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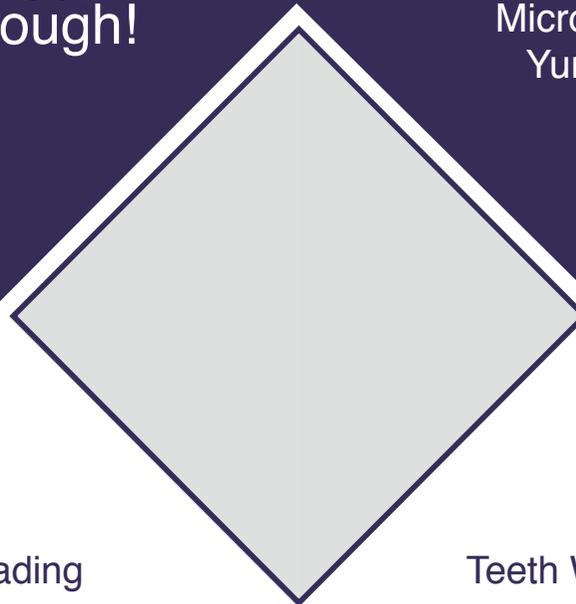
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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Hornchurch. This month we look at what's going on in the world of Davina McCall along with Bruce Forsyth's legacy. The October edition also gears us up for all things Halloween including some treats to prepare.

The local news section has been increased so you can all be aware of things going on in your hometown, including a campaign being launched after new figures revealed that fly-tipping in Essex is draining more than £1million of tax payers' money each year, residents being urged to fight the proposed closure of Hornchurch police station, and a dad and his friends raising more than £10,000 to say thank you to a charity which supported them.

Local news is important to us, so if you have any stories please email editorial@visionmag.co.uk

As always our lifestyle features are full of content. For example, in our Home & DIY section we look at stylish sources of interior light, and in Health & Fitness we take a look at how to get that magic mind with some soothing meditation.

The **VISION**Hornchurch publication is growing in size. Due to demand we have added 12 more pages.

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

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

Brett



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WITH envious ABS AND flawless SKIN, DAVINA IS defying age AS SHE TURNS 50



DAVINA McCALL

fabulous

AT 50

Age is no barrier for television presenter Davina McCall, who turns 50 this month. As her career continues to flourish, she is healthier and happier than ever.

Davina, who is married to Matthew, didn't have an easy route to fame. She is very open about her troubled past and admits struggling with life in her 20s. She suffered with body confidence issues and developed a drug and alcohol addiction. But, being the strong-willed female that she is, Davina overcame this and turned her life around.

The mum-of-three first appeared on our television screens back in 1992 when she was hired as a presenter on Ray Cokes' *Most Wanted* airing on MTV Europe. She then went on to host the ITV late night game show *God's Gift* and Channel 4 dating show *Streetmate*.

In 2000, her career really took off after she was chosen to present the inaugural series of *Big Brother*. She fronted the show for a decade before making her exit after Channel 5 bought the rights to the programme.

Since then, she has gone on to host a number of shows including *The Million Pound Drop*, *The Jump*, *Long Lost Family* and *This Time Next Year*.

In September this year, she launched her new show *The Davina Hour* on channel W, which explores modern-day life and leads thought-provoking explorations each week.

Davina has been nominated for six National Television Awards throughout her career, but has

failed to take home the title each time. In 2003, she won TV Personality at the Television and Radio Industries Club Awards.

The Londoner has become one of the UK's most loved television presenters with TV bosses paying thousands of pounds to get her to front their programmes. With an estimated net worth of £2million, she also owns property said to be in excess of £8million.

Davina is also very well-known for her charity work. One of her most notable achievements was when she took part in a Sport Relief challenge in 2014. She completed 500 miles of either running, swimming or cycling from Edinburgh to London and raised more than £2billion. Davina has also been a host of Stand Up To Cancer since 2012 – a show which is very close to her heart after she devastatingly lost her half-sister Caroline Baday to lung cancer in 2012.

It's no secret that Davina is passionate about health and fitness. She steers clear of processed sugars and alcohol and regularly works out to keep herself fighting fit.

The fitness guru has released several DVDs over the years including *5 Week Fit*, *30 Day Fat Burn* and *Fit in 15*.

If her Instagram account is anything to go by, we should all live by her rules. She has also released several sugar-free cook books in an attempt to get the public thinking about their health and portion sizes.

With enviable abs and flawless skin, Davina is defying age as she turns 50 on October 16.

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“There’s a spider in my bin...”



Some members of the public think nothing of ringing up the police on the 999 emergency line for the most bizarre and stupid reasons.

The Metropolitan Police have listed the worst calls as they warn people to think sensibly.

One drunken reveller rang the emergency services at 4am on a Saturday to ask: “Where is the best place to get a bacon sandwich right now?”

Another woman rang to say her kebab was cold and the shop would not replace it.

Officers were also asked to use their sirens and flashing lights to escort panicked holidaymakers to the airport on time after they had slept through their alarm.

One caller reported that men had turned up at her property and were trying to take her away. The men were in fact police officers who were arresting her.

As the festive time of year usually sees the 999 emergency line at its busiest, the Met have asked people to try to use it sensibly.

Chief Superintendent Pippa Mills, head of command and control, said: “This is just a sample of inappropriate calls received by our operators this year.

“Callers who do not have an emergency, may prevent others who require our immediate assistance from getting through to us.

“This presents a real risk to our ability to respond to genuine emergency calls.”

She added: “We want Londoners to have a safe and enjoyable festive season. In the event that officers are required, we need calls to reach us swiftly.”

The Metropolitan Police receive 4.5million phone calls to 999 and 101 numbers per year.



Surrey Police also received calls including “Will I get arrested if I move my housemate’s banana?”, “Fancy a chat?” and “My shutters aren’t working properly” – all in the same day.

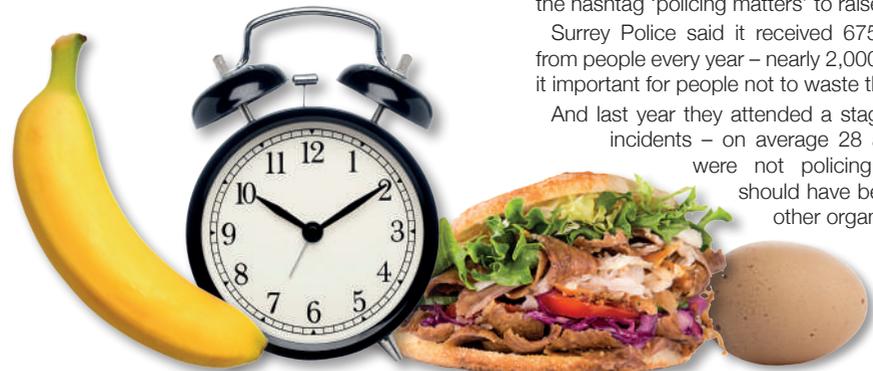
Officers revealed the daft calls from members of the public as part of a campaign to highlight the issue of police time-wasting.

In one call, a distraught resident said: “I think someone has stolen my eggs. My chicken lays an egg every morning, but today there wasn’t one there.”

The force has taken to Facebook and Twitter using the hashtag ‘policing matters’ to raise awareness.

Surrey Police said it received 675,500 contacts from people every year – nearly 2,000 a day, making it important for people not to waste their time.

And last year they attended a staggering 10,270 incidents – on average 28 a day – which were not policing matters and should have been directed to other organisations.





AUTUMN Essentials

We've scoured the Autumn/Winter 2017 catwalks for the hottest male and female trends, so all you have to do is choose what to splash your hard-earned cash on.

For Ladies

Fashion week was in a fever this season, with catwalks awash with reds of scarlet and crimson – whether a cherry red trench coat, pillar-box boots, or as was the case with Givenchy, red all over. But if you fancy a softer, more romantic look, you'll be delighted to know that velvet is a huge trend, particularly in suits and blazers.

If you're a fan of country music, dust off your tassel boots as Americana is going to be huge. Another blast from the past is fur coats, with the likes of Miu sending models out in faux furs that positively swamped their tiny frames. And finally, if you just want to invest in one simple look this season, it's got to be fishnets.

Not tarty or torn, they were worn chically with elegant dresses and boyish blazers. Back to school in style.



Faux fur coats - Autumn/Winter '17



Classic Roll Neck



Each season ought to begin with the procurement of a decent winter coat, and this year it has to be camel. With such warm outerwear, you can afford to wear little underneath, which is handy as silk shirts are back in style. But before you reach for last Halloween's Prince outfit, bear in mind that this is a subtler, pyjama shirt look.

If silk's not your thing, you can rely on the classic roll neck, which was seen everywhere from Louis Vuitton to Versace. And finally, Dustin Hoffman's love-struck character in *The Graduate* may be an unusual style icon, but he's who you'll be channelling if you invest in this season's corduroy trend. Be subtle in a blazer, or go all-out in full suit. Older lady not essential.

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BEAUTY

As Mother Nature intended, every tooth has its own function. Teeth are durable and hard wearing, however, unfortunate circumstance can lead to tooth loss. When we lose a tooth the balance of our mouth is interrupted.

Bone is the foundation of our mouths. After losing a tooth, the later, advancing stages can also lead to breakdown of the supporting bone.

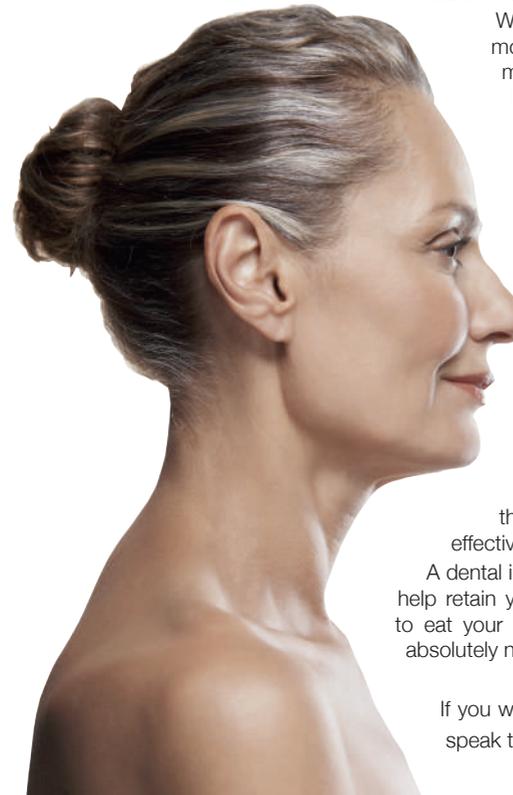
We have all seen someone with wrinkles around the mouth or hollowing in the cheeks. This is not solely due to missing teeth but also the breakdown of the supporting bone (which can sometimes be seen clinically within six months). These noticeable changes to the structure of the face could be causing the appearance of premature "ageing".

The aim is to maintain bone support. This will keep your face fuller and healthier. When we lose a tooth, there are many options available for replacing this loss, such as removable denture which can be a temporary fix. It will aid you in eating food and smiling, however this will not address bone loss.

This is where dental implants come in. Implants are the only replacement option for missing teeth that will continue to support your bone once the natural tooth is no longer in place. Due to the nature of the implant fitting comfortably in the space, the appearance and function of the implant can more effectively mimic the previous natural tooth.

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BEAUTY



Frightful Face Paint

Impress your friends this Halloween with these magnificent make-up ideas. They're simple and easy to create but will leave a lasting impression.

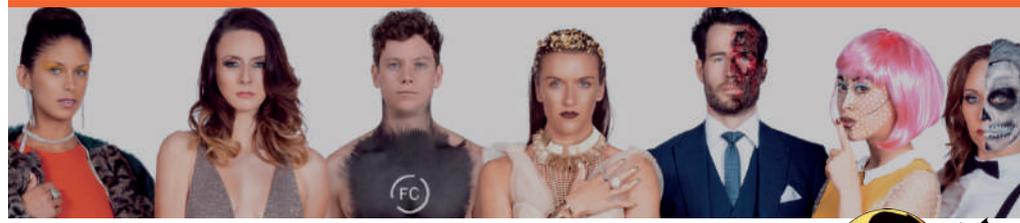
Pumpkin
This design is perfect for children. All you will need is orange, black and white face paint. Using the orange face paint, create the outline of the pumpkin and fill in, being careful not to get any into the eyes. With the black face paint, create the mouth and eye. You can then create an outline for impact. Add small amounts of white face paint to the edges to bring the design to life.

Purrfect Feisty Cat
This is an extremely simple make-up design that is perfect for people of all ages. For this design, you will need black eyeliner, black lipstick, brown eye shadow and blusher. To create this look, simply apply blusher to your cheek bones. Using the black eyeliner create the nose and whiskers. Apply the lipstick to your top lip only. For the eyes, apply the brown eyeshadow to your eye lids. With the eyeliner,

outline your eye leaving a small gap in the centre. Finish the look with some cat ears.

Spooky Spider Web
This is a favourite when it comes to easy Halloween make-up. All you will need is black eyeliner and a steady hand. From the corner of your eye, create the spider web by drawing five lines from the centre point, then join the lines to make the web. For extra impact, why not create a smoky eye with dark eye shadow and add a dark red lipstick?

Puppet
This design may look complicated, but it's easier than it looks. You'll need white, black and red face paint. Cover the face in white face paint. Add black to the eyes and under the cheek bones. Using the red face paint (or lipstick) create a swirl on each of the cheeks – these should be big enough to reach the bottom of the eye. Apply the red lipstick and two black lines from the edges of the lips to the chin. Add two small dots under the bottom lip. You can also colour the eyebrows black for added impact.



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SUPER Serena

Having broken almost every record in the sport of tennis, superwoman Serena Williams took a break from the court this year in order to dedicate herself to the birth of daughter Alexis. But even pregnancy didn't stop her from doing what she does best – winning.

When Serena Williams posted an Instagram photo of her pregnant self with the caption '20 weeks' back in August, it was remarkable for a number of reasons. Firstly, the reveal signalled that Williams would be taking a hiatus from women's tennis – the sport that, along with her sister Venus, she has dominated for more than a decade.

But even more extraordinary was the timing of the post. Because just 12 weeks beforehand, when Williams was already pregnant, she had won the Australian Open in typical punchy, aggressive style – a testament to the star's incredible athleticism and an unsurprising continuation of what has been a record-breaking career on the court.

Born in Michigan in 1981, Serena Williams has become the undisputed queen of not just women's tennis, but the sport as whole. With the most Grand Slam titles in singles, doubles and mixed doubles in

the current active era, Williams' total of 39 Grand Slams makes her the third most successful tennis player of all time.

Having carved out a space at the top of women's tennis, her list of accolades is almost endless. Williams is the only player in the sport's history not just to have won singles titles at least six times in three of the four Grand Slam competitions, but also to have won two of the four major tournaments seven times each – including seven Wimbledon titles.

Her marriage to Reddit co-founder Alexis Ohanian in December 2016 led to her eventual break from the sport in order to give birth to her daughter – also named Alexis – but having already won a Grand Slam whilst carrying her child, it's expected that there will be plenty more titles heading her way upon her return to the court... and then, we sit back, and wait for the next generation of Williams to wow us on the court.



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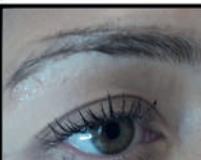
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HEALTH & FITNESS

Magic Mind

Far from being solely the pursuit of Tibetan monks and devout yogis, meditation is fast becoming a daily practice for millions of people all over the globe, in all walks of life. Like the stressed-out businessman who has chosen to turn his commute to work into his mindfulness practice and is blissed-out on the train, or the anxious teen who has discovered that calming one's mind can bring about far more clarity and peace than partying ever can...

As is often the case, the rise of technology appears to be both the cause and the solution for this phenomenon. Our minds are bombarded with an unfathomable influx of information as we scroll through news feeds and check our emails and update Twitter, sometimes before even getting out of bed. Our stress levels are rising and our attention spans are shrinking and the world is only getting louder, but meditation is a way to shut out the noise, even for a moment, and reconnect with ourselves.

But while the concept is straightforward, actually succeeding to quiet the mind is a skill that must be learnt.

Thankfully, subscription services such as Calm and Headspace have been specifically designed to fit around busy lives, offering easy-to-use apps with guided meditation sessions as short as 10 minutes.

That's 10 minutes of your day in exchange for improved concentration, reduced stress, better self-awareness and general increase in overall wellbeing.

There are physiological benefits as well: scientific studies suggest meditation can

reduce blood pressure, boost immunity and lessen heart and brain problems. No wonder those monks are always smiling.

How to meditate:

- Sit or lie comfortably.
- Close your eyes.
- Make no effort to control your breath; simply breathe naturally.
- Focus your attention on your breathing and on how the body moves with each inhalation and exhalation.
- Don't try to stop thoughts; simply allow them to come and go.
- Be patient with yourself – and enjoy the experience.



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HOME & DIY



MOVING ON

Moving home can often be a daunting and stressful experience – but could there be a specific time of year that helps rather than hinders the hopeful home-mover?

Whether you're settled on selling up or just trading in one tenancy for another, moving home can be a stressful business at the best of times. But is there a way to work out the optimum moment to start your move just by considering the seasons?

SPRING

Spring isn't just the best time to see lambs gambolling and flowers blooming – it's also the time to take advantage of those mild weather conditions and post-Christmas lull to move house. With fewer school holidays, the kids will be safely out of the way, and some people may even be turning their attentions to the housing market once again.

SUMMER

Summer has historically never been a great time to sell your home, with most people off enjoying their holidays instead of browsing the housing

market. In terms of moving, too, summer has its drawbacks. These include the hot weather, which can make moving much more difficult, and the fact the school holidays will mean any children will always be available to add to the chaos.

AUTUMN

After spring, autumn is probably the next best time to attempt a move. True, the weather can be unpredictable, but you'll only be subjected to extremes if you're unlucky, and the kids will be in school most of the time – but there's also half term if you want a couple of extra helpers around the house.

WINTER

While visions of a fresh January start in a new home may have a romantic allure to them, winter is a problematic season to make a move. Not only will you spend the Christmas period surrounded by (less fun) boxes, the stress of sorting contracts and finances, winter weather can also be unpredictable, moving a hazardous business, and the pressures of Christmas mean selling is often difficult too.

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HOME & DIY

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Flower Power

Flowers may seem like a traditional centrepiece, but there are so many ways to display them that it will always feel fresh. Even a simple vase can be spruced up with rope or ribbons or placed in a synthetic floral wreath. You can also make your own vase by placing a tall glass inside a transparent container, then filling the space up with coloured sweets or beads.

Outdoors In

Enlist the help of nature to create something rustic and seasonal. Tie autumn leaves and twigs together and top with a miniature pumpkin, or create small bouquets with fresh herbs and wild flowers. If it's a celebration, arrange a twisted napkin in a heart shape and fill with petals to use as confetti.

Light the Way

Create a romantic ambience with glowing lights. Rather than using one large candle, have many tea lights in jars or tins, or invest in a large Moroccan-style lamp to create an Eastern

glow. Those who are concerned about the dangers of fire and alcohol can place a decorative bowl on the table filled with water and a combination of floating candles and fresh flower-heads. Or simply bundle battery-operated fairy lights in a vase.

Get Crafty

Melt your guests' hearts by enlisting the help of children. Handmade mosaics, decorated vases and papier-mâché can all create a touching centrepiece. Or if you have a flair for sewing, creating a quilted table runner with matching place mats.

Eat the Art

Too busy preparing food to worry about the table decorations? Then make the food the centre of attention. Bake a decorative loaf of bread or display a spectacular cake or cheeses under a glass cloche. And for those who really want to show off, prepare a seafood platter as a starter or bring your main course out adorned with table sparklers. Bon appetit.





HOME & DIY



Lighting Up

When traditional bulbs perhaps aren't shedding enough light on your inspirational side, why not turn your attention to these stylish sources of interior light instead?



Facing Up

Tired of your typical light bulbs and lethargy-inducing lamp shades? Replace both of these outdated interior adornments with stylish up-lighting. Whether fixed flush to the wall or in a chromatic bracket, these lights will emit a soft and subtle illumination that you can style to the rest of the house – and can be used to cast an eye-catching glow on the most important aspects of the room.



Out of Nowhere

Society expects you to put your lights in the ceiling or at least above head height – but why? Throw traditional interior design on its head with recessed lighting that slots seamlessly into your floorboards. You could use it to guide visitors along your corridors with effortless chic, or place them around large ornaments or appliances to create a sophisticated centrepiece.



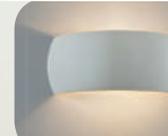
Ahead of the Game

Get the stylish wall adornments of a big game-hunting Victorian without having to eliminate a single endangered animal with an LED light in the shape of a rhino's bonce. Made from highly-polished moulded plastic that mimics a ceramic effect, these lights use warm white LEDs to pick out all the detail as it shines from within, so you don't have to brush up on your taxidermy skills after all.



Fairy Goo!

Combine the elegant illumination of fairy lights and the natural look of a houseplant with some faux flora that doubles up as a classy lamp. Achieve the effect of an enchanted grotto with a wide variation of colours while side-stepping leafy mess and errant soil. Alternatively, you can drape a string of these floral fairy lights along curtain rails or bedposts to make it seem like your soft furnishings are being entwined with



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HOME & DIY



STYLING IT OUT.

Born in the Tunisian city of Sfax, Tom Dixon has made himself known around the world as a celebrated designer whose eponymous lighting, furniture and accessories brands are synonymous with luxury and style.

Having first begun to draw the eye in the mid-Eighties as a self-taught designer specialising in making furniture from salvaged material, Dixon's first project – Space – provided him and fellow young designers with a way to advertise their wares. By the end of the decade, Dixon was commissioned to work for renowned Italian designer Cappellini and ended up envisioning the 'S' chair, which is now iconic among furniture designers.

The Nineties was the era in which Dixon really became a household name though, not least because of the success of his own company – Eurolounge – and in 1998 he became head of design for Habitat, going on to become creative director before eventually leaving the company in 2008. Dixon became one of the main figures credited with revitalising the ailing Habitat brand and earned an OBE for services to British design in 2001.

However, the 58-year-old is best known for his own 'Tom Dixon' brand, based in Portobello. Alongside characteristic upmarket furniture and accessories, the company had a hand in the establishment of Design Research – a design and product development holding company. The brand launches new collections twice a year at the Milan International Furniture Fair and the London Design Festival, with Dixon's creations being sold in more than 60 countries.

His designs have subsequently made their way to the highest echelons of society, primarily through his interior and architectural design studio. From here, he has curated a host of well-known projects across the capital, including Jamie Oliver's flagship Barbecoa eatery, Restaurant at The Royal Academy plus Shoreditch House, and his ambitious take on renovating the iconic Thames-side Sea Containers House into a hotel in 2014.

A designer at the peak of his powers, we wonder what is next for this iconic visionary.



Photo credit: www.tomdixon.net and www.cappellini.it

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Artwork Credit: Heatherwick Studios via bbc.co.uk

THE BRIDGE TO NOWHERE

It was hailed as London's 'iconic new landmark', a 'floating paradise' supported by former Mayor Boris Johnson and conceived by Joanna Lumley. But as current Mayor, Sadiq Khan, recently pulled the plug on public funding for this controversial city addition, we look at the rise and fall of the Garden Bridge.

Khan has finally put hopes of a completed Garden Bridge to bed by denying the project the vital funding it needs to begin construction. Ever since the foliage-laden walkway had been conceived by actress Joanna Lumley as a tribute to Princess Diana, the project had unfortunately been mired in acrimony.

And with the proposal now well and truly dead in the water, Khan remarked that taxpayers in the capital should be "very angry" about the £37million of public funding already ploughed into the project.

Supporters of the lush landmark – such as Khan's predecessor Boris Johnson and former Chancellor George Osborne – have bemoaned the decision to scrap construction, which would

have featured 270 trees and thousands of plants. But critics have long seen problems with the wilderness-covered walkway, saying that it would be in a part of the city already well-served by bridges and questioning why public money was being spent on a privately-run link across the river which would set its own rules for access and be closed both at nights and for private events.

With the revelation that the Garden Bridge Trust had spent the £37million of public money without a brick being laid and falling well short of the private donations it hoped for, Khan pulled the plug – with planning permission for the bridge, which was set to run from Temple to the South Bank, about to expire next month, he was forced to make a final decision on the proposals.

"The funding gap is now at over £70million and it appears unlikely that the Trust will succeed in raising the private funds required for the project," he said. "I am simply not prepared to risk a situation where the taxpayer has to step in and contribute significant additional amounts to ensure the project is completed."



CREATE YOUR OWN Zen Garden

With meditation becoming increasingly popular, zen gardens are the perfect place to relax your mind. A zen garden is a peaceful place where you can go to meditate, relax and admire the simplicity of its design. Made using pebbles, rocks and sand, these elements can be designed to create a simple and beautiful space.

Zen gardens are very versatile and can be placed in almost any space. From a desktop zen garden to an outdoor one, you really are in control when it comes to deciding how to create your perfect space.

HOW TO CREATE AN OUTDOOR ZEN GARDEN

THE SAND

Sand is the key element to a zen garden. This often covers the whole area and will have a raked pattern in it. Beach sand often won't hold the raked waves, so it is best to use crushed granite to create this effect.

THE PEBBLES

Pebbles can be placed sparingly around the garden to add simple elements to the design. You can incorporate these into the sand pattern, or have them dotted around.

THE ROCKS

Larger rocks can be used to complement the pebbles and sand. They create a focus point in the garden. There is no correct way to use these, it is all down to personal preference.

WATER

Water features such as ponds and waterfalls can be the perfect addition to a zen garden. The relaxing sound of running water can add to the calming atmosphere.

THE PLANTS OR TREES

Some people like to put some colour and greenery into their zen gardens. This can be done in the form of water plants such as lilies and the Japanese water iris. Common trees that can be used as a canopy include bamboo or fruit trees such as flowering plum or cherry.





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“We may never see
as multi-faceted an
entertainer as Sir
Bruce Forsyth again,”



Strictly Didn't he do well?

He was Britain's greatest performer – a showbiz legend who had spanned generations with a variety of well-loved acts and appearances. As the entertainment community reels from the loss of Sir Bruce Forsyth, we look back on his life, career and catchphrases.

From variety hall entertainer to gameshow host, and *Strictly Come Dancing* presenter – Sir Bruce Forsyth was a staple on British TVs for decades before his death, aged 89, in August this year.

Born in Edmonton, London, in 1928, Forsyth's start in the business came as the all-singing, all-dancing, accordion-playing 'Boy Bruce the Mighty Atom'. Following his TV debut in 1939 on the BBC talent show *Come and Be Televised*, Forsyth toured the UK before getting his biggest gig to date as host of *Sunday Night at the London Palladium* in 1958.

Just over a decade later, Forsyth was the man to capitalise on Britain's love of TV game shows. The Seventies saw him helm the BBC's *Generation Game* – alongside second wife Anthea Redfern – before he switched to ITV for *Bruce's Big Night* and the hugely successful *Play Your Cards Right*. During this time, when he also put his considerable talents to projects like *You Bet!* and *The Price is Right*, Forsyth coined a number of catchphrases that were to become staples of British households for years to come – from "What do points make? Prizes!" to possibly his most recognisable, "Nice to see you, to see you...nice!"

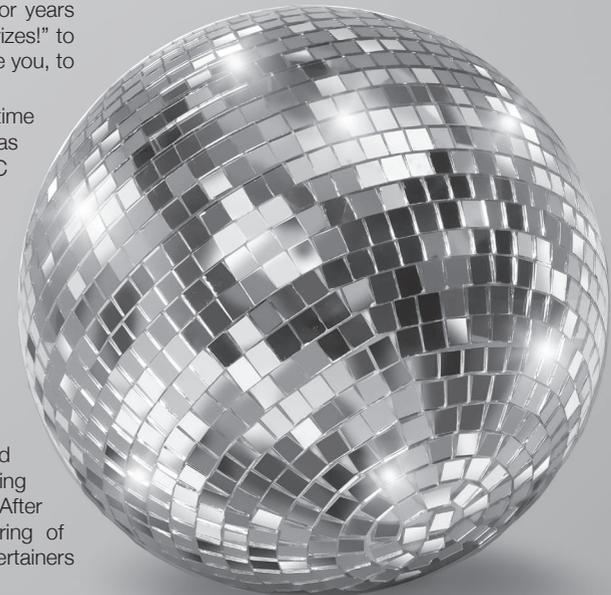
Following a short stint away from primetime telly, Forsyth found his second wind as presenter of the new glitz-and-glamour BBC ballroom bonanza, *Strictly Come Dancing*. For nine years, the twinkle-eyed and twinkle-toed TV veteran presided over the staple of BBC programming, before retiring in 2014 to his house on the edge of Wentworth Golf Course with his third wife, former Miss World Wilnelia Mercad. His last televised appearance came as part of the *Strictly Children in Need Special* that year.

Forsyth's OBE in 1998, CBE in 2006 and knighthood in 2011 go some way to showing the huge popularity he enjoyed in Britain. After his death, there was a massive outpouring of tributes from friends, fans and fellow entertainers

alike, including *Strictly* co-host Tess Daly, close associates Michael Parkinson, Jimmy Tarbuck and Des O'Connor, and the BBC director general, Lord Tony Hall.

Forsyth's time on telly was quite literally record-breaking, with The Guinness Book of World Records saving him a spot for having the longest TV career of any male entertainer – an achievement the man himself called "a wonderful surprise". It was the first of two appearances in the renowned record book, with the veteran entertainer also scooping the accolade for oldest performer at the Glastonbury Festival after he took to the Avalon Stage in 2013.

We may never see as multi-faceted an entertainer as Sir Bruce Forsyth again – and having touched so many throughout his incredible career, there will be plenty of shows that appear to be missing that special stardust he brought so effortlessly for the best part of a century.



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LOCAL NEWS

from your neighbourhood

Photo credit: Hornchurch Residents Association

Photo credit: change.org



Residents urged to fight police station closure

Residents are being urged to give their opinions about the proposal to close Hornchurch police station.

A petition has been set up by the Hornchurch Residents Association to keep the police station as a hub, which could be one of four hubs that will be kept open in Havering.

Leader of Havering Council, Cllr Roger Ramsey, is urging residents to speak out against proposals to close the police station.

The council strongly opposes the Mayor's Office for Policing and Crime's (MOPAC) proposal to close both Hornchurch and Rainham police stations, along with seven Safer Neighbourhood bases where members of the public can contact the police's Safer Neighbourhood team face-to-face.

The closure of these sites will leave only one 24-hour publicly accessible police station in the borough,

based in Romford. The Patrol Base at Spilsbury Road, Harold Hill, will also remain open.

Cllr Ramsey said: "I understand that there are cuts being made to the service which has put the mayor in a difficult position, but closing two of our police stations and Safer Neighbourhood bases is a short-sighted decision and is very alarming.

"The public access police stations in Rainham and Hornchurch are only open for three hours per week, but act as a visible safety presence on our high streets. Closing both stations down will leave our residents feeling unsafe and for some, in particular residents in Rainham, this means having to travel over an hour to their nearest police station, which is not acceptable."

To sign the proposal, visit www.change.org/p/hornchurch-residents-association-retain-hornchurch-police-station-as-a-hub

Male nurse struck off for sexually motivated actions

A male nurse will be struck off after kissing and touching the breast of a 75-year-old resident at a Hornchurch care home.

Dimitrios Kokkinidis, who worked at the Moreland Care Home, touched the breast and kissed the resident who was an advanced dementia and Alzheimer's sufferer during his second shift working at the home, the first being the previous day.

Kokkinidis had previously been suspended from practicing as a nurse for six months by the Nursing and Midwifery Council (NMC) after a hearing in March this year.

However, after a review of the decision on August

31, the panel were concerned that Kokkinidis had disengaged with the proceedings and had not expressed any remorse for his actions, or acknowledged the serious implications it had on the vulnerable resident.

He also failed to understand how inappropriate the course of action was and the impact his actions had on the resident.

The decision was therefore made that it was necessary to prevent Kokkinidis from practising in the future and therefore implemented the striking off order which comes into effect at the end of October 28.

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Residents raise hundreds of pounds for cancer charity



Photo credit: Havering council

Residents of Garrick House in Hornchurch were busy baking this September to raise money for a cancer charity.

Their inspiration for the event was fellow resident Mrs Eileen Burnell.

Mrs Burnell's daughter, Kerry, was recently diagnosed with a rare form of cancer and has been having treatment at Barts Hospital in London.

The event was a huge success with lots of cakes being baked and donated, raising an impressive £630 on the day.

Mrs Burnell said: "Macmillan does a fantastic job and I wanted to do something to help them in their work. I know they organise the World's Biggest Coffee Morning each year at the end of September but I wanted to do something before schools started the new term so grandchildren could get involved too.

"I was amazed by the amount raised and want to thank everyone who got involved and came along to support the event. The final total should be even more than £630."

Deputy leader of Havering council and cabinet member for housing, Cllr Damian White, said: "Every year many of our tenants take part in the World's Biggest Coffee Morning to raise funds for Macmillan Cancer Support and I am always surprised at how much is raised at each of these events.

"Clearly the local connection made this an even more special event and we all wish Mrs Burnell's daughter Kerry a full recovery."

Nominations open for Business Awards 2017

Businesses are being asked to nominate themselves for the Havering Business Awards 2017/18.

Nominations are now open for the prestigious

awards ceremony, organised by Havering council.

Businesses can enter all seven categories, including Large Business of the Year, which is new this year.

All award winners will receive a glass plaque celebrating their success and a PR package including media coverage, social media, e-newsletter promotion to over 140,000 subscribers, and featured content on Havering council's website.

Councillor Roger Ramsey, leader of the council, said: "The Business Awards is a great opportunity for local businesses to showcase their success to the community and their competitors.

"Havering has a number of successful businesses which explains why we are nationally recognised as the Start-up Capital of Britain.

To nominate, visit www.haveringbusinessawards.co.uk/enternominate/

Entries close on Monday, November 13.

Fly-tipping draining £1m a year



Photo credit: Essex County Council

Fly-tipping in Essex is draining more than £1million of taxpayers' money each year, new figures reveal.

Love Essex, a partnership of councils, businesses and environmental charity Keep Britain Tidy, have launched its #CrimeNotToCare campaign to remind residents they could end up with a criminal record and face an unlimited fine if a rogue trader dumps their waste illegally.

One man was fined £461 and ordered to pay £758 prosecution costs after pleading guilty to failing his household waste duty of care.

An Essex resident had allowed a man who knocked at his door to take 40 black sacks of rubbish away for £70 cash. The rubbish was then fly-tipped in a garage area and traced back to the resident.





Photo credit: Sick Children's Trust

Skydiving to thank children's charity

The dad of a little boy whose son was born weighing just 11lb 10oz harnessed the support of eight friends and raised an incredible £10,786 in a charity skydive for The Sick Children's Trust.

Gary Jones, 34, from Hornchurch, and eight friends all jumped out of a plane at 12,000 feet to raise money for the charity that supported Gary and his family after the birth of their extremely premature baby boy Charlie back in December 2015.

Charlie was born 15 weeks early at Homerton University Hospital in Hackney. Because Charlie was so premature, his bowels hadn't developed properly.

At one week old, he required an emergency transfer to The Royal London Hospital to undergo lifesaving surgery to fit a stoma. Whilst Charlie was being treated at the specialist hospital his parents, Gary and Carly, were supported by The Sick Children's Trust at Stevenson House, just minutes from their son's hospital bedside.

Gary wanted to organise a fundraiser to thank the charity.

He said: "It was easy to get my friends on board, as this was their way of expressing their support for my family and they know how much the charity helped us. They saw us when we were in bits and they knew how much help we received."

The Sick Children's Trust runs 10 'Homes from Home' across the country, giving families with seriously ill children free accommodation just minutes from their child's hospital bedside. The charity relies entirely on voluntary donations and it costs £30 to support a family for one night.

Gary continued: "The skydive was pretty nerve-racking and for a bunch of nine friends we were pretty silent in the lead up to the jump.

"As we flew to 12,000 feet, every minute felt long and tortuous. It seemed to take forever. But we had so many family members and friends there on the day to cheer us on which helped. And overriding the fear was the pleasure of knowing how much money we managed to raise for this amazing charity.

"Charlie has made a remarkable recovery, although he still suffers from chronic lung disease and a mild form of cerebral palsy; he is working with an excellent physiotherapist and is a happy healthy little boy who can now crawl around and is trying to stand up.

"He was even able to high-five me with his right hand after I completed the jump, which is something the doctors did not think he would ever do."

Sea Cadets take on Great River Race

Members of the Hornchurch and Upminster Cadet unit took on the 21.6-mile Great River Race last month.

Starting from London Docklands and finishing at Riverside below Ham House in Richmond, the race had 332 boat entries at the event on Saturday, September 9.

The Hornchurch and Upminster Sea Cadet unit

entered two boats consisting of five cadets and one adult in each boat.

Both boats finished in three hours, 18 minutes with only six seconds separating the two.

One team finished in 177th place and the other in 179th place in the overall results, and in the Under 18 class the teams finished fifth and sixth.

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McFarlane named as Manager of the Month



AFC Hornchurch manager Jimmy McFarlane has been awarded the Mitre Manager of the Month Award for August.

McFarlane shared the award with Jody Brown of Heybridge Swifts after the two couldn't be separated following their identical league scores as they moved into September.

Both teams ended August with 100 per cent records and identical goal difference, goals scored and goals conceded tallies.

Posting on their website, AFC Hornchurch wrote: "Congratulations to Jimmy who has been awarded the Mitre Manager of the Month Award for August.

"The award is shared with the Heybridge Swifts manager, Jody Brown as both the Urchins and Swifts played four league games during August; winning four, scoring 13 and conceding two.

"Well done to Jimmy and the coaching staff."

Meanwhile ... Bentley joins the 200 club



Alex Bentley has been celebrating recently after making his 200th appearance for AFC Hornchurch.

He reached the milestone during a 4-1 win against Bury Town on Saturday, August 26.

Prior to signing for the Urchins, Bentley played for Dagenham and Redbridge and Cray Wanderers.

He made his debut during the 2012/2013 season against Salisbury City where the team suffered a 2-1 away defeat.

Bentley then moved to Bromley, but was only there for their 2013/2014 pre-season before returning to the Urchins where he has been ever since.

In May of this year, Bentley was selected for Middlesex Wanderers, a team composed of top players across the non-league spectrum.

Young carers to get more support

Thousands of young carers across Essex will benefit from a new countywide service aimed at ensuring they get the tailored support they need.

Essex County Council has approved a new young carers service, which includes a commitment to spend up to an extra £275,000 a year on services for young carers over the next five years.

There are estimated to be more than 10,000 young people in Essex who provide regular care for a family member, including some as young as just six. However, only 478 attended a support group last year and just 295 received any one-to-one support.

With the numbers of young carers expected to continue to grow, the council is determined to ensure they have access to the help and support needed to prevent them from being disadvantaged by their caring responsibilities.

The new in-house service, which comes into effect across the county from April 2018, centres around a key worker model and has already been successfully piloted in the Braintree district.

Young people and their families will benefit from a more comprehensive and joined-up package of one-to-one support. Where requested, their key worker will help with things such as access to mental health services, liaising with schools to improve attendance and attainment, finding social and leisure opportunities, signposting to other support services and intervening at times of crisis.

The new approach will enable the progress of young carers to be monitored more closely by utilising the council's existing data systems.

It will also offer families far greater flexibility than the existing system of provider-led support groups, removing the barrier of set days and allowing families to access personalised support at times to suit them.

Other support will include telephone and online helplines, respite groups and trips, training opportunities and a system of school-based support.

Please visit www.youth.essex.gov.uk/young-people/young-carers/ or to find out more about the support available to carers in Essex, please visit www.carersinessex.org.uk

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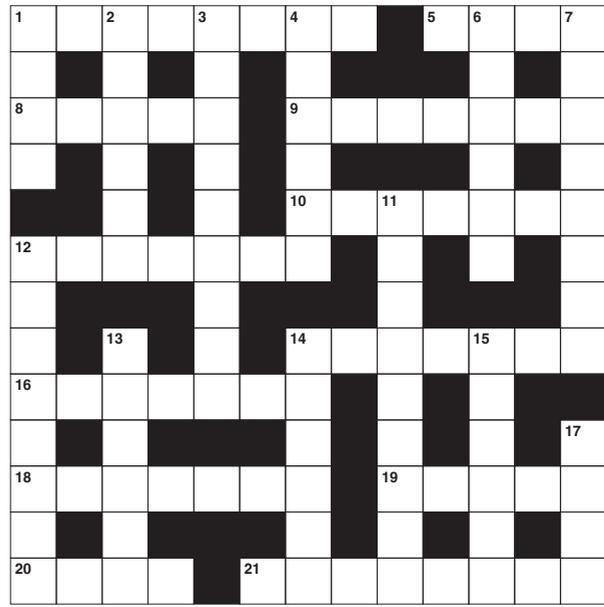
Answers can be found on the Contents Page 4

ACROSS

- 1. Speak unfavourably about (3-5)
- 5. Long narrative poem (4)
- 8. Allow entry to (5)
- 9. Rupert: English actor (7)
- 10. Italian rice dish (7)
- 12. Corridor (7)
- 13. Friendly (7)
- 14. Cynic (7)
- 16. Acquire from a relative (7)
- 18. Beginning to exist (7)
- 19. MacArthur: sailor (5)
- 20. Arguments against (4)
- 21. Judges (8)

DOWN

- 1. Glass ornament; small ball (4)
- 2. Maiden (6)
- 3. Jackets and raincoats, for example (9)
- 4. System of ideas to explain something (6)
- 6. Attractive (6)
- 7. Universal in extent (8)
- 11. Supplant (9)
- 12. Sanitary (8)
- 13. Selected (6)



- 14. Expresses one's opinion (6)
- 15. Sir and Dame, for example (6)
- 17. Sink (anag) (4)

DID YOU KNOW

- ▶ Louis XIX was king of France for just 20 minutes
- ▶ In France, you can marry a dead person
- ▶ France is the most visited country in the world. In 2012, there were 83 million tourists
- ▶ There's a coffee shop in France where not saying "please" and "thank you" makes your coffee more expensive
- ▶ France was the first country to introduce the license plate
- ▶ In France, it's illegal to name a pig "Napoleon"
- ▶ France uses 12 different time zones, the most of any country in the world
- ▶ From 1814 to 1830 the flag of France was plain white

SUDOKU

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



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By turning that glorious fruit into jam, you can enjoy the fruits of your labour all year round, and it's far easier to store. Easy to make, you just need an equal amount of sugar to fruit, a cooking thermometer and a very large pan. Chop harder fruit, or mash berries with the sugar, and set over a high heat, leaving to simmer for about five minutes. Your jam will need to reach 103°C to 105°C for it to set, so once it hits this temperature, turn off the heat and skim off any scum.

Meanwhile, sterilise your jam jars by putting them through a very hot wash in the dishwasher, or manually wash your jars and lids (removing any rubber seals) and place them on a baking tray in the oven at 110°C/225°F/gas ¼ for 30 minutes until dry. Pour the jam into your still warm jars and seal tightly before labelling.

Unopened jars will sit happily in your cupboard for months – and also make ideal gifts. While most fruits are delicious on their own, you can be really creative with flavours, combining fruits and adding spices and even alcohol at the start. Flavours that work well together include apple and cinnamon, rhubarb and ginger, peach and amaretto and blackberry and vanilla. Now all you need is some delicious warm bread to spread them on.



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SPOOKTACULAR HALLOWEEN Treats

Celebrate Halloween this year with some tasty treats. Get the children involved with these simple and easy to make recipes.

MUMMY ON TOAST

☞ Two slices of bread

- ☞ Cheddar cheese
- ☞ Tomato sauce
- ☞ Two black olives

1. Toast your bread to your preferred liking
2. Cut the cheddar cheese into slices so they look like thin rectangles
3. Cut the olives in half to create two 'eyes'
4. Once your bread is toasted, spread over the tomato sauce. Place the cheese on top to make it look like mummy bandages and add the olives
5. Place under a grill until the cheese has melted

GHOSTLY MERINGUE

- ☞ Four large eggs
- ☞ 115g icing sugar
- ☞ A small bar of chocolate

- ☞ 115g caster sugar
1. Preheat the oven to 100C and line a baking tray with a baking sheet
 2. Put the eggs into a large mixing bowl and beat them on a medium speed with an electric whisk until the mixture resembles a fluffy cloud and you can make stiff peaks
 3. Put your mixer on a high speed and gradually

- add the caster sugar a spoonful at a time
4. Sift one third of the icing sugar into the mixture and gently fold using a metal spoon or rubber spatula. Continue to sift the icing sugar a third at a time
5. Scoop a heaped spoon of the mixture and put it on the baking sheet. Use the spoon to make a peak
6. Bake for 90 to 105 minutes until the meringues sound crisp when tapped underneath. Leave to cool
7. Once cool, melt the chocolate and using a skewer, make the eyes and mouth on your ghost meringues

DRACULA COOKIES

- ☞ Chocolate chip cookies
- ☞ White marshmallows
- ☞ White large chocolate buttons
- ☞ Red piping icing

1. Cut the chocolate chip cookie in half
2. On one half, pipe on some red icing
3. Place the marshmallows on the red icing (depending on the size of your marshmallows, you may need to cut them to size)
4. Cut a white chocolate button in half and place between two of the marshmallows to act as the fangs
5. Place the other cookie half on top and enjoy



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SPOOK IT UP





KIDS



Transform your haunted house this Halloween with these cheap and simple craft ideas. You'll be sure to impress the neighbours...if they dare to enter.

Ghostly surprise

Have you got an old bed sheet hanging around? Transform it this Halloween into a ghost. All you will need is a balloon, some string and a black Sharpie. To begin, blow up a balloon. Put it in the centre of the sheet and tighten below the balloon with string to create the head. Draw on a face using the black Sharpie. For an added effect, cut the edges to make it ripped and ragged. Hang up using string and give passers by a fright.



Pumpkin paper lanterns

All you will need are orange paper lanterns, black tissue paper and glue. Simply cut out your pumpkin design from the tissue paper and stick it onto the lantern. These are so cheap to make, you can create as many or as little as you like. They look good hanging from doors and windows to scare anyone who dares to pass.



Jar lanterns

For this, you can either buy some jars or use ones that you have finished with in the kitchen. You will need glass paint and a paint brush. All you need to do is paint your design onto the jar. Pumpkins are particularly good as the orange colour will cover the whole jar, meaning when the candle has been lit inside, it will make your room glow.



Halloween banners

These Halloween banners are quick and simple to make – perfect for a party. You will need black and orange cardboard, a piece of string and craft pegs. Cut out letters from the cardboard, ensuring they are all a similar size. Hang them up using the craft pegs. These are great for any occasion and can be easily adapted. Why not try making other shapes too?



Be careful using your scissors!



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CAN'T PAY?



With rising costs offset against lower incomes, it's easier than ever to find yourself in debt – and one drastic, albeit effective, solution to your financial problems could well come in the form of an Individual Voluntary Arrangement. But what is an IVA, and is it the best option for you when it comes to getting back into the black?

It's a little-known statistic that people in the UK owed a collective £1.5trillion at the end of May 2017, and there appears to be little sign of this rising debt slowing down due to the ever-increasing cost of living. If you find yourself in debt, there are numerous ways in which you can get back in the black, but for those struggling to make repayments on existing arrangements, an IVA can be a last-chance solution to return stability and sanity to debts.

An IVA is a form of insolvency that differs from bankruptcy. Instead, it is an agreement that is made with your creditors to pay off your debts over a set period. It is a formal, legal debt solution, which means it is approved by the court, and both parties

have to abide by its terms.

If you decide to get an IVA, you will work out a repayment plan with the insolvency practitioner. A meeting of creditors will be arranged where they will decide whether or not to approve your IVA. At least 75per cent of the value of creditors who vote at the meeting of creditors need to vote in favour of your IVA proposal for it to be approved.

The repayment plan is put to the creditors that you will pay back a certain percentage of the debt, usually over five years, with your monthly repayments being paid directly to the insolvency practitioner who will then distribute funds to creditors.

The downside is an IVA will affect your credit rating, but it is an ideal solution for those looking to restart their finances from scratch without losing owned assets such as property.

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TECHNOLOGY



The launch of a new iPhone is usually greeted with huge fanfare, record sales and excited customers – but Apple’s radical new iPhone 8 has been delayed once again, leading to fears that the newest handset is causing more problems for the company than it’s solving.

WIRELESS WOES

It has been revealed that Apple is struggling to solve problems with one of the iPhone 8’s major new features: wireless charging. Not only does this put it at a disadvantage to market rivals which already offer wireless charging as standard, but the handset’s entire aluminium chassis has been replaced with more fragile glass for this very reason. Failure to solve the charging conundrum, therefore, would make that move look more than a little ridiculous.

ID, OH DEAR

There have also been accounts of software integration problems making life difficult for Apple’s team of technical wizards. This issue is hampering both the inclusion of Touch ID and 3D sensors, and as the latter is supposedly a back-up in case the former isn’t available on the launch date, this has left Apple in a very tricky situation. It’s thought some features may well have to be included in an early update rather than at launch, as happened with the iPhone 7 Plus’ Portrait Mode.

RIVALS RISING

Another problem appears to be Apple being unable to get its hands on a large enough supply of the organic light-emitting diode (OLED) which is crucial to the phone’s construction. This has led the firm to invest heavily in market rival Samsung – which has subsequently pushed its main competitor to record profits.

All can agree that it’s certainly a little late in the day for Apple to be experiencing so many problems with its most hyped handset to date. And with the cost of the iPhone 8 reported to be around £1,000-plus, this is one venture that Apple can’t afford to get wrong.



THE DEATH OF TV?

British telly has undergone a huge seismic shift. Gone are the days when traditional channels ruled the airwaves when it came to entertainment; 2016 was the year streaming sites such as Netflix and Amazon Prime brought their own original series to the table in a seemingly unstoppable and thoroughly entertaining show of force.

Whilst the Beeb fought back valiantly with the hugely acclaimed *Planet Earth II* and the TV-adaptation of John Le Carre's *The Night Manager* – featuring Tom Hiddleston's bare buttocks, no less – scheduled telly came a cropper in areas where by and large they have reigned supreme for generations.

Period dramas had long been a staple of the corporation's might, with *Downton Abby* standing out as the most recent example of lush historical entertainment that kept viewers hooked. But this year, Netflix flexed its financial muscles and ploughed £10million into its own hugely successful royal drama *The Crown*, starring former *Dr Who* Matt Smith.

So too did 2016 see one of the BBC's most popular franchises, *Top Gear*, come crumbling down about them, with the critically panned post-Clarkson and co revival eventually culminating in the farcical exit of newly-selected frontman Chris Evans after just six episodes. On the other hand, Clarkson, May and Hammond defected to Amazon, whose expensive *Top Gear* surrogate *The Grand Tour* was appreciated by critics and fans alike.

Can traditional telly battle back? The odds, it seems, are stacked heavily against them. Streaming gives viewers the ability to be entertained without the need for a conventional TV or at an inflexible time slot – and with BBC3 going fully online, and the BBC iPlayer now reserved only for those who pay their licensing fees, it appears even the UK's most renowned television corporation is trying to wrest back control from the wealthy new kids on the block.



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MOTORING

BUSTED

We all know about talking on the phone or breaking the speed limit, but what other habits are actually motoring misdemeanours that could land you in hot water with the fuzz?

BAD APPLE

Recent stats reveal that 64 per cent of British drivers have had a bite to eat while behind the wheel – but how many of those would have snuck a piece of sandwich had they known it could mean big trouble? The Highway Code under Rule 148 states that “safe driving and riding needs concentration” and advises against eating, drinking, smoking, listening to loud music and trying to read maps while behind the wheel.

Anyone distracted behind the wheel because they're tucking into their lunch, therefore, could well be committing an offence of driving without due care and attention, or not being in proper control of a vehicle.

WATER WAY TO LOSE YOUR LICENCE

We've all seen it happen: a particularly mean-spirited motorist on a wet day spies the perfect opportunity to go smashing through some surface water, soaking any pedestrians unlucky enough to be in the splash zone to the skin.

But did you know that splashing pedestrians falls under section three of the Road Traffic Act 1988, which states that motorists are committing an offence by driving “without reasonable consideration for other persons using the road”? So next time you see an inviting puddle, steer well clear or risk being hit with a fixed penalty notice.

BEEP-BEEP

The horn is a vital part of staying safe on the roads and should be used to warn other drivers of your presence, particularly if you are about to tackle a sharp corner or in other situations where driver visibility is poor. But many people also love a good toot to show frustration at the perceived failing of other road-users, and these easily-miffed motorists should take care.

Beeping in a moment of anger can be considered breaking the law, and you can't sound your horn between 11.30pm and 7am in a built-up area unless it is an absolute emergency.



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This 16-hour direct connection from LAX to Dubai is usually packed full of A-listers, VIP business people and Hollywood locals, so it's no wonder that this trip rates highly in terms of the world's most expensive flight paths. But the service in Etihad's first-class is legendary in the industry with fully partitioned private suites, individual mini-bars, flat-lying mattress beds, vanity tables and even in-flight spa facilities to keep your body refreshed during transit.



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BOARDING PASS

From: New York
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To: Mumbai



Long-haul flights can be a nightmare, but thankfully Etihad has devised a flight in which one can relax – a snap at £52,000. You are able to spend your time in the air in 'The Residence', a private three-room suite which comes with a chef, butler and turndown service. The living room has a leather couch and 32-inch flat screen, while the double bed is a first for a commercial airline. It's no wonder then that The Residence has earned the impressive moniker of being "a penthouse in the sky".



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SPORT

Rooney retires

from international football



After an illustrious career, Wayne Rooney is hanging up his England football boots, putting an end to his 14-year international run. He announced his international retirement on Wednesday, August 23, with immediate effect.

Rooney, aged 31, is England's all-time record goalscorer with 53 goals in 119 appearances. He made his debut, and became England's youngest player at 17 years old and 111 days, back in 2003 against Australia at Upton Park.

Since then he has continued to give fans a reason to remember him. He overtook Sir Bobby Charlton as the country's all-time top goalscorer when he scored against Switzerland in September 2015. He then went on to surpass David Beckham as the most-capped outfield player just 12 months later against Slovakia.

He left Manchester United in the summer transfer window to return to Everton where he made his professional debut back in 2002 as a fresh-faced 16-year-old. Before his departure from Old Trafford, Rooney became the club's record scorer with 253 goals.

Rooney will no doubt be remembered for the records he set during his international career, but he will always regret not being able to carry England to a successful tournament win. He was sent off in a quarter-final defeat to Portugal at the 2006 World Cup for stamping on a player, which he insists was accidental. Rooney then got the full wrath of frustration from England fans after being knocked out in the round of 16 after Germany won 4-1 at the 2010 World Cup. England then failed to progress past the group stages in Brazil 2014.

He may have fallen short of international greatness, but Rooney chose to retire while he was still on top – a decision that many, including former England footballer Michael Owen, have applauded.

2003 - England's Youngest Player

2015 - England's all-time record goalscorer with 53 goals in 119 appearances

2016 - England's most-capped outfield player



WHAT'S ON

in your area

OrnchurchFest

Hornchurch Stadium, Bridge Avenue, Upminster, RM14 2LX
Sunday, October 15, noon – 8pm

OrnchurchFest is a beer festival which is run by the AFC Hornchurch Supporters Association to raise funds for their stadium improvement works and nominated charity. Following from the hugely successful first festival in 2016, they have continued into 2017 for what should be another great day. Tickets are £6.

Only Fools & Boycie – An Evening with John Challis

Brookside Theatre, 21A Eastern Road, Romford, RM1 3NH
Thursday, October 19, 8pm – 10pm

Back by popular demand. Enjoy an intimate evening with John Challis, one of the nation's greatest comedy actors, best known as Boycie in BBC's *Only Fools and Horses*. The national treasure will reveal secrets from the set with stories and anecdotes from his dazzling career. Tickets cost £17.50.

Circo Ridiculous – The Big Balloon Spectacular

The Queen's Theatre, Billet Lane, Hornchurch, RM11 1QT
Saturday, October 21, 11.30am – 12.30pm

Danny attempts to recreate Houdini's escape using inflated balloons. Cry with laughter as he makes incredible balloon sculptures and gasp as he climbs into the Giant Balloon of Death. Suitable for ages 3+.

Spooky craft day

Ingrebourne Valley Visitor Centre, Hornchurch Country Park Squadrons Approach, Hornchurch RM12 6TF
Monday, October 23



Come along and make some creepy craft to take home ready for Halloween on Spooky craft day. Sessions run from 10.30am-11.30am, noon – 1pm and 2.30pm- 3.30pm. This event is suitable for ages 3+. Booking essential, £6 in advance per child.

Pumpkin Carving

Ingrebourne Valley Visitor Centre, Hornchurch Country Park Squadrons Approach, Hornchurch RM12 6TF
Thursday, October 26



Come along and carve your own pumpkin to take home ready for Halloween in the sessions 11am - noon, 1pm - 2pm, 2pm - 3pm. This event is suitable for ages 5+. Booking essential, £6 in advance per pumpkin.

Owl Evening

Ingrebourne Valley Visitor Centre, Hornchurch Country Park Squadrons Approach, Hornchurch RM12 6TF
Friday, October 27, 7pm – 8.30pm

Join Essex Wildlife Trust and the Kent Owl Academy for a talk about owls. As well as the talk, they will be flying the birds in the visitor centre so it is a great opportunity to see these majestic birds up close. Booking essential, £7 in advance per person.

The Invisible Man

The Queen's Theatre, Billet Lane, Hornchurch, RM11 1QT
Friday, October 27 – Saturday, November 18

Audiences will not want to miss the thrilling new adaptation of H G Wells' iconic science-fiction novella, *The Invisible Man*. Filled with live music, illusion and adventure, this world premier arrives on the stage in this suspenseful escapade by award-winning theatre maker Clem Garrity.

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