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Editor's notes...



Brett Shohet, Editor

Hello and welcome to the this month's edition of **VISION**Hornchurch. This is the 12th edition for Hornchurch, meaning it's our first birthday. I cannot thank our readers, clients and supporters enough.

Did you know, alongside **VISION**Hornchurch we also have three other titles in Essex? **VISION**Brentwood, **VISION**Billericay and newly launched **VISION**Loughton. **VISION** now distributes to 25,000 homes every month. This equates to more than 70,000 readers every month. In this month's edition, we cover the royal wedding reflecting on the big day for Prince Harry and Meghan Markle.

In sport we say au revoir to Arsène Wenger and take a look at Premier League champions Manchester City. In local news, a woman launches her first book, a charity receives £14,000 to tackle knife crime and a charity gig receives rave reviews. We welcome any of your stories for our local news pages, so if you have a story to share please send it to hornchurch@visionmag.co.uk I hope you all enjoy the June edition of **VISION**Hornchurch.

Brett

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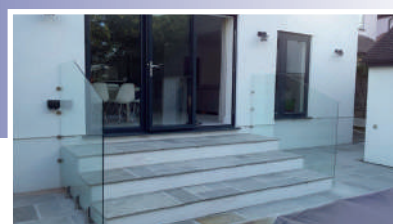
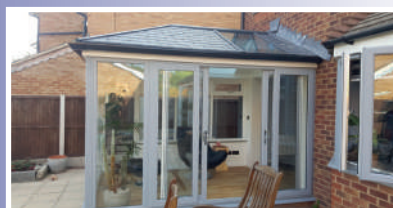
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# LOVE peace PRIDE

Soon, events all over the UK will be celebrating the LGBT community – but even with a growing movement to add a Pride Month to our country's annual calendar of festivities, there's a lot to be desired when it comes to acceptance in the wider Commonwealth and world beyond.

Shortly after winning his fourth Commonwealth Games gold medal, British diving sensation Tom Daley used his platform to draw attention to the fact that 37 of the competing nations at the tournament criminalised homosexuality and LGBT people in some manner.

Describing his impulse to shine a light on this discrimination, Daley highlighted discussions with LGBT activists who had been persecuted while “trying to organise a Pride event and getting thrown into prison for it, as well as being beaten up in the streets”.

He continued: “I was sitting there with a gold medal at the Commonwealth Games and I thought: ‘How lucky am I, to be sitting here with my husband after just winning a competition and not being worried about any ramifications?’”

“It struck me in such a way that I was mortified by it, and I just literally crafted a little sentence on my Instagram post – that was exactly what I was feeling in that moment.”

The UK's steadfast commitment to tolerance, respect and acceptance will be best shown later in the year when the multitudinous Pride events begin to take place around the country, most in the peak of summer. They follow some brilliant celebrations marking February's LGBT History Month. In addition, there is hope our cities and towns will follow our transatlantic fellows in observing a Pride Month, in June. With a sitting president for whom gay rights are not top of the agenda, the need for another time to reflect on the prejudices still faced by the LGBT community – even in so-called ‘progressive’ nations – are profound.

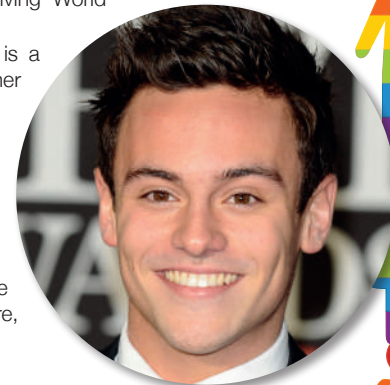
In the UK alone LGBT people are up to seven times more likely to be homeless, while gay couples are still unable to marry in Northern Ireland – the ruling party of whom, the DUP, are currently in coalition with Theresa May's Conservatives. And in the wider UN, homosexuality remains a crime in 40 per cent of countries.

Most pertinently, perhaps, is the treatment of the LGBT community right on Europe's doorstep, in Russia. President Vladimir Putin has enforced stringed anti-homosexual legislation, including new laws that punish anybody disseminating propaganda aimed at the formation of misperceptions of traditional and non-traditional sexual relations. It has also failed to comply with the 2010 judgment at the European Court of Human Rights that requires it to allow gay pride events.

Russia's anti-gay agenda will be a primary focus when they host this year's World Cup, but also the prestigious diving World Series in which Daley will be competing.

“For me, going there and competing is a message,” he said. “I want to urge other LGBT people to compete in Russia.”

Tom Daley alone won't change Russia's views, nor those of others still prejudiced towards what accounts for over three million people in the UK – or, put another way, the equivalent of the population of Wales – but perception is shifting, and ambassadors for fairness and acceptance are being heard louder than ever before, and for that we must be glad.





# COURAGE

*under fire*



Johnson Beharry made military history in 2005 when he became the first recipient of the Victoria Cross in over 30 years. But recently the Lance Corporal has revealed his shady past as a London drug dealer, how the army saved his life, and how he's looking to help more youngsters affected by crime rates in the capital.

Saving over 30 of his fellow soldiers' lives in Iraq on two separate occasions while coming under heavy enemy fire and sustaining life-threatening wounds himself: this is why Johnson Beharry of the Princess of Wales' Royal Regiment became the first recipient of Britain's highest medal for bravery.

But while his name will now be forever interred with some of the military's bravest men, Johnson has recently revealed that in his youth he was a London drug dealer who used to carry a semi-automatic weapon in the boot of his car.

"I was earning lots and would go out partying," he said.

"That's how I fell into a gang, it provided a family-like base. I had a bit of cash so, initially, I'd buy £300 of marijuana and deal it on a small level.

"Then it was £1,000 worth, and then it became a business. I got introduced to people who could sort large quantities of cocaine and speed. It spiralled out of control."

Since being medically discharged from service after suffering massive head injuries in the course of saving his fellow fighters' lives, he has set up the JBVC Foundation, which aims to keep young people aged between 15 and 25 off the streets after they are released from detention.

And at a time when gang violence has claimed over 50 lives in the capital alone since the turn of the year, this work has never been more important.

"We see young gang members in prisons three months before they are released," he said. "We try to give them direction, sort their CVs out, some form of ID, get them job placements, and give them support.

"Hopefully, I can help save others from gangs. I'm proof you can turn your life around."

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# OFFICE

## caal

Dressing for work in the summer can be a minefield of decisions and doubts. Do not despair. Our Do's and Don'ts of summer office attire will ensure you look sleek, professional and remain cool all day long.

✓ **DO** know your company's dress code policy  
Expectation can vary widely from one workplace to another, so it is important to remember to check your office's policy when it comes to attire. As a rule, if you would wear something to the beach then it is not appropriate to wear to the office.

✗ **DON'T** bare too much  
This goes for women and men alike; flashing too much flesh is a no-go for most offices. It can make your colleagues feel uncomfortable and does not portray a professional outlook. Avoid plunging necklines, open backs, short shorts and flip flops at all costs.

✓ **DO** dress up  
Dresses are perfectly acceptable office wear and for the summer months can be a life saver as they will keep you cool and professional looking. If in doubt make the midi dress your go to; they are easy to wear, fashionable and flatter most body types.

✗ **DON'T** flash your undies  
It goes without saying that turning up to work in a bralette is a definite no-no, but you may not know that it is equally as important to wear the appropriate underwear to match your outfit. Flesh coloured bras are an essential summer wardrobe staple as they should be worn with any white or light-coloured top.

✓ **DO** invest in linen mixes  
Wearing a suit in the summer months can be torture; but simply changing from a silk/cotton to a linen/cotton blend can leave you feeling fresh and looking sharp. Don't be tempted to go 100 per cent linen as your suit will crease; not a good look.







# The Wedding

## DOs & DON'Ts

Follow our fashion dos and don'ts for wedding season, and you'll be every bride's favourite guest.

### ✓ DO embrace the classics

Romantic lace, delicate pastels and dreamy florals are all big in fashion right now, making them a perfect and easy-to-buy option for any fancy shindig.

### ✗ DON'T be afraid of different lengths

The art of modern wedding attire is to give a nod to the old, while still keeping your look modern and fresh. So, go for that voluminous maxi dress if that's what you want, but equally, cute structured minis and flared-skirt midis are appropriate too.

### ✓ DO keep it classy

Upstaging the bride is not cool. So avoid white, ostentatious headgear and keep bare flesh to a minimum.

### ✗ DON'T be afraid to dazzle

You may want to keep it simple with your outfit, but that doesn't mean you can't go all out on your accessories. Flashes of metallic and sparkle, whether on handbag, shoes or around your neck will add that right amount of glitz.

### ✓ DO texturise

This is a huge trend for spring/summer, meaning you can treat yourself to that feather shawl, fur bolero or fringed handbag.

### ✗ DON'T feel like you have to spend a fortune

It's absolutely acceptable to wear a dress you've worn before, and if you do decide to indulge in an accessory or two, make sure they are pieces you will wear again and again.

### ✓ DO prepare for bad weather

Everyone prays for good weather on their big day, but even the most organised bride can't prevent freak rain showers or cold snaps. So, take an umbrella, light cardigan or stole as a stylish cover-up.

### ✗ DON'T wear ridiculous shoes

While it can be tempting to rock those skyscraper heels you bought on sale last week, you could well be setting yourself up for a day of misery, so make sure you wear some comfortable but still stylish heels.



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# DIY Hair Masks

## For Hair Growth

### ...TRY THE BERRY BOOSTER

Berries are rich in Vitamin C which feeds hair follicles and encourages blood circulation in your scalp.

#### HOW TO MAKE:

- > Blend a selection of berries (strawberries, blackberries, blueberries – whatever you have in the fridge) with a tablespoon of olive oil.
- > Massage the mixture into your hair, concentrating on the roots.
- > Rinse and shampoo as normal.
- > Experience shiny hair that is nourished from within.



## For Frizzy, Damaged Hair

### ...TRY THE AVOCADO FRIZZ FIGHTER

Avocados contain essential fatty acids that can naturally help restore your hair's health by hydrating each individual strand and repairing damaged follicles. The additional ingredients of olive oil and coconut milk will help improve the elasticity of your hair and add moisture to your parched locks.

#### HOW TO MAKE:

- > Mash half an avocado into a bowl.
- > Add half a cup of coconut milk (full fat) and one tablespoon of olive oil and mix thoroughly.
- > Apply the mask to wet hair and massage into your scalp.
- > Leave for 20 minutes and then rinse thoroughly with a natural hair cleanser.
- > Use this mask weekly and have noticeably smoother and frizz-free hair.



With the arrival of summer comes some much-needed sun, lighter and longer evenings spent in the garden sipping Prosecco and the chance to dig out your maxi dresses and matching flip flops. Hurray.

Unfortunately, the heat and humidity can play havoc with your hair, leaving it looking and feeling dry, damaged and flat.

But do not worry, help is at hand with our top picks of DIY hair masks that you can easily whip up in the comfort of your own home. Using a combination of fresh produce that is available in abundance and store cupboard staples, your hair will be transformed from lacklustre to luscious.

## For Hair Prone to Split Ends

### ...TRY THE PROTEIN PROVIDER

Eggs are rich in protein and fatty acids that can help strengthen your hair follicles and treat the problem of split ends. They are also great at reducing tangles and breakages. Olive oil and honey will act as hydrating and smoothing agents which aid the process of achieving strong, healthy hair.

#### HOW TO MAKE:

- > Whisk a medium egg yolk with 2-3 tablespoons of olive oil and honey.
- > Massage into wet hair and leave for 30 minutes.
- > Rinse with water and shampoo hair as normal.
- > Use weekly for best results.



## For Oily Hair

### ...TRY THE STRAWBERRY SMOOTHIE

Strawberries are rich in Vitamin C which can help regulate your scalp's PH balance and oil production. They are also full of antioxidants which can aid the protection of your hair's cell membranes resulting in stronger, less oily hair.

#### HOW TO MAKE:

- > Mix 8 mashed strawberries with two tablespoons of mayonnaise until you have a smooth paste.
- > Apply on wet hair and leave for 15 minutes.
- > Rinse with water until hair is clean.
- > Experience smooth hair which is free from oil and smells gorgeous.
- > Use as and when your hair feels oily and flat.



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# ROCK ON



HEALTH & FITNESS



**W**ith his dazzling smile and rippling biceps, man-mountain megastar Dwayne Johnson has conquered the worlds of pro-wrestling and Hollywood.

Johnson's life seems utterly envy-inducing to the mere outsider. The 6' 5" gym phenom known as The Rock from his days as the highlight of WWE has, over the past decade, segued effortlessly into silver screen stardom, with roles in the *Fast and Furious* franchise, *Baywatch* and *Jumanji: Welcome to the Jungle* recently leading to Johnson topping the highest paid actor in Hollywood list.

But things weren't always as positive for the California-native, whose pro football career was cut short by injury after showing so much early promise.

"Football had always been my dream and suddenly the dream was over - I was left feeling empty and devastated," the 45-year-old explains. "But I decided to stop feeling sorry for myself and find a new dream."

And Johnson, who recently opened up about his mental health struggles in spite of his alpha male media persona, has developed a reputation for being one of the most dedicated stars in Tinseltown.

"I'm as hungry today for success as I've ever been," he says, "...maybe more so you want to go beyond what you've already accomplished. You keep raising the bar."

"It's just like exercising. There will days where you don't feel like going to the gym, lifting weights or doing cardio, but that's exactly what you need to do. The more effort you put into that the more energy you're going to have the rest of the day."

## BUILDING BICEPS LIKE THE ROCK

**LOW CABLE CURLS** 7 sets x 8-12 reps.

Use the cambered bar (not the straight bar)  
Rest 30 seconds between sets

**MACHINE PREACHER CURLS** 3 sets x 8-12 reps.

Do 4 partial reps at the end of the last 2 sets

**FRONT DOUBLE BICEP CURLS** 3 sets x 10-15 reps.

Johnson does these on a cable machine using the high pulley, but you can substitute with dumbbells.

**PREACHER CURLS** 3 sets x 8-12 reps

Photo credit: Frank Masi, SMPSP





# EAT LIKE an Egyptian



**F**orget diets, follow the healthy eating pyramid for sensible but effective weight loss. Diets don't work. You know it, I know it and your favourite pair of jeans knows it. And yet, the idea of losing X amount of weight in X number of weeks sure is tempting, particularly as we enter beach season. But before you embark on six weeks of nothing but cabbage soup, consider how much more you would enjoy your summer if you embarked on a healthy, sustainable and delicious eating plan that would not only help you lose weight over time, but also give you glowing skin and an abundance of energy. Welcome to the Pyramid Plan.

The best part about the Pyramid Plan is that it doesn't require you to count calories or restrict beyond what is sensible. Instead, it breaks down foods into categories and then tells how much you should aim to eat for optimum nutrition and energy.



So, according to the pyramid you should have five to seven servings of fruit and vegetables per day, a serving of wholemeal cereals and breads, potatoes, pasta and rice at every meal, and around three portions of milk and cheese. Add in two servings of meat, poultry, fish, eggs, beans and nuts, and just a small amount of fats, spreads and oils per day. For every meal this translates to half your plate being filled with fruit or veg (fibre), one quarter would be grains (carbohydrates) and the final portion your dairy, nuts, meat or fish (protein).

The top of the pyramid represents processed food which is high in fat and sugar, so no more than two portions per week. Equally, alcohol is non-essential, but not forbidden, so stick to the recommended units and try to have two or three booze-free days.

You'll be amazed at how your body feels transformed soon after following such a sensible plan, and while you may not be miraculously thin in weeks, at least you won't have to deal with the unpleasant side effects of cabbage soup.



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# WORLD CUP SNACKS

## POTATO KNISHES

A cross between a samosa and a calzone; this simple dish which is a firm favourite in Russia is sure to be a rounding success with all your mates come match day.

A combination of mashed potatoes, onions and cheese, this oven baked pastry is the ideal snack to soak up any excess beer and keep you fighting fit for the night ahead.

## YOU WILL NEED

- ▶ A bowl of mashed potatoes (made from 6 large potatoes)
- ▶ 1 pound of sautéed onions
- ▶ 2 beaten eggs
- ▶ 2 teaspoons of salt
- ▶ 2 teaspoons of garlic powder

- ▶ 8 ounces of cheddar cheese
- ▶ 1 packet of puff pastry

## HOW TO MAKE

- ▶ In a large bowl mix together the mashed potatoes, onions, eggs, salt, garlic and cheese.
- ▶ Heat the oven to 177°C/350°F/gas mark 4.
- ▶ Roll out the pastry to a ¼ inch thickness and then cut into 3-inch squares.
- ▶ Egg wash the individual squares with one beaten egg.
- ▶ Scoop 2 tablespoons of the potato filling into each square and fold in the ends as if folding an envelope.
- ▶ Place the assembled knishes on a lined baking tray and brush with additional egg wash.
- ▶ Bake for 20 minutes until golden brown.

## OR IF YOU FANCY SOMETHING A LITTLE LESS EXOTIC WHY NOT TRY...



## LOADED POTATO SKINS

Always a winner, these can be topped with whatever takes your fancy; cheese, bacon and sour cream or try a veggie option of sweet potato, veggie chilli and chunky guacamole.



## PULLED PORK TOPPED NACHOS

Naughty but oh so nice, nachos are a firm favourite at any sporting event. Simply plate up your tortilla chips and add cheese, BBQ sauce, shredded pulled pork and an optional dollop or two of coleslaw.





# the odd couple

It may sound odd, but chocolate and beer make a very good match indeed. To find out how to make the most of this unusual pairing, read on...

Like wine and cheese, tea and sympathy and Laurel and Hardy, beer and chocolate simply belong together. Though quite why this delectable pairing is only becoming

common knowledge now is likely down to the boom in recent years of both craft beer and gourmet chocolate, as anyone who has downed a can of Stella and scoffed a Mars bar while waiting for the last train home would hardly declare it a defining culinary experience.

Nor should you pop down to your local small batch brewery and artisan chocolatier and hope for the best. Instead think carefully about what flavours you like in beer and chocolate, from the biscuity to spicy, hoppy to zesty, and how the notes in one might bring out the magic in the other. Also, pick beers that are as sweet, if not sweeter than your chocolate selection.

For example, any bar of chocolate that is at least 50 per cent cocoa will work beautifully with a blonde ale, as the natural sweetness of the beer counteracts the bitterness of the chocolate, lending both a delightfully smooth flavour. Correspondingly, a rich, caramelly stout balances out the sweet creaminess of milk chocolate.

IPAs are harder to pair as they are rarely sweet and often have bright, hoppy flavours. A bitter IPA and dark chocolate will leave you feeling more bitter than the Grinch, so pick a good quality chocolate that has a hint of sweetness. IPAs also work with chocolate that has flecks of chilli or sea salt in, to give you that glorious sweet/salty kick.

Those wishing for a subtler flavour can use beer in desserts instead, like chocolate mousses, ganache, or the ultimate union: a Guinness chocolate cake.

And if you're still left craving a monster bar of Dairy Milk and a four-pack of Fosters, go for it. When it comes to beer and chocolate, there simply are no rules.



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# flower POWER

GARDENING

**T**ired of spending a fortune on flowers only to watch them wither in days? Here are our top tips to make your bouquet last longer.

## one

**Seal the stems:** If your flowers have been out of water for a while they may be starting to wilt, so rejuvenate them by sealing the stems. Simply pour an inch or two of boiling water in a bowl and plunge the ends in for about 10 seconds (be sure to protect the buds from steam if they are near the water).

## two

**Add a penny:** Make your vase a wishing well by throwing in a penny. The copper acts as an acidifier, fighting the bacteria growth in your arrangement.

## three

**Place them in lemon and sugar water:** Strangely, this common pancake topping also keeps your flowers looking healthy. So, add two teaspoons of lemon juice (apple cider vinegar works too) and a teaspoon of sugar to your vase water. This makes a natural plant food, but you could also add half a teaspoon of bleach to prevent mould.

## four

**Give them a rest:** Flowers picked from your garden need to be rested before becoming a bouquet, so place them in a bucket of cold water in a cool place overnight.

## five

**Keep away from direct sunlight and fruit:** Warmth will make them wilt, so keep your beautiful blooms in the shade and away from fruit (ripening fruits release ethylene gas which can compromise your flowers). If you have the space, you could also put them in the fridge overnight.

## six

**Freshen and feed:** The key to longevity is keeping flowers fed and their environment clean. So, every few days it's worth rinsing out the vase and providing fresh water with plant food (either homemade or bought). Making sure there are no leaves below the water line will also help prevent bacteria growth, meaning your bouquet can brighten up the home for weeks and days, not hours and minutes.





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# Everyday DIY FOR DUMMIES

**D**on't be a DIY dummy this summer. Instead, why not start learning how to fix the problems you think are hard but are actually easy solved?

## No hot water

If you wake up one morning to find you have no hot water or central heating, the first thing you need to do is check the pressure gauge on your combi boiler. This is the big dial on your system, and if it reads lower than 1.5 bar, there's a good chance that lack of pressure is preventing your boiler from firing up. To fix it, look underneath the boiler and locate the two taps on the filling loop. Fully open one of these taps, then carefully open the other, watching the pressure rise until it's over 1.5. Once pressure is achieved, close both taps.



Turn these taps



Empty the filter here

## A washing machine that won't drain

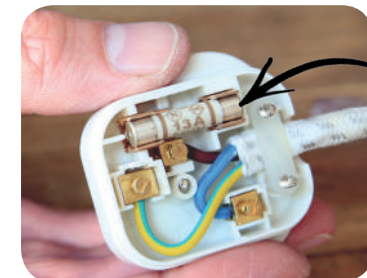
Before you call out a plumber, always check your machine's filter. This is usually located at the front of your machine towards the bottom and is concealed by a small door which needs to be gently eased open. Place a bowl and some towels underneath and gently unscrew the filter. Rinse out any debris or muck under a tap and place back in machine.



Check mechanism here

## A broken fridge light

First find the mechanism in your appliance that triggers the light when you open and close the door. If this pushes in and out easily and there is still no light, it's likely just the bulb that needs changing, so simply locate, turn off your fridge and change it.



Replace with correct fuse

## A blown fuse in a plug

Some plugs have a fuse holder you can gently prise open, otherwise unscrew your plug with a slot-head screwdriver and work out the fuse before replacing with one of the right amperage for the appliance.



# V

# HOME & DIY

# Flair Room



Five ideas to turn your spare room into the most exciting place in your home

## HOME GYM

High-tech gear can transform your life... well, at least more than just a rack of dusty dumbbells will. A suspension trainer like the TRX takes up zero space and is an affordable, versatile workout tool. If you're feeling flush, invest in a spin bike, or perhaps a rowing machine with inbuilt programmes. And make the space feel professional with foam flooring, wall-to-wall mirrors and a decent sound system. You'll be fit in no time.

## MAN CAVE

Yes, it's kind of a cliché, but who can resist the primal pleasures of a man cave? All you need is a comfy sofa, beer fridge, giant TV and a darts board for a veritable fortress of solitude. Perhaps also install a lock to keep out unwanted visitors.

## MEDITATION SPACE

If you're prone to screaming into your pillow with frustration, a meditation space may be just what you need to take the edge off life. Yoga mats, mood

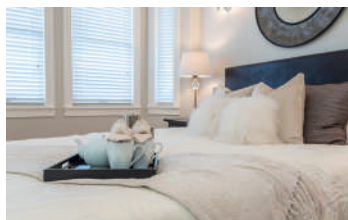
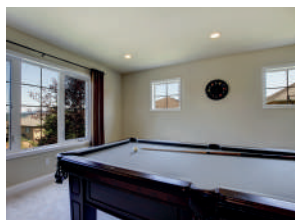
lighting and a few well-placed crystals will create peace and serenity, and if you're trained in massage or any other alternative therapy, you could use it as a therapy room too.

## GAMES ROOM

Forget the sorts of pub games your dad used to play, why not build the games room of your dreams? Gamers can install a huge TV and several consoles, while those who desire a more retro feel can pick up a vintage arcade or pinball machine... or, if you have the space for it, a pool table. Stick up a few old movie posters and you have your childhood fantasy in your modern home.

## B&B

Want to make a little cash from your spare room? Then list it on an online B&B website. To draw maximum appeal, consider neutral colours, soft, warm lighting and the addition of extra gadgets that will appeal to travellers such as a digital radio with charging dock or a smart TV with internet access.





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Instead of following colour trends, match the décor in your home to your personality and never be blue again (unless you're a creative soul).

Passionate and fiery crimson shades are perfect for those who love a little spice in their lives, though if red feels overwhelming for the home, you could also choose from the rich purple palette.

If the outside world stresses you out, you want your home to have a calming and restorative feel, which is why muted greys and dusky blues are a great way to wind down at the end of a busy day.

It's hard to believe that certain colours can actually boost creativity, but studies have shown that blues and greens - shades which are abundant in nature - do just that.

You're a brooding and thoughtful individual who wishes to sanctify your abode with that same foreboding flair. And you shall, with the equally dramatic tones of cobalt and charcoal.

Add a touch of whimsy and fun to your manor with flourishes of pink and peach. Not too much mind you, or risk your home becoming a little too saccharine, so stick to borders, upholsteries and lampshades.

You have a lust for life and want to feel vibrant and energised at all times, which is why orange is the ideal colour to boost your va va voom.

What could be more joyous than the colour yellow as you bring a little sunshine in from the outside. As vibrant or as delicate as you like, yellow is always upbeat.

Your mind is a hive of activity, meaning you crave space and light. Don't overcomplicate things with colour, instead stick to a neutral white base with touches of natural wood, to create a grounding effect.







# Bonkers for Colour



Sophie Robinson is a British interior stylist who has over 20 years' experience in the design industry and was previously a judge on BBC 2's *The Great Interior Design Challenge*, which you can now watch on Netflix. She is passionate about inspiring the British public to get creative in their homes. Let's take a closer look at how she ticks.

## Embrace experimentation

Sophie studied 3D design at Brighton University with aspirations to be a furniture designer; she became adept in woodwork, ceramics, metalwork and jewellery-making which she continues to be passionate about today. She loves to support new artists through nurturing their creativity and encouraging them to experiment with all types of design.

## Understand the power of colour

"I'm Sophie Robinson and I'm bonkers for colour," states the designer herself on her website. So much so that she runs a series of events and workshops specifically designed to help people understand

colour combinations and the psychology behind colour. For the record this year's hot colour is ultraviolet.

## Inspiring creativity

Through her blog and Instagram page Sophie has become an influencer focusing not only on interior design but on all aspects of your lifestyle; writing about everything from fashion to food, beauty to travel and of course DIY and interiors. Her approachable nature shines through her writing and her optimistic view on life makes her blogs fun and engaging to read.

## Her personal life

Married to Tom, also a creative but in the building industry, and mum to five-year-old Arthur and their mini bull terrier Lucy, Sophie lives in the sunny seaside town of Brighton and relishes her role as a homemaker almost as much as her love of interior design.

Visit her website [www.sophierobinson.co.uk](http://www.sophierobinson.co.uk) or follow her on Instagram @sophierobinsoninteriors

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Duke & Duchess  
of Sussex  
Saturday, May 19, 2018





If anyone still has any thoughts that the ancient institution of British Monarchy is still dry and dusty then you are very wrong.

Two very different worlds came together – Hollywood and the Royals – and fused perfectly as the world watched Prince Harry marry the girl of his dreams, actress Meghan Markle.

But it showed more than anything that Prince Harry and his new mrs, along with his brother Prince William and his wife Catherine are more in tune than most in the melting pot of the 21st century

The backdrop was very much tradition – Windsor Castle and St George's Chapel.

But when you sprinkle that Hollywood and showbiz glamour of the Clooneys, The Beckhams, Tom Hardy, Sir Elton John and Oprah Winfrey, you have more than a little magic.

And not forgetting the fabulous Kingdom Choir, whose version of *Stand By Me* brought the house down and had the 150,000 people who packed the streets of Windsor singing along.

Not forgetting firebrand American cleric Bishop Michael Curry from Chicago and head of the Episcopal Church in the US.

He used sensational facial expressions to get his Power of Love message across.

But there was a worry that his flaying arms would send the candles flying.

And clearly he did not get the memo, which would have told him that the Queen only likes sermons

lasting  
between  
two

minutes and seven minutes.

Despite that, he electrified the wedding guests quoting Martin Luther King.

One quote summed it up: "Two young people fell in love and we all showed up."

His machine gun delivery brought a mixture of smiles and disbelief.

He also reminded people that this was about race too: a biracial woman from America marrying into the world's most famous white family.

The day would have been trumped if only the Royal Family had stood up, waved their hands above their heads and shouted "Hallelujah".

A global audience of around two BILLION watched this thoroughly modern royal wedding.

Meghan, who appeared in the top rated *Suits*, has everything going for her and the epitome of a modern woman. She is mixed race, a divorcee, a feminist and at 36 just three years older than Harry. She like her new husband cares passionately for those less well off and tries to help them.

Everything had been planned to perfection, just as you would expect from Britain on the big occasions.

There was added stress for Meghan as her father Thomas Markle could not make the wedding on health grounds and her half siblings continuing to snipe at her from outside the castle.

But in the end they did not matter. Her dignified mother Doria Ragland accompanied her daughter to the chapel and Prince Charles walked the bride part of the way down the aisle.

And there were tributes to his late mother Princess Diana. Flowers picked from her garden were in the bride's bouquet. The opening hymn at the wedding was played at her funeral. Sir Elton John who played at her funeral was specifically asked by Harry to play at the afternoon reception.

And as the couple headed off to the evening reception, Meghan was seen wearing Diana's aquamarine ring, given to her as a wedding present from Harry.

“Two young people fell in love and we all showed up”



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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Thai Boxing success at World Championships

It was a huge success for boxers at the World Kickboxing Union (WKU) World Open Muay Thai Boxing Championships in Birmingham recently.

On May 5, four juniors from Battlefield Muay Thai Gym in Hornchurch travelled to the competition.

Lucie Guirey, eight, took the over 35kg under 8 category beating Kerry Reynolds from Python's.

Her day was made complete when she was refereed by the 14 times and current world champion of Muay Thai Iman The Pretty Killer Barlow.

Iman said: "Lucie did so well and just grinded the other girl down."

Edvin Sofalli, 17, took the under 74kg under 17 category title beating Cori McLean from Team

Underground in the final.

Max Easom, seven, took silver in the under 27kg under 8 category after taking an eight count in the first of the final. He fought back hard, forcing a split decision which he was unlucky not to take.

Finally, James Murphy, 10, took bronze in the under 35kg under 11 category.

Grant Guirey, chief instructor, said: "Both Dee Guirey (junior team coach) and I could not be prouder especially as all the kids fought on our own interclub the very next day.

"If you or your child are interested in training at our family run gym, please call today on 07832211524 or visit [www.muaythai.org.uk](http://www.muaythai.org.uk). Thanks."

## Event set up to help support people living with dementia

An event is being held in Hornchurch next month to make a difference to the lives of people with dementia.

In the UK, one person develops dementia every three minutes. Yet too many people living with dementia face the condition alone and are excluded from society.

Havering Council has set up events to highlight the support available in Havering for those with, or supporting people with dementia.

On Sunday, July 1 a Silver Sunday Event is being held at Tesco in Roneo Corner in Hornchurch.

Several activities were also held during Dementia Action Week from May 21 to May 27.





# Doctors of the future step into hospital wards

A group of students, including one from Hornchurch, with dreams of becoming doctors in the future are getting a head start on their ambitions thanks to Barking, Havering and Redbridge University Hospitals NHS Trust.

The Trust has introduced a volunteering programme inviting six A-level students from Havering Sixth Form College who are on a medics enrichment programme to volunteer on the hospital wards on a weekly basis over six months.

The students, who are volunteering at Queen's Hospital, are spending time talking to patients, helping with mealtimes and will also be arranging activities to help keep patients occupied.

One of the students, Ashleigh Christie, 16, of Chevington Road, Hornchurch, said: "It's amazing

to talk to people and find out about them. Their days can be lonely as some don't get many visitors, and I really enjoy being in a medical environment. It's really helping me with my communication skills in talking to patients."

All six are currently in their first year of A-levels, completing them in a range of scientific subjects and maths. They are all hoping to be doctors.

Once the six-month placement ends, which is in addition to their college work, the whole group will be welcome to continue their volunteer role with the Trust.

This is the first in what is planned to be a series of groups of students having the opportunity to get hands-on experience in the hospital, and will also encourage more young people to get involved in volunteering.

## Cricketer named as part of Celebrity MasterChef line-up

Hornchurch cricketer Monty Panesar is set to appear on *Celebrity MasterChef* this summer.

He will compete alongside the likes of actor John Partridge, comedian Zoe Lyons and DJ and broadcaster Clara Amfo. Seasoned judges John Torode and Gregg Wallace will whittle down the 20 celebrity contestants across six weeks.

BBC commissioning editor Carla-Maria Lawson said: "*Celebrity MasterChef* is a real treat in BBC One's summer schedule.

"This series features a wonderfully diverse line-up of celebrities donning the iconic aprons. They're out of their comfort zones but determined to make their mark in the *MasterChef* kitchen.

"Along the way, viewers can expect high drama served alongside some great food."

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## Charity receives £14k to tackle knife crime



Photo credit: You and Me Counselling

A charity in Hornchurch has been given over £14,000 by the Mayor of London, Sadiq Khan, to help to tackle knife crime in Havering.

You and Me counselling received £14,600 to deliver a project of awareness raising and school talks on the dangers of knife crime followed by family counselling for 12 at-risk young people and their families in Havering, benefitting 140 people overall.

The charity was one of 34 successful groups to receive a share of £1.15million from the mayor as part of his commitment to tackle violent crime and youth violence in London.

A spokesperson from the charity said: "You and counselling is very grateful for the funding we have received from the Mayor of London Sadiq Khan's office, the funding would enable us to deliver talks in schools to warn young people against knife crimes and also to provide support for families in Havering."

Sadiq Khan said: "As mayor, I have made it a priority not only to be tough on knife crime in London, but tough on the causes of knife crime too. The tragic deaths in recent days and months have highlighted once again how urgently this must be tackled."

"The community and grass-roots projects receiving funding, alongside the projects that were funded earlier in the spring, will help root out violence within our communities and give more young Londoners the skills, support and aspirations they need to turn away from crime and fulfil their potential."

## RiZE Festival announces more acts



RiZE Festival is set to be a huge weekend of music after more acts have been announced.

The festival, on August 17 and 18, will take place at Hylands Park in Chelmsford.

Sean Paul has announced that he will be joining the line-up.

Performing on the Saturday, this dancehall legend, Grammy Award winner and much-loved hit maker extraordinaire is a remarkable addition to the line-up.

His performance at RiZE Festival will be one of his only UK appearances this year, guaranteeing a show that's not to be missed.

RiZE Festival has confirmed that additional artists joining this already incredible line-up across four stages are; Ash, BILK, Alma, Black Honey, Sam Henshaw, Jake Shears, Belly, Call Me Loop, Bad Sounds, Nick J.D Hodgson, Kawala, Danny Howard, Sam Divine, Icarus, Mele, Kideko, Cliq, Punctual, Mista Jam, Tom Zanetti, Majestic, Riton & Kah-lo, Jaguar Skills, DJ Target, Nathan Dawe, Conducta, Louis Berry, Gerry Cinnamon, Catherine McGrath, Cloves, Feet, Kara Marni, Into The Ark, Samantha Harvey, Alice, Spring King, Ten Tonnes, Sheafs, Taya, Mullaly, Kyko, Apre, Over Atlantic, Folly Rae and Bobii Lewis.

RiZE Festival brings together an exciting mix of the very best music from classic indie, pop, urban, dance and new upcoming talent across four stages.

Hylands Park has a history of hosting world class events and this new local festival promises to bring an incredible weekend of live music.

Tickets are priced from just £59.50 +booking fee and are on sale now. Visit [www.rizefestival.co.uk](http://www.rizefestival.co.uk)

## Theatre production receives award nominations



A theatre has received nominations for prestigious Awards following its regional professional premiere.

The Queen's Theatre Hornchurch received three nominations for the Off West End Theatre Awards for its production of *Priscilla, Queen of the Desert*.

Assessors from The Offies (Off West End Theatre Awards) nominated Mark Inscoe for Male Performance, Josh Tye for Male Performance in a Supporting Role and a joint Musical Director nomination for Adam Gerber and Tom Self.

Adam is the Musical Director for the overall show and Tom is the Performance Musical Director.





# Woman releases book to inspire people to achieve their goals



A lady from Hornchurch has released her first book after she was inspired to help people lose weight.

April Laugh helped her husband to lose over 40kg and this inspired her to help other people.

After helping over 8,000 people she decided to write a book.

April said: "So many people want to change their lifestyle but they don't know how.

"There's so much misinformation on the internet that it's hard to know what to do.

"I wrote *Lifestyle Change With April* to point people in the right directions to achieve their goals."

This is the first book April has written and she has had a great response so far.

She continued: "It's been an amazing response. I'm so happy that I did it.

"I love writing. It comes naturally to me. I set a time and I made it happen."

*Lifestyle Change With April* is a guide to point people in the right direction to help people towards their goals.

April said: "For anybody that is trying to lose weight or change their lifestyle they should set a goal that is achievable.

"So many people want to do this but they don't know how to. If they set a goal that is achievable, commit to it. If you're consistent you're going to see results.

"You have to enjoy what you're eating. Get out of your comfort zone. You'll crush this goal. It's possible."

April is now planning her next book which she hopes will be out next year.

She said: "Absolutely more books. The next book will be about meal plans and recipes."

*Lifestyle Change With April* is available to buy now.

## Students receive Duke of Edinburgh Award



Students at Havering Sixth Form College in Hornchurch were presented with the Silver Duke of Edinburgh Award recently.

The presentations were made to students Alex Fidgeon, Austėja Grabauskaite, Ellie Irving, Ana Marques Roque, Jack Payne, Lucas Robinson and Ridima Thapa.

Principal Paul Wakeling said: "This is a prestigious award which celebrates not only their grit and determination in the Expedition element, but also their continued dedication in the other sections which have required prolonged commitment at a time in their lives when they have been very busy with their academic studies.

"This award demonstrates some of those 'good studentship' qualities which are not always evidenced by academic qualifications; those of leadership, diligence, inclusive team-working skills, perseverance, the ability to find innovative solutions to sometimes complex problems, and self-confidence.

"These young people are a credit to the college, to their families and above all, to themselves. Their positive qualities will stand them in good stead throughout their lives, and they will, I am sure, remember their Duke of Edinburgh days with pride."

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# JULIA LOPEZ MP



**Hornchurch and Upminster**



LOCAL NEWS



## MP makes healthcare a priority

Having had the fastest growing number of children of any London borough over the past few years, and we also have the highest proportion of elderly residents in the capital. Healthcare is therefore high up the list of issues that constituents contact me about.

With the overall population on the up, getting our system of social care, GP services and hospital treatment right going forward will be ever more crucial in the coming decades. I recently met the council and local hospital trust, and asked a question in Parliament to try to secure a large new medical facility on the St George's Hospital site in Hornchurch alongside the new houses in the pipeline.

I also visited Tapestry, a wonderful facility in Hornchurch for dementia sufferers, to see their pioneering model of care and hear about their plans to roll it out to improve the quality of life for people with memory loss.

Some of the trickiest problems we come across, however, relate to getting hold of expensive experimental or relatively new treatments for constituents with rare diseases or illnesses where drug effectiveness has not yet been fully proven. In

recent months that has included assisting the family of young Hornchurch resident Isla Caton who was sadly diagnosed last year with neuroblastoma, a particularly vicious form of childhood cancer. Isla has been receiving treatment at Great Ormond Street but her family have been campaigning to raise the money to take her to the United States to receive the bivalent vaccine.

This month I met representatives from a UK pharmaceutical company who hope to bring that treatment to Britain so that children like Isla might not have to travel abroad. They now need to secure approval for the treatment from NICE, the medicines body responsible for making decisions on what patients can receive on the NHS. I have also been working with MPs from all parties to press NICE to approve the Orkambi drug for cystic fibrosis sufferers, which several residents had contacted me about.

Finding solutions to tricky healthcare problems, whether long or short-term, can be difficult but my team and I do the best we can to support those constituents who ask for our help. For more information on Isla's case, visit <https://www.justgiving.com/campaigns/charity/thebradleyloweryfoundation/islacaton>

**www.julialopez.co.uk**



## Law firm names its Charity of the Year



Photo credit Lora Nash-Legrys

A Hornchurch charity has been named the Charity of the Year for law firm Pinney Talfourd.

Tapestry is looking to raise around £90,000 to create a Sensory Garden at HOPWA House and improve the services on offer within the borough for individuals living with dementia.

These innovative and unique services will include the establishment of the first sensory rooms for people living with dementia in the borough.

Tapestry aims to provide services for its clients that enable them to remain integrated in society and take part in stimulating, physical and mentally beneficial activities in an enjoyable, supportive and safe environment.

The charity will also be launching new respite opportunities for carers that offer support and advice, whilst at the same time, provide opportunities for interaction with their peers.

Catherine Loadman, partner at Pinney Talfourd, said: "Pinney Talfourd is very pleased to be working with Tapestry as our Charity of the Year for 2018/19.

"Tapestry offers vital services to elderly people in the community and many of our clients enjoy the benefits of their services.

"We look forward to building our relationship with Tapestry and to fundraising throughout the year. We have lots of events planned already and we are also very excited about volunteering where required so that we can be a part of their team."

Tony Lowe, CEO at Tapestry, added: "Tapestry is delighted to have been chosen as Charity of the Year by Pinney Talfourd. Both of our organisations have a long history of providing quality services to the people of Essex and London.

"Their support for the development of our work, providing care and support to older people, those living with dementia and their carers, will make a significant difference to the lives of people across Havering and beyond."

## College links up with school for cultural arts project

An ambitious project for performing arts and creative media students to link up with a school in Indonesia is under way at Havering Sixth Form College in Hornchurch.

Titled Island Fusions, the initiative will create the opportunity for a cross-cultural exchange between the Havering students and talented young dancers, musicians and theatre performers from the High School for Performing Arts (SMKI) in Yogyakarta, Indonesia.

To mark the start of the project, the cultural attaché from the Indonesian Embassy, Professor Aminudin Aziz, visited the college on April 30 and was taken on a tour of the Creative Media Faculty, talking to students and being shown the music and drama facilities.

He met with principal Paul Wakeling, Creative Arts Faculty leader Brian Martin and Sarah Stuchfield, a local music teacher who has worked in Indonesia and is coordinating and developing the project.

It is hoped the students from Indonesia will visit the UK for three weeks later this year and will work with Havering Sixth Form College students, attending lessons in music, dance and drama. The visit will culminate in a collaborative end of project performance which will be shared with the wider community.

Sarah said: "The project will open up new opportunities for understanding and interaction between the young people of the two nations. For the Indonesian students they will have the unique experience of sampling life in a UK college which will enhance their English language skills."

Brian said: "For our students this ground-breaking union will be an opportunity to gain a deeper understanding of a performing arts tradition from another culture and will enhance their collaboration and leadership skills."



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LOCAL NEWS

## Rave reviews for charity gig

The theatre of a college was standing room only when music students put on a night of entertainment recently.

Playing popular tunes, 23 students from Havering Sixth Form College in Hornchurch performed in five separate bands and raised £150 for St Francis Hospice from the sale of tickets and donations.

Titled The Finale, it was the last concert for the upper sixth students before they leave.

The audience was impressed with the professionalism of the musicians and singers who are all studying BTEC music performance.

Assistant principal John Crossley said: "The music department always puts on good shows, but this was an amazing effort. We are proud of the students and their brilliant performances."

Cathy Horne, who works at the college and attended the gig, said: "It was such an enjoyable evening."

"It was so obvious that the students absolutely loved what they were doing and to see their confidence increase as they got into their songs was great. The tutor Chris Donnelly has done an incredible job with them."



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## Man sent to prison for supplying drugs

A 29-year-old man was sentenced to more than five years' imprisonment at St Albans Crown Court on April 27 for possession with intent to supply Class A drugs in Potters Bar.

Don Cole, from Hornchurch, was sentenced to five years for possession with intent to supply heroin and five years for possession with intent to supply cocaine. He was also given two months for failing to surrender to custody.

Detective Constable Chris Payne from the Hertsmere Local Crime Unit said: "Officers on routine patrol stopped a man acting suspiciously in Ashwood Road on October 20, 2016. He was searched for drugs and £1,800 in cash and a number of mobile phones were found. Officers suspected that Cole had drugs on him and he was further detained. He ran off but was detained after a brief foot chase during which time he tried to discard

a package, found to contain a substantial quantity of heroin and cocaine, worth at least £1,600."

The drugs and phones were ordered to be destroyed and the money forfeited by the court.

DC Payne continued: "When sentencing, the judge commented that he was convicted on clear evidence."

"I am delighted that a drug offender is behind bars and a large amount of Class A drugs has been prevented from reaching the streets."

"Reports from members of the public make a real difference to our investigations and I would urge anyone who suspects drugs activity to please continue to report it to us."

Suspected drugs use can be reported via 101 or by dialling 999 in an emergency. Report online at www.contacthertspolice.uk/Report. Alternatively call Crimestoppers anonymously on 0800 555 111.





Photo credit: TGS Photos

# Urchins triumph through adversity to seal promotion

AF C Hornchurch director Colin McBride paid tribute to all at the club after the Urchins sealed a return to the Bostik League Premier recently. Hornchurch won the Bostik League North Division by 13 points and although that appears comfortable, Colin said the victory was all the more remarkable because of goings on off the field. He explained: "It's great. We set out at the beginning of the season, myself and Jim McFarlane, the manager, and thought the players we brought in would be the right type to get us up and it proved correct. Then Jimmy had a stroke in February which was very traumatic and gave us a bit to deal with. Then secretary Peter Butcher died. It was only in the

last few weeks that we crossed the line. "Jim was able to come to the last few games and celebrate with us. Our support was brilliant and followed us away from home. We all now go into a new league together." Colin said there were a lot of different reasons behind the team's success. He commented: "This is probably the closest group we have ever had – the camaraderie and spirit have been excellent all year. Collectively they are a strong group. It's the defence that won us the league and was the backbone of our success. But it's not just a few individuals, a hell of a lot of individuals have to do well for us to win something."

# Students take top trophies

Students from Havering Sixth Form College in Hornchurch were celebrating after their football and badminton teams finished top. The footballers became the champions of the KickOff@3 charity tournament and the badminton team finished top of the AOC Mixed League. The football team became champions after a hard-fought match against Havering College, beating their rivals 2-1 in the final. Sports and fitness manager Michael Leader said: "We won this tournament last year, so the team went in with the added pressure of being defending champions. But they did really well and have now qualified for the regional finals." The badminton team became the champions of the AOC Mixed Badminton League against all the odds after going into their last match with three players missing from the team. Michael said: "A massive congratulations to the core six players that have consistently held the team together."



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0% FINANCE






**Young children can be a handful and as a parent or grandparent you know it is near impossible to keep an eye on them 24/7, and that is why it is so important that you ensure both your home and garden are kept safe and secure.**

**Keep any toxic substances locked away**  
Cleaning products, medicines, fertilisers and e-cigarettes should all be out of reach from young children and ideally kept in a locked drawer. Even products with a safety cap should not be left out as many three to four-year-olds can open these in a matter of seconds.

**Prevent burns & scalds**  
Hot drinks are the main cause of scalds in under fives. Always ensure that you keep your tea/coffee out of reach and put down your baby somewhere safe if you want to drink a hot drink. Hair straighteners, saucepans and bath water all have the possibility to burn your child, so be aware of these.

**Avoid choking & suffocation**  
Blind cords can easily strangle your child. It can take a mere 20 seconds for a toddler to die from strangulation so make sure that all cords are tied securely to the wall and if possible avoid using these in your child's bedroom. To avoid choking, cut up food into smaller pieces for very young children. Grapes and other round foods should be cut in half length ways.

**Be vigilant with water**  
With summer fast approaching, paddling pools are popping up in gardens across the country; but be aware that babies can drown in as little as 5cm of water and it only takes a moment for this to happen. Always supervise babies and toddlers when playing in water and remember to empty the pool after use.



KIDS



# *(not quite)* DUTY FREE?

ARE THE DAYS OF GENUINE CROSS-BORDER BARGAINS ON THEIR WAY BACK?

The 1980s was the ultimate era of overseas travel; and with that came a whole new set of rules for duty free goods, where huge savings could be made on everything from booze to cosmetics, fragrances to mighty bars of Toblerone.

We didn't know it at the time, but things were good – whether purchasing at the airport, on a flight or even whilst bobbing across the English Channel on a ferry. But things started to turn in 1999 when the European Union swiped away many of the cost-saving bargains that made arriving back in the country all the more palatable. We found ourselves with double price tags on products – one price for those travelling outside the EU, and another for those remaining within its borders. And once people started to calculate the real savings on duty and VAT, they saw that, in many cases, they were just as well-off heading to Tesco.

But then, Brexit happened. Whatever your stance, our stepping away from the European Union means big savings, because when the UK leaves the single market and customs union, it will no longer have to obey Brussels-enforced tax rules, and with the ferries expected to be the first to benefit.

In real terms then, duty adds around £8 to the price of a bottle of spirits, and accounts for almost 75 per cent of the price of a packet of cigarettes. And you can knock another 20 per cent off those prices given that VAT doesn't apply either.

Naturally, the exact position is one of many to be verified by David Davis and his Brexit team, but airline Ryanair is already thought to have contingency plans for the return of duty free. Prepare to find yourself uttering the words 'booze cruise' again in future.



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# PUZZLES & TRIVIA



PUZZLES

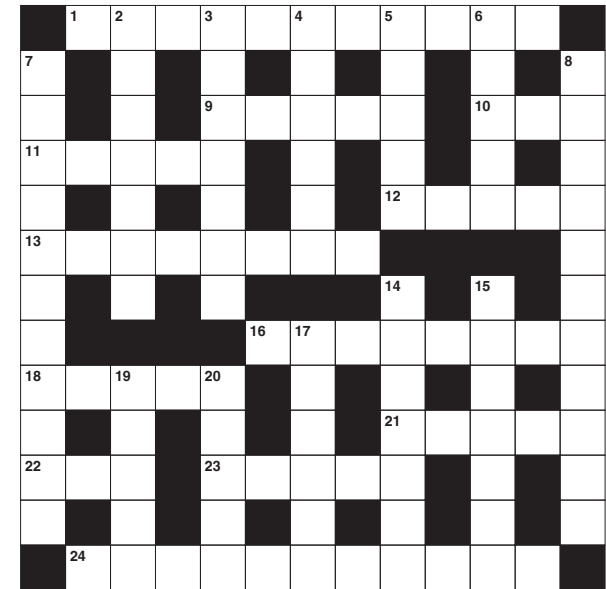
Answers can be found on the Contents Page 4

### ACROSS

1. Dejected; discouraged (11)
9. A written document (5)
10. Herb (3)
11. Pointed; acute (5)
12. Exposes to danger (5)
13. Eg physics and biology (8)
16. Standards (8)
18. Place where something happens (5)
21. Flaring stars (5)
22. Carry a heavy object (3)
23. Chambers (5)
24. Study of human history (11)

### DOWN

2. Derived from living matter (7)
3. Biting sharply (7)
4. Extensive domain (6)
5. Less common (5)
6. Acquires through merit (5)
7. Compulsively (11)
8. Eg Huw Edwards and Fiona Bruce (11)
14. Implement (7)
15. Controlling a vehicle (7)
17. Far away (6)
19. African country whose capital is Niamey (5)
20. Our planet (5)



### DID YOU KNOW

- ▶ A group of pandas is called an embarrassment
- ▶ The female lion does 90 per cent of the hunting
- ▶ Almost half the pigs in the world are kept by farmers in China
- ▶ Bats are the only mammals that can fly
- ▶ If you keep a gold fish in a dark room it will become pale
- ▶ If you lift a kangaroo's tail off the ground it can't hop
- ▶ Cows can sleep standing up, but they can only dream when lying down
- ▶ Some male songbirds sing more than 2,000 times a day
- ▶ Cats spend over 60 per cent of their life asleep

### SUDOKU

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



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They're an internet behemoth beset by the biggest scandal to hit social media – but what did Cambridge Analytica do with the data they harvested from Facebook, and how are CEO Mark Zuckerberg and co. attempting to avoid a far-reaching PR disaster?

It's the biggest scandal of the social media age – a spate of 'data harvesting' on an industrial scale that may well have secured Donald Trump the White House, and very certainly went against what many believe to be a central part of Facebook's privacy settings.

And when a whistle-blower for a company called Cambridge Analytica revealed the extent of the company's gathering of personal data from the social media giant, it raised serious questions over the safety of any user who had committed private details to the walls and webpages of Mark Zuckerberg's site.

Over 87million users – including the CEO himself, it was revealed in his recent Senate hearing – had their personal data mined with the express intent of

companies and political campaigns being able to deliver information, much of it false or intentionally misleading, straight to users in a way that would make it seem acceptable, even factitious. This included building a system that could target US voters with personalised political advertisements based on their psychological profile – a concept used to great success by Donald Trump's winning campaign, which worked closely with Cambridge Analytica.

Mark Zuckerberg was duly summoned before a Senate committee to explain how the data breach happened, with revelations that the social media company had received a number of warnings about its data security policies in recent years, and had known about the Cambridge Analytica data breach since 2015 leading to a #DeleteFacebook campaign on fellow social media platform spreading.

A commitment to better privacy has been Zuckerberg's reaction, but there's certainly more to come from this seismic shift in how people perceive what they write on Facebook... and who else may be reading it.





After 22 years as manager of Arsenal Football Club, Arsene 'Le Professeur' Wenger has called it a day.

A week is a long time in politics.

And seven days is also a lengthy period in the life of a top-flight football club.

So, when you consider Arsene Wenger has been manager for 22 years you get the sense of what a remarkable achievement the Frenchman can claim.

Some Arsenal fans, no, make that many, will say he went three years or so past his sell-by date.

But even those supporters must recognise the massive impact the club's most successful manager had on the Pride of North London, and indeed his influence on English football.

At his peak he oversaw The Invincibles in 2003/2004 – a side made of driven superstars who went the entire season unbeaten. When you see how good Manchester City have been this season and still managed to taste defeat in two games you get some indicator of how historic that Arsenal team were.

From being a French unknown ridiculed by ignorant sections of the British sports press, Wenger

rose to the top table of managers to have graced the English game.

Along with Sir Alex Ferguson, Jose Mourinho and new boy, Pep Guardiola, Wenger was a manager of the highest order.

But for all his hard work and dedication to Arsenal it still feels like a mission incomplete.

He never tasted European glory and hasn't won the league title since moving to the Emirates Stadium in 2006.

Towards the end of his reign the critics were in the majority. His commitment to a cavalier-playing style which initially and used to win him plaudits was now his Achilles heel.

His ability to develop young talent deserted him, Arsenal's defence and resilience was often found wanting.

But when the history books are read in a few generations time Wenger will be remembered as one of, if not the greatest, Arsenal managers ever.

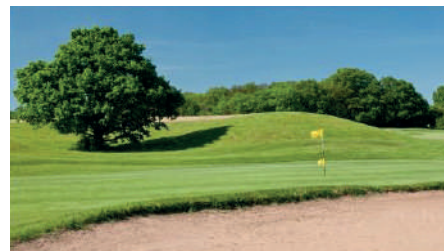
What next for the Frenchman? A well-earned retirement?

Or even the England job? Surely not, but as one wise old pundit said: "Football, it's a funny old game."

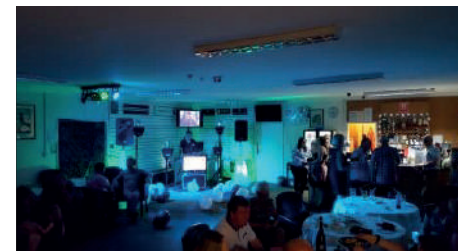


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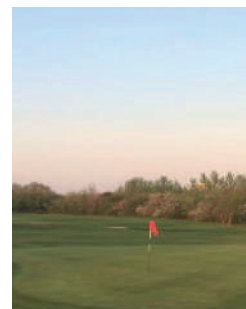
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# CITY SLICKERS

## Record Breakers



SPORT

Photo credit: Ryan Browne/BPI/REX/Shutterstock

**N**ot just Premier League champions, but record breakers as well, Manchester City swept aside all before them in the 2017/18 domestic campaign. And although their Champions League hopes were dashed at the quarter-final stage, Pep Guardiola's side are arguably the most complete football side in the world right now.

What makes City's Premier League title tilt all the more incredible is that there was a sense of inevitability about their triumph right from the very start of the season. The "noisy neighbours" weren't just winning matches, they were humiliating their opponents.

By Christmas they had one hand on the trophy, and the team have taken to the pitch in the final couple of months very much with record-breaking in mind.

Sure enough, they finished with most points (100), most wins (32 from 38 matches), most goals (108), most away victories (16), biggest positive goal difference (79), biggest title-winning margin (19 points) and the least time spent trailing in matches (just 153 minutes across the course of the entire season).

City also landed a PFA Player of the Year nominee in the form of Kevin de Bruyne, and the record for a side making 1,000 passes in a game.

It was perhaps fitting that in a season of coasting through matches, they were reliant on Gabriel Jesus' 94th-minute winner at Southampton on the final day. Rather than getting lucky, the goal typified City's 'battle to the end' attitude which, combined with a multitude of other talents, sets them apart as arguably the league's greatest ever side.

So how did the Spanish managerial maestro Guardiola do it?

### KING KEVIN

The heartbeat of Guardiola's team was undoubtedly peerless playmaker Kevin de Bruyne. The 26-year-old has established himself as one of the best attacking midfielders in the world since his £55million move from Wolfsburg in 2015. And with a league-high 15 assists to his name, the flame-haired footballing whizz is surely a shoe-in for a PFA Player of the Year nomination.

### MONEY, MONEY, MONEY

It's no secret that since Sheikh Mansour took control of the club in 2008, City haven't been averse to splashing the cash on new players. But the days of £25million bids for bog-standard players such as Joleon Lescott and Roque Santa Cruz are well behind them.

Most notable was Guardiola's defensive overhaul, which saw Premier League veterans Bacary Sagna, Gael Clichy, Aleksandar Kolarov and Pablo Zabaleta shipped out to make way for Kyle Walker, Benjamin Mendy and Danilo – albeit at an eye-watering cost of £121million. Then there was the £35million acquisition of goalkeeper Ederson in, and the January addition of Spanish

centre-back Aymeric Laporte for a club record £57million.

### CITY'S YOUNG GUNS

Towards the end of his predecessor Manuel Pellegrini's reign, Manchester City were relying on a relatively old guard of players. Pep's revolution has seen a lot of the club's over-30s shipped out, favouring some of football's most exciting young prospects, with players like Leroy Sane, Gabriel Jesus, John Stones and Ederson all arriving before their 23rd birthdays.

### WHERE NOW?

City may well have run off with the title, but there's still hope for the chasing pack. The recent derby loss having been 2-0 up at half-time pointed to defensive frailties, and Jurgen Klopp stills stands as Guardiola's nemesis when it comes to getting one over on the Spaniard, having engineered a Champions League knockout and the first of City's two domestic losses this term. As for the rest of the Premier League, they'll just be relieved at not having to face City for at least another two months.



- > MOST points (100)
- > MOST wins (32 from 38 matches)
- > MOST goals (108)
- > MOST away victories (16)

- > BIGGEST positive goal difference (79)
- > BIGGEST title-winning margin (19 points)
- > LEAST time spent trailing in matches (just 153 minutes across the course of the entire season)





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# NEW CAR SMELL

Here's how to make your own car air freshener, and what the scent you pick says about you.

If you're tired of spending a fortune on heavily scented car fresheners, then it may be worth making your own. Not only are they far cheaper, but they can also be scented with natural essential oils which saves your lungs from being bombarded with synthetic chemicals.

There are several ways to make your own freshener, and all of them are pretty straightforward. Felt has good absorbency, and if you or your kids are feeling creative it's a great way to add a personal touch to your vehicle. Simply cut out your design, sprinkle with a few drops of scented oil and hang from your mirror as you would a shop-bought air freshener.

If you'd like something more discreet, take an empty spice jar and fill it half full of baking soda and around 20 drops of oil, then store either under a seat or in a cup holder. Or, simply take a wooden clothes peg sprinkled with scent and clip it onto the AC vent.

### WHAT YOUR SCENT SAYS ABOUT YOU:

**Citrus (bergamot, grapefruit, lemon and orange):** You are full of energy and raring to go, much like your motor's twin-turbo V-8 engine.

**Floral (camomile, geranium, jasmine and lavender):** The kids are driving you crazy and you need to chill, so breathe in deep and navigate your Chelsea tractor through the afternoon traffic.

**Spicy (aniseed, black pepper, cardamom, cinnamon and nutmeg):** You're a sensual being, and you need a car scent to complement your aftershave as you cruise round in your Subara Impreza trying to impress the opposite sex.

**Woody (cedarwood, cypress, juniper berry and pine):** Hey adventurer - you love the outdoors so much you want your indoors to smell like it too. So buckle up in your Land Rover Discovery, breathe in those woody notes and head for the hills.



MOTORING



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WHAT'S ON

# WHAT'S ON

*in your area*

**Bark in the Park Dog Walk 2018**  
**Harrow Lodge Park, Hornchurch,**  
**RM11 1JU**  
**Sunday, June 3, 11am - 2pm**



**"Learn, Laugh and Live!"**  
**St Michael's Church Hall, Main Road, Gidea Park, Romford, RM2 5EL**  
**Wednesday, June 13, 2.30pm**  
 Havering U3A meets at 2.30pm on the second Wednesday of the month at St Michael's Church Hall, Main Road, Gidea Park.  
 June 13 - Mihaly Saary on "Hungary 1943-1956".  
 Interest groups run throughout the month.  
 Doors open at 2.15pm. For more information, come along or see our website [www.u3asites.org.uk/havering](http://www.u3asites.org.uk/havering)

**Hornchurch Harmonies WI**  
**Havering Indoor Bowls Club, Harrow Lodge Park, Hornchurch, RM11 1JU**  
**Wednesday, June 20, 7.30pm - 9.45pm**  
 Hornchurch Harmonies WI meets on the third Wednesday of every month (except August) between 7.30pm - 9.45pm at Havering Indoor Bowls Club, RM11 1JU.  
 Visitors fee is £3.50 which includes tea and cake.

**Buddha Babes - Parent and Baby Fitness for Up to eight months**  
**St Andrews Church, 222 High Street, Hornchurch, RM12 6QP**  
**Friday, June 22, noon - 1pm**  
 Four interactive yoga and baby massage sessions to soothe babies and tone mums.  
 It is 15 minutes for baby massage and yoga, 15 minutes relaxation, yogic breathing and warm-up incorporating baby, 25 minutes yoga tone for mums (baby on front of mat or play mat) and five minutes relaxation to finish.  
 Full term is £38.

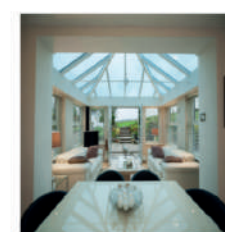


**Hornchurch Super Friendly Baby and Children's Nearly New Market**  
**Hornchurch Sports centre, Hornchurch Road, RM11 1JU**  
**Saturday, June 9, 2pm - 4pm**  
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## WINGLETYE LANE, BORDERS OF EMERSON PARK £799,950

Superbly located within this non estate setting on the borders of Emerson Park is this recently very much improved and extremely spacious fully detached bungalow. Reception hall, delightful lounge 15'7" x 12'9", fitted kitchen/breakfast room three double bedrooms, en suite cloakroom & re-fitted family shower room. GCH & D/G. Off-road parking for 3 - 4 cars, attached garage and fabulous 140' rear garden backing directly onto fields. Viewing absolutely essential. EPC D.



## NELMES WAY, EMERSON PARK £1,550,000

Superbly located within this tree lined turning on Emerson Park affording a road frontage of around 80' and an overall depth of around 254' is this detached character property which offers enormous and obvious potential to extend, develop & modernise (S.T.P.P.). Reception hall, 4 reception rooms, kitchen/breakfast room, g/f cloaks, 4 bedrooms, en suite shower, family bathroom. OSP for several vehicles, det double gge, south facing garden 185' in depth. Awaiting EPC.