, Mark Zuckerberg, who is synonymous with his \$20 Gap hoodies.

And yet, suits shouldn't be ruled out altogether

- SpaceX innovator Elon Musk has been seen at many a product launch wearing a slim fitting, velvet tux, blurring the lines between CEO and hip-hop mogul for a look that is out of this world.

As with all things fashion, personal taste counts, but good taste rules.



Summer Shades

The weather may be hard to predict this British summertime, but with this colour forecast straight from the spring/summer catwalk you'll be looking hot till Hallowe'en.

Pale dogwood pink – Make like Molly Ringwald and be pretty in pink this summer. Named after the gorgeous dogwood tree which blossoms pale pink flowers, this look is for those who want a subtler shade and is perfect for weddings. It's also a great colour for raincoats, so even when you have to cover up you'll still look breezy and bright.

Flame orange red – Feeling hot, hot, hot? Be bold with a fiery red maxi-dress. Channel your inner geisha with a floral kimono-style gown, or be a sassy señorita with an off-shoulder frock.

Picnic yellow – No sunshine, no problem. Bring your own rays in this brilliant banana hue. Show off tanned legs in a cute yellow

mini or simply accessorise with an oversized tote bag or summery sandals.

Kale – Get your five-a-day with this glorious green shade. Very close to khaki, kale is the ideal colour for those who prefer a subtler look, but still want to embrace the season. Think silk shirts, sheer beach cover-ups and shorts.

Aqua blue – For those who have been harbouring ambitions to become an actual mermaid, aqua swimwear is set to be a big trend. Think shimmering metallic cozzies or even a floaty chiffon dress to take you from the pool to the party. Poseidon himself will be (sea)green with envy.

Silver – Shine bright like a diamond with some space-age embellishments. Subtle starlets can simply embellish with chunky silver jewellery or metallic trainers or wedges. Intergalactic warriors can be bold with silver pleated skirts, and even painted leather jackets. If in doubt, shine on.



BAN THE BEAD



microbeads can then end up in humans through eating seafood that has ingested microplastics and the toxins that come with them.

Last year, Theresa May's government announced plans to ban the use of microbeads in cosmetics by the end of 2017. A number of cosmetics companies, including Johnson & Johnson, Neutrogena and Clean & Clear, have made voluntary commitments to phase out the use of microbeads in the coming years.

Until then, if you're serious about the welfare of the world's oceans, you can

keep an eye on what products contain microbeads by reading the ingredients: make sure to look out for the words polyethylene, polypropylene and polymethylmethacrylate – the chemical names for plastics. Nylon may also be listed as well as the abbreviations PET, PTFE and PMMA.

You may never have seen a microbead, but you have almost certainly come into close contact with them at one time or another. They are tiny pieces of plastic that are added to everyday cosmetic products such as face wash, toothpaste, and abrasive cleaners. Most frequently made of polyethylene, they can also be made of other petrochemical plastics such as polypropylene and polystyrene, and are small enough to go down your plughole and easily pass through water filtration systems.

While most companies will have you believing microbeads are a positive addition to products, these pesky plastic particles are abhorred by beauty experts and environmentalists; 100,000 microbeads are washed down the sink with a single application of some products, ending up in the sea and the food chain.

This in turn is having a dire effect on life underwater. Scientific research continues to find more and more examples of plastic inside all kinds of sea life, and a recent study showed that 90 per cent of birds have plastic in their stomachs too. These



PERMANENTLY *Made Up*

If you're the kind of girl who loves make-up but hates the morning-after effect, then semi-permanent makeup could be for you. Think eyeliner that survives weepy films and rainstorms, lips that can kiss, and drinks that won't smudge, and you'll be on your way to 24/7 easy glamour.

On Fleek Eyebrows

Thick eyebrows may be having a moment, but if yours are naturally pale or thin they can be impossible to create. That's where Microblading comes in. It's essentially a form of tattooing, but instead of using a machine, a qualified technician implants ink under the skin using a handheld. Drawing hair-like strokes, this semi-permanent procedure promises fuller, natural-looking brows that will always look groomed. Cost: Around £275 initially then £120 for top-up



Kylie Jenner's Lips

It's well-known that the youngest of the Kardashian clan has had lip fillers, but permanent lip liner is marginally less extreme and lasts longer. Whilst this won't create actual fullness it does give the illusion of it by creating definition. Most places use pigment rather than tattoo ink which gives a natural matte finish and after drawing around the initial lip line the colour is blended down into the lip so it doesn't look like you've forgotten to apply your lipstick.

Cost: £500-£700



24/7 Cat Eyes

We all know too well the tragedy of painstakingly applying liquid eyeliner only for it to be smeared across our faces by lunchtime, yet semi-permanent eyeliner takes the fear away. As subtle or as kittenish as you like, this treatment is available in an array of shades to make sure you achieve the look you want. Cost: £500-£800 depending on effect



Lash To Flash

One of the least painful or invasive procedures, semi-permanent eyelash extensions delivers thicker and fuller lashes. The process involves attaching synthetic lashes to your own to give natural lustre. The life cycle of the average eyelash is around 90 days.

Cost: Around £35



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Wyndham Hair was established over 30 years ago, and we're still a family business, offering the highest levels of care and attention. Many of our team have been with us for over 10 years and, as well as having experience and ability, they're of varying ages, so we can find the right person to match your own personality and needs.

We started with innovation and passion, and it's never left us. It's our aim to help you look and feel your very best. Whether you're looking to maintain your existing style or go for a complete new look, our talented stylists will work with you to achieve the results you want. So don't be afraid to speak up!

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HEALTH & FITNESS



BOX THE BLUES AWAY

HOW TO PUNCH YOUR WAY TO PEAK PHYSICAL AND MENTAL FITNESS

No longer confined to sweaty and testosterone-fuelled gyms, boxing is proving to be a popular workout for all ages and, indeed, both sexes. Not only is it a fantastic full-body workout that improves both cardiovascular fitness and bone and ligament strength, it's great for your mind too, helping to improve focus and bust stress – and that's before you've taped your boss' face to the punchbag. But when a sport has such a bloody reputation, knowing where to start can be intimidating. You don't, for example, want to find yourself in the ring with Mike Tyson when all you fancied was a spot of light sparring...

FIGHTING FIT

If your main goals are losing weight and improving general fitness, consider a Boxercise class. Most gyms hold sessions that involve some kind of boxing, whether as part of a circuit or shadow boxing in an aerobics session. This is a great way to try the sport, and in some cases it won't even require strapping on a pair of the gym's grimy gloves.

BOXING CLEVER

If you want to get to grips with the basics, you'll require either a sturdy punchbag or some boxing pads and a very trusting workout buddy – many personal trainers also incorporate boxing into their workouts. Start with simple crosses and build up to more complex routines that include jabs, left and right hooks and uppercuts. The longer the routine the more focus required, resulting in improved mental dexterity over time.

FIGHT CLUB

There is a reason brawling is such a popular drunken activity, and it's all thanks to the huge rush of adrenaline. Recreate this sensation (minus the night in jail) by joining a boxing gym and having a go at sparring. It's a controlled environment where the focus is on technique, and a surprisingly huge sense of camaraderie. Bish, bash, bosh.

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DESIGN AND REFINE



HOME & DIY

DISCOVERING THE IMMACULATE STYLE OF MICHELLE OGUNDEHIN

When series four of The Great Interior Design Challenge aired in its new primetime slot on BBC Two earlier this year, viewers were treated to a new guest judge. Alongside returning favourites Kelly Hoppen, Daniel Hopwood and Tom Dyckhoff came sparky and stylish newcomer Michelle Ogundehin. Though not as recognisable a face as the flame-haired Hoppen, nor as noted as Hopwood – director of the British Institute of Interior Design – the Manchester-born writer, TV presenter and award-winning editor is internationally-renowned as an authority on interiors, style and contemporary design.

Trained as an architect at London's celebrated Bartlett School, Ogundehin spent two years working in architectural offices in both London and New York. Publishing soon beckoned and her first role was the launching of Tate Art Magazine under Tim Marlow, followed by a tenure at Deyan Sudjic's Blueprint Magazine. In 2004, she was appointed editor-in-chief of ELLE Decoration UK, where she remains. Under her helm, the magazine has reached its highest circulation and repeatedly won the coveted Consumer Lifestyle Magazine of the Year Award, and Ogundehin has personally claimed Editor of the Year.

Having tired of life in her Shoreditch loft in the capital, the achingly chic beauty now resides in a Georgian flat in Brighton with her young son and two rambunctious basset hounds. Her style aesthetic has a focus on the classically timeless. She is immune to fads, is a self-confessed clutter-clearing obsessive and believes staunchly that the devil is in the detail.

Having co-presented Grand Designs: RIBA House of the Year alongside Kevin McCloud in 2015, Ogundehin was asked if she might like to one day launch an ELLE Decoration TV show. She hinted that yes, she might. Watch this immaculately curated space...





MIRROR

Make the most of smaller spaces with these ingenious mirror tips.

OPEN SESAME

Desk space built into cupboards may be an ingenious and necessary invention with today's urban living standards, but that doesn't mean it can't feel claustrophobic at times. One solution is to fit the back wall with a mirror so that when you're sat at the desk you can see the room opening up behind you.

GO BIG

Make a mediocre lounge feel like a palatial hall with an enormous freestanding mirror. Go as grand as you can get through the door for maximum magical illusion and don't be afraid to put furniture in front of it to form interesting reflections. Oh, and if you're feeling really flashy, go for a gilt frame.

GO WALL-TO-WALL

Generate an optical illusion that would dazzle Dali himself by mirroring two adjoining walls. Reflective

tiles are arguably the easiest way to achieve this look and will also stop confused guests from wandering into your magnificent mirrored mirage.

MIRROR MIRROR

Give your home the gift of infinite space by placing a smaller mirror on a wall opposite a larger one. This will create depth, space and light, while also giving you an extra spot for getting glammed-up on a Friday night.

FAKE WINDOW

Why reflect a room when you can reflect the whole world? By placing a mirror opposite a window, you can enormously increase the natural light and produce a sense of space and airiness.

REFLECTIVE ART

Forget Warhol and Matisse, the real work of art ought to be you. Make mirrors a central part of your home by hanging them instead of paintings. This works particularly well if you buy three matching frames and hang them as if in a triptych. Simple, stylish and space-creating.



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Indoor Outdoors

Make the most of the summer heat by turning your garden into a practical living space.

The nights are long and the sun is high, but here in the UK we still shy away from making the most of our gardens. We host the odd barbecue perhaps, or spend the occasional balmy evening drinking and chatting under the stars, but in general the garden can be a rarely-used refuge... and isn't that a shame?

One of the more frustrating aspects of British summers is our unpredictable weather, so an awning or sturdy umbrella is a worthy investment. Place underneath this a rattan sofa dining set with table, and you've already got the beginnings of a versatile and comfortable outdoor lounging and dining area.

If you've got additional space, consider decamping the dining table outdoors for a few months. Invest in something large and sturdy – benches fit many and stow easily – to accommodate your entire family and the abundance of guests that will come flocking at the news of your new pizza oven. That's right, outdoor pizza ovens have usurped the humble BBQ and are this year's big garden trend. Available from around £100 on the high street, they are compact, easy to use and promise the kind of crispy, melty magic you would normally only find in Naples.

Garden furniture can be drab, so splash out on the brightest tablecloths, picnic crockery, throws and garden lights to create a space which feels as cosy as your indoor lounge. Stave off the cold with a gas patio heater or indulge your inner caveman with a fire pit. Add food, friends, music and several cases of wine, and you've got the summer holiday of your dreams – without leaving your home.

Garden Shopping List...

Big Umbrella

Pizza Oven *Yummy!*

Rattan Sofa Dining Set

Bright Table Cloth

Picnic Crockery

Garden Lights

Fire Pit



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There was a time when beeswax was the very best in furniture polish and nothing got your cutlery sparkling like white wine vinegar diluted in warm water. But as technology has advanced, so too has our reliance on highly-chemical, corrosive detergents and sprays which, while cleaning fast and effectively, could be doing untold damage to our environment.

Thankfully there is a whole host of eco-minded brands which are working hard to create household products that match the effectiveness of the more well-known goods while lessening their abrasiveness. Ecover is one such name that is becoming ubiquitous on our high-street shelves; its non-bio laundry liquids and fabric softeners are not just easy on the earth, but easy on your skin too. Method is another company offering effective cleaning with an emphasis on eco-chic – its 'French Lavender All Surface Cleaner' wouldn't look out of place in a perfumery.

The question is: how can these products match their chemical counterparts in cleaning power? Well, 'Ecover Toilet Cleaner' uses citric acid and xanthan gum to tear through limescale and bacteria, whereas 'Method Tub Scrub' employs abrasive milled marble to banish build-up, along with fragrant eucalyptus oil and a magnesium compound as dispersants for soap scum.

Unfortunately, though, being an eco-warrior can take its toll on your pocket as these products can often cost a few pennies more than their less eco-friendly counterparts. With that in mind, it's worth considering whizzing up a few home-made potions for everyday use. Vinegar and lemon juice in a spray bottle really is an effective everyday surface cleaner (add bicarb for stubborn areas), a little olive oil can restore lustre to wood and a cut-up lemon boiled in the kettle and left overnight (then rinsed thoroughly) can revive limescale-ravaged kettles. Proof that you can save the world one lemon at a time.



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Pond Life

Water features are back in fashion. Here are five ways to do them right...

Free-standing fountain

Ideal if you've got a small garden or as a welcoming feature for out the front of your house, these are also one of the easiest features to install and maintain. For a minimalist look, select one made from a natural stone, or for something more fabulous choose the classic cherub. Perfect if you love the Italian Renaissance.

Water wall

Forget Wonderwall: this is a garden ornament that really rocks. Another space-saver, this is for small gardens and equally small budgets. Some also have light options, making them the perfect centrepiece for alfresco dining and evening soirees. Perfect if you want your garden to be an oasis.

Waterfall

Don't go chasing this waterfall because if installed right, this eco-friendly feature will work in a loop, using very little energy and water. One of the bigger and more impressive additions to your garden, it is also surprisingly versatile and doesn't necessarily need a pond. Tiered cement waterfalls are ideal for a modern aesthetic, or choose natural rocks for a more organic, outdoorsy theme. Perfect for a show-stopping landscape.

Outdoor pond

For all the modern innovations, you still can't go wrong with the classic pond – though this is only recommended if you don't have pets or small children. Ponds are fantastic because they are naturally beautiful and attract a diverse array of wildlife to your garden, including frogs, water beetles and butterflies. But do be sure to install properly with inlay, edging and filters. Perfect for an English country garden.

Reflecting pool

For a feature that requires very little digging and even less maintenance, reflection pools are a surprisingly impressive addition to the more subdued space. Plus, if you install an automatic re-fill system, all you need to do is start them up and shut them down. Perfect for a little Japanese zen.



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Pipped to the Post



She's rich, beautiful and her nephew is third in line to the throne, but is it sometimes hard for Pippa to be the 'other' Middleton sister?

It was hailed as 'the wedding of the year' and attracted the same kind of media furore usually reserved for pop stars, Hollywood icons and, well, princesses. But despite the enormous public interest and estimated million-pound price tag, Pippa Middleton's wedding to James Matthews, 41, will still forever be compared to older sister Kate's nuptials to Prince William in 2011.

Born and raised in Berkshire, Pippa is the middle child of Carole and Michael Middleton, self-made millionaires thanks to their online mail-order business Party Pieces, which sells party paraphernalia. Despite not being nobility themselves, Kate, 35, Pippa, 33, and brother James, 30, have long rubbed shoulders with the British upper class thanks to their first-rate educations. Both sisters attended St Andrew's School, a private boarding school in Pangbourne and the exclusive Marlborough College. Pippa then went on to study at Edinburgh University, where some of her flatmates were said to be the sons of nobility, while Kate attended St Andrews where she began dating a certain prince.

It was thanks to her sister's royal relationship that Pippa began to garner attention from glossy magazines – often spotted in the society pages and even named 'number one society singleton' by Tatler – but her finest hour was at the Royal Wedding as the global TV audience, estimated to be in the billions, reacted to the stunning maid of honour and more specifically, her delightful derriere.

Publicly of course they maintain an air of sisterly love, but in the past there have been rumours of rivalry. As royal biographer Katie Nicholl once remarked: "Certainly, when it comes to looks, like who is the slimmest or better-looking, there is a little friendly rivalry." One could argue that it was little sister Pippa who stole Kate's thunder on her big day, but then surely the elder Middleton has been dealt the trump card in the game of sibling rivalry, with her future-Queen status almost guaranteed.

But life is not all bad for pretty Miss Pippa. Having cemented her status as the hostess with the mostess following the release of a party planning book – *Celebrate* – she has also forged an enviable career as a columnist, previously writing regularly for the likes of *Vanity Fair* and *The Daily Telegraph*, and will one day inherit her own official title as Lady Glen Affric after marrying nobleman and hedge fund manager Matthews.

The most important 'win' of all, however, was that at her own extravagant celebrations she was front and centre of attention. Wearing a gorgeous £40,000 Giles Deacon wedding gown, with her dazzling £200,000 engagement ring, paired with a Robinson Pelham pearl tiara, the bride looked stunning, whereas the Duchess of Cambridge dressed demurely in peach. There was one rambunctious young guest who almost threw shade on his aunt: Prince George, dressed adorably in his page boy suit, threw a minor tantrum outside the chapel. But who would deny a future king that?

LOCAL NEWS

from your neighbourhood



Big Mac leaves town

The McDonald's in Hornchurch closed its doors for the final time earlier this month.

The fast food giant in High Street ceased trading on July 2, although the company has confirmed that all employees will get work in other branches.

A McDonald's spokesperson said: "We are sad to confirm that our Hornchurch High Street restaurant will close on July 2, 2017 after nearly 29 years of trading. The decision to close the restaurant was not taken lightly and all members of staff have been offered employment in other

nearby restaurants.

"We continue to provide a strong offering for our local customers, with six other restaurants in Romford and three in Dagenham, and remain committed to the Essex area."

VISIONHornchurch understands that employees were sent a letter in May which said that the closure was decided on so that the company could refocus and deliver a better experience to its customers.

After July 2, fast food lovers will have to travel to Romford for their nearest branch.

Tories hold Hornchurch at General Election

On a bad night for the Conservatives, they were at least able to hold onto the local parliamentary seat which includes Hornchurch.

Conservative Julia Dockerill held Hornchurch and Upminster for the Tories, who have been in control of the seat ever since its creation back in 2010.

She held a 17,723 majority as she romped to victory over second placed Labour Party

candidate, Rocky Gill.

However, it was also a good night for Labour, as they won 8.5 per cent more votes than the previous election, while UKIP slipped down to third, down 19 per cent of the vote from 2015.

The Liberal Democrats held fourth ahead of the Green Party, while the BNP finished last with just 380 votes.

Pharmacist jailed for drugs offences



A pharmacist who stole almost £5,000 worth of prescription drugs from his employer in Hornchurch and then sold them on the street has been jailed.

Niren Patel, 38, of Ilford, Essex, appeared at Snaresbrook Crown Court recently and pleaded guilty to two counts of fraud by abuse of a position of trust, possession with intent to supply a Class B drug and five counts of possession to supply a Class C drug.

He was sentenced on Friday, June 16 to a total of 12 months' imprisonment.

An officer in the Met's Controlled Drug Liaison team began an investigation in August 2016 after Patel's employer, Day Lewis Pharmacy on Park Lane, made a report of theft to the police.

Analysis of stock records and drugs purchased by Patel, who also worked at Hedgemans Pharmacy in Dagenham, revealed he had created fraudulent orders for almost £5,000 worth of prescription medicine.

In his police interview, Patel admitted he had sold the drugs, including Genotropin, a growth hormone used by bodybuilders, to a member of the public on the street.

Other drugs sold by Patel included the Class B drug Dexamfetamine, which is used for weight loss and to improve academic performance, and Class C drugs such as Xanax, Zolpidem and Diazepam, which are sedatives used as 'downers'.

Patel was charged with the offences on Monday, March 27.

Detective Constable Beverley McNerney, of the Met's Organised Crime Command, said: "Patel abused his position as a pharmacist by creating fraudulent orders for prescription drugs and then sold them on the street. The drugs he sold are highly addictive and dangerous when given to someone without a prescription."

The most unusual hive for honeybees?

Honeybees were found building their home in a brilliant blue mannequin last week.

Hornchurch residents made the discovery when they realised their quirky garden display was buzzing with more activity than usual. They called retired crime scene investigator and beekeeper, Norman McDonald, to the scene to investigate.

After examining the evidence he concluded that the bees had found their way into the mannequin through the shoulder and had begun making honeycomb inside the head cavity.

"Bees often swarm at this time of year," he said. "But they usually end up in bird boxes or trees. This is the most unusual place I have seen them."

If you want to find out more about bees or need a swarm removed, visit the Essex Beekeepers Association.

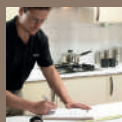




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Sky's the limit as friends prepare for charity jump



A group of friends are aiming to raise £5,000 for a Hornchurch-based charity when they all take part in a parachute jump later this year.

David Partner (Dizzy) and his friends Jamie Cuffley, Alan Webb and Tommy Lofty, who all live in Hornchurch, will be jumping for the first time on September 16 in aid of the Lennox Children's Cancer Fund, a charity which provides practical, financial and emotional assistance to not just the children affected by cancer, but also their parents and siblings.

David explained why they had chosen the charity.

He said: "Recently we were touched by a very moving story of a father who had lost his very young son to cancer. So we decided to do something to help raise money and more importantly awareness of the effect that this terrible disease has on the people surrounded by such a huge tragedy and loss."

David said most of the group are apprehensive.

He revealed: "Three of us have never jumped out of a plane and are, to be completely honest, bricking ourselves about this."

To sponsor the team, look up Wonky Squad Skydrive on JustGiving. As **VISION** Hornchurch went to press, the group had raised nearly £1,500.

Comfortable win for Hornchurch Cricket Club



Photo credit: Hornchurch Cricket Club

There were celebrations at Hornchurch Cricket Club last month as the 1st XI notched an impressive six wicket victory against Southend.

After the visitors chose to bat, Hornchurch quickly

reduced them to 77-5 with Zeeshan Khan and Taqi Abbas the standout early performers. Although Southend briefly rallied, Mehad Khan and Marc Whitlock dismissed the visitors for 160 runs.

Although Brian Barnard got Hornchurch's reply off to a fast start with 23 off just 16 balls, the hosts wobbled after Ronnie Saunders was dismissed and they were reduced to 48-2.

But Jamie Sorrell and Billy Gordon then put on a stand of 64 for the third wicket and captain Roy Smith and Michael Bones saw the home team over the line in the 34th over.

Gordon finished on 45 not out.

Comings and goings at The Urchins



AFC Hornchurch have lost four influential players at the close of the season as they move on to other clubs.

Abs Seymour joined The Urchins in March from Billericay Town FC, making 20 appearances, scoring twice.

Teddy Nesbitt, who also joined from Billericay Town FC in January, has left the club for Canvey Island after making 17 appearances in a Hornchurch shirt.

James Morrish was signed from Hythe Town FC at the beginning of last season, and made 24 appearances for the club, before going out on loan to Whitstable Town FC, where he has now joined on a permanent transfer.

Sam Bantick returned to Hornchurch in April, making five appearances, but has now moved on to Heybridge Swifts.

However, in better news for the club, midfielder, Tobi Joseph, has signed a new contract till the end of next season.

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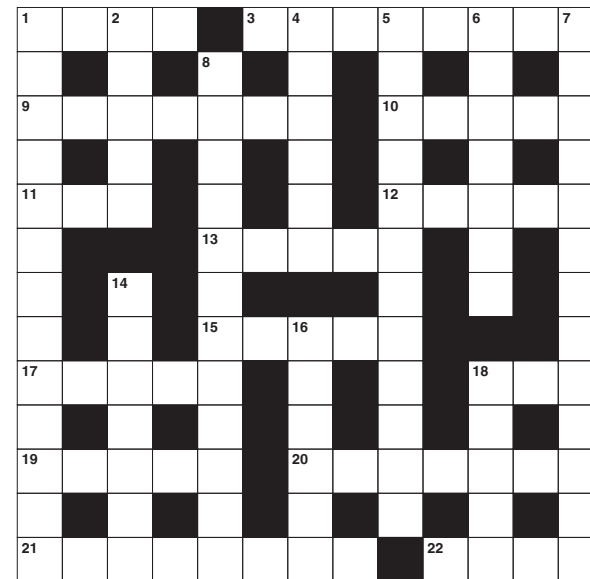
PUZZLES & TRIVIA

ACROSS

1. Free from doubt (4)
3. Make physically used to something (8)
9. Business establishments (7)
10. Pinkish-red colour (5)
11. Rocky peak (3)
12. Assisted (5)
13. Religious table (5)
15. This follows day (5)
17. Crucial person or point; axis (5)
18. Hip (anag) (3)
19. Substance exuded by some trees (5)
20. Chivalrous (7)
21. Spread out (8)
22. This grows out of follicles (4)

DOWN

1. Easily angered (5-8)
2. Send someone to a medical specialist; allude to (5)
4. Small box (6)
5. Unkind; unsympathetic (12)
6. Vehement critical speeches (7)
7. Manage badly (13)
8. Person one knows (12)



14. Studies for an exam (7)
16. Sacred river of India (6)
18. Public square (5)

DID YOU KNOW

- ▶ Though Mount Everest is the highest peak, Mount Chimborazo in Ecuador is closer to the moon.
- ▶ The island of Nauru in Oceania is the only nation with no official capital.
- ▶ At the closest point, the distance between the USA and Russia is only 3.8km.
- ▶ About 90 per cent of the world's population lives in the Northern Hemisphere.
- ▶ The Sargasso Sea is the only sea with no coast, as it's in the middle of the North Atlantic Ocean and bounded by four currents.
- ▶ The Dead Sea is currently 429 metres below sea level and sinking about one metre a year.
- ▶ Africa is the only continent that covers four hemispheres.

SUDOKU

		8	6					
4		3	2					
	1				8		2	
2		1				8		
			5	6				
	3				1		6	
8		5				4		
					7	5		8
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Party time

Fete means to party and you will find plenty to celebrate at Fete Lounge with its irresistible mix of Caribbean zest and British charm

After celebrating our first year of business we have developed our menu which now includes our kids afternoon tea, baked camembert and Spanish platters which will keep you coming back for more as well always adding to our finely crafted Gin cocktails which will keep you refreshed throughout the summer.

Nooreen and Joshi, the team behind Fete Lounge, had always had a dream to make an impact on a local high street. After a visit to the Caribbean where they witnessed how the locals celebrated life and enjoyed their surroundings, they knew they had to bring back this easy going rustic charm to the UK. That was when the idea for Fete Lounge was born.



Putting a twist on the 'Rum Shops' as they are known in Trinidad and Tobago, Fete Lounge takes the rustic, decorative charm of the Caribbean and from there serves up the British favourite, afternoon tea, which is complimented by a tea inspired cocktail menu. They have begun afternoon

tea packages for kids which includes sandwiches, fruits and cakes with the option of a chocolate fountain. It's a lovely way for the new generation of young adults to celebrate a birthday with their friends.

The extensive tea menu includes favourites such as Earl Grey, Chamomile and Royal Breakfast, but why not try a more unique blend such as Iranian Rosebud (a personal favourite), or Indian Chai. Whichever you pick, you can guarantee the flavours will not disappoint as Nooreen and Joshi have sourced all tea served at Fete Lounge from the same supplier of London's Harrods and Fortnum & Mason.

Fete, pronounced Fet, means to party – you'll find classic cocktails, gin cocktails and tea infused cocktails being served up alongside champagne and shorts all evening long at Fete Lounge.

Whether you're popping in for coffee or afternoon tea, want to hold a baby shower or end the day with an evening drink, the relaxed and inviting atmosphere at Fete Lounge will leave a lasting impression and you will be sure to make a return.



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SHAKEN & STIRRED cocktail for Summer









FOOD & DRINK

From James Bond to Tom Cruise, the humble cocktail has been a staple of every party-lover's back catalogue of booze. Here is a fantastic recipe for a summer cocktail that will revolutionise your reputation as a master mixologist.

WATERMELON MARGARITA

Roasting summer days call for a refreshing cocktail – and this easy-to-make watermelon margarita serves up fruity flavour and smooth tequila in spades. Lean back, relax, and watch the world go by in a tropical trance.

INGREDIENTS

-  4 parts tequila
-  2 parts orange liqueur
-  3 cups watermelon – chilled, seeded and cut into pieces
-  1/2 cup freshly squeezed lime juice
-  1 cup ice
-  Lime or watermelon wedge

INSTRUCTIONS

Freeze cubed watermelon in a plastic bag for a minimum of two hours. Add all ingredients to a blender and puree until smooth. Serve in glasses rimmed with salt and garnished with a lime or watermelon wedge.



Ice Cool

Yearn for soft, sweet ice cream but lack the means to churn? These simple, no-machine recipes will keep you cool all summer long.


First pick a method to make your ice cream base...


The two-ingredient method: With an electric whisk, whip two cups of heavy cream until soft peaks have formed, then slowly add one can of condensed milk and ½ tsp. of vanilla extract. Add extra flavour or pour into a resealable container, cover the surface with cling film, then seal. Freeze for at least six hours, or until firm. Keep stored in the freezer.


Stir and freeze method: In a large bowl, use an electric mixer to beat 1 ¼ cups of whole milk and ¾ cup sugar until the sugar is dissolved – one to two minutes. Stir in 2 cups cream, 1 tsp. vanilla and ¼ tsp. salt until combined. Add flavour or place the mixture in a deep baking dish and freeze for 45 minutes. As it begins to freeze near the edges, remove it from the freezer and stir vigorously with a spatula. Return to the freezer.


Continue to check the mixture every 30 minutes, stirring vigorously as it's freezing. If you have a hand-held mixer or blender, use one of those. Repeat this process for two to three hours, or until frozen.


If you're a vanilla kind of guy (or gal), these two methods will produce a delicious but basic ice cream. Alternatively, add one of these flavours before you freeze...

 **Chocolate:** ¾ cup cocoa powder (sifted) plus 110g melted cooled chocolate

 **Cookies and Cream:** 15 Oreos coarsely chopped

 **Mocha:** ½ cup cocoa powder (sifted) plus two tbsp. instant espresso powder

 **Mint Chip:** 1 tsp. peppermint extract plus 1 cup chocolate chips and green food colouring

 **Peanut Butter:** ½ cup peanut butter plus 6 chopped peanut cups



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THE GREAT BRITISH Bug Hunt

Did you know that bees are probably the most useful insects of all to humans, because they enable plants to grow through their pollination? Or that crickets have 'ears' on their legs? In other words, if you thought bugs were boring, think again! So, what better way to while away these long summer days than hunting for the little critters? Whether in your local park, in your garden or almost anywhere outdoors, it's all about knowing how and where to look...

It's a well-known fact that the creepiest of crawlies love hanging out in damp and cosy places, so start by searching under rocks and pots in your garden. Long grass, fallen leaves and branches often hide a wealth of wondrous creatures, but you'll have to be quick! With all their many legs, centipedes and

millipedes can move astonishingly fast. Window frames and sills often provide undisturbed areas for ladybirds, spiders and house flies to hide, while cracks in buildings and climbing plants are often home to more mini beasts.

Once you've found your bug, remember to be gentle. Compared to a tiny beetle you are a giant, and as the old saying goes, they are more afraid of you than you are of them. It may be worth investing in some 'bug hunting' tools, like a magnifying jar, a sheet to catch insects shaken from trees and a notepad to document your discoveries. After you've had a good gander at your insects, don't forget to put them back where you found them, so they can get back to their important work supporting our ecosystem.

How many can you find?

✓ Be sure to check off the ones you find!



Garden tiger
moth



Ruby-tailed
wasp



Two-spot
ladybird

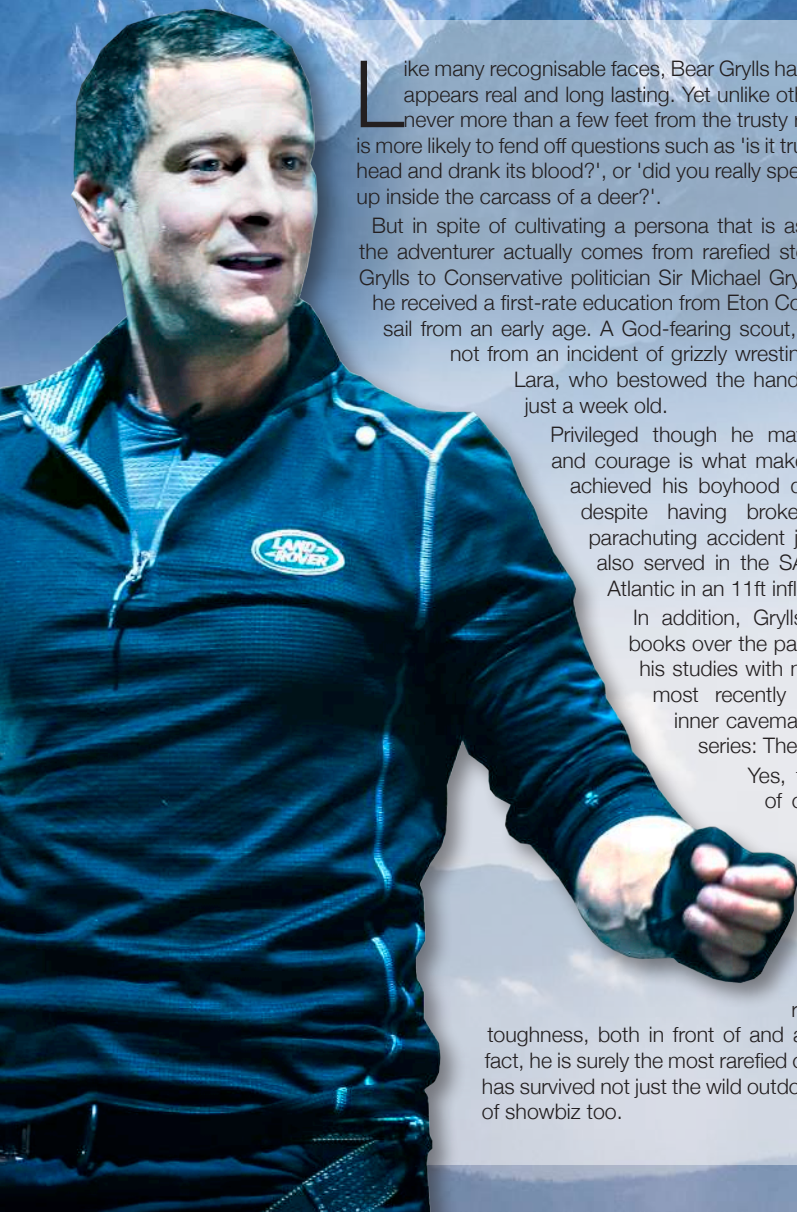


Norfolk Hawler
dragonfly



Stag beetle

HE WHO BEARS Wins



Like many recognisable faces, Bear Grylls has achieved a reputation that appears real and long lasting. Yet unlike other stars who live their lives never more than a few feet from the trusty rumour mill, the 43-year-old is more likely to fend off questions such as 'is it true you once bit off a snake's head and drank its blood?', or 'did you really spend an entire night snuggled up inside the carcass of a deer?'.

But in spite of cultivating a persona that is as modern as it is primitive, the adventurer actually comes from rarefied stock. Born Edward Michael Grylls to Conservative politician Sir Michael Grylls and Sarah, Lady Grylls, he received a first-rate education from Eton College, learning to climb and sail from an early age. A God-fearing scout, his nickname, Bear, came not from an incident of grizzly wresting, but from his elder sister Lara, who bestowed the handle upon him when he was just a week old.

Privileged though he may be, Grylls' fearlessness and courage is what makes him unique. In 1998 he achieved his boyhood dream of climbing Everest, despite having broken three vertebrae in a parachuting accident just 18 months before. He also served in the SAS, and once crossed the Atlantic in an 11ft inflatable boat.

In addition, Grylls has penned 18 survival books over the past 10 years, supplementing his studies with numerous reality TV shows, most recently helping others find their inner caveman (or cavewoman!) with his series: *The Island with Bear Grylls*.

Yes, there have been moments of controversy, such as when he reportedly spent a night in a hotel on a show dedicated to surviving outdoors.

But regardless of the occasional fakery claim, the intrepid adventurer retains a permanent air of toughness, both in front of and away from the cameras. In fact, he is surely the most rarefied of creatures - someone who has survived not just the wild outdoors, but the cutthroat world of showbiz too.

DOWN & DIRTY

Most people would consider themselves extremely unlucky to be cast away on a remote patch of land, scratching a meagre existence from the little that nature provides - so why are survival holidays becoming more and more popular?

First there was Ray Mears and now Bear Grylls has taken up the mantle of TV's great survivalist. But while the majority of us are content with bushcraft on the box, there's been a rise in demand for survival expeditions where groups of city dwellers pit their wits against Mother Nature for a time.

Whether it be surviving plunging Scandinavian temperatures or coming face to face with wild beasts in the depths of a South American jungle, these adventure packages combine militaristic training and survival skills in some of the Earth's harshest environments. But why would urban residents spend their precious holiday time foraging for edible fungi among the leafy mulch of a rainforest floor?

Survival expert Megan Hine, who leads expeditions and works behind the scenes on Bear Grylls' *Born Survivor*, believes the increasing demand for these kinds of trips is in part a "backlash against the instant gratification that people get throughout the day" in the social media age.

"I think what we find when we actually go back to nature is that the things that we do, especially with bushcraft and survival, are very time-consuming," she explains. "For example, building a shelter or sourcing food could take a whole day, and all of those skills are very therapeutic. You're shifting things around, you're actually talking to people - you put your phone down and you have to physically interact with people, which is something many people don't get to do on a daily basis."

So next time you come to organising your family trip away, ask yourself this: is sitting next to the pool with your iPhone in hand really better than rummaging for grubs among the African undergrowth?



RATNER'S FALL AND RISE

At his zenith, Gerald Ratner was chairman of a jewellery chain worth millions, before one throwaway speech spelled disaster for his company and his name...

Gerald Ratner took over his family's jewellery business in 1984, which had at that time 130 stores. By 1990 it had 2,500 stores, 25,000 employees, annual sales of £1.2 billion and profits of £121 million. As the chairman and chief executive of Ratners Group, he oversaw the world's largest jewellery retail company, including Ernest Jones and H. Samuel.

However, Ratner's management of his business empire is not the reason people remember his name. In 1991, when his company was at the peak of its powers, Ratner made a remark about his business' cost-saving criteria at a keynote speech that would go down in history.

"We also do cut-glass sherry decanters complete with six glasses on a silver-plated tray that your

butler can serve you drinks on, all for £4.95," he said. "People say, 'How can you sell this for such a low price?' I say because it's total crap."

He went on to add that his stores' earrings were "cheaper than an M&S prawn sandwich but probably wouldn't last as long".

The effect of Ratner's supposedly whimsical comment on his business was catastrophic: £500 million was wiped from the value of the company, leading to a spiral of decline which saw Ratners plunged £122.3 million into the red and forced into closing 330 shops across Britain and the States. Shares in Ratners fell drastically, valuing the group at just £33.7 million in contrast to its 1990 peak of £840 million when Ratners' pile-it-high, sell-it-cheap approach to jewellery retailing seemed unconquerable.

While the company no longer exists in its eponymous form – it is now known as Signet Jewellery – the prevailing legacy of this bumbling businessman will be the lingering concept of the 'doing a Ratner', the most famous of all corporate gaffes.

Photo credit: PA Images



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MOTORING

TREADING CAREFULLY

Changing your car's tyres regularly will save you money and keep you safe – but are you able to recognise the signs that yours are in desperate need of a change?

Tyres are often the most neglected element of our automotive upkeep – but the difference between decent treads and uncared-for tyres could be a matter of life and death. Here are the biggest warning signs that should prompt you to take the time to switch your vehicle's tyres...

CRACKING UP

Cracks on the sidewall occur over time as the oils and chemicals in the rubber compound. Over time, the rubber loses its tightness and cracks begin to appear. Driving with cracks on the sidewall could also result in the tread separating mid-way or even a possible blowout while on the move – a highly dangerous scenario.

WEARING DOWN

One of the foremost indicators that your tyre is now ready to be dumped is when it loses its tread depth.

Maintaining the recommended depth on your tyre is important because loss of depth reduces grip and traction on the roads, and eventually compromises safety while driving.

Keeping a tab on the tread wear indicator, which is built into the tyre, is a good way to measure the tread depth. These tread wear bars are generally invisible, but can be seen when the tyre has worn down beyond the recommended tread depth.

AGE ISN'T JUST A NUMBER

By five years old a tyre will begin to show signs of serious wear and surface damage. Always check the manufacturing date of tyres when you buy – this is usually a four-digit number printed on the sidewall. The first two numbers indicate the week when the tyre was manufactured, while the remaining two digits confirm the year.

Checking for these cautionary signs at least fortnightly could save you investing extra time, effort and money in repair, and most importantly could prevent a serious accident from occurring.

VEHICLE HEALTH CHECK

Tyre Check:

Cracks

Tread Depth

Date of Manufacture



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Cool runnings



Every Summer we all make sure we have sun cream, new sun glasses, new beach wear and good friends to enjoy the sun with. The one thing that almost everyone forgets to do is make sure their car they are driving is running properly and looking fine in the Summer sun.

Bearing this in mind below is a checklist to make sure your car runs smoothly this Summer and gets you to where you need to be without any problems.

- 1 Make sure your coolant system is topped up with the correct coolant
- 2 Having good tyres and correct pressure will help
- 3 Check your oil levels, brake fluid level and windscreen washer fluid level
- 4 You may want your air conditioning system checked to make sure its in good working order
- 5 Engine drive belt is in good working order
- 6 A clean car can improve your vision



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DIMENSIONS OF A THIRD KIND

The advent of 3D printing heralded a new dawn in modern technological capabilities, but what are the practical uses of this invention?

exact same time, in an astonishing advancement to modern medicine.

MAKE SPACE

3D printing is the process of creating solid, three-dimensional objects from digital files. The process is additive, which means layers upon layers of material are laid down in succession, each forming a thin, horizontal cross-section, until the desired object is created.

NASA has revealed its plans to send a 3D printer into outer space as part of a programme to set up a "mini factory" at the International Space Station. If astronauts run out of tools, they would simply be able to print more. Astronauts would no longer have to carry spare parts for each mission, and the cost of continuously firing a load of spanners into orbit would be completely avoided.

A HELPING HAND

3D DONORS

Using 3D printing, one doctor has been able to create artificial scaffolds in the shape of an organ with living cells. First the scaffold is printed and then it is coated with living cells. His regenerative department is now working on building 3D printers that can print artificial scaffolds and living cells at the

A commercially-made prosthetic limb typically costs between £5,000 and £50,000. Many people around the world are unable to afford the prosthetics that could greatly improve their quality of life.

3D-printed prosthetics only cost a few hundred pounds each and perhaps even less. Indeed, one team of volunteers crafted a prosthetic hand that only cost around £50 – and the speed of 3D printing means it is easier to supply the same person with a prosthetic throughout their life as they grow.



NO KANE, NO GAIN

From a lower league loanee to the Premier League's top striker – Harry Kane's remarkable rise from the reserves to the top of the beautiful game is an inspiration to fans and aspiring footballers everywhere.

When Tottenham's star striker Harry Kane became the fourth player to score 20 goals in three consecutive Premier League seasons, he joined such esteemed company as footballing legends Alan Shearer, Ruud van Nistelrooy and Thierry Henry.

Born in Chingford in North East London, Kane has found himself on an incredible trajectory that has seen him move from the reserves team at Tottenham to the crème de la crème of European football via a string of loan deals. A slow-burning baptism of fire that saw the young Kane ply his trade in the lower leagues for Leyton Orient, Millwall, Norwich and Leicester shaped the striker who was to become Spurs' greatest asset in front of goal.

Having secured the Golden Boot for a second year running, courtesy of an astounding end to the season that saw him score seven goals in two games, Kane is now undeniably one of the hottest prospects in world football. Having been given his break into the Spurs first team by Tim Sherwood at the expense of a perpetually struggling Roberto Soldado, Kane established himself at the front and centre of Tottenham's – and later England's – forward line.

Despite a disappointing Euro 2016 campaign – during which Roy Hodgson's decision to have the centre-forward take free kicks and corners was roundly mocked from all sides – and a nasty ankle injury that disrupted his latest season, Kane is now a leading figure in Mauricio Pochettino's Tottenham revolution.

With the 100-goal mark surely in his sights for 2017/8, it seems only a matter of time before this model professional's poaching instinct in front of the net leads to some silverware being stored in the Spurs trophy cabinet.

FLAWED DE FRANCE

Intiguously, the sport of cycling – and its arduous showpiece the Tour de France in particular – has a long history of illicit doping. Allegations of drug use have plagued the contest since 1903, with cocaine, strychnine, ether and amphetamines being used by competitors to get them through the 3,500-km, 23-day race. In an event that pushes the very limits of what the human body can take, many participants have looked to chemical means to help them get across the finish line.

For all the sport's fraught relationship with performance-enhancing pharmaceuticals, one instance stands out: the momentous revelation that record-breaking seven-time winner Lance Armstrong had been part of what authorities described as "the most sophisticated, professionalised and successful doping programme that sport has ever seen".

Armstrong had his titles stripped and received a lifetime ban for his troubles, but the fall of arguably the sport's most recognisable name left a lasting impression on cycling which has recently reached our shores.

Since 2012, Brits Bradley Wiggins and Chris Froome have managed four wins between them, with the latter chalking up three on his own with Team Sky. But in 2016, Russian hackers

acquired information from the World Anti-Doping Agency (WADA) that alleged both Wiggins and Froome had acquired Therapeutic Use Exemptions (TUEs) which allow for the use of a prescribed prohibited substance or method for the treatment of a legitimate medical condition. The exposé led to formal investigations into Team Sky by both UK Anti-Doping and even Parliament.

While British Cycling continues to insist that no anti-doping rules were broken, it did admit there were failings across the board when it came to being transparent about pharmaceutical dealings. With a cloud of conspiracy having been attached to the event's competitors for its entire 114-year history, will the Tour de France ever be able to come clean?





WHAT'S ON

in your area

Illyria: A Comedy of Errors

Fairkytes Arts Centre, Hornchurch,
RM11 1AX
Saturday, July 15, 5pm



Two sets of identical twins, separated at birth, unknowingly end up in the same city. More and more people are sucked into a vortex of mistaken identity including an officer who is paid per arrest, a goldsmith who hasn't been paid at all, a delayed merchant, an irate courtesan and a mad exorcist. To say nothing of a wife who sometimes feels her husband has two different personalities, and a poor immigrant who is arrested for being the wrong nationality. And what exactly is the Abbess of Ephesus' dark secret? Will anything ever make sense again?

Tickets - £10.45 | Cons £8.25

Rainham Marshes Moth Night

Rainham Marshes Nature Reserve, New Tank Hill Road, Purfleet, Essex, RM19 1SZ
Friday, July 21, 9.30am – 11.30pm

Moth Night is an annual celebration of moths and moth recording. The moth traps will go on at 9pm until 11.30pm and we shall see what wondrous winged beauties we can attract to our lights. The reserve will remain open till dusk that night so you can come soak up the tranquillity of the marsh as the day starts to fade. Suggested donation of £2 per person for the moth trapping, usual reserve entry fees apply if you are going to explore the reserve.

Fiddler on the Roof

The Queen's Theatre, Billet Lane, Hornchurch,
RM11 1QT
Thursday, July 20 – Saturday, July 22
2.30pm - 7.30pm



It's 1905 in the small Russian village of Anatevka, and Tevye, a poor milkman, lives in a tight-knit Jewish community with his wife and five daughters.

Tevye wants to protect his family and uphold tradition in the ever-changing political and social landscape. His three eldest daughters wish to break with tradition and marry for love rather than settle with the husband, matchmaker Yente, brings them. Meanwhile, Tsarist Russia is in decline and there are dangerous forces at work in Anatevka that threaten to destroy the very life Tevye is trying to preserve.

Fiddler on the Roof is a story of life, love and laughter. It scooped nine Tony Awards when it debuted in 1964 and has been a hit with audiences ever since.

Tickets - £17.50 | £15.50 concs

Charity Fun Run

Raphael's Park, 88 Main Road, Romford, RM2 5JB

Saturday, July 29, 10.30am

YMCA Thames Gateway are hosting a charity 5k fun run / walk / push.

The event costs £10 for adults (with concessions for 60 plus and children under 16).

Prizes will be awarded for the first to complete the run / walk / push.

Visit the charity's website at: www.ymcatg.org

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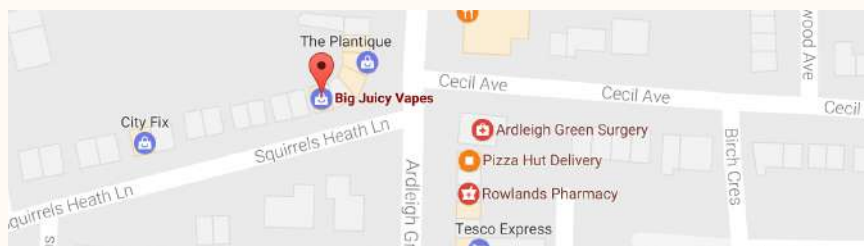




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