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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Hornchurch. **VISION**Hornchurch is now pride of place in Gidea Park Costa Coffee. This will be the start of placing even more publications at

well-known pick-up points as well as the 6,000 homes in your town.

Sir Elton John is our feature story and front cover talking about his decision to give up touring, what audiences can expect and a look back on his music career.

Our Fashion pages look at the best of '80s Fashion. DIY talks about sprucing up the home and if you're looking at selling, we have some top tips.

In Food & Drink, learn what your steak says about you...

In local news, Lidl has opened its doors to customers, preparation for a new housing development begins and a sixth form college has got the green light for a digital TV studio after it received a £100,000 funding award.

As always, remember to share your stories for our local news pages. If you have a story to share please send it to Hornchurch@visionmag.co.uk

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

Brett

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She wears THE CROWN

Having portrayed Her Majesty for two seasons in Netflix series *The Crown*, Claire Foy has her sights set on some of the biggest roles in Hollywood in what's set to be her biggest year so far, but will she have pay equality on her side?

Every jobbing actor knows that it only takes a single role to dramatically transform your career. In the case of Claire Foy, that once-in-a-lifetime opportunity came when portraying one of the most iconic women of the last century, when the Buckinghamshire-raised beauty was asked to play Queen Elizabeth II in hit Netflix series *The Crown*. Overnight, she became one of the hottest stars on the planet, as everyone from Helen Mirren to Elton John rushed to heap praise on the 33-year-old.

But with recognition – and a Golden Globe award for Best Actress – comes inevitable tumult and change, and like the person she embodied with such impeccable steely grace, the actress has had to adjust to life in the spotlight, with 2018 already bringing a raft of perhaps unexpected challenges. In February it was announced that she and husband of four years, actor Stephen Campbell Moore, would be going their separate ways. “We have separated and have been for some time. We do however continue as great friends with the utmost respect for one another,” read the joint statement from the pair, who share their three-year-old daughter, Ivy Rose.

Then, weeks later, it transpired that Foy was paid less than Matt Smith, who played the Queen’s husband, the Duke of Edinburgh, in *The Crown*, landing the actress right in the middle of the current gender pay gap furore. In the end, the show’s producers Suzanne Mackie and Andy Harries claimed that Smith earned more per episode because he was a much bigger when the series began. They had a point, given that Smith was Doctor Who for four years up to 2014, but noted that for the third series the deficit would be rectified, stating: “Going forward, no one gets paid more than the Queen.”

Not that Foy cares one jot about the third series, as she won’t be in it. Instead, *Broadchurch* star Olivia Colman will don the hefty jewels as the series jumps forward to the Seventies, seeing much of the cast replaced for older actors. But having catapulted her career into the stratosphere, *The Crown* has done enough for Foy to ensure she won’t be short of offers for the foreseeable future, as the focus turns to Hollywood, with two huge releases set for this year.

First up, she will portray the earth-bound wife of Ryan Gosling’s Neil Armstrong in Damien (La La Land) Chazelle’s *First Man*, followed by the highly coveted lead in *The Girl in the Spider’s Web* – the much-delayed reboot of the Stieg Larsson *Millennium* series. As the formidable Lisbeth Salander – last played by Rooney Mara in *The Girl with the Dragon Tattoo* – Foy will appear pierced, inked and in full leathers as she takes on Russian criminal organisation The Spider Society.

But first, the mercurial star will simply be enjoying some downtime as she shrugs off those royal robes for the very last time and focuses on being “a normal mum”. “It’s the role I cherish most,” she states, and surely no amount of money comes close to it.



Free EDUCATION FOR ALL?

Jeremy Corbyn's Labour Party is the latest to float the idea of scrapping university fees in England. But is free education a viable economic option, or just a perennial political pipe dream?

It's an issue that often makes or breaks politicians - whether or not the idea of free university education is economically possible. Since the tuition fees of £9,000 a year appeared in 2012, the debate over free education has intensified. With some universities now charging £9,250 across 12 months, with a 6 per cent interest rate on loans also applicable, more and more students are emerging from university with crippling debts that they may never shake.

This is one of the many reasons why Jeremy Corbyn's Labour has made the announcement to scrap tuition fees if they get into power - but is it really that simple? The idea of free education undoubtedly carries an almost universal appeal among younger voters especially, but the abolition of university fees would realistically lead to there being a need for money coming in from elsewhere to make up that gap.

The benefits of more people going to university, most argue, lie in the fact more graduates create a better skilled workforce and higher education would be available and affordable to everyone regardless of economic or social background. But figures show that the introduction of £9,000 fees didn't have a negative effect on poorer school-leavers attending university.

Some countries in Europe already offer students a free education. Scottish students, for example, get free university tuition if they study in the country. It is also available to all students in Norway regardless of study level or nationality, international students in France and students in Austria.

Essentially, whilst free education is a political masterstroke in terms of its appeal, the recent history of the Liberal Democrats should act as a warning for any party willing to stake its reputation on this policy. Viable alternatives, such as a scrapping of interest owed, or the better promotion of vocational training, may, in the long run, ease the financial burden on graduates and still keep skilled workers available.




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FINALLY MAKES IT TO A BRITISH ROYAL COURT

Meghan Markle is the third American to attempt to join the Royal Family.

But she looks certain to succeed where the two others failed.

It is not that long ago that such a union between the fifth in line to the throne and a commoner, an actress and divorcee with African American heritage would have been unthinkable.

However in the last few decades, immigration has softened racist attitudes about the unsuitability of people from the fringes of the empire for marrying blue bloods.

Also in 2002 the Anglican Church ended restrictions on divorcees remarrying in the church.

But Americans Wallis Simpson and Koo Stark did not have the more enlightened days to help them in their quest to find love in the Royal Family.

Wallis, like Meghan, was a divorcee, and her marriage in 1937 to Edward VIII caused him to abdicate and brought the Royal Family to one of the biggest crises in its history.

It also paved the way for the reign of our present Queen through her father Albert – George VI-, Edward's brother.

Koo, like Meghan, was an actress and for two years she dated Harry's uncle Prince Andrew in the early '80s. Their friendship floundered after the revelation of a naked shower scene in a 1976 art house film *emily*.

This, coupled with pressure on Andrew and Koo by press, paparazzi and the Palace, contributed to the split.

In 1988 Koo said: "The amount of attention and pressure on me became unbearable. It was a nightmare."

Their romance ended in 1983. Stark went on to marry Tim Jeffries in 1984, and Andrew married Sarah Ferguson in 1986. Neither marriage lasted.

In contrast Meghan has been warmly welcomed into the Royal Family.

Social media has been super excited that #blackgirlmagic is coming to the Royal Family.

But the biracial American actress is actually pretty magical in other ways, too.

The 36-year-old seems to be more than fulfilling what fans want from a novice royal in a fairytale royal romance. It also helps that she is smart, beautiful and passionate about humanitarian efforts around the world.

Photo credit: www.vogue.co.uk

Queen George Duke
Princess HRE

THE ROYAL NAME Swapping game

It is a complicated business when it comes to names – especially if you are royal.

And it is something that new bride to be Meghan Markle will have to understand.

Like Prince William's wife Catherine, Meghan, 36, will not be a real princess, as women who are not of royal birth can hold that title.

Her official title will be Princess Henry of Wales, just as Catherine is Princess William of Wales.

Catherine was listed as "princess of the United Kingdom" in the occupation box of Prince's George's birth certificate because of her official title.

The Queen is expected to make Harry and Meghan the Duke and Duchess of Sussex as a wedding present, so she will then become Meghan, Duchess of Sussex, as well.

On the point of princesses, Princess Diana was also not a princess although she was commonly known as one.

On her marriage she became simply The Princess of Wales, as there can only ever be one Prince of Wales. On her divorce when she lost her HRH status she was just Diana, Princess of Wales. The very important word THE, with a capital T had also been removed.

Though most monarchs of the United Kingdom have used their first baptismal name as their reign name, on three occasions monarchs have chosen a different name.

First, Queen Victoria had been christened Alexandrina Victoria, but took the throne under the name Victoria.

When Victoria's son, Prince Albert Edward, became king in 1901, he took the reign name Edward VII, as Victoria had made it known that she never wanted any king to rule as Albert so as not to eclipse her Albert. Edward therefore chose to use one of his other names.

In 1936, after the abdication crisis, Prince Albert, Duke of York, assumed the throne as King George VI rather than "King Albert" for the same reason.

Prince Charles may elect not to be known as "Charles III" out of concern about comparisons with Charles II of England (who was known as a playboy), Charles I of England (who was executed after the English Civil War) and the Jacobite memory of the "Young Pretender" Charles Edward Stuart (who claimed the title "Charles III").

He may instead choose George VII in honour of his grandfather.

Prince Victoria Edward
Duchess

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FASHION

THE MAC PACK

Dodge the April showers in style with these fashion-forward and practical raincoats.

X-RAY FASHION

Make like a raindrop and get yourself a transparent anorak. It's hard to believe this style is back in fashion, but when worn right, this is a seriously cool street-style statement. Think thin, tinted, almost shower curtain fabric, in muted shades and a loose-fit mid-length... more 1990s raver than five-year-old puddle jumper.

THE PUKKA PARKA

If you want a simple and light cover-up, you can't go wrong with a hooded parka. Easy to roll up and pack into a bag, this is the perfect jacket for festivalgoers, and with branded sportswear back in fashion, you can wear your three stripes with pride.

TEXTURISE

Textured raincoats are a popular look this spring and are a more stylish way of rocking the transparent trend. Clear PVC is layered with another fabric underneath to create a structured and feminine silhouette, while still offering full waterproof practicality.

THE DADDY MAC

Nothing beats the classic double-breasted trench coat which a certain British brand made world-famous. These days you don't need to spend a month's rent on recreating this timeless and unfathomably stylish look as most high street stores offer a copycat design, but you will need to master that confident and purposeful stride to attain full raincoat kudos.

SHORT AND SWEET

If you loathe a bulky and shapeless anorak, fear not, for you can still stay dry and look good. As long as you're not caught in a rainstorm, a short wax jacket will keep the worst of the rain off, whilst still making a fashion statement.

HEAD PONCHO

Not just for fishermen, ponchos can actually look quite feminine. With their voluminous draped shape, they make a flattering cover up, and with many brands offering ponchos sporting cute and quirky patterns, they are a great option to keep tucked in your bag, in case of a sudden lunchtime rainstorm.

Photo credit: www.hitherandthither.net



Acceptable in THE EIGHTIES

The 1980s are officially back in fashion, but don't bust out your spandex and stonewash denim just yet, because these looks are all about the uber glam.

ALL THAT GLITTERS IS NOT GOLD...

In fact it can be silver, blue, pink, vermillion, turquoise, or any colour as long as the overall look is drop-dead fabulous. Think feathers, sequins and of course, lamé. With such ostentation however, it's still important to keep this look modern, so choose a sleek and slinky silhouette, keep makeup natural and go easy on the accessories.

GIVE WINTER THE COLD SHOULDER...

By reviving the classic eighties asymmetric look. Proving that the 1980s were simpler times, back then you didn't need to flash a pound of flesh. In fact, one perfectly exposed clavicle would do. Keep it current by choosing muted colours and going for a structural statement rather than anything flouncy or frilly.

WOMAN MAY HAVE BEEN ABLE TO VOTE FOR 100 YEARS...

But the power suit only became a thing in the 1980s. Not just for important board meetings, worn right, the perfect suit will take you from the office to the dancefloor, and looks good in almost every colour. But while the structure hasn't changed – broad shoulder, slender waist, BIG impact – the overall feel is more feminine, with silky underwear underneath and killer heels.

BE THE PROM QUEEN ONCE AGAIN...

With the latest incarnations of the tulle skirt. Keep it short and punky or long and elegant, just don't over accessorise. Think cool and sophisticated, NOT Cyndi Lauper.

JOAN COLLINS' CHARACTER IN DYNASTY HAD BROAD SHOULDERS...

In more ways than one, and fans of the classic soap opera will rejoice that shoulder pads are back in fashion. The rest of us however, will just have to take consolation that the trend calls for a subtle, rounded shoulder over the American Football player silhouette. Withering sneer is optional.



Just FOR MEN



FELLAS, DON'T ENDURE RAZOR BURN AND BLOCKED PORES.

Here's our guide to protecting your complexion the macho way...

✓ DO buy a decent cleanser

If you've been washing your face with regular soap and water, you might be surprised by how much more refreshed your skin feels with a proper cleanser. It doesn't have to be expensive, just face specific.

✓ DO use aftershave

It smells good, makes you feel good, and closes pores after a shave, though go for one without alcohol as this is less dehydrating.

✓ DO buy a moisturiser

If your skin is oily pick a water-based lotion, or if normal/dry, try an oil-based one. But whatever you do, DON'T skip this step.

✓ DO stay hydrated

Help your pores from the inside by drinking plenty of water.

✗ DON'T over-exfoliate

If your skin feels flaky and irritated the worst thing you can do is scrub it as this will damage its natural barrier, thus exacerbating the problem. Instead, choose a cleanser that contains glycolic acid and never exfoliate more than once or twice a week.

✗ DON'T buy cheap razors

Cheap razors are very bad, and surprisingly, expensive ones with numerous blades aren't great either as they will leave you more vulnerable to ingrown hairs and razor burn. Instead invest in a decent safety razor, the blades for which are very affordable.

✗ DON'T be put off by anti-ageing labels

Dream of being a silver fox one day? Then it's never too early to protect your skin. Using a product with retinol – which boosts collagen and cell growth – as early as your twenties will prevent fine lines later.

✗ DON'T bake in the sun

Getting a daily dose of vitamin D is one thing; leaving your skin unprotected for hours, day after day in the scorching sun is quite another. Buy a moisturiser with SPF and you won't end up looking like old leather.

Vegan VIXEN

THE RISE OF ANIMAL-FREE MAKE-UP AND WHERE TO FIND IT

There are over half-a-million vegans in the UK and any one of them will tell you that veganism is not just a diet, it's a lifestyle. But while it's easy to eschew meat and dairy in your meals and choose synthetic clothing fabric, finding beauty and make-up options that contain zero animal products can be a lot more complicated.

One reason it's difficult to know what you're buying is because language used on ingredients lists can be vague and misleading, so it's important to know the lingo. For starters, 'cruelty-free' usually means the cosmetics haven't been tested on animals – and is entirely different from animal-free (contains no animal products whatsoever).

Other words to look out for:

- **CARMINE** (AKA cochineal, crimson lake, natural red 4) – a colour created from crushing insects (think your favourite red lipstick)
- **BEESWAX** – found in lip balms and mascara
- **LANOLIN** – a grease extracted from animal wool
- **GUANINE** – fish scales that are used to create shimmer and shine

Another difficulty can be finding products that are effective and affordable, but with veganism being the fastest-growing lifestyle movement in the country (there are three-and-a-half times more vegans than there were in 2006) it appears that beauty brands are finally listening. Barry M, for example, is one

of the best-value make-up lines on the high street and plenty of its products (not all) are vegan, while Superdrug's B line is entirely vegan.

Some high-end brands have upped their game too and companies like Kat Von D, Illamasqua and Charlotte Tilbury all have products that are both cruelty-free and vegan – meaning you can look like a fox without wearing anything that's ever harmed one.







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Meat-Free Mondays

If you're looking to eat less meat but don't know where to start, consider just having one day a week without it. And as these five delicious veggie meal ideas will prove, substituting meat doesn't necessarily mean missing out on flavour.

Both warming and filling, the combination of cannellini, pinto and red kidney beans with canned tomatoes, peppers, onion and spices make this a seriously hearty dish.

ROASTED VEGETABLE LASAGNE



This sumptuous lasagne doesn't even require a meat substitute, as red peppers and aubergines are roasted before being layered with tomato, béchamel sauce and pasta sheets, then topped with cherry tomatoes and mozzarella. Once baked in the oven, you wouldn't know the difference.

PUMPKIN GREEN CURRY WITH NOODLES



Make a green curry as you usually would, but swap the prawns or chicken for chunks of fresh pumpkin. Meanwhile, boil some noodles and sauté it with coconut oil and seasoning.

THREE-BEAN MEXICAN CHILLI



BAKED SQUASH



A fabulous dish for a dinner party, simply cut and deseed your squash, then score and brush the flesh with garlic, chilli and olive oil. Next, roast along with courgette, pepper, tomato and onion (in a separate dish). Then mix the roasted veg with breadcrumbs, parmesan, pine nuts and goats cheese, before spooning into your squash halves. Bake until golden and bubbling.

BLACK BEAN BURGERS



Packed with protein, these beauties are as good as the real thing. Tinned black beans, breadcrumbs, spring onions and chilli are mixed together before being moulded into burger-shaped patties. Chill your burgers in the fridge for 10 minutes to maintain shape, before frying. Serve in a bun with onions, tomatoes and whatever relish you fancy, and serve with a cold beer. Heaven.



WHAT DOES THE WAY YOU LIKE YOUR STEAK SAY ABOUT YOU?

Steak tartare

This suggests an individual with refined taste, a flair for the exotic and an air of mystery. Chopped-up raw beef steak served with onions, capers, Worcestershire sauce and often a raw egg, this is authentic French cuisine and not for the squeamish. If preparing tartare at home, be sure to buy the freshest meat you can, and always hand-chop – don't mince.

Rare

You are bold, outgoing and like to grab life by the horns; literally, in this case. When it comes to business, you have a nose for a deal and will stop at nothing to get what you want. You buy your suits from a tailor, avoid carbs and work out with a trainer. Order fillet for the most tender, melt-in-the-mouth meat, and balance your carnivorous tendencies with a fresh salad on the side.

Medium-rare

You're a reliable sort; you know what you like

and say what you mean. Of course, you enjoy the odd thrill in life, but never throw caution entirely to the wind; you're far too busy for that. You have a lively social life and a broad spectrum of acquaintances. So whether dining at The Wolseley or The Wolf and Hound, you need a meal you can always count on – a medium-rare sirloin and chips with peppercorn sauce is just that.

Well-done

Not one to take risks, you like to know exactly what you're getting yourself into. Before dining out, you check the menu online, and most importantly the reviews. You value loyalty and prefer to have a few good friends over many acquaintances, with whom you love nothing more than to have a good chat and one, maybe two glasses of red wine. But while your dinner may be reliably decent, you run the risk of getting bored, so why not liven things up with a tasty side dish (spicy onion rings) or a decadent pud?




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CHAINED to the rhythm

Why obeying your circadian rhythm can drastically improve your overall health

If you're feeling constantly fatigued and under the weather, it may be time to start listening to your circadian rhythm. It's not some new style of dance music, or trendy workout style, but your internal body clock, otherwise known as your sleep/wake cycle.

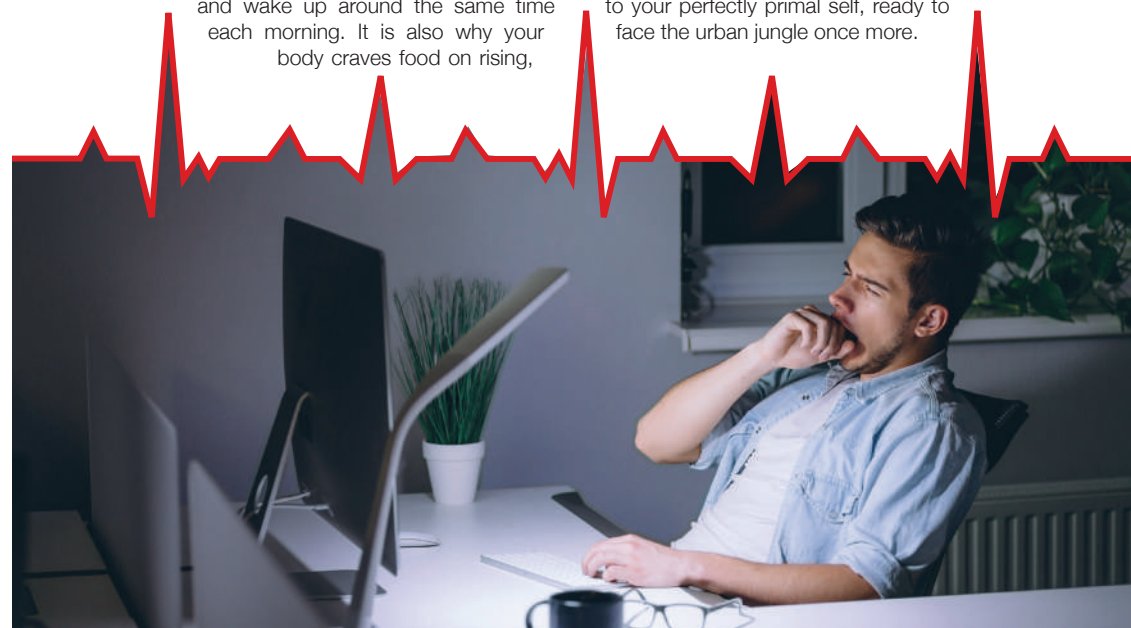
The problem is us humans are so used to dictating and controlling every area of our busy lives, we sometimes refuse to acknowledge that some things really are out of our grasp. A bit like that inability to resist delicious food which combines fat with sugar, or when mild stress triggers the full fight or flight response, our circadian rhythm is a primal and fundamental part of who we are, and ignoring it can lead to serious health problems.

It tells our bodies when to sleep, rise and eat. It is the reason you feel tired at the same time each night and wake up around the same time each morning. It is also why your body craves food on rising,

and also why you have that energy slump most afternoons after lunch. When we obey this clock we feel rested, content and tend not to overeat, but when we have too many late nights or disrupt the clock with artificial light (from mobile phones) it can spark a myriad of health issues from insomnia, diabetes, depression and even cardiovascular events.

So how do you reset a disrupted clock? Firstly, set yourself a bed and a wakeup time, don't sleep in, and don't nap during the day. Make sure your bedroom is dark in the evening and try to avoid phones and TVs before sleep. In winter months invest in a SAD alarm clock which emulates sunrise, plus limit your caffeine and alcohol intake as this can interrupt sleep patterns.

Within a few weeks you ought to be feeling back to your perfectly primal self, ready to face the urban jungle once more.





Spring IN YOUR STEP



If you've been feeling sluggish over the dark winter months, then now is the perfect time to get outside and rediscover your fitness, with the spring season promising to restore both body and mind.

TAKE A HIKE

Spring is a wonderful time to be surrounded by nature as life, both animal and plant, is born anew. If you're lucky enough to have access to woodlands or fields, hiking is a wonderful way to gently reinstate your fitness with little risk of injury, and equally, a brisk walk round your local park is just as beneficial to your body so long as you maintain a steady pace.

UPCYCLE

While the 'Beast from the East' was stalking the streets of Britain, the bus or train was arguably the safest and comfiest commute to work. But with the warmer weather blowing back in, the chance to hop on a bike is surely too good to refuse? Try it – it's invigorating, life-affirming and without the discomfort of other commuters' dubious personal hygiene.

SUPER CIRCUIT

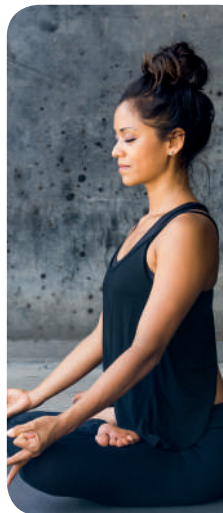
If you're looking to get beach body ready, you'll be wanting to find a high-impact workout that will help you burn fat and build muscle, fast. Outdoor bootcamps are a fantastic way to maintain motivation, meet new friends and get results. Plus, they're usually far cheaper than a gym membership.

JOG ON

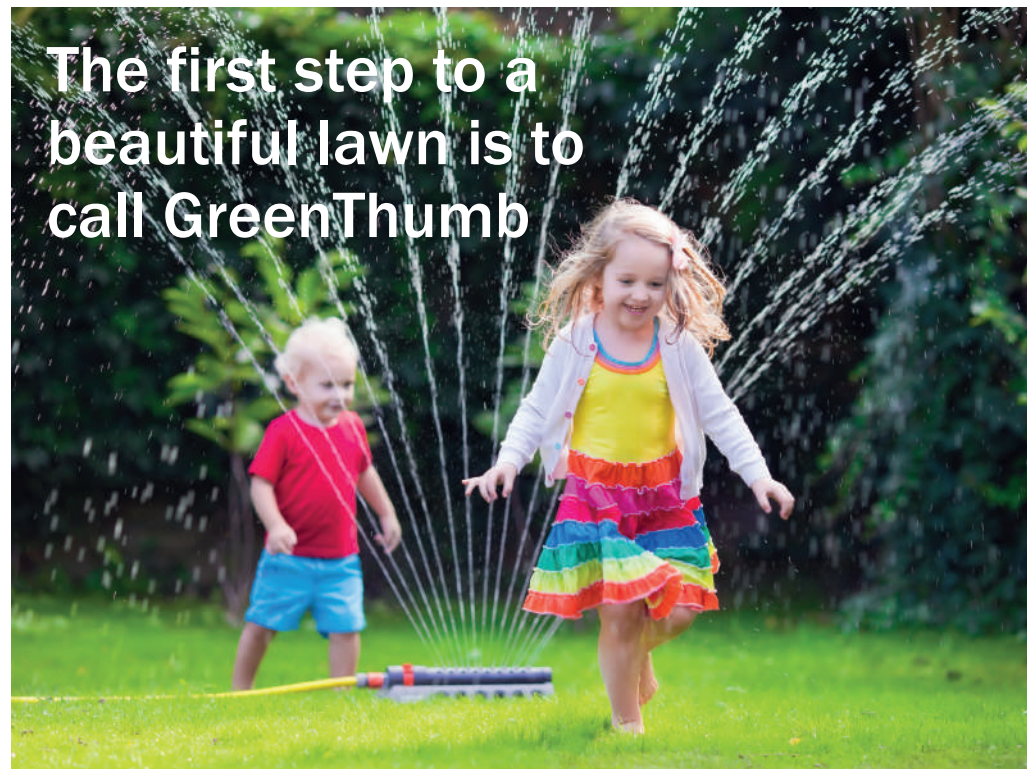
For those with a little more vigour to spare, try starting your day with a gentle jog. With less risk of slipping on ice or falling into gutters thanks to the early morning light, this a great opportunity to slowly rediscover your pace ahead of the summer.

JUST BREATHE

You don't have to break out in a sweat to do something really positive for your body, and if all you're looking for is a little peace and quiet, then meditating in nature is about as healing as it gets. All you need is a park bench or garden, and perhaps some chirping birds to provide the soundtrack.



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Best in BLOOM

If you're thinking about adding some much-needed colour to your garden but want to plant something a little different this year, then ditch the daffs and try these fresh floral ideas for spring.

Like the ebullient animal which shares the same name, *Fawn Lilies* are a joyous signaller of spring. Also known as white beauties, these creamy white flowers have a slightly 'out of this world' quality, as their star-shaped petals defy gravity to reveal delicate yellow tendrils.

All poppies add glorious colour, but there is something about the giant crepe paper petals of the *Oriental Poppy* which makes it a stunning addition to any garden in bloom. Whether you desire the bright pink regality of the Raspberry Queen (which can grow to up to 3ft), the salmon-pink of the Mrs Perry, or the rich jamminess of Patty's Plum, there is a poppy for you.

Originally from mountainous regions of Asia, *Foxtail Lilies* add a dramatic flourish to the landscape. Bursting out of the ground in an orange spike composed of tiny blooms, this is one plant which appears exactly as its name would suggest.

According to legend, the *Pasque Flower* springs from the blood of viking warriors and grows upon their graves. Sadly, these wondrous wildflowers may go the same way as those warring invaders, as the lack of suitable land (Britain has lost 97 per cent of its wildflower meadows since the 1930s) makes it ever harder for them to grow. So, add the magnificence of purple and gold to your garden by investing in this rare wildflower.

The pretty *Polyanthus* may be a commoner compared to its rarer counterparts, but this hardy and bold blossom is a superb way to cheaply and efficiently fill your beds with life. Some gardeners find their hues bright to the point of garish, but if you can't create a natural carpet of cherry, crimson and stonewash blue, what's the point of nurturing a garden at all?



GARDENING

The Sleep Treat

How to maximise your children's (and, subsequently, your own) sleep time, no matter what their age.

We know all too well the benefits of a good night's sleep, yet when parenthood comes along there is an acceptance that it's one of the first things to fall by the wayside... followed closely by the sports car and the social life. Yet maximising sleep as a parent of any age isn't just good for mums and dads – it's brilliant for kids too. And having a household where there's not a single family member clawing for the coffee or at the lid of the sweet jar is something we can all achieve by following a few key steps.

1. Regular as clockwork

Scientists have proven that kids love regularity and repetition – it's really good for them. And sleep should be the very first exemplar of that, with set bed times only altered by the occasional treat (perhaps an evening out or a movie night). Getting your kids into a routine means not disturbing your own.

2. You are what you eat

Consider what you feed your kids in the lead-up to bed time. Anything with sugar in should be avoided,

while fizzy drinks are a similar recipe for instant insomnia.

3. Little screen, big trouble

TVs, tablets, phones and games, just like sweet treats, are brain stimulators, so expecting your child to switch off after a bout of LCD exposure is optimistic to say the least.

4. (Don't) let there be light

Dim lights, draw curtains and soften the mood in the lead-up to the bed time hour, creating a sleepy environment for all.

5. Ignorance is bliss

While ignoring kids who won't settle feels cruel, if you're constantly on call to cries from the cot or bedroom then they'll know they've got your number. The chances are a moaning child who claims they can't sleep will only complain for a short while before drifting off into a perfect slumber, allowing you to follow suit.

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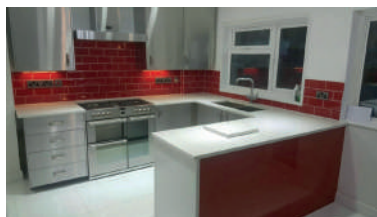
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HOME & DIY



Tired of crayoned walls and stained carpets? Here's how to choose kiddie proof decor.

Whether you've got a bundle of joy on the way, or already have a tearaway or two running amok in your home, you'll be fully aware of the need to consider the small people when decorating or furnishing your house. Children are a wonderful addition to any home, of course, but even the best-behaved ones will have the odd moment of absentmindedness, usually right in the middle of devouring a chocolate ice cream cone.

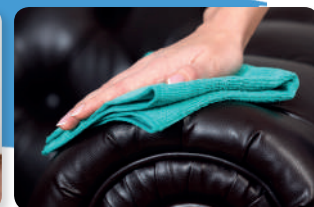
If you have the luxury of starting fresh with your décor, then be sure to choose hardwearing fabrics. Carpets, particularly light ones, won't serve you well, so go for lino or well-maintained wood floors. You can then buy rugs to add cosiness and sound proofing, preferably ones that can be easily washed and are patterned to disguise spillages.

When it comes to walls, wipeable paint is your new best friend. Matte finishes tend to lock dirt in,

so choose gloss, eggshell and satin. If your child is a determined artist, it may be worth painting one wall or door with blackboard paint, so they have a space to create their magic/mess.

In terms of furniture, leather is preferable as it's wipe-clean, and if you already have a fabric sofa it's worth buying a few easy-care throws and blankets for protection. Equally if you have a wooden kitchen table, you will definitely need an everyday table cloth you can whip off for special occasions. Cut-to-size PVC fabric is perfect as it often comes in bright stylish patterns and is practically indestructible.

And finally, obey the 2ft rule whereby anything valuable is placed at least two feet above your precious poppet's head. This ought to prevent any more tears before bedtime (for both parent AND child).





WIPING THE SLATE CLEAN



YOUR GUIDE TO HOW OFTEN HOUSEHOLD CHORES OUGHT TO BE DONE

Once a day: It may seem like hard work to clean every day, but these are simple habits it's worth getting into in order to minimise germs that build up in crucial areas of your home.

- ▶ Wipe down kitchen and dining surfaces with antibacterial solution
- ▶ Sweep the kitchen floor
- ▶ Squeegee shower walls
- ▶ Sanitise kitchen and bathroom sinks

Once a week: These chores are ideal for a weekend spruce.

- ▶ Wash towels and bed sheets
- ▶ Clean out the fridge
- ▶ Vacuum carpets and furniture
- ▶ Dust down the furniture and clean the mirrors
- ▶ Scrub kitchen appliances, bathroom surfaces and the toilet
- ▶ Clean the microwave
- ▶ Sanitise sponges and cloths

Once a month: Make time to rid your house of all the invisible dirt and dust which has been building up.

- ▶ Deep clean the dishwasher and washing machine
- ▶ Dust blinds and light fittings

- ▶ Wipe down skirting boards
 - ▶ Clean inside the vacuum
- Every six months:** Here we get down to the slightly grimy jobs which no one really wants to do, but will really help prolong the lifespan of the appliances and surfaces in your home.
- ▶ Deep clean inside the fridge
 - ▶ Wash the shower curtain
 - ▶ Vacuum behind the sofas
 - ▶ Clean the oven and extractor hood
 - ▶ Flip the mattress
 - ▶ Clean out the freezer
 - ▶ Wash duvets and pillows

Once a year: At this point your house ought to be looking and feeling pretty clean, meaning that there are only a few additional jobs you might want to consider.

- ▶ Deep clean carpets and upholstery
- ▶ Wash curtains
- ▶ Clear out the gutters
- ▶ Deep clean windows
- ▶ Clean fireplace and chimney
- ▶ Clear out dryer vents and washing machine filter




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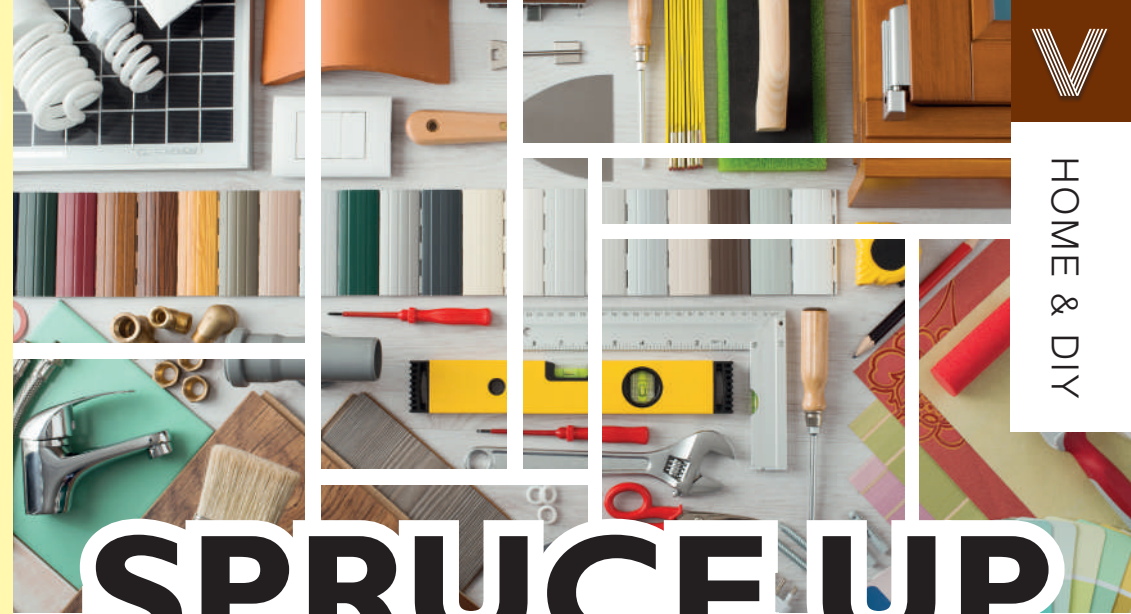


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HOME & DIY

SPRUCE UP *cash in*

Selling up? These DIY ideas will add value to your home.

Fix the front door

As the first port of call, you need your front door to make a big impression. So give it a fresh coat of paint, change the doorknob and add a shiny new letterbox.

Pave the front garden

If parking is tricky in your area, paving over a barely-used front garden could add up to £50,000 to your home. Now that's easy money.

Change the windows

PVCu windows will certainly add worth, but only if your home isn't a high-value period property, in which case it is vital to maintain the original frames.

Declutter

The overall feeling in a home is important, so don't cost yourself money by leaving toys and junk all over the place. Keep it clear, clean and simple.

Install central heating

If you don't already have it, you'll spend £1,000-£3,000 but central heating will add £5,000 to your property.

Boost your bathroom

Small details are important in the bathroom, and as taps and shower curtains can look grubby quickly, it's worth replacing them.

Spruce up the kitchen

For many families, the kitchen is the heart of the home and therefore needs to look welcoming and modern. Replace shabby cabinets and counter tops and consider installing a dishwasher if there isn't one already.

Convert the garage

It's relatively inexpensive to turn a garage into a living space, but to know if it's really worth it, multiply square footage gained by local price per square foot.

Put mirrors in the hall

A simple trick for a cramped hall space is to place a mirror on either side for instant spaciousness.

Add a final flourish

Buying a home is a huge commitment, and the first impression can really sway a buyer's mind. So, buy fresh flowers, make sure your home smells nice and ensure it's relatively clean to make potential buyers feel instantly at ease.

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Crystal Vision

Can natural crystals placed strategically around your home really improve your zen?

Crystals are the hot new thing in feng shui. At least that's what's being said on the digital grapevine. They're certainly a simpler and probably cheaper method of boosting the positive energy in your home, as they require no renovations or rearranging of your furniture, and add natural beauty to any room.

However, there is nothing new about utilising the power of natural crystals, as they have been a valuable tool in healing, protection and energy restoration for centuries. And yet, there is no concrete scientific evidence to prove they actually work. Some say this is because the powerful vibrations they are said to omit are too tiny to be measured, and it is these which help us manifest and transform that energy into action.

So, for example, if you want to recover from a bad relationship, or nurture love and romance, you'll be needing the rose quartz. A master healer in matters

of the heart, place several tumbled rose quartz stones in a bowl on your nightstand, or two heart-shaped stones under you and your partner's pillow to help navigate a rocky patch in your relationship.

In contrast, the clear quartz is the last thing you want in your bedroom, as it can stimulate too much energy. Instead, these wonderfully diverse stones work well in a family room, as they clear out negative energy and amplify happiness.

A tourmaline by your front door will offer protection, and an amethyst will help bring calm and clarity to areas where you need to foster concentration and meditative thought, like an office, or for some, the downstairs loo.

The most important thing to bear in mind when using these natural beauties is that crystals help channel and amplify the energy you put out there, so if you've got no faith in crystals, they'll have no faith in you.

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Tourmaline for
protection



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and clarity





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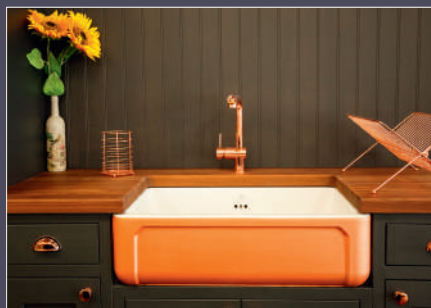
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Sir Elton John CBE

Goodbye yellow brick road

Sir Elton John CBE is facing an important crossroads in his life. After 50 years at the top of the charts, wowing fans around the world with his legendary catalogue and such generational classics as *Sacrifice*, *Daniel*, *I'm Still Standing* and *Candle in the Wind*, the icon is hanging up his sparkly shades after one final tour... albeit a very long one spanning three years that will kick off this September.

But this is far from a sad departure for the singer. In fact, the father of two – to Zachary, seven, and Elijah, five, with husband David

Furnish – couldn't be happier, revealing "nothing is more important than my boys", and therein lies the reason for calling it quits.

Elton (real name Reginald Dwight) is very clear - this is not retirement. Far from it, it appears as the star will simply be switching gears, remaining as busy as ever in the studio.

Speaking with characteristic honesty, the 71-year-old talks health scares and plans for the future, as well as delving deeper into the decision to keep the tour truck firmly off the yellow brick road.

The INTERVIEW

You've got your biggest and, sadly, last tour coming up - firstly what made you decide to give up touring?

ELTON: I've been mulling it over, giving it a lot of thought for a sizeable chunk of time. It's not an easy decision but it's the right decision. It's time. But I'm possibly the most excited I've ever been for a tour because I'm planning on visiting every country in the world that's welcomed me and given me tremendous support. This is my 'thank you' to each and every fan. So, it's not a sad goodbye, it's a triumphant thank you.

So this isn't retirement?

ELTON: I'll never retire; it sounds so boring to me. I'm simply stopping all the travel. My boys are at an age now where it's no longer practical with their schooling and schedules, and if we didn't have children, I would continue travelling.

But I'm still going to record albums, I'm still going to write music. I'm still going to produce movies, I'm still going to write musicals. It's going to free up time for me to focus on other projects.

And I have a family now - my husband, my boys. It's not about me, I can't be self-focused and I have to pull back. They come first before anything and anyone else.

Are you sad to say goodbye to the road?

ELTON: No, honestly no. Yes, I would still continue to tour because I enjoy it, but I've been doing it since I was 16. This is now a different, new chapter in my life and it's difficult for the two to marry - I'm happy to put that last chapter to bed and focus on what's to come with these vibrant, wonderful little people. I just want to be with them.

You did previously say you wanted to die on stage?

ELTON: Things change. Life happens and I'm so lucky it did.

It'll be beneficial for your health surely slowing things down, a little?

ELTON: Every year, I would do a couple hundred flights and as time has gone on and I've gotten older, it's starting to take it out of me. I'm happy for that to come to an end.

And yes, I had a health scare last year. It was quite serious and I'm not going to sugar coat it. I'm fine now and have a full clean bill of health, but it played into the decision. My body isn't invincible, I have to respect it and treat it kinder, and chopping out all those air miles can't hurt.

Are you more aware of your mortality after it?

ELTON: Yes, definitely. It was a wakeup call, it changed my perspective, and I'm glad it did.

But you'd already decided to quit before that happened?

ELTON: I had but this only reinforced it. I'd decided three years ago really, so this isn't a shock announcement - we thought long and hard about it.

What can fans expect?

ELTON: It's going to be very elaborate, very memorable, and the perfect send-off for the music that changed my life. It's going to be a huge celebration, exploding with colour and vibrancy. I want to go out to the biggest bang no one will forget.

And the boys will be there, even though this is the reason you want to stop?

ELTON: They will be with us for some of the way, most likely Australia and Asia, because I want them to experience those cultures. We will be taking them out of school and having a tutor with us, but those travel experiences in themselves are invaluable educational.

Are they fans of your music?

ELTON: They do like Daddy's music - certain tracks more than others.

What's their favourite?

ELTON: They love *I'm Still Standing*. They love coming to the shows and get very excited, but then once we get home it's all forgotten about. I'm no one special in my own home.

If I was a footballer, I would be God to them. What I do doesn't rank quite so highly.

As you look back on your career and your life, what lessons do you want to teach your boys?

ELTON: They already have a very different life to the one I was brought up with.

I think their upbringing is going to come with its own set of built-in difficulties. They come from a well-off background which will afford its own advantages, but mine was very working-class where I had to battle for everything I got, and I want to instill those same values in them. But it's harder growing up in this world and David and I are very mindful of that.

They're fantastic young boys, they have good hearts and compassionate, kind personalities. We just want to be there for them - to guide them as best we can. It's all you can do really as a parent.

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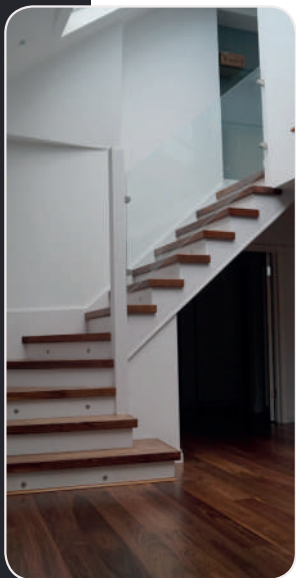
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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Hospital site sold for record £40million

The former St George's Hospital site in Hornchurch has raised a record amount for reinvestment in the NHS by selling for in excess of £40million.

The site has been bought by national housebuilder Bellway.

The transaction is the largest single capital receipt for a surplus site by NHS Property Services since it was established in 2013, all to be fully and directly reinvested in the NHS estate.

NHS Property Services secured permission in the summer of 2017 for 290 new homes, including the provision of 15 per cent affordable housing.

John Westwood, director of Asset Management at NHS Property Services, said: "This sale is a great example of how we help the NHS by using our expertise to unlock potential and achieve best value

for surplus sites."

Peter Knight, managing director of Bellway Homes' Thames Gateway division, added: "We felt this former hospital, which has lain derelict for five years, provided us with an excellent plot to build new homes in Hornchurch.

"Where there is a demand for new homes Bellway is keen to invest. We are excited to have been able to purchase this site, generating capital for the NHS, while also contributing much needed homes in the area at an exciting time, when investment is being given to the nearest town of Romford and the introduction of Crossrail.

"We will deliver a scheme here that reflects the local area and bring an empty site back into use for the wider community."

Students win top prize at V&A Museum graphics competition

Two graphics students have won a UK-wide competition run by the Victoria & Albert Museum to design an icon for Amnesty International's Refugee Awareness Week.

Adam Hawkins and Rebecca Steer, from Havering Sixth Form College in Hornchurch, worked together to create a GIF which showed the outline of the United Kingdom with the words 'Open - Refugees Welcome' across the map in yellow neon letters.

It was judged to be the best out of hundreds of entries from sixth form schools and colleges up and down the country and will be used by Amnesty International on posters and in digital promotions during their Refugee Awareness Week in June.

Seven other Havering Sixth Form College students were named as finalists.

The seven finalists were Rendijis Barkevics,

Marijus Nartautas, Fiona Rama, Sydney Merritt, Harry Taak, Rhianna Marshall-Reid and Patrycja Kniec.

Overall winners Adam and Rebecca will visit the Amnesty Design team at their offices in London to see how their design will be used.

Havering Sixth Form College Principal Paul Wakeling, who attended the presentation on the night, said: "We are extremely proud of Adam and Rebecca and all the students who were named as finalists. To win a competition of this importance is outstanding and we are very excited about the work that they have produced."

"They will get some great experience working with the designers at Amnesty International and they will be able to see how their icon is used when the project goes 'live' in June."

Preparation for new housing development begins

Hornchurch will soon be home to 44 new high-quality homes.

Councillor Roger Ramsey, leader of Havering Council, with Kevin McGrath and Ken Frakes from the Bugler Group, and Gary Green, the director of Mercury Land Holdings, visited the soon-to-be construction site in Hornchurch to finalise preparations recently.

The new development, which will be next to Queens Theatre and five minutes' walk to Emerson Park station, will be completed in the autumn 2019.

The development will deliver 44 private rental properties with a mix of one and two bedrooms with high specifications units and associated parking. The properties will provide much-needed housing in the borough and marketing will be targeted towards local residents.

The development will add to the successful portfolio of Mercury Land Holdings which includes

Cathedral Court, a 65-home private rental scheme in the centre of Romford.

Councillor Roger Ramsey said: "With housing demand in the capital at an all-time high, it's a really positive statement that so much new high - quality housing is being built for local people."

"Mercury has more exciting plans for future schemes and this when coupled with all our regeneration plans across the borough shows we are keen to ensure our housing demand is met with high-quality, affordable and accessible homes."

Andy Bugler, chief executive of the Bugler Group, said: "We are delighted to partner with Mercury Land Holdings to deliver this prestigious development. This partnership is the first we have secured in the London Borough of Havering and we look forward to supporting the growth ambitions of Mercury Land in creating much needed new family homes in the borough."

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VISIONHornchurch is now available to more readers than ever after a stand was placed in a local coffee shop.

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VISIONHornchurch editor Brett Shohet said: "The magazine has pride of place.

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"More copies of **VISION** will be coming to more Costa Coffees soon."

New art gallery opens its doors to the community

Havering Council's Fairkytes Arts Centre welcomed visitors to its new exhibition space - Fry's Gallery, recently.

The new art gallery which opened on February 24 showcased exhibitions from local artists and crafts people and also provides additional teaching accommodation and a space for performances.

The opening exhibition *Still Life* by Steve Cook was displayed from February 24 to March 16.

The gallery is named after a former owner of the main Grade II listed Fairkytes building, Joseph Fry (1809-1896), son of the famous prison reformer Elizabeth Fry.

Councillor Melvin Wallace, cabinet member for culture and community engagement, said: "The Fry Gallery is a valuable new exhibition space for local residents and visitors to experience the culture of Havering.

"It also provides an excellent space for local artists to display their work.

"I am very proud that we have this new gallery in the borough and encourage residents to use this space to showcase their talents."

For enquiries about Fry's Gallery or exhibition information, please phone Havering's Arts Development team on 01708 432791 or email lucy.single@havering.gov.uk

Students join the fun at the Mardi Gras Festival



The spirit of the New Orleans Carnival was enjoyed by Havering Sixth Form College music students who performed at the third annual Mardi Gras Brixton Festival.

Under their band name 7th Form, the students sung and played their greatest hits of the past year, joining a non-stop line-up of stellar musical acts on the Pop Box stage.

Run by Pop Brixton and 7Suns, the Mardi Gras Festival was set in a mini French Quarter in South London, with daytime craft activities, live music, and a best dressed competition, as well as Louisiana themed food, buskers, live art and fortune telling.

The students, all from the upper sixth BTEC Music Performance course, were Shekhem Vige, Niamh O'Sullivan, Sally-Ann Gray, Paula Urbanaviciute and Rebecca Keneally.

They performed a set including *One Night Only* from *Dreamgirls*, *Dancing in the Street* by Martha and the Vandellas, *Treasure* by Bruno Mars, *I Want to Break Free* by Queen, *Hey Joe* by Jimi Hendrix and *Drown in My Own Tears* by Aretha Franklin.

Tutor Chris Donnelly said the festival was great fun and an excellent opportunity for them to have performed in a real world environment and the students thoroughly enjoyed the experience.

Chris said: "7th Form were the first act on the main stage and they performed brilliantly, with many comments from the audience on how professional and slick their performance was."





Lidl opens its doors to customers

Lidl opened its doors to customers for the first time recently.

The new supermarket, on High Street, Hornchurch, first opened on Thursday, March 15.

Customers attended the ribbon-cutting at 8am and were offered the chance to sample some of Lidl's award-winning products throughout the day, along with exclusive deals and offers on selected products for the first week of opening.

The new supermarket forms part of the company's ongoing expansion and regeneration plans in the UK and has created a total of 40 new jobs for the local

community.

The store has a 1,690m² sales area and features facilities such as an in-store bakery, longer-style tills with dual packing, customer toilets, baby changing and ample parking for both cars and bicycles.

Lidl UK's regional head of property, Olu Johnson, commented: "We would like to thank all those who have played a part in bringing this new Lidl store to Hornchurch. It is great for us to be able to create more jobs and investment opportunities in the area, and we can't wait to start serving our multi-award-winning products to the local community."

Four arrests made following fatal stabbing

Detectives investigating stabbing of Hasan Ozcan in Barking have made four arrests, including someone from Hornchurch.

Police were called at approximately 10.10pm on February 3, to reports of a stabbing in Abbey Road, Barking.

Officers attended along with the London Ambulance Service and found 19-year-old Hasan Ozcan suffering from stab wounds.

Hasan was pronounced dead at the scene at 10.55pm.

A special post-mortem examination took place on February 6 at Queen's Hospital Mortuary and gave the cause of death as multiple stab wounds.

On February 16, a 15-year old-boy and a 19-year old man were arrested at addresses in Dagenham and Hornchurch on suspicion of murder, on February 21, an 18-year-old man was arrested in Barking on suspicion of murder and on February 22 a 20-year-man was arrested in Hackney on suspicion of murder.

The investigation is being led by Detective Chief Inspector Larry Smith.

He said: "We have now made four arrests but we are still appealing for information so we can establish the circumstances which led to a young man losing his life.

"It is vital that those out there with information who haven't yet done so contact the police. I'd urge you contact the incident room as soon as possible. Your call will be treated in the strictest confidence."

Any witnesses or anyone with information should contact HMCC officers via 020 8345 3985. To remain anonymous call Crimestoppers on 0800 555 111 or visit crimestoppers-uk.org. You can also tweet the police via @MetCC.



Photo credit: MET Police

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JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS

MP helps to prepare residents for Brexit

It is now only a year until the UK formally leaves the EU and - assuming a deal is done - enters a 'transition' period before 'full Brexit'. The mammoth task of preparing Britain for its new future is taking up a lot of parliamentary time. But if Brexit is to be delivered in its truest sense, we politicians need to deliver change at a local level not just a national one.

That is why I have been trying to translate what I do in parliament to action on the ground in our constituency. It is 40 years since the UK had its own independent trading policy and my role on the International Trade Committee examines how to ramp-up Britain's global trading connections after Brexit. The future opportunities for UK commerce are huge, so at the beginning of March I hosted the Trade Export Hub at the Queen's Theatre to help businesses tap into them.

The Hub brought together experts on export finance, as well as local business advisers and banks, to give Havering businesses the best information on how to expand into growing international markets. We were

joined by Trade Secretary, Dr Liam Fox MP, who talked about the hunger he sees across the world for British products and services.

The UK will also need to redouble efforts to train British workers of all ages to reduce our reliance on imported labour. I have recently visited some fantastic local training providers, including Havering College's Railway Academy which gives people the skills to work on big transport projects like HS2, and the STC Group in Harold Wood which is turning local trainees into bricklayers, plasterers and decorators to build Havering's planned new homes. I have also helped a successful bid for more medical training places in Eastern London so that the NHS has enough homegrown doctors for our future needs.

With long-term planning on skills and the building of new networks between business, government and trade partners abroad, I believe Brexit can help deliver an exciting, prosperous future for Hornchurch and Upminster residents.

www.julialopez.co.uk

Skating star pipped at the post



Photo credit: ITV Pic

Love Island star Kem Cetinay narrowly missed out on the finals of *Dancing On Ice* after he got voted out in the semi-final skate off.

Kem, who previously worked as a hairdresser in Hornchurch, and his professional partner Alex Murphy, were devastated when they were eliminated by the judges, who all voted to save Max Evans and Alejandra (Ale) Izquierdo. Kem and Alex skated to *Timber* and *Beneath Your Beautiful*.

The judges were extremely impressed with their second performance, but were less than enthusiastic with their first deeming Kem's solo section unimpressive.

The pair finished third on the leader board with a score of 73 points out of 80.

However, Kem won't be hanging up his skates any time soon as he will be performing on the *Dancing On Ice* tour which kicked off in March.

Author brings books to life



World Book Day was brought to life by a sixth form college in Hornchurch recently.

The day was celebrated in the Havering Sixth Form College Library with talks by three authors, a literacy competition and the chance to sign up for the student Book Club.

The event – called Reading Week @ The Library – ran from March 5 to March 9 and included talks and workshops by authors of different genres as well as a Creative Writing Competition.

Author Catherine Johnson spoke to students about her life as a novelist and screenwriter.

Richy K Chandler, a comic creator and graphic novelist held workshops with students on the Creative Media Production (Gaming) BTEC Diploma course. Tutor Chris Kettle-Frisby said his students thoroughly enjoyed the sessions and found Richy very entertaining.

Mark Blayney, a businessman and author, gave a presentation to BTEC Business students.

Mark is author of many book and he gave an interactive presentation covering many aspects of business.

Librarian Gemma Osborn said: “The Reading Week went really well. The authors gave students lots of information about their particular specialisms which complemented their courses and we also had a lot of interest in the Book Club.”

AFC Hornchurch manager suffers stroke

AFC Hornchurch have confirmed manager Jimmy McFarlane suffered a stroke. It happened in the early hours of Monday, February

19 and he was taken to Queens Hospital in Romford for treatment.

Posting on their website on February 21, Former Urchins chairman Colin McBride wrote: “Jimmy suffered a stroke in the early hours of Monday morning and is continuing to be monitored in the trauma ward at Queens hospital, Romford.

“Over the last two days we have been overwhelmed by the number of messages of support and can’t thank people enough for their kind words. The response has been unbelievable. Jimmy is an incredible person and we understand that friends will want to visit but further to Ricky’s earlier message on Twitter he needs rest to recover.

“All at AFC Hornchurch, the management, staff and players continue to wish Jimmy a speedy recovery and our thoughts are with Jimmy and his family at this time.”

Days later, son Ricky announced Jimmy was recovering well tweeting: “Can someone please explain to me what this man is made of... Major stroke which should have had debilitating effects... 7 days later doing laps of the ward, up and down stairs, and non-stop football talk... Thank you God! Love you Dad.”

Jimmy has since been to watch AFC Hornchurch play on his road to recovery, including when the Urchins beat Canvey.

Mott makes 200 appearances for the Urchins



Sam Mott has made 200 appearances for AFC Hornchurch.

The goalkeeper made the milestone appearance during their 1-0 win at home to Canvey Island on March 10.

In November last year, Sam became the all-time record holder for Hornchurch clean sheets.

Since then, a further eight clean sheets have been earned.

Posting on their website, the club wrote: “75 clean sheets from 200 games is an exceptional achievement.

“Well done Sam.”

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TV Studio by T&B Contractors at Guildford College, similar to that planned at Havering Sixth Form College

Green light for digital TV studio after £100,000 funding award

A new TV studio with the most up-to-date digital equipment has been given the go-ahead at Havering Sixth Form College, Hornchurch, after funding was awarded from the Mayor of London's Skills for Londoners Programme.

The industry-standard studio, complete with video cameras, sets, microphones, lighting rigs, monitors and a sound proofed production control room, will mainly be used by students on the Creative Media Production BTEC Diplomas and A-level Media Studies courses.

The project is estimated to cost £100,000 and half of this will come from the winning bid for the Mayor's funding.

It is hoped the new studio, which will be designed and housed in an existing Creative Arts and Media room, will be completed for the start of teaching in September.

Creative Arts and Media Faculty leader Brian Martin said: "This will be a fabulous addition to our facilities. Students will be able to record programmes, film in the studio using the latest digital cameras, edit and mix in the control booth – just like in a real TV studio.

"The project will transform a traditional classroom into a space that inspires, challenges and develops the employability skills of our students as they experience first-hand an industry-standard studio complete with the latest digital technology."

The TV studio will also benefit younger students in Havering who visit the college on Taster Days from local schools.

Assistant principal Sue Bannocks, who submitted the bid for funding, said: "This is an exciting development for our creative media courses. The new studio will enhance our facilities and will inspire our students to learn new skills and achieve success."

Chimichanga to close following restaurant announcement

Chimichanga in Hornchurch is set to close following the announcement that Prezzo is set to close 94 outlets across the UK.

It's estimated that hundreds of jobs will be lost due to the closures.

As well as Prezzo restaurants, the company is closing many subsidiary brands including Chimichanga.

Residents were disappointed in the decision to close the restaurant.

Emily Jones said: "Visited first time a few weeks

back and bit gutted as had great meal and drinks were superb."

Fred Johnson added: "I like meeting my friends there, the food and drink not expensive! And lots choices, but generally it's a good common ground to go to for everyone. Will try the smoke house in Romford when I can instead now."

Some residents were already speculating what Chimichanga would be replaced with.

Danny Flynn said: "Turn it into a Wagamama."



Student success for judo club

Having Judo Club students have had huge success recently after competing in a number of events.

On March 4, the club had three under 8s attend their first competition in Basildon.

Ellie May, Jude and Freya all came away with bronze medals after putting in a huge amount of effort in their fights.

On the same day, two other players went to High Wycombe and took part in an orange belt and below competition.

Sam, aged 12, who had just moved up an age band had to fight two yellow belts. He did a great job and came away with a bronze medal.

Alex, who had just turned eight, also came away with a bronze medal after competing in his first competition.

On March 10, two players went to a development competition in the Docklands.

Sam and Joshua both came away with bronze medals and their coach said: "I feel very proud of the both of them as they have both achieved so much in over a year since they joined judo.

"They have both built their confidence."

A spokesperson for Havering Judo Club said: "Havering Judo Club are proud of all the players as every single one of our juniors have come a long way in just over a year."

Children's cancer charity hosts Movie MAYhem

Lennox Children's Cancer Fund, the Romford-based charity supporting children battling cancer and their families, has planned a month of Movie MAYhem this May.

The campaign is being launched to encourage people to raise money whilst settling down in front of a movie in the comfort of their own home.

Supporters can sign up to receive a Lennox Movie MAYhem pack to help them support the charity by turning one night out at the cinema into one night in with family and friends.

Vincent Fitzmaurice, chairman of Lennox Children's Cancer Fund, commented: "We wanted to organise something a little different, that would

get all ages involved. We are hoping for a range of themed movie nights, spanning from Disney to *Star Wars*, romantic comedies and much more."

The charity plans for Movie MAYhem to become an annual event, with people from all over the UK being encouraged to host their own movie nights.

Vincent continued: "We are hoping that people will have great fun creating their own unique movie experiences using our Movie MAYhem pack.

"By supporters asking their guests to donate just a fraction of what they would normally spend at the cinema they will be supporting the Lennox Children's Cancer Fund while having a great night in with their friends and family."

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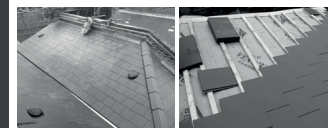
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WILD CHILD

Break out of the holiday resort this year and book an adventure your little ones will never forget.

CAMP WITH THE ANIMALS

If your kids are animal lovers, they'll relish the opportunity to sleep in close proximity to lions and giraffes. Having realised that patrons simply can't get enough of the mighty beasts, several zoos in the UK now offer overnight packages, which generally include access to attractions outside opening hours and plenty of opportunities to get up close and personal with the park's residents. Locations include Port Lympne Wild Animal Park in Kent, Chessington Zoo in Surrey and Camp Baboon in Bristol.

LEARN BUSHCRAFT

What if you could send your little ones on a holiday that could teach as well as entertain? Well that's exactly what a bushcraft course can offer. Camp Wilderness is one such company that offers summer camps all over the UK where your tiny tearaway can master everything from fire lighting and wilderness camping to archery.

PUSH THEIR LIMITS

For miniature thrillseekers, it has to be an adventure holiday. Offering any number of outdoor activities, including rock climbing, abseiling, canoeing and circus skills, these experiences boost confidence and offer a unique bonding experience where your child can make friends for life. Go to PGL.co.uk for a comprehensive list of adventures.

GET ON YOUR BIKES

For a family holiday that will leave you considerably fitter while seeing some extraordinary places, consider a cycling trip. Saddle Skedaddle have a wealth of wonderful options which accommodate both the inexperienced and the Tour de France wannabes, along with guided and self-guided tours. They also cover Europe as well as the UK, so you can explore new horizons while pushing the pedals.

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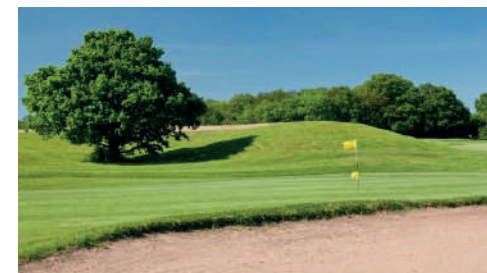
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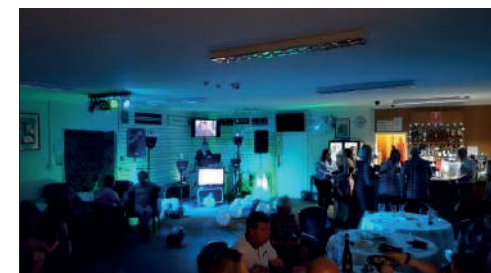
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NATIONAL TREASURE

It's the racing event of the year, flush with fleet-footed fillies and promises of wealth untold, and now you can get to the track in top shape with this guide to the runners and riders in the 2018 Grand National.

The Grand National is, by a length, the racing event of the UK calendar, and this year is no different. On April 14, the crowds will head to Aintree Racecourse in Liverpool to see some of the biggest names in horseracing competing for the coveted prize, with a cheeky little flutter or three included.

This year's early standout contender is TOTAL RECALL at 12/1. Despite having a rocky start in competitive racing that saw this stallion as likely to unseat his jockey as to win by a country mile, a recent change in owner has seemed to have done wonders for the horse, who has now won three races on the trot (and at a gallop).

At 16/1 punters backing THE LAST SAMURI will be hoping for a bit of numerical luck this year. Having come second in 2016 before a disappointing 16th place finish last year, it may be a case of three times the charm - especially given the fantastic form already shown this season by this aspiring champ.

CAUSE OF CAUSES at 20/1 may not seem like a potential champ, but the knowledge that this spirited contender was just pipped to the win in 2017 by then 25/1 outsider One for Arthur, and is known for being a solid chaser in most conditions, should tell you everything you need to know.

Meanwhile, owner Paul Nicholls has previous in training Grand National winners, after overseeing the development of Neptune Collonges in 2012. This year he's hoping that VICENTE will come up with the goods at Aintree, and secure the first ever consecutive Grand National one-two for Scottish owners.

Grand National Betting 2018 | Best Odds*

Horse	Race Age	Trainer	Best Odds
Total Recall	9	W P Mullins	14/1
Blaklion	9	Nigel Twiston-Davies	14/1
The Last Samuri	9	Kim Bailey	16/1
Anibale Fly	8	AJ Martin	20/1
Cause of Causes	9	Gordon Elliott	20/1
Tiger Roll	8	Gordon Elliott	25/1
Minella Rocco	8	Jonjo O'Neill	25/1
Bellshill	8	W Mullins	25/1
Seeyouatmidnight	10	A M Thomson	33/1
Vicente	9	Paul Nicholls	33/1
Gold Present	8	Nicky Henderson	25/1

*All odds updated 19/3/18. All subject to change.
www.grandnational.org.uk/2018-grand-national-tips-ante-post-odds.php



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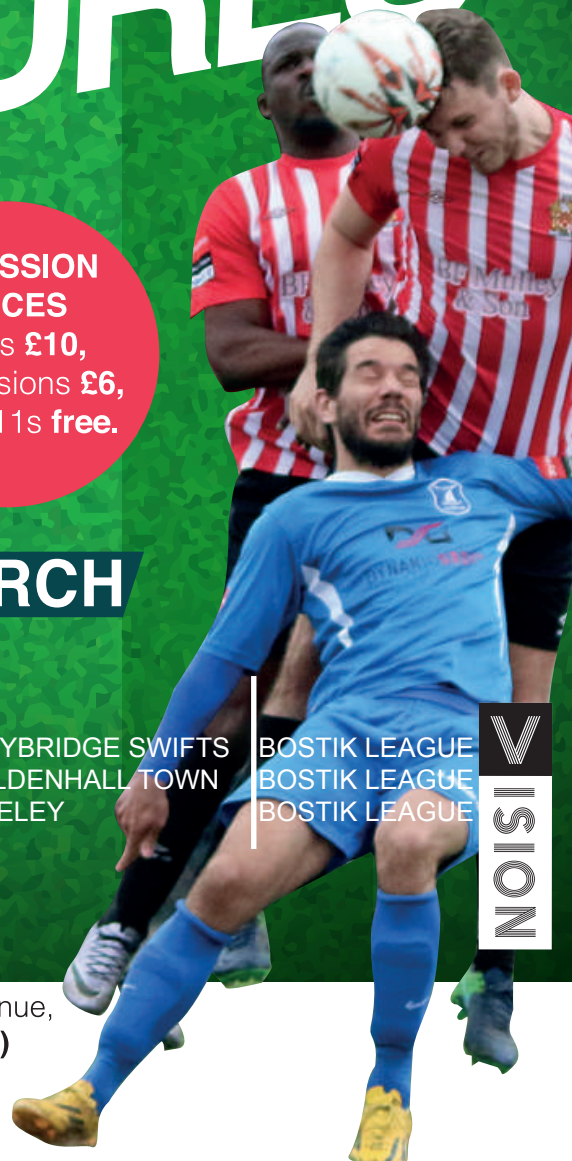
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Roger Bannister... THE GOLDEN MILE

Following the death of Sir Roger Bannister at the age of 88, we remember a man who was not just a record breaker, but a remarkable human being, both on and off the track.

It was a momentous moment and occurred at Iffley Road sports ground in Oxford on May 6, 1954. Watched by 3,000 spectators, a young runner named Roger Bannister became the first man to run a mile in under four minutes. His time of 3mins 59secs was considered superhuman – and yet, as a record it stood for just 46 days. Regardless, following his death in March, it is undeniable that Britain has lost one of its greatest sporting icons.

London-born Bannister began running when he was 17, but only ever trained part-time, seeing it as a great way to unwind away from the demands of his medical studies at Oxford University. Despite that, he almost made it to the 1948 London Olympics, and did represent his nation in the 1952 games in Helsinki, where he set a new British record

in the 1,500m final.

In the same year he broke that four-minute barrier, Bannister retired from athletics to pursue a long and distinguished medical career as a neurologist, and between 1971 and 1974 was the chairman of the Sports Council where he developed the first test for anabolic steroids; and it was for this service that he was knighted in 1975.

In 2011, he was diagnosed with Parkinson's disease, saying that he saw a "gentle irony" in his contracting of the illness given his years treating neurological disorders in others.

Following his death, Lord Coe, president of the International Association of Athletics Federations (IAAF), paid tribute to the record breaker. "His achievement transcended sport, let alone athletics. It was a moment in history that lifted the heart of a nation and boosted morale in a world that was still at a low ebb after the war. We have all lost a giant," he concluded. And we have.

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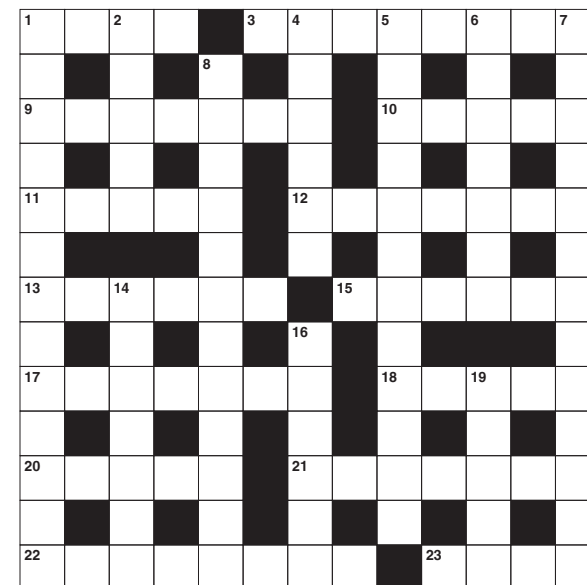
PUZZLES & TRIVIA

ACROSS

1. Hang loosely (4)
3. Arguments (8)
9. Pertaining to marriage (7)
10. Condescend (5)
11. Church council (5)
12. Japanese dish of raw fish (7)
13. Regalia (6)
15. Fish with thick lips (6)
17. Funnel-shaped river mouth (7)
18. Suit (5)
20. Small arm of the sea (5)
21. Letter-for-letter; verbatim (7)
22. Dullness of colour (8)
23. Anxious; nervous (4)

DOWN

1. Having patience in spite of problems (4-9)
2. Attractive flower (5)
4. Except when (6)
5. Reallocate (12)
6. Draws forth (7)
7. Mawkishly (13)
8. School for young children (12)
16. Rides a bike (6)



14. ___ Portman: actress (7)
19. Unit of capacitance (5)

DID YOU KNOW

- ▶ A hard-boiled egg can spin – uncooked or soft boiled ones don't.
- ▶ Unless food is mixed with saliva you can't taste it.
- ▶ Honey is the only natural food that doesn't spoil.
- ▶ Flamingos can only eat when their heads are upside down.
- ▶ It takes between seven and 21 days to make a single jelly bean.
- ▶ It takes around 12 hours for your food to entirely digest.
- ▶ Cabbage is made up of 91 per cent water and cucumbers are 96 per cent.
- ▶ Eggs contain all the vitamins except vitamin C and most of the vitamin C in fruits is found in its skin.
- ▶ Fresh apples float because they contain 25 per cent air.

SUDOKU

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	8		3	2	4	7		

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MIND THE GAP

Recent studies suggest that the pay gap between men and women is smaller than it's ever been. But is this an example of real, effective change, or do the seemingly positive statistics hide a need for further progression?

Last year, figures from the Office for National Statistics showed that the UK's gender wage gap had narrowed to a record low, with women earning 9.4 per cent less than men. Compared to figures in the seventies – where the pay gap stood at around the 45 per cent mark – this new number shows an improvement in the discrepancies between men and women's pay in the workplace. But is this enough?

Eyebrows were raised in July last year when the BBC published a list of its top-earning employees. Only one third of BBC employees earning over £150,000 a year were women, and the top seven places on the list were held exclusively by men. The highest-earning female, Claudia Winkleman, was paid between £450,000 and £499,000 a year – but that figure pales in comparison to top-earning employee (and man) Chris Evans' £2.2million-plus pay cheque.

Another problem with the latest ONS figures is the rate at which the gap has closed over the last five years. In 1997 the number stood at 17.4 per cent, but in 2012 it was down to 9.5 per cent, signalling just a measly 0.1 per cent decrease in the last half-decade.

In April last year, employers with more than 250 staff were required by law to collect data so they can publish their gender pay gap, gender bonus gap and the proportion of men and women in each of four pay segments.

The results must be published within 12 months on the employer's website and a government site. There are no rules about what bosses should do once they uncover pay gaps, but the new measures may mean employees have grounds to ask for a raise.



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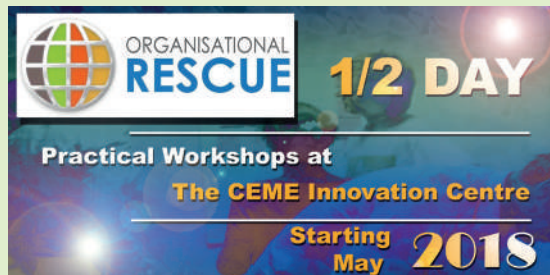


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PARKING MAD

HOW TO CHALLENGE PARKING TICKETS... AND WIN.

We've all been there. You've popped out for a loaf of bread and returned to your vehicle a few minutes later only to find a parking ticket slapped on the windscreen. That's a £50 sourdough you're not going to get back.

Or are you?

These days, council parking is regulated to the hilt, and wardens must abide by strict criteria if they are to make your parking ticket stick... literally. So before you begrudgingly pull out that debit card, take a look at this quick guide to see if you've got grounds to challenge the fine:

1 THE FIVE-MINUTE WINDOW

Unless you're on double yellows, attendants must observe your vehicle (standing next to it) for five minutes, and in some situations as many as 10, before issuing a ticket. Check they have done this by referring to the times on the ticket. If they haven't, it's invalid.

2 'FAIR OPPORTUNITY'

The council must have given you a fair opportunity

to buy a ticket - that means a working machine in easy reach or alternative payment service, such as the 'Pay by Phone' facility. No way to pay? No ticket.

3 LINEAGE AND SIGNAGE

Road markings must be solid with no breaks in the paint, and signs must be clearly displayed, clean and within readable distance of the vehicle. Even in these days of administrative red tape, most tickets are cancelled because councils constantly fail to adhere to their own regulations.

4 CONTRAVENTION CODES

Parking wardens must list a specific contravention code in relation to the parking infringement and this can be found on the ticket. Wrong code? You're off the hook.

In the UK last year around a quarter of tickets were disputed, and 40 per cent of those challenged were overturned. And while private car parking rules and regulations differ, visiting Citizens' Advice online is an excellent first stop for further information and guidance.

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WHAT'S ON

in your area

Titanic: Honor and Glory

Havering Museum, 19-21 High Street,
Romford, RM1 1JU
April 7 – September 1



stock image

The exhibition will not only have many artefacts from the ill-fated liner, like a steward's tunic and the watch that stopped when it was immersed in the icy cold water of the North Atlantic on April 14, 1912, but also props from the James Cameron's 1997 blockbuster movie starring Leonardo Di Caprio, Billy Zane and Kate Winslet.

Teddy Bears' Picnic

The Queen's Theatre, Billet Lane,
Hornchurch, RM11 1QT
April 8, 11am – 12.15pm

If you go down to the woods today, especially if it's your birthday, you're sure of a big surprise. Children (and mums and dads) can bring along their favourite teddies and meet the BIGGEST teddy bear in the whole world in this delightful show. Enjoy a mixture of games with plenty of prizes and giveaways, storytelling and sing-along songs in this enchanting fun and laughter-filled show.

Suitable for under 5s.



Spectacular Science Experiments

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Country Park, RM12 6DF
April 12, 10.30am - noon, 1pm - 2.30pm

Have fun with science and conduct your very own experiments, including Bottle Rockets, Balloon Rocket Racing, Goo and more.

Please dress to suit the weather. Suitable for ages 5+. Donation of £6 per child welcome.

Georgie Fame

Fairkytes Arts Centre, Billet Lane,
Hornchurch, RM11 1AX
April 13, 8pm

Rhythm and blues legend Georgie Fame will be paying Fairkytes Arts Centre a second visit on Friday, April 13.

Tickets sold out quickly on his first visit.

Through The Decades with Elvis

Brookside Theatre, 21A Eastern Road,
Romford, RM1 3NH
April 14, 8pm

Enjoy this hip-swinging tribute to the King of Rock 'n' Roll, back by popular demand. Put on your Blue Suede Shoes and get ready to Shake, Rattle and Roll with one of the UK's No.1 tributes, Steve Halliday.

There's no other performer who has had a bigger influence on Rock 'n' Roll. Whether you are a fan or just want to see what all the fuss is about, there's no other show you should see than THROUGH THE DECADES WITH ELVIS. £18, all tickets.

Kids Activity Expo 2018

The Coopers' Company and Coborn School,
St Marys Lane, Upminster, RM14 3HS
May 6

The Kids Activity Expo is a great day out for all the family. The aim of the event is to encourage kids to be active and healthy.

We do this by providing a range of activity club exhibitors, some of who will provide taster sessions and performances. You can find out about what's on in your local area and see which your child enjoys. Plan your child's summer holidays by finding out about the range of holiday clubs and fun days available.

MAJOR GLASS AND GLAZING

As a family company, Major Glass and Glazing specialises in all aspects of glass and glazing, both residential and commercial, and prides itself on its ability to deliver quality installations

Our specialist glazing services include:

- Upvc, Aluminum and Timber Windows & Doors
- Conservatories, Orangeries and Roof Lanterns
- Bi-fold Doors
- Double Glazing Repairs
- Fascia & Soffits
- Architectural Glazing
- Table Tops
- Mirrors
- ...and more



We are based in Hornchurch, Essex, and are dedicated to providing a cost effective service with unrivalled customer satisfaction.

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HERBERT ROAD, EMERSON PARK £2,395,000

Superbly located in Emerson Park standing within its own landscaped grounds and gardens of around 1/3 of an acre is this two year old 7 bedroom detached family home. The accommodation is set over 3 floors and incorporates 3 separate reception rooms, fabulous open plan kitchen/family room, utility room, g/f cloakroom & 6 bathrooms. Road frontage approximately 120', electric gates, extensive parking area, treble width garage & south facing garden. EPC B.



HARWOOD AVENUE, ARDLEIGH GREEN £515,000

Superbly located within this extremely popular Ardleigh Green turning is this extended 4 bedroom terrace family home. Accommodation over 3 floors, lounge 12'8" x 12'2", kitchen/breakfast room 18'1" x 10'6", family bathroom/WC & shower room/WC. GCH & D/G. Off-road parking to the front for two vehicles, rear garden approx. 65' in depth incorp. double width garage 23'3" x 17'2". Walking distance to local shops, Ardleigh Green School & Gidea Park Station. Awaiting EPC.