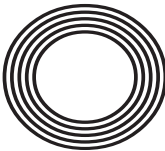


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6	THAT'S NOT MY NAME...
8	GOING SOLO
11	THE ROYAL WINDFALL
13	FASHION
16	BEAUTY
19	FOOD & DRINK
23	HEALTH & FITNESS
27	GARDENING
28	KIDS
31	HOME & DIY
40	HELEN MIRREN
45	LOCAL NEWS
61	PETS
62	TRAVEL
64	SPORT
69	PUZZLES
71	BUSINESS & FINANCE
72	HISTORY
75	MOTORING
76	THE VISION LISTINGS
78	WHAT'S ON

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Editor's notes...



Brett Shoet, Editor

Hello and welcome to this month's edition of **VISION**Hornchurch. At last the sunshine has broken through and the knitwear and jackets can be stored away for the upcoming months. Is this wishful thinking on my part?

Dame Helen Mirren is our cover story this month. She reveals her thoughts on ageing, her inability to resist juicy roles and why you should never call her a movie star.

As the big day is upon us, we also have some royal wedding-themed features in our Food and Drink, Fashion, Gardening and Current sections.

DIY focuses on sprucing up the bedroom and the hot fabric choice for 2018.

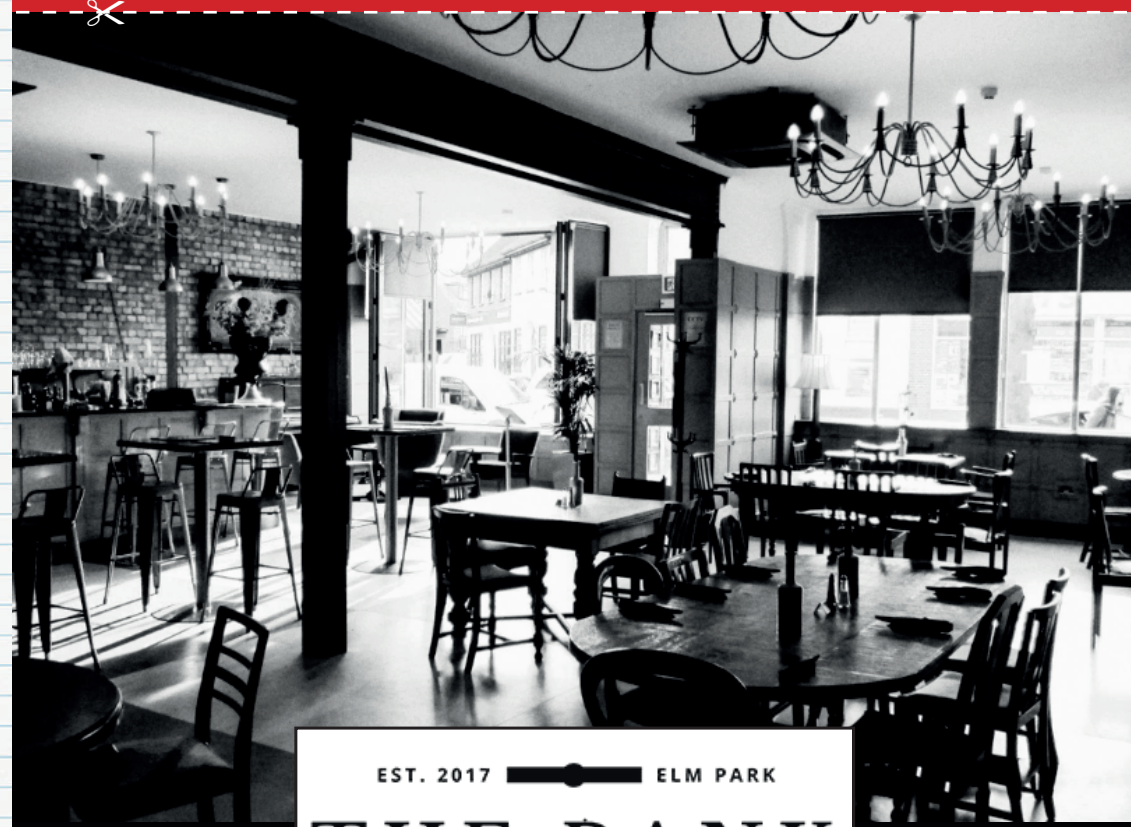
In local news this month, residents had to be evacuated following a chemical smell, a charity football match is being held to raise funds for a child with cancer and a school is asking for donations to improve its playground.

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 May edition of **VISION**Hornchurch.

Brett

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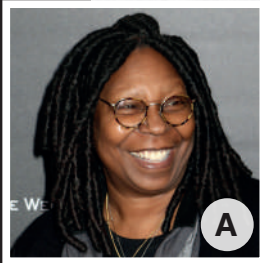
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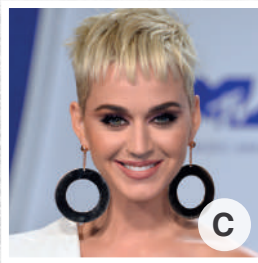
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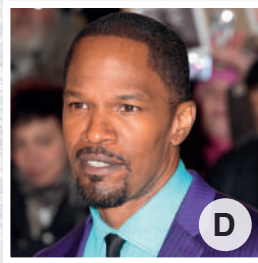
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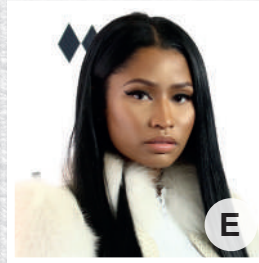
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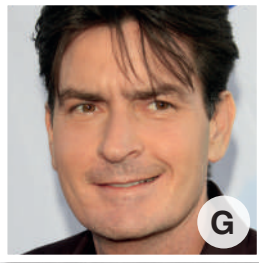
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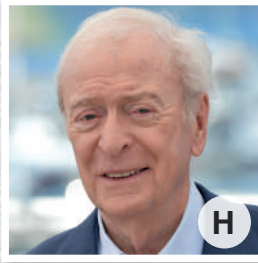
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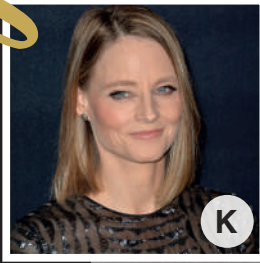
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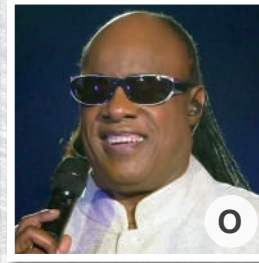
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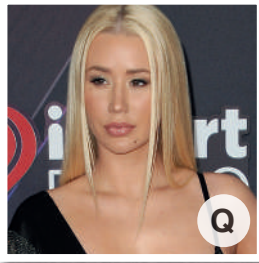
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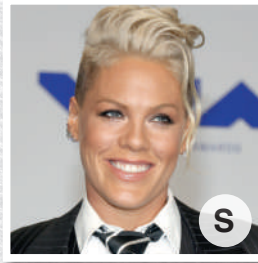
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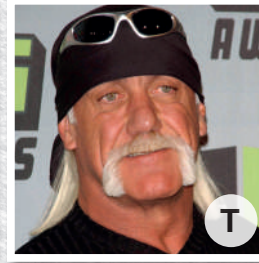
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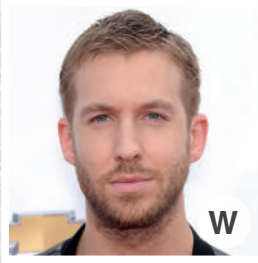
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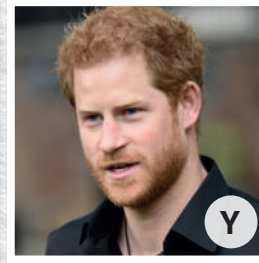
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W



X



Y

Guess the celebrity's real name...match the letters with the numbers.

1. ___ Stefani Joanne Angelina Germanotta
2. ___ Stevland Hardaway Judkins
3. ___ Reginald Kenneth Dwight
4. ___ Terry Jean Bollette
5. ___ Henry Charles Albert David
6. ___ Destiny Hope Cyrus
7. ___ Amethyst Amelia Kelly
8. ___ O'Shea Jackson Sr.
9. ___ Allan Stewart Konigsberg
10. ___ Paul David Hewson
11. ___ Krishna Pandit Bhanji
12. ___ Kathryn Hudson
13. ___ Adam Richard Wiles
14. ___ Alecia Beth Moore
15. ___ Peter Gene Hernandez
16. ___ Ilyena Lydia Mironoff
17. ___ Alicia Christian Foster
18. ___ Onika Tanya Maraj
19. ___ Patrick Chukwuemeka Okogwu Jr.
20. ___ Mark Sinclair Vincent
21. ___ Eric Marlon Bishop
22. ___ Caryn Elaine Johnson
23. ___ Carlos Irwin Estevez
24. ___ Rachel Meghan Markle
25. ___ Maurice Joseph Micklewhite

ANSWERS
1.D, 2.O, 3.M, 4.T, 5.A, 6.B, 7.C, 8.R, 9.N, 10.H, 11.K, 12.V, 13.S, 14.J, 15.P, 16.L, 17.G, 18.E, 19.U, 20.F, 21.I, 22.A, 23.G, 24.X, 25.Y

Going Solo

The recent troubles experienced by Ant McPartlin have offered the world a scenario once thought impossible – the sight of Dec presenting alone. We look at some famous duos to see whether parting ways brought solo success or whether they should have stayed put.

LAUREL AND HARDY

The biggest comedy duo in the era of classic Hollywood, Stan Laurel and Oliver Hardy made waves for two decades up to the Second World War with their iconic brand of slapstick humour. With decades of TV comedy under their belts, the pair couldn't garner any attention as solo artists, preferring instead to remain dual performers until Hardy's death in 1957.

VERDICT: *Better Together*



FRENCH AND SAUNDERS

These two much-loved comediennes paved the way for a generation of female entertainment when their show was given one of the biggest budgets in BBC history. Jennifer Saunders went on to win an Emmy Award, and star in *Absolutely Fabulous*. Dawn French, meanwhile, fronted *The Vicar of Dibley* series, and even became the voice of Terry's Chocolate Orange for a time.

VERDICT: *Solo Success*



THE TWO RONNIES

Ronnie Barker and Ronnie Corbett wrote themselves into the pantheon of British entertainment greats with their sketch show. Ronnie Barker embarked on successful solo projects in the form of *Open All Hours* and *Porridge*, to rich acclaim, but the consistency of The Two Ronnies remained until Barker's passing in 2005. Corbett followed him to the comedy convention in the sky two years ago.

VERDICT: *Better Together*



AMY POELHER AND TINA FEY

This pair of Transatlantic funny-women first found fame on *Saturday Night Live*, co-anchoring the now famous Weekly Update segment. Following that, they worked both separately and together, on films such as the Fey-penned 2004 cult hit *Mean Girls*, 2015's *Sisters*, and won a Golden Globe each for Fey's *30 Rock* and Poelher's *Parks and Recreation*.

VERDICT: *Solo Success*



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Royal Weddings THE WINDFALL



Prince Harry and his new wife Meghan Markle are expected to boost Britain's coffers by £500million on their wedding day.

Experts predict the cash will come rolling in as thousands of visitors are expected to flock to the UK for the ceremony at St George's Chapel, Windsor, on May 19, while millions more around the world will watch on TV.

Brands Finance says the increase in tourism, combined with sales of royal memorabilia and the knock-on effect of spending in Britain's shops, bars and restaurants will be huge.

Chief executive David Haigh said the biggest chunk will come from tourism.

He said: "We think approximately £200million will come from tourism, travel and hotels."

Mr Haigh also estimates that royal wedding parties will generate about £150million and souvenirs will, he believes, rake in about £50million. Another £100million at least will be generated in free advertising for UK PLC.

Major royal events are always big money spinners. In 2012, the Diamond Jubilee celebrations boosted tourism by £390million.

Harry and Meghan's wedding also means a windfall for local residents, who look set to cash in on the worldwide interest generated by the wedding.

Airbnb, which provides an online marketplace for people to let out their homes on a short-term basis, says Windsor residents will earn an average of

£353 by leasing their homes when the couple tie the knot.

Maidenhead homeowners could be in line to make an average of £162 while those in Slough could make £141 by offering up their homes to tourists from May 18 to May 20.

James McClure, general manager for Airbnb, said: "The royal wedding has provided a welcome tourism boost, putting the UK in the spotlight once again."

Listings on the Airbnb site include a three-bed Windsor townhouse in Helena Road with an asking price of £1,000 per night and a four-bedroom property in Clewer priced at £1,750 a night.

The company says guest arrivals for the May weekend have risen by 362 per cent in Maidenhead compared to the same period last year.

Arrivals in Windsor are also up by 194 per cent while neighbouring Slough has seen a staggering 1,438 per cent rise, the research revealed.

It does not stop there though with the British fashion and magazine industry raking it in because of the popularity of Meghan and her soon-to-be sister-in-law, The Duchess of Cambridge, for at least the next 10 years.



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FASHION

He's the Man



Seals of delight rang out in fashion circles when it was announced that Kim Jones would be taking the reins of Dior Homme, so what can we expect from this ground-breaking designer?

Kim Jones is the kind of understated creative you probably wouldn't recognise in the street, but you definitely know his work. Within the fashion industry, he is referred to as 'Louis Vuitton's secret weapon' thanks to his part in transforming the brand known primarily for its overpriced luggage, into a formidable player in men's streetwear. In short, during his 11 years as Men's Artistic Director he brought the famous LV monogram back to life.

What sets the dynamic Londoner apart is his ability to combine classic tailoring with modern urban sensibilities. After graduating from Central Saint Martins, Jones immediately began shaping his unique vision, and soon after starting his eponymous label (which became instantly popular in Japan) he found himself collaborating with the likes of Topshop and Alexander McQueen along with art direction for magazines such as Dazed & Confused and Arena Homme +.

To Louis Vuitton he brought serious streetstyle kudos, in the form of tracksuits, trainers and graphic tees that, thanks to his background in tailoring, were slim cut and stylish to keep them on the right side of fashion. Last year marked possibly his finest moment with the French Fashion house: a blockbuster collaboration with Supreme – a brand referred to as 'the Louis Vuitton of streetwear'.

So, what can we expect from his move to Dior Homme, a house well known for skinny suits and fashion sneakers? Most likely he will simply build on the legacy of his predecessor Kris Van Assche, infusing even more street influences, reaching out to collaborators and enlisting other young talents to realise his impeccable vision. Having recently appointed Yoon, an experimental Tokyo designer, as the brand's head of jewellery, you can bet his first collection in June won't be anything but extraordinary.

Dior



Royal Weddings THE DRESSES



Stunning Meghan Markle has already looked fabulous in a wedding dress. She certainly had the whoa factor as her character in the US TV series *Suits*, Rachel Zane, dressed up in a gown for her wedding to Mike Ross. She wore a traditional white wedding dress with lace detailing and sparkles, so will she deviate from this incredible look?

No one knows at the moment, as it has not been revealed who is the designer.

But of course the divorcee has walked down the aisle once before in her 2011 wedding to film producer Trevor Engelson.

She then opted for a white bohemian-style, strapless, floor-length gown with a notch neckline. The plain dress was complete with pleats at the front and an embellished belt, which added a touch of sparkle. There was no intricate lace detailing, no plunging showstopper back and no long train or veil.

It is understood that her friend, stylist Jessica Mulroney, was flown over from Toronto, Canada, in January and spent four days with Meghan - helping her choose the perfect dress.

Norman Hartnell designed the Queen's wedding dress and she had to buy the material for the dress using ration coupons. It was made with soft Damascus Prokar, featuring a high neckline, tailored bodice and a short train.

Her sister Princess Margaret also had a wedding dress designed by Norman Hartnell, made from silk organza. He designed it so that the crystal embellishments and beading were kept to a minimum, to suit Margaret's petite frame.

Princess Anne wore a Tudor-style dress designed by Maureen Baker when she married Mark Phillips.

Probably the most famous royal wedding dress is that of Princess Diana designed by David and Elizabeth Emmanuel. It spawned a decade of meringues and featured a 25ft train and 10,000 hand-sewn pearls and sequins.

The Duchess of York opted to design her own bridal gown - it featured a 17ft train and an embroidered letter 'A'.

Camilla shunned the traditional white gown in favour of a cream silk chiffon dress hemmed with vertical rows of Swiss-made appliqued woven disks, and a matching oyster silk basket weave coat. Robinson

Valentine designed the outfit, and she wore accessories by L.K.Bennett and Philip Treacy.



Photo credits: www.theculturetrip.com & www.royals.uk

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Cut ABOVE

It's a vital part of your daily routine, but what are the experts saying about the biggest hair trends for men this summer? We take a look at some of the latest examples of cutting-edge follicular fashion.

JOIN THE CREW

For maximum impact with minimum fuss, make this the year you finally follow the likes of Ryan Reynolds and go bold with the hair clippers. Grade one back and sides, with a grade six on top, ideally getting your barber to scissor-cut the top to that length so you can get a little more texture into it, rather than leaving it too rounded, gives you a simple style for the 9-5. Just remember to book back in with your barber every week to 10 days, or risk losing those sharp lines.

BLONDE AMBITION

Looser, chopped fringes dyed bleach blonde have been popularised by everyone from footballers to popstars – with the chameleonicly coiffured Zayn Malik offering a masterclass in dyed hair almost every other day. It's a bold and stylish look, but also one worth forking out a bit for. Home dye jobs are the grooming equivalent of playing with fire (and you'll certainly feel the burn if you get it wrong), but if you're brave enough, give it a try, and remember to use a deep conditioner once a week whilst investing in some purple shampoo to stop that bright white mellowing to a yellow.

PLAYING IT LONG

Longer-haired lads may be looking to ditch the man-bun and opt for something a little sleeker and refined. We've come a long way from the glam-rock hairdos of the 1970s, while stars like Brad Pitt and Jared Leto have popularised the shoulder-length slicked-back look. It's just a case of ditching layering in order to maximise length and chic sleekness.

The Beauty Room

Salon celebrates 25 years

In 1993, at the age of just 17, Joanna Sayer opened her own beauty salon, and just three years later moved to bigger premises in Brentwood Road, Hornchurch.

The Salon offers all beauty treatments but has always specialised in the CACI facelifting treatment.

Joanna says 'I love seeing the difference just one CACI treatment makes without the need for injections or cosmetic surgery'. So much so, that Joanna has now decided to specialise in the CACI systems.



The salon offers a basic CACI from £45 increasing to £85 for their ultimate CACI package. They are offering VISION readers a CACI/ Wrinkle/Jowl lift course for £600 (normally £700) if booked and £150 deposit paid by the end of July 2018.



In May the salon will also be offering Chemical peels. They have been working with Koresa Med, a company using LED face mask and oxynergy products, and have now taken on the new



CACI eye treatments can show a visible improvement after only one session



CACI non-surgical face lift

EKSETION UK range, being one of only 22 salons in the UK to offer these Chemical Peels. Prices will range from £85 to £120 and some clients will need a course of three treatments, but the difference can be seen and felt just after one treatment.

Why not visit the salons website www.thebeautyroom-essex.co.uk or follow them on Facebook or Instagram to see the weekly offers. With four late night openings, you won't be disappointed when visiting The Beauty Room. How could you with 25 years experience, that must say it all.

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Ribboned asparagus salad

Trim and wash your asparagus thoroughly before shaving with a potato peeler to create thin ribbons. Add cucumber, tomatoes, avocado and grated parmesan, before dressing with olive and lemon juice. Quite simply, spring in a bowl.

Asparagus and goat's cheese frittata

A hearty brunch or a light supper, a frittata is a great way to get a couple of your five-a-day while still feeling satisfied. Simply sauté 200g of sliced asparagus spears, before setting aside. Then, in a medium pan, fry three large eggs beaten with grated parmesan, and scatter your sliced spears and spoonfuls of soft goat's cheese on top. Cook through before serving with a green salad and an optional glass of white wine.

Asparagus and prosciutto parcels

These salty, creamy and flavoured parcels make a great sidedish or starter for when you're feeling fancy. Start by blanching asparagus for two minutes before running under cold water. Layer four spears with slices of mozzarella and wrap with prosciutto before frying gently in a pan. Prosciutto should be crispy, mozzarella should be melty, and guests ought to be impressed.

Asparagus soldiers

It is said that enzymes in asparagus help break down alcohol, making this an ideal snack either before or after a heavy session. Step one: soft boil two eggs and some asparagus spears. Step two: dip asparagus into egg. Step three: devour.





FOOD & DRINK

Royal Weddings THE CAKES



A LOOK AT THE CAKES OF ROYAL WEDDINGS PAST

Prince Harry and his bride to be Meghan Markle have decided they don't want to get fruity on their wedding day and have bucked tradition of not having a traditional fruitcake.

Instead they have gone for a much more modern style - an organic lemon elderflower wedding cake.

The couple have turned to pastry chef and food writer Claire Ptak, below, owner of Violet Bakery in east London, to make the cake, which will be covered with buttercream and decorated with fresh flowers.

His brother Prince William and wife Catherine chose a multi-tiered fruit cake was made by baker Fiona Cairns, and while the decorations were pretty traditional - it featured edible flowers including an English rose, Scottish thistle, Welsh daffodil and Irish shamrock - they also had a chocolate biscuit cake by McVitie's.

Prince Charles has had two bites of the wedding cake. When he married Camilla in 2005, bakers

Sophisticake from Lincolnshire had just four weeks' notice to bake one.

The finished cake weighed in at 17 stone, took around 130 hours to coat and decorate and was made with 20 bottles of brandy. The firm also had to make 2,500 additional slices to fill special commemorative tins.

For his wedding to Diana in 1981 the official wedding cake was a fruitcake with cream cheese frosting. It was five-foot high, weighed 18 stone and was made by David Avery, the head baker of the Naval Armed Forces.

McVitie and Price Ltd, using ingredients given as a wedding gift by the Australian Girl Guides Association, made the official wedding cake at the Queen's wedding.

It was an enormous, ornate affair and stood nine foot tall and was covered in intricately carved cathedral-like designs. It is said to have been cut using Prince Philip's sword. It even had its own nickname - the 10,000-mile wedding cake.



The Queen and Prince Phillip's cake

Claire Ptak of Violet Bakery
Prince William and Kate Middleton's cake

Photo credit: John Stillwell and www.royal.uk, www.hellomagazine.com

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UNCOVERING the TOTH

Are electric toothbrushes worthy of their buzz, or does the old-fashioned method do the job just fine?

It's the battle of our times – not Trump vs Clinton or Mayweather vs McGregor, but electric vs manual (toothbrush that is). For some, it's a no-brainer. You floss every day, brush twice a day for the recommended two minutes, and twice a year you visit your hygienist, who always puts a shiny gold star by your name (probably).

But for others it's not so straightforward. The cost can seem extortionate, particularly when compared to your trusty old £3.99 model. Then there's the ongoing cost of replacement heads, the hassle of charging it and the fact that every time you go to buy one, the baffling array of tech makes your head explode – '£250 on a toothbrush? What else does it do?'

Many professionals believe these vibrating little beauties are worth it, with studies claiming that rotating brushes reduce 11 per cent more plaque than manual toothbrushes and can also significantly reduce gum problems like gingivitis in as little as four weeks.

Then again, if you do have a lazy disposition, why not invest in a brush that does all the hard work for you? Even the most basic electric designs come with timers that bleep every 30 seconds (for all four areas of your mouth), meaning you can just stand there and gently guide the brush from one tooth to the next as the oscillations get into every crevice.

But any dentist will tell you that the best toothbrush is the one you use. So, if you really struggle to remember to charge it, or travel an enormous amount, you may as well stick to the manual. The bottom line is that you definitely don't need the top-end electric model, but if you care about your teeth at all it's worth investing in one – and it could save you serious dosh in the long run on dental fees.

VS



HEALTH & FITNESS

Pollen PROOF

Hay fever sufferers rejoice. We have some great tips for helping you survive the season; and yes, you can even go outside.

Keep an eye on the pollen count

Warm and dry days generally have a higher pollen count, whereas thanks to the rain washing pollen out the air, wetter days have less. So, keep an eye on pollen forecasts and stay indoors as much as possible when it's really high. Certain times of day also bring about an increase in pollen, usually early morning (7am to 10am) and late afternoon (4pm to 7pm).

Protect yourself when outside

You can't live like a hermit just because the sun is out, so apply barrier balm around your nostrils (Vaseline works too), and buy a peaked hat and some wraparound shades.

Remove allergens daily

Hay fever sufferers know that feeling of being bombarded by pollen, and unfortunately there is no way of stopping it getting to you entirely. Saline

spray is a really effective way to wash out all the allergens clinging to your nostrils, so carry one with you. Showering (including hair) and changing your clothes when you get home on high pollen day also helps.

Protect your home

Keeping windows closed on high pollen days is an obvious place to start, but pollen can also sneak in on pets that have been outside, and line-dried clothes. So, avoid snuggling up to poochie, and buy an indoor drying rack.

Limit time in the city

Despite usually having a lower pollen count than the countryside, all the pollution in urban areas irritates your respiratory tract, making it harder to cope with other allergens.

If all else fails, head to the seaside

Not that you need another excuse for that weekend in Southend, but you'll be pleased to know that the sea breeze blows pollen inland, making seaside resorts a veritable paradise for hay fever sufferers.



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Royal Weddings THE FLOWERS

Meghan Markle's wedding bouquet is certain to contain a sprig of myrtle, a tradition for royal brides dating back to 1840 when Queen Victoria married Prince Albert. The myrtle for royal brides is almost always cut from a bush at Osborne House, Queen Victoria's residence on the Isle of Wight.

Myrtle symbolises hope and love.

Meghan and Prince Harry have chosen to work with London-based florist Philippa Craddock. For arrangements in St George's Chapel and St George's Hall, she will be using branches of beech, birch and hornbeam, along with white garden roses, peonies and foxgloves.

There is speculation that Meghan will pay a tribute to her late mother-in-law Princess Diana with her bouquet as the Duchess of Cambridge did in 2011.

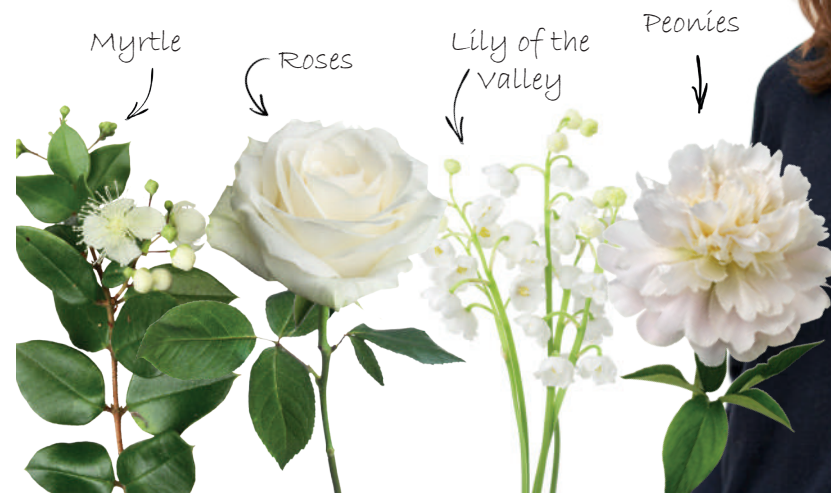
While Catherine's small, simple bouquet served as a stark contrast to Diana's enormous cascading collection of blooms, both featured lily of the valley. Other British royal brides who have incorporated the local flower in their bouquets are Princess Margaret in 1960, Princess Anne in 1973, and Camilla, Duchess of Cornwall, when she wed Prince Charles in 2005.

Meghan is also expected to carry peonies down the aisle. They are said to be her favourite flower as are roses. But royal bouquets tend to be white.

For her marriage to Prince Philip, the then Princess Elizabeth had chosen an all-white, free flowing wedding bouquet. It included three types of rather exotic looking orchids: cattleya, cyripedium and odontoglossum – all British-grown – and of course myrtle.

Following their weddings, it is also customary for royal brides to leave their bouquets on the grave of the unknown warrior in Westminster Abbey, a sombre tradition that was started by the Queen Mother in 1923, who left her flowers on the memorial in honour of her brother Fergus, who was killed in the First World War I in 1915.

While Meghan and Harry will be married at St George's Chapel, not Westminster Abbey, she will likely still send her bouquet to the church, following in the footsteps of Sophie Rhys-Jones, who wed Prince Edward at the chapel back in 1999.



DIY FATHER'S DAY Flowerpot

Are you fed up with buying the same generic Father's Day presents for your children to give to their daddy year in and year out? Why not try something different this year and help your child make their own DIY gift? This simple homemade flowerpot is the ideal gift for any green-fingered daddy or grandad and is guaranteed to take pride of place in your garden.

You will need:

- ✿ 1 x Terracotta clay pot (big enough to fit your child's handprint on)
- ✿ Acrylic paint in various bold colours (green is a must)
- ✿ Paint brushes
- ✿ 1 x ice cube tray

How to make:

- ✿ Lay down some newspaper or an old sheet to protect your floor.
- ✿ Fill your ice cube tray with your preferred colours (be sure to include green for the stem and leaves).
- ✿ Place your pot on the newspaper/sheet.
- ✿ Paint the rim of the pot in your chosen colour (younger ones may need some help with this).
- ✿ Leave to dry.
- ✿ Help your child paint their hand and tilt the pot slightly to allow them to press their handprint onto it.
- ✿ Repeat around the pot in as many different colours as you would like.
- ✿ Take a brush and paint on a green stem and two leaves below each of the handprints (as per the image above).
- ✿ And voila. You have your homemade handprint flowerpots.

Optional:

You can also personalise your handprint flowerpot by writing 'Happy Father's Day, love from (insert your child's name here)' around the rim of the pot.

Or you could even go one step further and fill your pot with compost and their father's preferred plant or herbs.

The beauty of DIY gifts is that you can be as creative as you like, so let your children's imagination run wild.



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HOME & DIY

THE BEDROOM BRIGADE

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SENSUAL LIGHTING

Let's be honest, glaring bright lighting has never set the mood for bedroom time, sleep or otherwise, but this latest trend moves beyond your standard lamps and dimmer switches as we combine texture with light. Think feathered pendants which omit a soft glow, side table lamps with velvet shades, and strategically placed candles in Moroccan lanterns.

RICH AND BROODING TONES

Forget your pastels and primroses, the bedroom colour palette has gone seriously luxe. Emerald greens, rich violets and sumptuous midnight blues add a warmth and richness which is always alluring, but never sombre.

WICKER FURNITURE

For those who can recall all too well the shabby woven home furnishings of the 1970s, which always included an impractical and clunky willow bucket chair, the news that wicker is back may cause offence. But natural textures and rattan pieces are proving to be a huge hit once more.

From lightweight and discreet rattan desks, to a bold handwoven bed frame, the new wicker is sleek, sturdy and very stylish.

FABULOUS FLAWS

Want the picture-perfect bedroom? Then stop seeking perfection. Think crumpled French bed linens, piles of mismatched pillows and shelves stacked with an assortment of books, keepsakes and picture frames. After all, your bedroom is your own personal retreat, not a museum.

SACRED SPACE

As we become ever more aware that tech is taking over our lives and the dangerous health implications of that, more and more people are seeking to make their bedroom a gadget-free zone so that they can get in touch with their more contemplative side. This can include just banning electricals such as phones and TVs, or going as far as creating a corner of the room specifically designed for reflection and meditation. Either way, it's time to reclaim your bedroom for you.



PLASTIC *fantastic*



Pesky plastic is everywhere these days – in our seas, rivers, landfill sites and even teabags. With more and more people looking for ways to drastically reduce their plastic use, we've looked at some simple ways to cut down in order to help the planet... and yourself.

DON'T BOTTLE IT

In the UK we use over 35 million plastic bottles every year. Carrying a reusable bottle is a great way to cut your plastic use and save money too!. There are even apps available that tell you where you can refill your bottle for free.



STRAW NO MORE

Plastic straws are bad news for our oceans. Next time you order a drink, think about whether you need a straw – and if you don't, just say no.

FORK OUT ON CARRYING CUTLERY

It's hard to plan for every opportunity, but consider carrying a spoon or fork (or spork) in your bag, or keep cutlery in your desk at work to avoid having to use plastic cutlery on the go.



BETTER BAGS

Since the plastic bag charge was introduced, there's been an 85 per cent drop in its use. Many of us are used to carrying an extra bag with us, but if you still find it hard to remember, pin a note to your front door as an extra reminder that carrying your own bag helps save dolphins' lives.

BANISH THE BEAD

The good news is that the UK government has announced a ban on microbeads. But until that ban comes into play later this year, there will still be products on the shelves, so keep checking labels before you buy and avoid products containing polyethylene (PE), polypropylene (PP), polyethylene terephthalate (PET), polymethyl methacrylate (PMMA), polytetrafluoroethylene (PTFE) and nylon.



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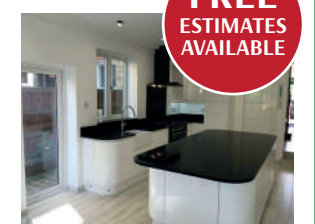
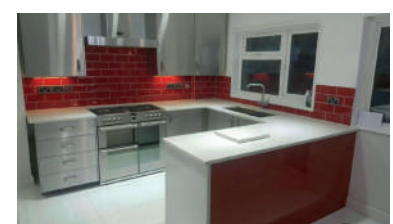
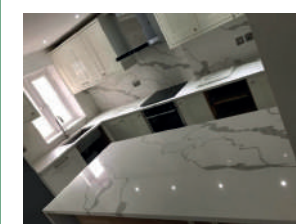


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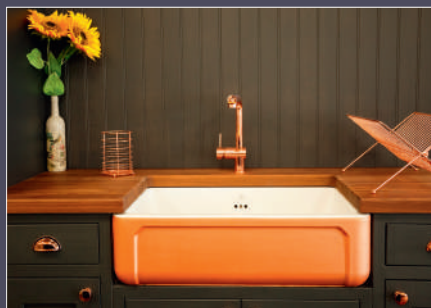
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5 different ways to use... ...plastic bottles



HOME & DIY

We are constantly asked to recycle our plastic, especially plastic bottles. They are polluting our oceans and becoming an eyesore when littered. Here are five easy ways to reuse and recycle your plastic bottles, showing you just how adaptable and useful they can really be.

1. Planter

Make fun and creative planters from old plastic bottles. You can use them to plant flowers or grow your own cress or herbs. Simply cut the bottom third of a two-litre bottle, paint the bottle a colour of your choice, use the rest of the bottle to cut out ears and draw features on.



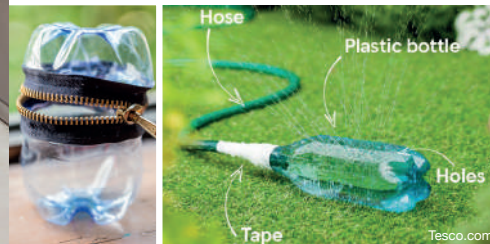
2. Bird feeder

Bird feeders are a great way to bring nature into your garden. Simply cut out a rectangle from each side of the bottom and fill the bottom of your bottle with seeds. It's best to use a five-litre bottle as most of the lids come with a handle for you to easily hang.



3. Sprinkler

Kids love running through the garden while the sprinkler is going, but these can be very expensive. Simply poke holes in a two-litre bottle and screw it on to your hose pipe.



4. Painting

Create a masterpiece with just a plastic bottle and some paint. Simply paint the plastic bottle to make it look like whatever animal you like – we love the owl.



5. Money pot

You will need two plastic bottles of the same size, a zip and a needle and thread for this activity. Simply cut around the bottles about a quarter of the way up from the bottom. Then, sew the zip around the edge of the cut bottles. You can then make a slit in the top bottle, or just use the zip to put your money in and out.



HOME & DIY

La vie VELVET

Velvet is THE fabric of the season, but like all interior trends, it's important you get the perfect balance for your home.

Velvet is officially in... which is great news. Soft and sensual, it adds a warmth and luxuriousness to your home, and is cheaper as an upholstery than leather. However, there is a fine line between opulence and gaudiness. After all, one's home ought to feel comfortable and stylish, but go overboard and your humble abode can start to feel more like a nightclub, or even worse, a brothel.

So how do you keep the trend on the right side of chic? Colour is very important. Too much scarlet or purple velvet and you might feel trapped in some eternal cabaret; but lilac, midnight blue, forest green and mustard add sophistication and warmth. You also need to be practical about your choice, so people with kids and pets ought to stick to the darker end of the spectrum.

Those who have been dying to get a little luxury in their life can go all out with this trend. Always wanted a velvet sofa? Go for it. In fact, why stop there? Velvet bed frames and banquettes are available in some very modern styles, and add a real touch of class to the bedroom (again, when in the right shade). But you can also play around with flashes of the fabric here and there, either with curtains or lampshades, or even just a very subtle velvet trim.

You could also combine the look with the current texture trend. Think leather sofas with velvet cushions, wooden beds with linen sheets and velvet throws, or a stone mantelpiece adorned with quilted photo frames. In the end, it's really down to personal preference, and how far you want to go.



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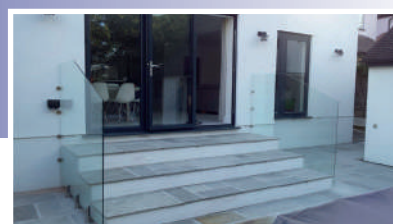
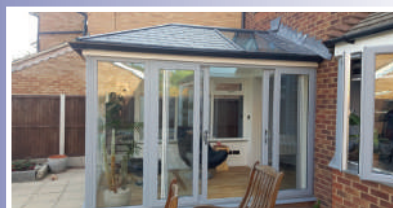


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The Dame WHO DARES



British icon Dame Helen Mirren reveals her thoughts on ageing, her inability to resist a juicy role and why you should never call her a movie star.

.....

There's no stopping Dame Helen Mirren. Smart, sexy, and outspoken, the actress is still revelling in the career renaissance that began at age 46 when she began playing *Prime Suspect's* DCI Jane Tennison. Born in London to an English mother and Russian father, Mirren has long been a feminist trailblazer who occupies iconic status today among Hollywood's hopeful young starlets.

Her performances have inspired generations of women - distinguished by a palpable intelligence and steely determination whether playing a military commander (*Eye in the Sky*), royalty (*The Queen*), or a Mossad agent (*The Debt*). If ever there was an archetype of an actress suited to playing strong women, it would be her.

Currently, the formidable and iconic actress is appearing in *The Leisure Seeker*, directed by acclaimed Italian filmmaker Paolo Virzi, and co-starring Donald Sutherland. A compelling romance that depicts the interactions between a woman with terminal cancer and her husband, who's suffering from Alzheimer's. And while the elegant star undoubtedly looks fantastic for her 72 years, she is characteristically candid about the inevitable pitfalls of ageing. "If I have to be honest, there is nothing that pleasant about growing old. You learn to accept your age and all the faults that come with it and you console yourself by believing you are wiser," Mirren says sagely.

"When you're a teenager it seems impossible to think of becoming old. But then you learn to accept it and renounce many things that seemed so important before, like plunging necklines and miniskirts," she adds with a laugh.

Over the years, her sharp wit, cutting humour and boundless talent have earned her 'national treasure' status. Mirren is also incredibly humble, and despite her extensive back catalogue and slew of awards, she refutes the suggestion of being a 'movie star'. "No, I've never thought of myself as that, never considered myself anything close. I'm a working actress, who's been fortunate and lucky, and sometimes the stars align in a certain way," she says, firmly.

Her life off-camera is also admirably straightforward. Mirren has never had children, stating in the past that she has "no maternal instinct whatsoever", and has spent the past 32 years together with Hollywood director Taylor Hackford (*Ray*, *An Officer and a Gentleman*). They were married in 1997 and currently divide their time between homes in Los Angeles and the village of Tiggiano in Puglia, Italy.

Even she admits it would be easy at this point to while away the days soaking up the wonders of Italy, but unfortunately for Mirren, she has one terrible weakness. "I can never find the willpower to say 'no' to a very good part when one comes along," she confesses.

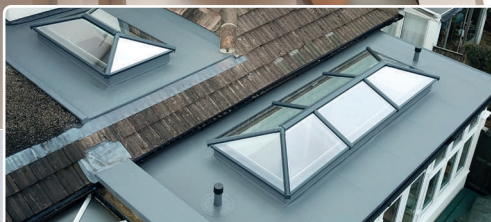
"I often tell my husband, 'I've done enough, I'm not going to keep pushing myself.' But he's so used to hearing me say that he doesn't even pay attention to me anymore when I make that kind of a declaration. The terrible truth is that I simply cannot resist a good role."

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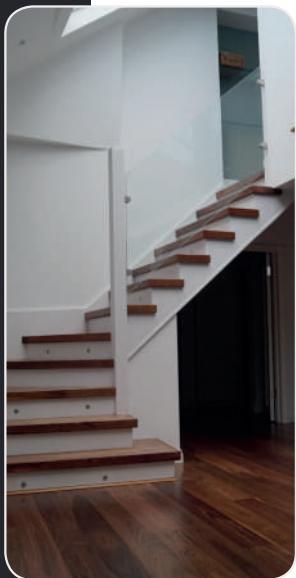


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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



School pleads for donations as playground described as 'prison yard'

A primary school in Hornchurch is pleading for the communities help to raise £100,000.

Harrow Lodge Primary School has created a Go Fund Me page in order to raise the money for a playground.

Deputy headteacher Lynette Searle said: "The plan to improve the playground for our children has been talked about for 10 years or more but there have been so many other needs for the school that it has simply remained a talking point and nothing more.

"Now, we've decided that the time for talking is over and it's time for action.

"Our children are excited that they may finally get some equipment to climb on, some interesting areas to investigate or some quiet areas to reflect in. But, with national funding for schools slashed, all available funds are needed for necessities so we need to find another way to make our children's dreams come true."

The children at the school are also helping towards the fundraising.

Mrs Searle continued: "The children themselves have decided to save all their pennies in a penny jar in class and we are asking for any help with funding that we can get.

"Our PTA does a fabulous job raising funds but with tighter budgets, much of what they raise will go on replenishing old stock or funding necessities."

Posting on the Go Fund Me page, a spokesperson from the parents of Harrow Lodge Primary PTA said: "We are the only school in the area that hasn't got a play area or equipment for the children to play on at break or lunch time.

"What we have is a concrete playground and a playing field, there is nothing for the children to do when they are outside and they end up just walking around the perimeter of the fences.

"In this day and age teachers and parents find this very sad, but the school just doesn't have the funds." Children have described the playground as a "prison yard" as there's nothing to play with.

Harrow Lodge Primary PTA raises funds through several events throughout the year, but they are unable to raise the amount needed on their own.

The spokesperson continued: "This is where we are asking for help, it doesn't matter how big or small, we need your donation and help to reach our goal."

To donate, visit www.gofundme.com/harrow-lodge-primary-playground



Photo credit: Twitter @maccat41

Many evacuated following chemical smell

A total of 150 people were evacuated in Hornchurch recently following reports of a chemical smell.

Two fire engines, two fire rescue units and more than 20 firefighters and officers were called to investigate reports of a chemical smell at a disused science lab in Inskip Drive, Hornchurch on April 17.

A safety cordon was set up and 150 people were evacuated from the area as a precaution.

The London Fire Brigade was called at 1.29pm and the incident was over for firefighters at 4.56pm. Crews from Hornchurch and Dagenham attended the scene.

There were no reports of injuries.

Students face medical workshops challenge

Six of Havering Sixth Form College's students, in Hornchurch, who are hoping to become doctors in the future, took part in a special Medical Day recently.

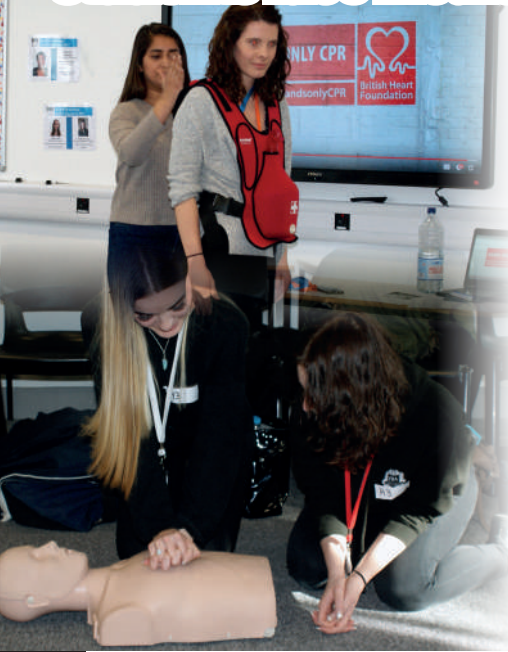
The six, all members of the Medics Enrichment group, joined up with pupils from local secondary schools to complete workshops on diagnostics, emergency resuscitation and medical ethics.

The day was organised by MCS Projects and the sessions were run by university students from Barts Hospital and UCL. They also gave the participants a presentation on successful applications to medical school and they answered questions on their lives as medical students.

Schools taking part included Hall Mead, Campion, Sacred Heart of Mary, St Edward's, Marshalls Park, The Billericay School, Hathaway Academy and Beal High School.

After the workshop sessions the students had a talk by Dr Kawa Amin, a consultant geriatrician, and Dr Mas Ahmed, a consultant paediatrician, about their careers and the expectations of becoming a doctor.

One student who took part said: "I feel that I learned a lot from the medical students and the talk from the doctors was really interesting. The day has given me the motivation to really work hard to get the grades I'm going to need to get into medical school. The workshop I enjoyed the most was the emergency resuscitation."



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Downing Street reception to support work experience



A reception at 10 Downing Street was attended by Havering Sixth Form College's World of Work adviser Kay Williamson in support of the charity Speakers for Schools and their Next Generation programme.

The event was hosted by Robert Peston, the political editor of *ITV News* and presenter of the weekly TV discussion show *Peston on Sunday*. He is also the founder of Speakers for Schools.

The evening brought together leading figures from industries who speak in schools, organisations who have hosted work experience students and also staff, like Kay, who have used the programme.

Kay said the reception was a great chance to network with people who are using the Next Generation Work Experience programme, which through her work in the college's CUBE (Careers, University, Business Links and Employment) has provided students with great opportunities.

She said: "The evening was really enjoyable. I met a few speakers, including Howard Kerr, the chief executive of BSI, and Andy Chew, the former managing director in Cisco UK and Ireland. It was a lovely atmosphere and very interesting to see what the inside of 10 Downing Street looks like."

Kay said the college has had two students take part in work experience via the Speakers for Schools Next Generation initiative. One went to the Bank of England for a work placement and the other went to Reed Smith. Other students have also been offered insight days with Mediacom.

Speakers for Schools is a national charity which helps inspire state school students with free talks and top work experience. It is supported by many leading industry experts.

Celebrate Barbra Streisand this month

A production that celebrates Barbra Streisand is coming to the Queen's Theatre in Hornchurch this month.

Woman In Love will be at the theatre on Billet Lane for one night only on Sunday, May 13 from 7.30pm.

The iconic sounds of a legend in music and film is brought to life in this new production touring the UK in 2018.

Join Jillian Winter as she combines her superb pitch and quality voice into her delivery of some of the most beautifully crafted songs ever written or performed such as *Send in the Clowns*, *Don't Rain on my Parade*, *Woman In Love*, *Evergreen*, *Tell Him*, *The Way We Were* and many more.

Performed by a stunning live band, complete with the depth of double bass, keyboards and guitar, this is a wonderful evening of music not to be missed.

Tickets are priced at £20 for adults or £18 for concessions.

They are available to purchase from www.queens-theatre.co.uk/whats-on/show/woman-in-love or by calling the box office on 01708 443333.

The show runs for approximately 140 minutes.



Student selected for youth programme's USA experience

A trip of a lifetime to the USA is on offer for a student at Havering Sixth Form College in Hornchurch who has been chosen to represent the UK.

Shekhem Vige, 18, is celebrating after been selected for the Hummer Tuttle Foundation and Windsor Fellowship's UK-US Youth Dialogue Programme.

There were only 12 places available and Shekhem was selected from applicants at many other schools and colleges across London.

The Youth Dialogue Programme aims to help young people from across all backgrounds to maximise their individual, social and economic talents.

It will improve leadership, confidence and

communication skills and many students who have been on the programme in the past have called it an "experience of a lifetime".

While in America the students have to do a presentation in front of the UK Ambassador.

Shekhem, who is studying music performance, English language and literature and communication studies at college, said he was really looking forward to joining the programme.

He said: "I've never been to the US before so that is something I'm really excited about. Also I want to meet and interact with new people and my dream is to play basketball while I am in the States."

Student secures top 10 finish

A student secured a national top 10 place when he competed in the British Schools & Colleges Modern Biathlon championships recently.

Joe Groves, from Havering Sixth Form College in Hornchurch, finished in seventh place.

It was a tremendous achievement considering he was one of only three competitors in the top seven who attend state schools or colleges. The others were all from independent fee paying and boarding schools.

But not content with his success – and being the highest placed in the competition from any schools in the local area – Joe, 17, is now back in training and aiming to get a top three place next year.

His mum, Laura Groves, said: "Joe had come ninth in the competition last year so he was pleased to have beaten his personal best. But he had been ill the week before the competition with a heavy cold and he wasn't able to train so he was very happy with the results."

The Under 17s Modern Biathlon comprises a 200-metre swim and a 1,600-metre run. It is the combined score in both events that decides where an athlete is placed.

Joe trains six or seven times a week, balancing his studies at college and his work as a part-time lifeguard at the new Sapphire Ice & Leisure Centre in Romford.

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JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS



MP attends launch of new support group

I sit down to write this column following a jam-packed constituency day that began with the launch of a new support group for parents of autistic children. Autism is an issue that is raised with me time and again by local parents, whether that is in relation to speech and language therapy, the need for better early years support or problems in finding work for young adults.

First Step in Hornchurch provides many fantastic services to local families affected by autism, and the Prime Minister recently promoted the charity's work on my behalf on her own Twitter account. However, pre-school support for autistic children can be patchy and new difficulties can arise within the school environment and beyond as those children grow older. I have raised these issues both in parliamentary debates, and with Havering's head of children's services and the Education Secretary.

At a recent surgery, Yasmin, a dynamic young mum with an autistic son, asked whether we could help her set up a new support group for parents of autistic children. My team worked with Havering Council on Yasmin's request and we have now been able

to launch the group at MyPlace on Harold Hill. The Autism & SEN Parent Support Group will be running from 9am to midday every Friday next to the soft play area in Frankie's Café on the upper level of MyPlace, and we have discussed whether it might be possible to set something up in Havering like the SNAP group in Brentwood, particularly to provide support over the summer holidays.

If there are any parents out there who are struggling, please do go along and speak to Yasmin, who can provide advice about online courses to help your child with speech, and techniques to help them manage their experience of the world. Meanwhile, my team and I will continue to push the broader issues of SEN support up the political agenda in Westminster, and I shall be visiting the Romford Autistic Group Support (RAGS) exhibition at Queen's Theatre to mark National Autism Awareness Week.

As ever, if you have a problem you think my team and I can help you with, please drop us a line. Or if you would like to come and have a look around Parliament, we can book you in for a complimentary tour.

www.julialopez.co.uk

Friday funk and soul at Fairkytes



Students from Havering Sixth Form's music department were out in force at Fairkytes Arts Centre for a Friday night of funk and soul.

The students – both from the lower and upper sixth – played a varied programme of popular hits at the Hornchurch venue on March 9, delighting the audience with their pitch perfect performances and high energy.

Student John-Michael Mahoney took on the role of compere for the evening and did a fantastic job.

First up on stage were the jazz band with tracks by Stevie Wonder and Ray Charles.

Their set got the appreciative crowd in the mood for a fun evening and they were followed by the equally impressive Lower Sixth Music Performance group who brought energy and enthusiasm to the stage with their renditions of *Uptown Funk* by Bruno Mars and *Let's Groove* by Earth, Wind and Fire.

Highlights of the second half of the concert included the Contemporary Music group's funky versions of *Word Up* by Cameo and *Can't Stop* by the Red Hot Chili Peppers. They were the first band to get the crowd on their feet and dancing.

The Upper Sixth group were not to be outdone, taking things down with an incredible version of *Nakamarra* by Haitus Kaiyote and then bringing the show to a close with a tight set including the songs *Ex Factor* by Lauren Hill and *Ain't Nobody* by Chaka Khan.

Collette Fraser, youth arts officer from the London Borough of Havering, said: "Fairkytes were delighted that Havering Sixth Form College music students returned for a second year to perform at their venue in 2018. The evening was thoroughly enjoyable with a fantastic, varied programme of funk and soul music, which appealed to all ages.

"The standard of the performers was extremely high, which is a fantastic achievement by all involved. It was also very refreshing to witness the level of support the students showed to each other."

Council launches app to promote healthy eating

Children in Hornchurch will be able to play a council-created app to promote healthy eating.

Veggie Run was launched by Havering Council on April 10 after being developed with Havering children and supported by Change4Life and Quorn.

It aims to address the rising obesity epidemic in the borough and highlight the health benefits of a healthy school-catered lunch.

The benefit of playing Veggie Run is that Havering school children can compete top win sporty prizes for themselves and their school each term.

Prizes have been sponsored by Everyone Active, which is part of Sports and Leisure Management Ltd, the longest-established leisure contractor in the UK; Quorn the leading global meat substitute company; Cycles UK Romford and Havering sports collective.

There are also opportunities for pupils to receive credit towards free catered lunches for one week from sQuid or a new bike.

Dennis Brewin, head of HES Catering Services, said: "One of the main reasons the app has been developed is due to recent evidence that only one per cent of packed lunches are healthy. We hope that by playing the game, primary and junior school children in the borough will be able to identify the difference between healthy and unhealthy foods.

"All Crunch Brunch characters in Veggie Run are used across all new primary and junior school menus in the borough to ensure children see the direct link between game play and healthy eating."



Photo credit: Havering Council



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Man donates £300 after charity tin stolen

A man donated £300 recently after a charity tin was stolen from a shop in Hornchurch.

The tin was being used to collect money for Isla Caton.

Isla was diagnosed with neuroblastoma in March last year after being ill for a few months.

Her family have since been fundraising to help get the best treatment for her.

Nicola Caton, Isla's mum, said: "A man who used to live in Elm Park but now lives abroad donated the money.

"He said he didn't want to be named as he wanted me to know there are kind people still in the world who do nice things for no other reason but because they care.

"It really made me cry happy tears as it was such a wonderful thing for him to do and restores your faith in mankind."

Isla has been going through treatment recently.

Nicola explained: "She's not been very well this past week but she's on the up again now.

"She's been through so much in such a short time. In the past six weeks she's undergone brain surgery and two rounds of chemo so her little body has been really through it."

A celebrity charity football match is being held in aid of Isla on Sunday, May 6.

Kick off will be at 2pm at Redbridge Football Club.

Celebrity stars taking part include Danny Jones, Jeff Brazier and Daniel Osbourne.

There will be entertainment, food, a bar and a DJ at the event.

Tickets are £10 for adults, £5 for children of £26 for a family ticket of two adults and two children.

For tickets call 07940 494253.

If you would like to donate, visit www.justgiving.com/campaigns/charity/thebradleyloweryfoundation/islacaton

Residents urged to 'Watch their Wasteline'

Residents in Hornchurch are being encouraged to reduce their waste as Havering Council launches new look waste collection trucks.

The council's new refuse truck design with the strap line 'Watch Your Wasteline' is part of the council's efforts to reduce the amount of rubbish in Havering.

Currently, up to 50 per cent of black bag rubbish in the borough is food waste.

This costs the council just under £15million to dispose of all waste.

Residents could save on average £60 per month by reducing household food waste.

Assistant director of environment, Dipti Patel, said: "The 'Watch your Wasteline' look has been developed to remind residents to reduce their waste.

"It encompasses all the different ways our residents can reduce their waste, such as signing up to become a Local Green Points member or by taking part in one of our free training sessions that help you to save money and eat healthily at www.havering.gov.uk/reducwaste

"The money we spend to dispose of waste in Havering can be spent on other crucial frontline services, so I encourage all residents to 'Watch their Wasteline'."



Photo credit: Havering Council

Deputy Mayor raises flag to mark Commonwealth Day

The Deputy Mayor of Havering, councillor Dilip Patel raised the Commonwealth Flag outside the Town Hall recently.

A message from the Rt Hon Patricia Scotland QC, Secretary General of the Commonwealth of Nations, was read at 9.50am on March 12, followed by the Commonwealth Affirmation, before the flag was raised.

Commonwealth Day is celebrated across the Commonwealth by young people, schools, communities and civil society organisations. It provides an opportunity to promote understanding on

global issues, international co-operation and the work of Commonwealth organisations.

Cllr Patel said: "Commonwealth Day is a time for global communities to come together to learn about and celebrate the Commonwealth and its achievements.

"This year's theme, Towards a Common Future, explores how the Commonwealth can address global challenges and work to create a better future for all citizens through sustainability, safety, prosperity and fairness."

Collis joins the Urchins 100 club



Photo credit: AFC Hornchurch

Another AFC Hornchurch player joined the 100 club recently. Dave Collis made his 100th appearance for the Urchins during the 1-0 win at home against Heybridge Swifts.

Posting on their website, AFC Hornchurch wrote: "Dave has had a couple of spells at Hornchurch, making his debut against Bury Town on October 23, 2010.

"Having made 39 appearances for the Urchins Dave joined Billericay Town only to return in the summer of 2015 for the start of the 2015/16 season where he was a key fixture in the side.

"Playing opportunities were limited the following season though Dave was often present in a coaching capacity marshalling the troops from the side-line on match days.

"When goalkeeper Simon Bloch was injured in this season's home league game vs Maldon & Tiptree it was Dave who donned the keeper's jersey that afternoon and kept a memorable clean sheet.

"Well done Dave."

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HOW TO CHOOSE THE RIGHT PET FOR YOUR HOME

Pets are considered to be one of the family and can genuinely enrich our lives. However, when deciding on which animal to buy, it is vital to select the right breed for you based on finances, time and accommodation. For example, buying a Great Dane when you live in a small, third-floor flat and have very little free time to walk it is not going end well for either you or your beloved new friend.

For those living in small homes with little or no garden, it is wise to choose an animal which isn't going to take over. Budgies and parrots are a charming but low maintenance option, while cats make great companions and their desire for independence means they are happy to make a life of their own outside - though you will need to ensure your home is accessible, so they can come and go as they please, and be aware of any big roads directly near you.

Large and energetic dogs are likely to bring chaos to a modest abode,

so go for a small, calmer breed like a poodle or shih tzu. But remember that ALL dogs need regular walks.

Small, furry animals like hamsters and gerbils make a great first pet for kids, but they can also bring great joy to adults who seek company but have little time or space. Fish are another option for those looking for a more self-sufficient addition to their family - bear in mind that tropical fish can be considerably more expensive than the cold-water variety due to their need for a heated aquarium.

Finally, if you've got a sizeable house and garden consider anything from rabbits to a tortoise, to big, boisterous pooches. But don't forget that all animals need a great deal of love and attention, so when choosing, don't just consider the size of your home, but the size of your heart too.



PETS



TRAVEL

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Qantas made history recently after they launched the first 17-hour non-stop flight from Perth to London Heathrow.

The 14,498km service is now the fastest way to get to Australia – eliminating stops in the Middle East to re-fuel or change planes which can add hours to a journey.

The first flight, carrying more than 200 passengers and 16 members of crew, pushed back just before 7pm on Saturday, March 24 and landed in London at 5am the following day.

The flight reduces total travel time by removing stopovers and taking advantage of the winds when choosing a flight path.

Technology has come a long way, especially aviation. In 1947, it took four days and seven stops to travel from Australia to the UK with the original 'kangaroo route'. It also cost around £525 when the average wage was a mere £7.

Nowadays, the journey is both quicker and more

affordable with the average Australian weekly wage at \$1,600 and a return fare from Perth to London costing less than \$1,300.

Athletes competing at the Commonwealth Games would have had to set off days before they were due to compete just to complete the gruelling journey. But nowadays, they can hop on a plane and be at their destination within 24 hours.

In 1962, Prince Philip travelled to Perth to open the British Empire and Commonwealth Games. Travelling by boat, he set off several weeks before he was due to open the event.

The land down under is now easier to access than ever before. With the new development, tourist numbers are sure to increase with people from Britain taking advantage of the journey.



Qantas-Dreamliner-Emily-Kame-Kngwarreye. Photo Credit: www.qantasnewsroom.com.au



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THE STUDENT BECOMES...

The Master



SPORT

This year's Masters at Augusta saw a reigning champion fall from grace spectacularly, while a controversial competitor rose to take the coveted green jacket...

It was on the Friday of this year's Masters Tournament when the current champ, Sergio Garcia, lined up his second shot on the 15th hole. At two over, his was certainly still in the running to defend his title – even if his performance had failed to offer the usual flash and pizzazz we've come to expect of him. But from the moment his lofted attempt over the water hazard guarding the green landed near the hole, only to spin back down the steep slope and disappear into the murky depths, the death knell sounded, and we knew we were in for a new winner.

Four more submerged shots later, and Garcia had equalled the worst score for a hole in the tournament's history – 13 on a par five.

While the Spaniard struggled, one fellow pro was making a concerted effort to inherit the soon-to-be-vacated trophy. But it wasn't Rory McIlroy – so desperate to achieve his first Masters win – or Jordan Spieth or Rickie Fowler, though both the latter made big gains on the final day to just miss out on top spot. Instead, this year's inductee into the roll-call of golfing green jackets – his first major tournament win – was Texas-native Patrick Reed.

Reed's -16, one-stroke victory, was an impressive statement from a man more used to making his name in his home country with Ryder Cup and Presidents Cup wins – victories that have earned him the moniker 'Captain America'. It was strange, then, that even as Reed made his way into the lead, the crowd's overwhelming response was to lavish support on competitors McIlroy et al.

Even when 27-year-old Reed had confirmed his place among such former champs and golfing greats as Tiger Woods, Nick Faldo and the indomitable Gary Player, the tone was still lacklustre. Why was it that in spite of this being the American's greatest day, there was none of the usual adulation that follows a Masters winner in the immediate aftermath of his triumph?

Perhaps it's because, for years, Reed has been somewhat of a controversial figure both on and off the green. In 2014, he described himself as "one of the top five players in the world", in spite of being just 23 at the time, and having never even played in a major tournament, let alone won one. The same year, at the Ryder Cup, Reed trash-talked his vice-captain Tiger Woods. Later, countryman Jordan Spieth would reveal that the usually mellow Woods quipped back at the brash upstart, saying: "Don't worry, Patrick, you only need 74 more wins and 14 more majors..."

These days, Reed's fellow golfers have become accustomed to his antics, which include the 'drinking offences' that Reed said made him leave Georgia State University, or the oft-denied but enduring allegations of cheating and stealing from the locker room that have also arisen from his time at UGA.

Then there's the messy relationship with his parents that culminated in his wife reportedly escorting Mr and Mrs Reed from the US Open course in 2014. Neither came to see their son's Masters triumph, despite actually living in Augusta.

So while Patrick Reed may well have finally laid his hands on the major tournament win he has long believed was due, it remains to be seen whether his past will ever allow him to be taken to the hearts of golf fans.

Photo Credit: ANDREW GOMBERT/EPA-EFE/REX/Shutterstock



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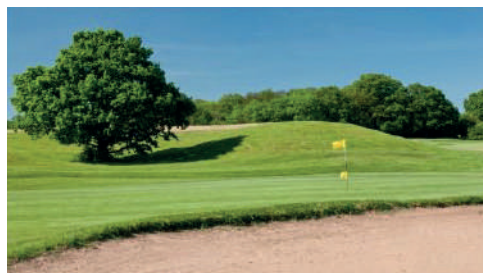
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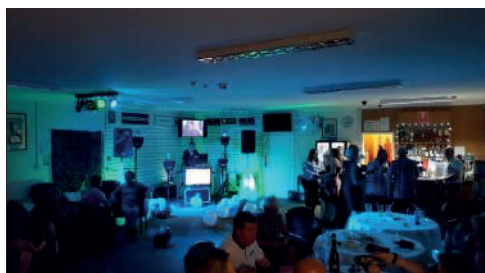
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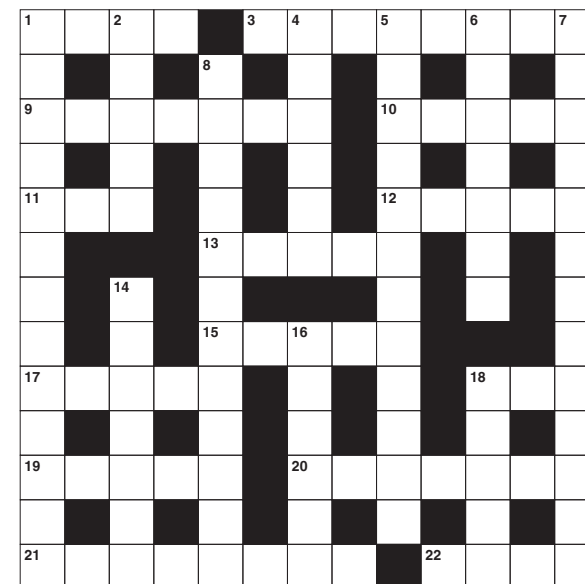


ACROSS

1. Military unit (4)
3. Manufactures (8)
9. Hits with the fist (7)
10. Fishing net (5)
11. Exclamation of surprise (3)
12. Wash with water (5)
13. Kingdom (5)
15. Unfasten (5)
17. Bits of meat of low value (5)
18. Cereal plant (3)
19. Fill with high spirits (5)
20. Illness (7)
21. Repugnance (8)
22. Wet with condensation (4)

DOWN

1. The first and the last (5,3,5)
2. Eat steadily (5)
4. World's largest country (6)
5. Resolvable (12)
6. Linked together (7)
7. Obviously (4-9)
8. Optimism (12)
14. Catch fire (7)



16. Edible tuber (6)

18. ___ Witherspoon: actress (5)

DID YOU KNOW

- ▶ Each time you look at the moon you always see the same side.
- ▶ Earth is the only planet not named after a god.
- ▶ A full moon is nine times brighter than a half moon.
- ▶ Every year the sun loses around 360million tons.
- ▶ All the planets in the solar system could fit inside Jupiter.
- ▶ From space, one of the brightest man-made places is Las Vegas.
- ▶ If you could drive to the sun at a speed of 55mph, it would take around 193 years.
- ▶ The centre of the sun is approximately 15 million degrees centigrade.

SUDOKU

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

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LETTINGS



COUNTING the cash

After years of little change on the currency front, Britain has recently enjoyed an influx of shiny new notes and contemporary coinage. But with the deadlines for spending your old dosh long gone, what can you do about all that unusable wonga?

Everyone should by now be used to our new national coins and notes. Those brand spanking 12 sided pound nuggets, fantastic fivers and tough tenners have entered the UK's money circulation with relatively few hiccups. But for those of us who may have a few of the old editions still stuck down the back of the sofa or crammed in a jar, it may appear that these outdated coins and notes are completely useless in this brave new world of modernised moolah.

Fear not, however, because you can still rely on the Bank of England, who have decreed that their notes "retain their face value for all time". In short, your

1983 £1 coin will always be worth a tidy quid, and no one can take that away from you.

What it doesn't mean is the spending power of that coin remains the same, so while they still have value, don't try to pay for goods and services with them, as vendors do not have a legal obligation to accept them. Of course, they might if you ask nicely, but the work involved for retailers – independents and chains alike – in monetising these dated coins makes accepting them a false economy.

Instead, head into your local bank, building society or post office. There, you can exchange them for new currency, no questions asked... except perhaps "where have you been for the past few months?", and perhaps "do you still have a black and white telly at home?". Ignore the jibes and cash out.



THE POWER

of peace



Relations between Russia and the West are at such a low that we are now on the brink of a new cold war.

The poisoning of former Soviet spy Sergei Skripal, 66, and his 33-year-old daughter in Salisbury from the nerve agent Novichok has led to mass expulsions round the world of Russian diplomats.

Despite denials of the attack on March 4, Russia is firmly in the dock. Russia Foreign Minister Sergei Lavrov has made the ludicrous suggestion that it was Britain itself that carried out the attack on the double agent because the UK Government has found itself in a difficult situation, unable to fulfil promises it made about Brexit.

There is a clear comparison of present-day tensions to the bitter ideological and military rivalry that existed between the Soviet Union and the West from the 1950s to the end of the 1980s.

One man who has vivid memories of those days

in the Sixties is Gary Powers Junior, 50, whose dad, also named Gary, was a pilot who worked for the CIA and who had been captured when his U2 spy plane had been shot down in 1960.

It was the catalyst for a nerve shredding two years when the world was brought to the brink of nuclear war.

The story was a central point in the film *Bridge of Spies* starring Tom Hanks as attorney James Donovan, the man who masterminded the spy swap which saw Gary return to the US.

The New York lawyer was the man who worked tirelessly behind the scenes as the fingers of US President John Kennedy and Russia's Nikita Khrushchev hovered over nuclear buttons during the Cuban crisis of 1962. It was the closest the two super-powers have ever come to war.

It was Donovan's negotiations which led to a dramatic peace deal.

He walked across a frost-covered bridge in Cold War Berlin. By his side was British-born KGB spy Rudolf Abel - a man ironically the lawyer had saved from the death penalty at his trial.

On the other side of the Glienicke Bridge in Berlin - the so-called Bridge of Spies, as other spy swaps would take place in later years, was Gary Powers.

Years after his father was shot down and captured there lingered the suspicion that he might have been a traitor who had deliberately crashed his plane. Gary Jnr was technical consultant on the film.

He says he was thrilled by the film.

"So much has been written and said about my father that has not been fair to him but this film does set the record straight," he said.

"The film shows that he was a hero to our country. Steven Spielberg has done a fantastic job and the family are thrilled with *Bridge of Spies*.

"Not only have they recaptured the Cold War

era perfectly, but he has been able to convey the tension and uncertainty that surrounded all those events."

Based on his father's diaries and talks they had before his death about the U2 incident, he was able to give the director and his team an accurate account of what took place.

On May 1, 1960 Powers took off from Peshawar in Pakistan for what he thought was a routine nine-hour mission codenamed Grand Slam.

"Four hours into the flight a missile exploded near to the tail of the U2 as he flew over Sverdlovsk," said Gary.

In the split seconds Powers had to bail out he was unable to reach a self-destruct button that would have blown up the U2.

Almost two months after his capture he was convicted of spying and sentenced to 10 years in jail, including seven years' hard labour.

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Doors open at 2.15pm. For more information come along or see the website. Visit www.u3asites.org.uk/havering

Death Café
The Fatling, 109 High St, Hornchurch, RM11 1TX
May 16, 7pm - 9pm



A Death Cafe is an organisation which advocates and promotes the discussions of death in a positive way and a Death Cafe event itself is a place to go and talk to other people about death.

This event is hosted by Mortuary Gem. Visit www.deathcafe.com for more information.

The Wesley Players present The WI Blues by John Peel
Wesley Hall, Upminster Methodist Church, 10 Hall Lane, Upminster RM14 1AE
May 17, 18 and 19, 8pm

The WI Blues is a light comedy by John Peel. Grace is hosting an unofficial WI meeting at her home. She has called a few friends round to discuss, prior to the forthcoming AGM, the threat to the local organisation by the "wrong sort of people" in the village. Will the evening go as smoothly as she expects?

Curtain up at 8pm. Tickets in advance from the box office 07708 214742 (phone or text) or email tickets@wesley-players.co.uk. Adults £7, children £3.50, concessions £5.50. Senior citizens admitted free on Thursday and Friday evenings.

Peaky Blinders hosted by Prestigious Parties
The George, 64 High Street, Hornchurch, RM12 4UH
May 27, 8pm - 1am



By order of Prestigious Parties we give you a *Peaky Blinders*-themed night.

So boys, get your baker boy caps out and girls, start to look for that perfect flapper dress and be ready for a night to remember.

You will be greeted at the door with a complimentary glass of prosecco, then a picture on the red carpet with our bespoke backdrop.

This night is already creating a lot of attention, so get in quick with our early bird offer of £8 to avoid disappointment on the night.

For more information and tickets, visit www.eventbrite.co.uk/e/peaky-blinders-hosted-by-prestigious-parties-tickets-43022617808?aff=es2

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At Tec-Lifestyle we offer interior solutions for the most important rooms in your home.

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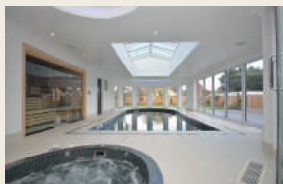
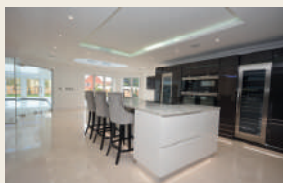


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NORTHUMBERLAND AVENUE, HORNCURCH £495,000

Set within this extremely popular turning and being within walking distance to Gidea Park Main Line Railway Station, Ardleigh Green School and local shopping facilities is this extended semi detached family home. 3 bedrooms and a bathroom to the first floor. Open plan lounge/dining room 22'1" x 16', kitchen 13' x 9'8", separate utility room & ground floor shower room/WC. GCH, D/G. Off-road parking for 2 vehicles, rear garden approx. 94' in depth overall. Awaiting EPC.



NELMES WAY, EMERSON PARK P.O.A.

Superbly located within this tree lined turning is this truly wonderful bespoke built family home of outstanding quality throughout. Fully air conditioned accommodation over 3 floors. 5/6 bedrooms, all with luxurious en suites. Impressive gymnasium, cinema room with kitchenette and cloakroom. Marble tiled reception hall, 4 separate reception rooms, spectacular "Fendi" designed kitchen, magnificent indoor pool complex, landscaped gardens. Awaiting EPC.