



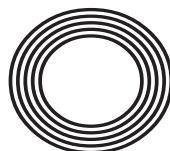
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# Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Hornchurch. With the Russian World Cup in our lives for the last month, I'm sure some of us can't wait to say Moscow. Sorry, terrible joke.

The summer months are now in all their glory so I hope you are all enjoying the long days and outdoor living. Let **VISION** be the perfect companion to complement that environment.

In this month's issue, our cover star James Corden talks Hollywood Fame, Family life and how he stays grounded.

We also look at some summer activities for the kids as the school holidays approach, the jobs some famous sports stars had before they were famous and Kylie Minogue at 50.

In local news this month, the town gets a royal visitor, the winner of a creative writing competition is announced and residents are asked to have their say on potential changes to New Road.

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](mailto:hornchurch@visionmag.co.uk)

**VISION** is your magazine for your town. I hope you all enjoy the July 2018 edition of **VISION** Hornchurch.

*Brett*

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# Kylie Minogue

## REINVENTING THE ICON

As princess of pop Kylie Minogue celebrates her 50<sup>th</sup> birthday, we look at the Aussie's phenomenal career, and her recent reinvention as a bejewelled country star.

There are few popstars who could boast a three-decade long career, record sales of over 80 million and enough awards and triple platinum discs to fill a warehouse. And yet, when it comes to Kylie Minogue, the media seems to fixate on one thing: her relationship status.

Part of this is down to the fact that she recently celebrated her 50th birthday, looking as fabulous as ever in a series of photoshoots to mark the impressive milestone, with polaroid snaps of her birthday bash revealing her dancing the night away at London's exclusive Chiltern Firehouse with new beau Paul Solomons, the creative director of GQ. Meanwhile, her many fans and admirers ask how could someone so beautiful, talented and successful, not have settled down with the man of her dreams before now.

But then the mono-monikered popette has always danced to the beat of her own drum, and after winning our hearts as sparky mechanic Charlene in *Neighbours*, Kylie knew instinctively that her future lay in music. Her pop career began in earnest in the UK under the tutelage of 'hit factory' producers Stock, Aitken & Waterman, who steered the young singer towards a slew of number one hits and albums, with tracks like *I Should Be So Lucky*, *The Locomotion* and *Especially for You* (a duet with former *Neighbours* co-star and real-life lover Jason Donovan) becoming iconic hits of the Eighties.

By the early Nineties however, Kylie was growing

bored of her saccharine image. At the time she was dating fellow Aussie and INXS frontman Michael Hutchence, who seemed to fuel her desire to make darker, more complex music. Her fans weren't so sure, and although her 1995 collaboration with Australian artist Nick Cave for the song *Where the Wild Roses Grow* was a surprising highlight of this period, it seemed as if this might be the end of the road for the perky popstar.

But Kylie had other ideas, and when she returned in the new millennium wearing gold hot pants for the video of sublime disco hit *Spinning Around*, the world fell in love once more. Since then, Kylie's career has maintained a steady pace, though her personal life has had its turbulent moments. Aged 36, she was diagnosed with breast cancer (which she subsequently beat), then just last year she admitted to suffering a nervous breakdown following her split from fiancé Joshua Sasse.

Proving that she is as buoyant as her famous curls, Kylie always bounces back, making a triumphant return earlier this year with country-inspired record *Golden*, which zoomed straight to the top of both the UK and Australian charts.

Arguably, such impressive success deserves praise, not consternation at her decision not to bear children, because as generational music icons, few can ever hit the heights reached by Kylie Minogue.







# Nelson Mandela

## A MAN OF THE PEOPLE

ON THE CENTENARY OF HIS BIRTH, ROYAL CORRESPONDENT CHARLES RAE LOOKS BACK AT NELSON MANDELA AND HIS RELATIONSHIP WITH BRITAIN.

Nelson Mandela walked into a room with the Queen in Durban, South Africa. He briefly left her side as she talked to another guest. I suddenly found myself standing next to the great man and he turned to me and said: "Isn't Elizabeth wonderful?"

Slightly taken aback and wondering who he was taking about, I asked, "Who is Elizabeth?"

Mr Mandela, who had retired as South Africa's first Black president a few months earlier in 1999 looked astonished and pointed at the Queen and said: "Elizabeth of course, your Queen."

I was shocked as I had never heard anyone be so familiar with Her Majesty. I knew her family name was Lilibet and that the Duke of Edinburgh sometimes affectionately called her "Cabbage".

If that left me surprised, I was more shocked when I spoke to his daughter Zindzi who told me that when Mr Mandela and the Queen were alone together in private he called her "Lizzie".

If anyone could pull it off, it's the late South African president. He and "Lizzie" were quite close—she signed letters to him with "Your sincere friend, Elizabeth R."

She referred to him as Nelson.

The couple had become great friends ever since his release in 1990. Eighteen of those years were spent on Robben Island, off the coast of Cape Town. He had been jailed in 1963 after being found guilty of trying to overthrow the government.

The Queen had shown a remarkable piece of judgment. After all, Mrs Thatcher had called Mandela a terrorist in Vancouver in 1987.

The world mourned when he died in 2013, aged 95. This month (July 18) marks the centenary of his birth.

Although he spent his life fighting Britain's colonial legacy in South Africa, Nelson Mandela was an Anglophile. The roots of his close and contradictory relationship with Britain were in his childhood.

Born into a tribal aristocracy in the Transkei, the seven-year-old Rolihlahla Mandela was sent to a Christian mission school.

It was the custom then for all the African boys to be given English names, so on his first day his teacher renamed him Nelson Mandela and a man of the people was born.

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# Summer Shades



On the catwalk this year we saw an exciting combination of contemporary design mixed with retro influences in men's sunglasses. Make sure you are bang on trend with our pick of top five styles that showcase some of this summer's hottest looks in eyewear.

## METAL FRAMES

Say goodbye to acetate frames and hello to striking gold and silver ones. Perfect for men that like a lightweight frame which screams sophistication.



## THE CHARLESTON FRAME

A nod to the charmingly stylish era of the 1920s, the Charleston frame is guaranteed to update your look in an instant. With a round frame and a distinct retro feel, this frame is ideal for those wanting to look effortlessly cool this summer.

## ROUND VINTAGE GLASSES

If you only buy one pair of sunglasses this year, make sure they are round and small framed; think back to the '90s when sunglasses were simply shaped. Embrace this decade full throttle and look for a pair with tinted lenses; another top trend for 2018.



## D-SHAPED FRAMES

Fancy looking super sexy on the beach as well as on the morning commute? D-framed sunglasses are instantly noticeable by the sharp straight line across the rim and are a perfect balance of futuristic cool and nostalgia. If you have a square-shaped face this is definitely the sunglass style for you.

## MODERN OVERSIZED AVIATOR

This classic style takes on a contemporary twist by going super-size this season; a combination of deep lenses and squared brow means this style suits nearly all face shapes. And who doesn't want to look a bit like Tom Cruise in *Top Gun* this summer?



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**PURPLE FOR SALLOW SKIN**

If you are fair-skinned and prone to unwanted yellow undertones, purple and lavender shaded correctors are what you need to achieve brighter, glowing skin.

**GREEN FOR ACNE-PRONE SKIN**

Skin that is prone to acne, rosacea or even blushing can benefit from a green primer as it can help to mask any redness on your face. If using a green primer, always apply foundation afterwards as it can make you appear ill when used on its own.

**PINK FOR TIRED-LOOKING SKIN**

Had a few too many late nights? Too little sleep combined with sugary foods that you have most likely consumed for a much-needed energy boost can leave your skin looking dull and exasperate any early signs of ageing. Pink primers add luminosity to all skin tones which will help disguise any fine lines and leave you looking fresh even if you are not feeling it.

**YELLOW FOR VISIBLE BLOOD VESSELS**

Those with light skin can struggle to hide unsightly blue-purple blood vessels that are sitting beneath the skin. Yellow primer can help minimise the appearance of dark blue tones without the need for excessive concealer.

Darker skin tones can also take advantage of this shade of primer by using it to enhance their naturally darker complexion beneath foundation.

**PEACH FOR SUN-DAMAGED SKIN**

Sun worshippers can use peach primer to hide the detrimental effects of the sun on their skin such as age spots, dark circles and any unwanted pigmentation. However, this only masks sun damage, so always protect your skin from the sun with a suitable sunscreen.



# MANI PEDIS

*not just for women*

If you're an alpha male you might insist that you wouldn't be seen dead in a nail salon. But you'd be surprised to learn that the benefits of a regular manicure and pedicure go beyond just being a pampering session.

**THEY IMPROVE YOUR HYGIENE**  
Ever thought about what lurks beneath your toenails? Or the last time you properly scrubbed the soles of your feet? Manicurists are trained professionals who know how to painlessly get all the deep-rooted grime out from under your nails. They'll also remove dead skin meaning there are fewer places for bacteria to thrive.

**IT ACTUALLY FEELS REALLY GOOD**  
Your feet have it tough, and it stands to reason that a soothing treatment, invigorating massage and cooling gels are going to feel wonderful. But the happiness doesn't end at your ankles, as stimulating your feet boosts your body's circulation and is stress-busting too.

**THEY HAVE HEALTH BENEFITS**  
If you suffer from ingrowing toenails, you'll know that prevention is better than cure. Pedicurists know how to neatly cut nails so that they don't become ingrown. Also, removing dead skin keeps calluses, bunions and corns at bay.

**LADIES LOVE WELL-GROOMED MEN**  
If you want to make a good first impression when you shake someone's hand, then a manicure is going to serve you well. Think women don't notice when a man has rough, calloused hands and dirty nails? Think again.

**IT CAN EVEN BE A BONDING EXPERIENCE**  
Talking of women, why do you think they head to salons en masse? It's not because they get some kind of girl gang discount, it's because it's a great opportunity to catch up on gossip and hang out with your besties. So, take your partner, take your best buddy, even take your mum. But mostly, take yourself.

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# CELEBS Practice WHAT THEY Preach

Ever wondered how some celebs stay super fit and also appear calm in the face of constant press attention? They do yoga of course and, incidentally, they can't stop gabbing about the endless benefits of this ancient Indian practice.

*Maroon 5 frontman Adam Levine credits yoga for his mega stardom...*

"I have a hard time sitting still. Yoga has given me the ability to be more focused and make better decisions that come from a clear place. It's made me more successful. I love it and don't know what I'd do without it."

*Actor Robert Downey Jr. credits the practice for helping conquer his addictions...*

"All the battles are in your head. When you are able to master those contradictory impulses, then you're no longer going to fear those demons that want to drag you back to hell. Yoga is a kind of meditation for me - you get this strange sense of calmness even when you're putting your body through some very difficult and testing trials."

*Friends star Jennifer Aniston insists yoga supports her inside and out...*

"Yoga strengthens my muscles and gives me a great sense of peace and calm. It also improves my breathing and centres me. I usually follow yoga with about 40 minutes of cardio - hiking, running or at the gym."

*Supermodel Gisele Bündchen enjoys the spiritual aspect of the practice...*

"Sometimes I just do mantras because yoga for me is a philosophy; it's another tool to help you go inward, because my whole mission in life is to keep going inward."

*Musical legend Sting credits yoga for career longevity...*

"I do the job of a 25-year-old. I perform on stage in much the same way I did when I was in my twenties or teens, and I'm doing it just as efficiently. And I put that down to yoga."



HEALTH & FITNESS





# Travel BUG

If travel sickness means you dread long journeys, these helpful dos and don'ts may serve you well on your next vacation.

- ✓ DO choose the best seat. The front of the car, the middle of the aeroplane over the wing, or the lower levels of a ship are where you should be.
- ✓ DO have a steady flow of fresh air.
- ✓ DO be prepared. If you are prone to sickness, take antihistamines the night before, then on the morning of your trip. If you only think you might be sick, pack hyoscine tablets such as Kwells, which can work within 15 minutes.
- ✓ DO dose up on ginger. Studies have shown that this warming spice can really help travel sickness. So, take ginger capsules half an hour before travelling, have ginger candies in your bag (from health food stores) and if you are sick, drink plenty of water to overcome the effects.
- ✓ DO trust in acupressure. Travel bands around your wrist work by stimulating a specific pressure point; but if you don't have these, try holding your thumb firmly on the middle of the underside of your wrist.
- ✗ DON'T sit backwards. These conflicting motion cues can discombobulate the hardiest of traveller.
- ✗ DON'T have constant air con on. The cold air will dehydrate you and the warm air will increase your sense of nausea.
- ✗ DON'T suffer in silence. Strike up conversations, play games and do whatever you can to stop your mind fixating on the sickness.
- ✗ DON'T eat too much pre-travel. If you know you are prone to sickness, eating a huge greasy meal before you start, or travelling hungover, will make your life hell.
- ✗ DON'T be ashamed. Worrying will only make your sickness worse, so take precautions and carry sick bags just in case... but mostly, relax.



## MASTERING THE BASIC Languages

Travelling to a new country can be a daunting experience, especially if you have a family to look after or are travelling alone. However, simply learning a few basic words and phrases before you go can make the world of difference when you first arrive in an unknown environment.

**3. How much is this?** – What is a holiday without a little bit of shopping? Learning how to ask how much something costs is a key phrase when trying out the art of haggling.

- Spanish:** ¿Cuánto es? (koo-ahn-toh es)
- French:** Combien ça coute? (kohn-byan sa kooht)
- German:** Wie Viel kostet ... ? (vee feel kos-tet ...)
- Italian:** Qanto costa? (kwahn-toh koh-stah)
- Turkish:** Ne kadar? (nay-kad-ar)

**4. I am sorry** - Always a good phrase to know where ever you are in the world.

- Spanish:** Lo siento (Loh syehn-toh)
- French:** Je suis désolé (zhuh swee day-zoh-Lay)
- German:** Es tut mir leid (es toot meer lied)
- Italian:** Mi scusi (mee skoooh-zee)
- Turkish:** Özür dilerim (ouz-ur dill-ear-im)

Other useful phrases you may want to look up include;

- Where is the bathroom?
- I need help
- Where is the nearest hospital?
- I don't understand

**1.** Let's start with an obvious one, *Hello*. It is common courtesy at the very least to know how to greet people when visiting their country. It will instantly put a smile on yours and their faces if you can say hello in their language.

- Spanish:** Hola (oh-Lah)
- French:** Bonjour (bohn -zhoor)
- German:** Hallo (ha-Loh)
- Italian:** Ciao (chou)
- Turkish:** Merhaba (mare-ha-ba)

**2. Goodbye** – In many cultures it is considered rude to not say farewell to someone when leaving them so make sure this is one of the phrases that you learn and remember before travelling abroad.

- Spanish:** Adiós (ah-dee-ohs)
- French:** Au Revoir (ohr-vwahr)
- German:** Auf Wiedersehen (ouf vee-der-zey-en)
- Italian:** Arrivederci (ahr-ree-veh-dehr-chee)
- Turkish:** Hoşçakal (hosh-cha-kal)







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# A CHIP

## OFF THE OLD BLOCK

The history of the classic fish 'n' chips

The UK may be serving up the world something of a food renaissance when it comes to ground-breaking chefs, but in reality, all we need to really dine out on is our greatest ever food export, fish 'n' chips.

Although some of the history around our finest takeaway treat is sketchy, it seems the idea of marrying together the two first came about in the 1860s in Lancashire, when Mossley-based entrepreneur John Lees began selling the combo out of a modest wooden hut. Prior to that, the idea of frying potato had actually been considered as an alternative to fish for the times in the cold winter months when rivers and fishing lakes froze over.

This new dinner revolution quickly caught on, particularly as, over time, people began to discover the ability to add their own subtle touches: ketchup, salt 'n' vinegar, tartar sauce as extra flavouring; right through to mushy peas, sausages and onion rings as full accompaniments.

Fish 'n' chips are even credited with helping us win the First World War, with the British government of the time making the safeguarding of stocks a priority, just as they did again when we went into battle again in 1939. And you can see why such a complement of carbohydrates and fish (that we regularly call 'brain food') would fuel a nation under attack.

Being an island too, fish stocks have always been in plentiful supply, even if EU regulations over recent decades have affected our reach. Some of the red tape has led to a slight change in consumer tastes, with the emergence of fish such as pollock and hake, although cod remains a solid first choice, with over 60 per cent of us choosing the fluffy, white, moist flavours as our perfect Friday night treat.







FOOD & DRINK

# It's PIMM'S O'Clock



The thought of a cool glass of Pimm's on a hot summer's day is enough to send anyone running to their nearest supermarket. And although we love a classic Pimm's, we have three fabulous alternatives using summer fruits and herbs that are perfect for impressing your friends.



## *Pimm's Ginger & Peach Punch*

### YOU WILL NEED:

260ml Pimm's | 750ml ginger beer | 500ml lemonade | Mint leaves | 2 peaches, halved, stoned and cut into thin wedges | Ice cubes to serve

### HOW TO MAKE:

Put peach wedges into a cocktail pitcher | Add a generous handful of ice cubes | Pour in Pimm's, ginger beer and lemonade | Top with mint leaves

## *Pimm's Tropical Fruit Fusion*

### YOU WILL NEED:

400ml Pimm's | 800ml pineapple juice | 200ml sparkling grapefruit juice drink | Half a chopped mango | 1 sliced kiwi fruit | Quarter of lime | Mint leaves | Ice to serve

### HOW TO MAKE:

Pour the Pimm's and pineapple juice into a cocktail pitcher | Add the mango, kiwi and ice cubes | Squeeze in lime juice and then throw in the wedges with the mint leaves | Top up with the sparkling grapefruit drink, stir and enjoy



## *Pimm's icles or Pimm's Ice Lollies*

### YOU WILL NEED:

500g of halved strawberries | 10 mint leaves | 75ml Pimm's | 100g caster sugar | 20 thinly sliced cucumber pieces

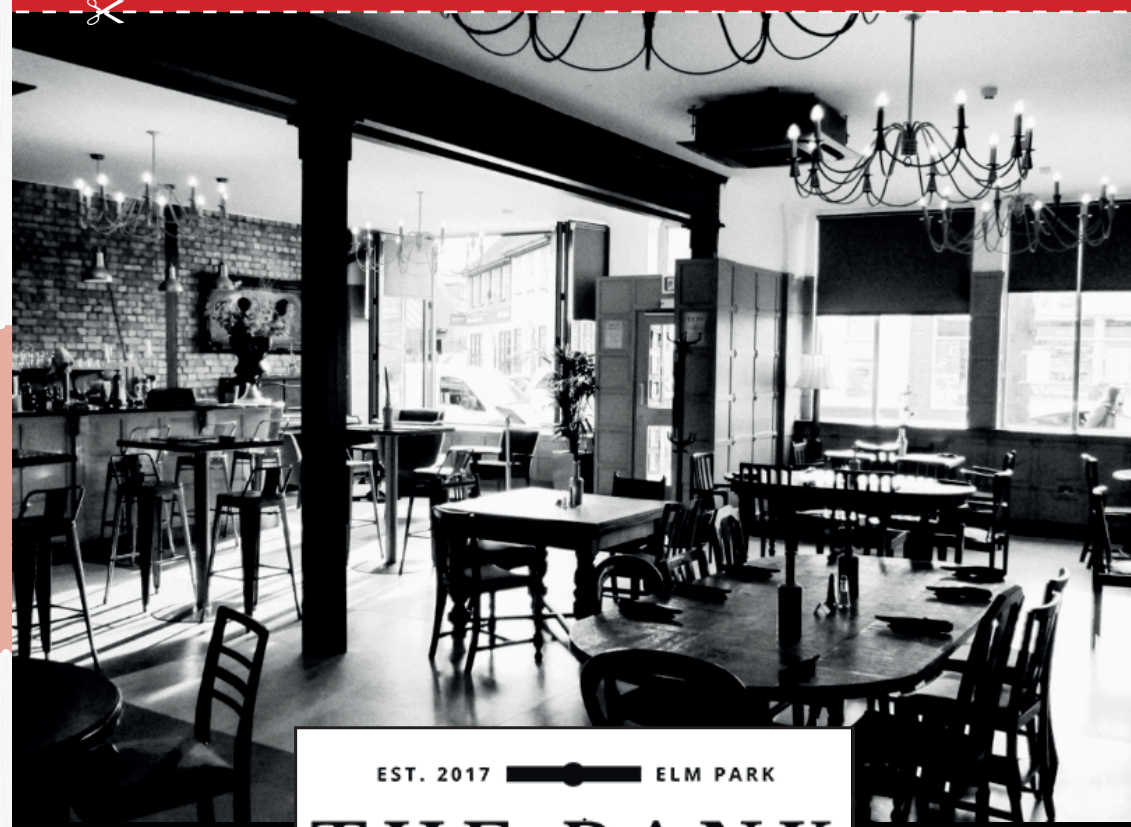
### HOW TO MAKE:

Blend the strawberries and mint until smooth | Pour the mixture through a sieve to remove any seeds | Stir in the Pimm's, lemonade and sugar until dissolved | Add the cucumber pieces to 10 individual ice lolly moulds and pour over the mixture | Freeze for 45 minutes and then insert lolly sticks | Continue to freeze until solid | To serve, dip the mould in hot water, then slowly remove the lollies



Photo credit: urbanbuzz / Shutterstock.com

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In keeping with the sustainable vibe, try to source as many recycled materials as possible; old pallets are perfect for building a shed from scratch, used tyres are ideal to create raised vegetable beds and recycled water bottles make great hanging planters.

#### Create space to escape

It is just as important to create a place to relax in your shed as well a place to store your garden appliances and grow produce. Don't shy away from interior design; injecting your personality into your shed will make you want to spend more time in it, as will a comfy, upcycled chair.

#### Be environmentally friendly

Lighting can transform a shed from dank and damp to warm and inviting; invest in solar panels to create

ambience and to allow you to enjoy the space late into the night without any detrimental effects to the environment. For the winter months a wood burning stove is a must-have; logs are considered a carbon neutral fuel and therefore much greener than gas or electric heaters.

#### Know your limits

Building a green space on your shed roof is a brilliant way to create an allotment with limited space, but this type of project is not for beginners. Drainage, weight distribution, possible planning permission and choosing suitable plants are all important factors. If you are not an experienced gardener then it might be best to start small with a selection of veg you can grow in your shed such as tomato plants, lettuces, potatoes and a selection of herbs.



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# 5 POISONOUS PLANTS

Beware the hidden dangers that are lurking in your garden which could prove fatal to your beloved family pets if consumed. We have identified the most common garden plants which could poison your dog or cat to help you keep your animals safe.

## 1. TULIPS

From the stem to the petals, the tulip flower is toxic, but the bulb specifically is poisonous to dogs and cats and when consumed will result in a nasty case of nausea, mouth irritation and excessive drooling. If you are a horse aficionado, it is worth noting that this flower is toxic to our equine friends also.

## 2. TOMATO LEAVES

If you are a keen allotment gardener, always ensure that your tomato plants are not accessible to either cats or dogs as the leaves of this plant are toxic to them.

## 3. AUTUMN CROCUS

This variety of crocus is extremely dangerous for both cats and dogs and if ingested can lead to liver and kidney damage, seizures and even death. The spring crocus is not without fault as it can still cause vomiting and diarrhoea but doesn't lead to fatalities.

## 4. LILIES

The beautiful lily flower is a complete no-no for any cat owners as every part of this plant is toxic to them; as little as one petal can make them very ill indeed. Certain varieties are also toxic to dogs.

## 5. FOXTAILS

This common perennial grass weed that can grow up to two feet tall is incredibly harmful to dogs. Most likely to be found in open fields but it could be growing in your garden, this weed shows itself in the form of a spikelet that carries the foxtail seed. This seed, if buried in your pets, can lead to infections, abscesses, perforated lungs and eventually death.



PETS




# Day to day fun!

Even the phrase 'summer holidays' can leave most parents feeling anxious at best, terrified at worst. Six whole weeks with your darling offspring to entertain day in and day out can be an overwhelming task to prepare for.


Fear not. We have put together a full week's worth of hands-on activities that you can do at home without breaking the bank. We just hope you don't mind getting your hands dirty.

## Monday




Start the week off strong with a super easy **two ingredient slime** recipe. All you need is PVA glue and Aldi's Almat Bio Gel. Pour roughly 250ml of glue into a bowl and add one teaspoon of gel at a time, mixing as you go until the slime no longer sticks to your fingers. Get creative and add food colouring and glitter to your slime.

## Tuesday




Build a fortress with DIY **kinetic sand**; so much cheaper than the shop bought product and the kids will never know the difference. Simply bake 2lbs of sand at 120 degrees for 5 hours. Then, mix one bottle (5oz) of clear glue with one cup of liquid starch until you have a runny slime consistency. Gradually add a spoonful of the slime to the sand until you get the desired effect.

## Wednesday




Create their favourite animals or insects with **salt dough figures**; hours of endless interactive and imaginative play, and that's after the fun of building the figures. To make the salt dough mix ½ cup of salt with 1 cup of flour, then slowly add ½ cup of water and knead the dough until the texture is ready to use. Acrylic paints work best on this type of dough.

## Thursday




Experiment in the kitchen but with no burnt fingers in sight with our **no bake peanut butter oat square**. Simply melt 1 cup of peanut butter and ½ cup of honey until smooth and then mix with 3 cups of rolled oats. Add the mixture to a greased pan and place in fridge to set. For a healthier treat try homemade fruit kebabs.

## Friday



Strengthen their little fingers (great for handwriting) and have them in fits of laughter with **cornstarch goo**; it's basically homemade quicksand. Just gradually mix cornstarch with water and you are off.


## Saturday



Create their very own ice cream parlour with **cloud dough**, super-easy to make and with minimal mess; a win-win situation for all. Simply mix 1 cup of baby oil with 8 cups of flour and you are ready to go. Set out some ice cream scoops, spoons and tubs, and let their imagination do the rest.

Photo credit: FrogsandSnailsandPuppyDogTail.com

## Sunday



**Bubble painting** is the ideal way to end the week; this activity can be altered to suit children of all ages and abilities and creates beautiful, colourful artwork that your kids can proudly show off. All you need is bubble mixture, food colouring, bubble wands and lots of painting paper.



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# Ice Cream COLOURS

Indulge in this delectable home décor trend which is good enough to eat

Ice cream is officially in. But if you're on a diet, don't worry, for this home décor trend is calorie free. You see, we're talking about knitted throws and cushions in sumptuous strawberry sorbet shades, rugs that are the colour of vanilla and mint choc chip cones, and vases which look like they've been dipped in rich raspberry ripple.

Basically, it's the perfect style for summer, and is a great way to brighten up your home without splashing out on a full redecoration. Though if you do have a room in your home that needs a lick of paint, Dulux has released some delectable ice cream-themed shades within their Easycare range, including Vanilla Sundae, Soft Peach and Pretty Pink.

For just a hint of mint (or cherry or violet), consider hunting out some soft serve furnishings. A cheery green vase perhaps filled with blush pink roses, a lemon lampshade, or even an art print with delicate splashes of colour. Table cloths and throws are another way to brighten up dull or dreary furniture, while a candy floss-scented candle both looks and smells delicious.

You could even have a go at making something yourself. For example, there is a popular marbling craft trend at the moment which can help you create wonderful pots or vases. Start by spraying your piece with white enamel paint, then once dry, fill a larger pot with warm water and pour in up to three different shades of nail varnish. Swirl using a toothpick, then dip in your vase. Before you know it, you'll have your own cherry or blueberry swirl design. Yummy.







# MAKEOVER MAGIC

FIVE SECRET, COST-EFFECTIVE TIPS TO GET YOUR FURNITURE GLEAMING AGAIN

## Revive with coconut oil

If your wooden surfaces or leather upholstery are looking a little lacklustre, they probably just need rehydration and nourishment. But you don't need to splash out on fancy furniture polish or beeswax, as a little coconut oil will do the trick just as well. Start by giving the surface a wipe down with warm water and soap, and when dry, apply coconut oil to an old rag before thoroughly rubbing into furniture.

## Use vinegar to naturally stain wood

If you have a wooden table that's looking patchy, or you just prefer a new finish, you can stain naturally with vinegar. Simply combine one cup of vinegar (balsamic for a dark effect, apple cider for a lighter colour) with one cup of water and leave in a bucket for 24 hours with a steel wool pad. Then paint this solution onto your wood – note: it will look significantly lighter when wet (not darker, as you may expect).

## Remove stains and marks with everyday products

Forget the harsh chemicals, by mixing up a solution that's three quarters vegetable oil and a quarter vinegar, you can get rid of most superficial wood marks – just rub on and leave. For leather, try using lemon juice, or for tough stains, rub in alcohol.

## Shine up glass and mirror surfaces

Got smears that just won't budge? Start with a microfibre cloth to remove dust, then mix a solution that's half white vinegar and half water in a spray bottle. Apply and then buff with microfibre. Finish with a rub of scrunched-up newspaper.

## Fill nail holes with wood

What's the best material to fill a hole in wood with? Wood, of course. Depending on the size, use a toothpick, or wooden skewer to fill the space, cut it to the right size and fix with a little wood glue. Sand to finish.



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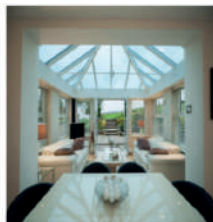




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HOME & DIY

# ARTEX

## THE BISCUIT

In an aesthetic sense, the humble ceiling regularly fails to get the credit it deserves. Done properly, it can really enhance the sensation of space and light, leading to happier, uplifted homes. And we've all felt the claustrophobic, limiting and oppressive sensation that low, dark ceilings can bring.

Yet in an era where we're being told that intuitive interior design should embrace technique, texture and originality, have our ceilings found themselves stuck in an era of mass-market monotony, with sweeping, flat, (usually) white spaces giving the impression that huge expanses of the Arctic Circle have taken up residence in kitchens, living rooms, bedrooms and bathrooms?

It wasn't always like this, either. Readers of a certain age will remember the Artex trend of the 1970s. Artex is a surface coating that can be moulded and manipulated to receive a textured finish, usually with a striped or swirled pattern. It gave rise to a number of creative 3D designs that had home DIYers dancing on the ceiling with creative abandon.

But all good DIY trends have their day, and Artex's came up against a number of potential problems as tastes changed. Firstly, the random nature of the effect made repairs almost impossible. Consumers also switched on to the idea of spotlights and the need for false ceilings, while even a simple cover-up of these bumpy, bobbly designs proved a mammoth task (either in sanding or plastering over) that many ventured never to Artex again.

Oh, and the final nail in the coffin was the small matter of asbestos – until the mid-1980s, white asbestos was added to Artex to strengthen it – and we all know the dangers associated with inhaling the mineral's microscopic fibres.

While Artex certainly defined a generation of amateur interior designers, it's commonly accepting now that plain designs are best for eliminating shadow, whilst also allowing light to move across a space, and this peculiar trend has probably had its day.





# THE RISE OF THE Super Pantry

As a nation we are falling in love with our larders all over again but now they have evolved; enter the rise of the super pantry.

Whether you want to give your existing pantry a makeover or create one from scratch, we can help you be the envy of all your neighbours with the below top tips.

## THINK FUNCTIONALITY

Remember above all else a pantry should be an effective storage solution for any items that you do not want on show in your kitchen. Accessibility is vital; place heavy equipment at an easily reachable level, light items such as herbs and spices on the top shelves and any items you want your children to be able to help themselves to at the very bottom.

## STYLE IT UP

Think of this space as an additional room in your house, it needs to have its own personality. Colour co-ordinated storage containers are a must; we

love pastel colours and mint in particular will make your pantry look fresh and clean. Feature wallpaper can be used to effectively inject some fun into this practical space, while well-placed lighting will brighten up any dark corners and help you keep track of all your kitchen supplies.

## PLAN AHEAD

It is vital that you think about what you want from your new pantry before you storm ahead putting up shelves and picking colour schemes. You need to account for every cabinet, container and drawer to ensure you maximise the use of this amazing storage space.

## ORGANISATION IS KEY

Labelling is essential, and we love chalk paint and pens for a homely yet stylish look that is easily changeable to adapt to your pantry. Glass jars offer visibility and stock rotation helps avoid food going out of date.

Photo credit: [www.fromgreatbeginnings.com](http://www.fromgreatbeginnings.com), Pinterest: [www.containerstore.com](http://www.containerstore.com)



  
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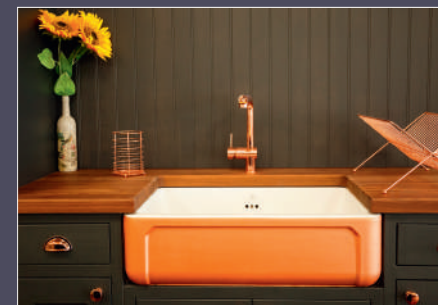
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# Crazy 'BOUT CORDEN



After upping sticks for the US three years ago, James Corden has become one of the biggest names in world entertainment, yet it's refreshing to find Uxbridge's most famous export hasn't lost any of his tenderness, humility or down-to-earth charm.

He presents one of the biggest talk shows in the world, stars in Hollywood blockbusters and calls Harry Styles his best mate. In December, he welcomed his third bundle of joy, Charlotte, and despite a burgeoning family life, remains hopelessly in demand for shows and events on both sides of the Atlantic.

With all the showmanship and perfect appearances that are required for TV work, it follows then, that if an opportunity arises to get a job done by putting in a little less effort, James Corden grabs it with both hands. Like his recent turn voicing the imitable Peter Rabbit in Sony's adaptation of the Beatrix Potter classic. 'Voicing' being the operative word. For to play the woodland scamp, the 39-year-old simply had to turn up in a recording booth... naked, if he wanted. "Any job where I don't have to make any effort with my appearance... where I can turn up looking like a hot mess, is fine by me," he laughs.

Cheeky, charming and affable as ever, it isn't hard to wonder why the star has enjoyed stellar success, though no one could have predicted he would crack America with such ease. But since taking over from Craig Ferguson as host of CBS's *The Late Late Show*, Corden's fanbase has swelled, as has his bank balance. His popularity is mostly down to a perfectly delivered, self-deprecating sense of humour, though is helped along by an impeccable contacts book, which has seen the likes of Justin Bieber, Mariah Carey and Adele booked for his brilliant *Carpool Karaoke* skit.

But away from the glaring spotlights, Corden likes to keep his life simple. Yes, he is mates with some of the biggest stars going, but outside of work the Brit loves nothing more than relaxing at his home in LA with wife Julia Carey, children Max, seven, Carey, three, and their recent new-born. Family life provides a necessary anchor in the sea of celebdom, as he jokes that his kids don't give a fig about his illustrious career. "They've got bigger fish to fry - I'm just dad. I do the dishes and make funny faces; that's all I'm good for," he jokes.

Having made his name in the late 1990s with the BBC Three sitcom *Gavin & Stacey* - which he co-wrote and starred in with his *Fat Friends* co-star Ruth Jones - Corden is living proof that anything is possible. For here is a man who started out with no connections to Hollywood, and who certainly doesn't boast the looks of your average film star. Yet his last role was opposite some of cinema's hottest and most celebrated stars, in the *Ocean's 8* all-female reboot starring Sandra Bullock, Cate Blanchett and Rihanna.

"*Ocean's 8* was really fun," he says with a grin. "I mean, with a cast like that, you know it's going to be incredible.

"I still count myself as lucky every day. To be successful is all I wanted, but as time goes on, you come to realise that to be happy and to feel loved is much more important."



Photo credit: Coco Van Oppens, Adrian Rogers, Bret Hartman



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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



## Students Take the Stage at London theatre

Drama students from Havering Sixth Form College in Hornchurch had the opportunity to work with professional theatre makers when they took part in workshops run by the prestigious Donmar Warehouse Theatre in Covent Garden.

The students were invited to join the theatre's Take the Stage project to create their own piece of performance work based on the theme 'Perceptions', in response to the play *The Way of the World*.

In a series of workshops held over two months, both in the West End and at college, they worked with theatre makers Joseph Hancock and Ruby Thompson

from the Donmar Theatre.

On May 18, they performed their finished piece on the Donmar stage alongside students from two London schools and another college which had also been invited to take part in the workshops.

Drama tutor Viccki Beck said: "Our students had a brilliant time. It was an excellent opportunity to develop their acting skills, experience and to work with professionals from a highly regarded theatre."

Creative arts and media faculty leader Brian Martin said: "The students who took part did amazingly well – they were great representatives of our college."



# Creative writing competition winner announced



The winner of Havering Sixth Form College's creative writing competition, run in celebration of World Book Day, has been announced.

Amique Gill, who is studying English language, criminology and law, won the competition and was presented with a £25 book token.

Runners-up Sian Bannister and Ridima Thapa each received a creative writer's notebook.

Students were asked to write either a short story or a poem, no longer than 800 words.

Subject leader of English, Lee Smith, was the judge. Amique said: "I am so surprised I won. I have

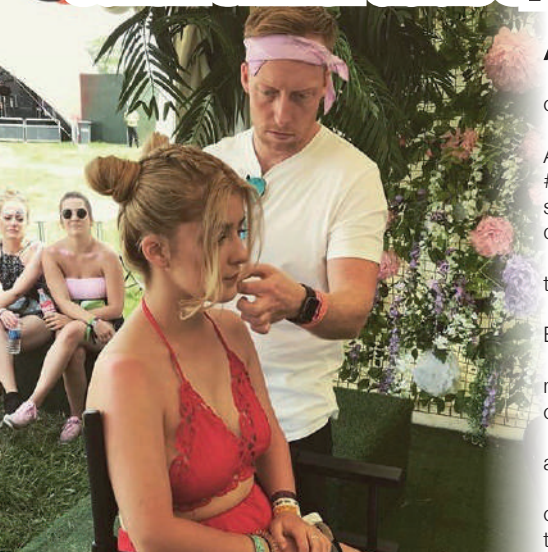
always been interested in creative writing, so thought I'd enter the competition but didn't really think I would be in with a chance.

"My story was a romance about a first date, partly based on a true story and partly written for entertainment."

Librarian Jennifer Cooper said: "The standard was very high and Lee had a difficult job of choosing a winner but congratulations to Amique.

"All the entries were certainly interesting reading and I hope it has inspired the students to carry on writing."

## Salon owner adds sparkle to We Are FSTVL



A salon owner helped to add glitter and sparkle to We Are FSTVL recently.

Elliott Dean was invited by organisers of the festival to collaborate in the pamper parlour in the VIP area.

Speaking about the opportunity, Elliott said: "We Are FSTVL got in contact asking to collaborate as #GETELLIOTTDEANED which was a lot of fun. It's something I haven't done before but will definitely be doing again."

Elliott's role was creating festival hair plaits, braiding, tonging and adding glitter.

Over the two days, around 300 festivalgoers visited Elliott.

He continued: "The vibe was bang on. I didn't get to meet any famous faces but I saw many people from overseas.

"I absolutely loved the experience. The vibe was great and there were great people and staff."

Asked about whether he has any other big events coming up, Elliott responded: "I always have things in the pipeline. Watch this space."

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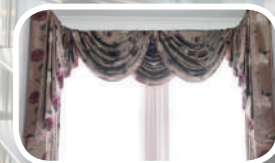
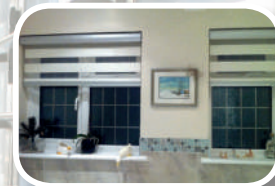
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## In memory of Grenfell



The town hall in Hornchurch was lit up in green in memory of the 72 people who lost their lives in the Grenfell tragedy recently.

Havering Council said: "Our thoughts were with them, their loved ones and the whole community when we marked a minute's silence."

## Record-breaking sales for theatre production

Celebrations were in full flow at the Queen's Theatre Hornchurch as its sensational feelgood musical *Priscilla, Queen of the Desert* experienced record-breaking sales at the Box Office.

This regional professional premiere, which ran at the theatre from April 28 to May 26, was seen by 13,302 people and generated 30 per cent more in sales than the theatre's previous front runner, *The Rocky Horror Picture Show*.

*Priscilla, Queen of the Desert* is now the theatre's most successful production ever outside of its annual pantomime.

Playing to packed houses, the production received a wealth of positive comments from audiences and critics.

Mathew Russell, executive director at the Queen's Theatre, said: "There's been an outpouring of love for the production from audiences – with an almost or often full house of standing ovations at each performance – and a constant flow of positive reactions and special stories on social media."

## Man sent to prison for supplying drugs

A man from Hornchurch was sentenced to over five years' imprisonment for possession with intent to supply Class A drugs in Potters Bar.

Don Cole, aged 29, was sentenced to five years' imprisonment for possession with intent to supply heroin and five years for possession with intent to supply cocaine, to run concurrently. He was given a further two months for failing to surrender to custody.

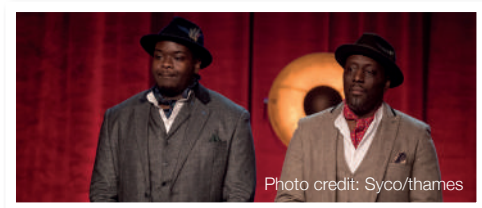
Detective Constable Chris Payne from the Hertsme Local Crime Unit said: "Officers on routine patrol stopped a man acting suspiciously in Ashwood Road on October 20, 2016. He was searched for drugs and £1,800 in cash and a number of mobile phones were found.

"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."

Cole was arrested and dealt with by Hertsme Local Crime Unit. He was charged and remanded into custody and appeared at Hatfield Magistrates' Court the following day. He was released on bail but subsequently failed to appear at St Albans Crown Court for trial.

He was arrested on November 4, 2017 trying to enter the UK through Glasgow Airport. He was remanded into custody and pleaded not guilty resulting in a four-day trial at crown court. However, he was unanimously convicted by the jury sitting.

## Former student sings to the nation



A former student of Havering Sixth Form College in Hornchurch missed out on a place in the *Britain's Got Talent* final.

DeMille and Muoneké, a jazz singing duo, were a huge hit during the auditions for the show and stormed through to the semi-finals.

However, their performance failed to do enough to get the public voting and they were eliminated on June 1.

Marvin Muoneké studied music technology and moving image arts when he attended the college from 2012 to 2014.



# Children to be stars of the show this Christmas



The Queen's Theatre Hornchurch is holding open auditions on July 8 giving youngsters the chance to star in this year's Christmas pantomime *Jack and the Beanstalk*.

The theatre invites nine to 15-year-olds to try out for parts in the production's junior chorus. Auditions will be held at Queen's Theatre, Billet Lane, Hornchurch.

Director Martin Berry said: "I'm thrilled to be back in Hornchurch for this year's pantomime following up on the fun and success we had with *Beauty and the Beast*."

"The junior chorus was so impressive last year - bringing glorious energy and joy to the production. They really were wonderful."

"The creative team and I are excited to find our next group of brilliant young performers for *Jack and the Beanstalk* - a giant of a pantomime."

Candidates must be able to sing and dance to a high standard, and preferably have some dance training. They must also have plenty of enthusiasm and commitment. Successful auditionees will join the team of chorus members, who will share 60

performances of *Jack and the Beanstalk* during its run from November 28, 2018 to January 6, 2019.

Anyone interested must book their places by emailing [jamesw@queens-theatre.co.uk](mailto:jamesw@queens-theatre.co.uk) stating the child's name, age, date of birth, address and telephone number.

The Queen's Theatre will be in contact with a time slot and registration form to bring on the day. Auditionees must wear suitable clothes to move about in and be accompanied by a parent or guardian.

Successful candidates must attend all rehearsals, which will begin November 3 and will take place on Tuesday and Thursday evenings from 5pm to 8pm and Saturday day times (exact timings TBC). They must also be available for technical and dress rehearsals from November 24 to November 28. They will also need to attend a 'meet and greet' on November 2 prior to the rehearsal period.

For further information about these auditions and the production *Jack and the Beanstalk* visit [queens-theatre.co.uk](http://queens-theatre.co.uk) or email [jamesw@queens-theatre.co.uk](mailto:jamesw@queens-theatre.co.uk)

## New Deputy Mayor of Havering named

A South Hornchurch councillor has been named as Deputy Mayor of Havering.

Cllr Michael Deon-Burton was appointed following the annual council meeting on May 23.

Speaking to **VISION**Hornchurch, he said: "The pleasure of this appointment has yet to make its full presence felt, as it walks side by side with a pride that on the night confounded the laws of physics and enable a person to accept the chain of office."

"Strangely, one of the first and primary realisations is this. All those platitudes one has heard many times over in years gone by are true - it does take a while to sink in, bemused officers really do have to repeat themselves a number of times, before you realise the epithet Deputy Mayor is directed at yourself and in addition to which, if as with I, when it comes to your

usual sleep cycle, you're part vampire."

"The realisation this most esteemed of offices comes with the non-negotiable requirement of more than a few very early morning starts, is enough to induce the vapours - but only for a short while before a clear mind and feelings of determination support the intension to deal with whatever engagement is presented, in a way the Mayor would have undertaken themselves."

"Oh, and did I mention, to enjoy every waking moment of the coming year."

Commenting on what he hoped to achieve in the role, Cllr Deon-Burton said: "Not to embarrass the very able Deputy Mayor's Consort whom I'm thankful to have supporting myself, the rest, I shall have to come back to you."

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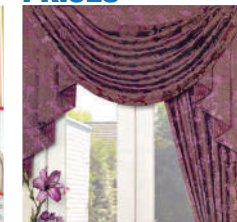
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**JULIA LOPEZ MP**

**Hornchurch and Upminster**

**LOCAL NEWS**

**MP hoping for Heathrow  
hub to be close to home**

As we prepare to leave the EU, I am passionate about turning the government's Global Britain agenda into something of tangible benefit to constituents.

One of the big decisions before Parliament relating to that agenda right now is airport expansion. The government is keen to push forward with a third runway at Heathrow to open new routes to fast-growing markets in Asia.

How can we ensure that Hornchurch and Upminster gain from this?

If Heathrow gets the green light for expansion, it wants to establish four 'logistics hubs' for the off-site construction of the expanded airport. This would be a pioneering method of construction, bringing the engineering and manufacturing jobs of the future to wherever a hub is established.

I am currently working with Havering Council and neighbouring MPs to bid for one of Heathrow's hubs to be sited at Beam Reach in Rainham, transforming a vast brownfield site next to our constituency into a centre of modern industry and logistics. The hub would reignite use of the River Thames to transport parts to Heathrow and it would connect Rainham to

the growing ports of Tilbury and London Gateway, placing Havering as the link between London and trade with the rest of the world.

This proposal could unlock massive regeneration opportunities for our region in jobs, business, education and housing terms. Havering College and CEME already have campuses nearby to train local people for engineering and manufacturing jobs, but a Heathrow hub could help us attract a university campus to the site and draw on Rainham's history in steel, distribution and car-manufacturing by providing the blue-collar work of the future.

This month, I invited Transport Secretary Chris Grayling to Havering to discuss our hub proposal and visit the Railway Academy at Havering College's campus in Harold Hill. I was also able to discuss with him local train services and how we might encourage the Mayor of London to invest more in the capital's outer boroughs.

With Heathrow's team visiting us soon to assess the bid, I hope they will see just what enormous economic benefit could be spread to our borough as we strengthen trading links between our nation and the rest of the world.

**www.julialopez.co.uk**



## Swimmers collect medals at youth games



Students from schools in Hornchurch were among the swimmers to win a host of medals at the London Youth Games Para competition.

With just nine swimmers, Havering Hurricanes London Youth Games (LYG) Para Swimming team won 11 medals at Beckenham Spa and Leisure Centre on Wednesday, June 6.

The impressive haul included one gold, one silver and nine bronze medals. Overall the girls team finished fourth, a 10 place improvement on last year, while the boys were ninth.

The Hurricanes team, ranging from Year 6 to Year 13, included students from Sanders, Frances Bardsley, Dycorts, Nelmes Primary and La Salette Catholic Primary School, some of whom train regularly at Havering Dolphins Swimming Club.

The team managers were Julie Russell, Lynette Dyer and Danny Gray.

Julie Russell said: "It was a great day. All the kids got on really well and encouraged each other even though they had never met before."

Lynette Dyer added: "I would like to pay tribute to all the children for their fantastic efforts and the other managers for their fantastic support. It's been an honour for me to be part of this wonderful team."

## Theatre plays a part in new initiative

The Queen's Theatre Hornchurch is the theatre partner of the National Theatre's new initiative Public Acts which creates extraordinary acts of theatre and community.

The programme launches with a musical version of Shakespeare's *Pericles* from August 26 to 28.

*Pericles* launches Public Acts and marks the mid-point of a two-year partnership with DABD, HASWA (Havering Asian Social Welfare Association) and six

other organisations (Body and Soul, Bromley by Bow Centre, Coram, Open Age, Thames Reach and The Faith & Belief Forum) who deliver visionary work in their communities, together with Queen's Theatre Hornchurch.

Through Public Acts, members of DABD and HASWA have taken part in a programme of workshops, trips and opportunities for exchange, and will form part of the company for *Pericles*.

Elaine James, CEO of DABD, said: "We jumped at the chance to be involved in the Public Acts initiative – what an opportunity to make our first foray into the arts world, work with such prestigious partners as National Theatre and Queen's Theatre Hornchurch and of course, provide a fantastic opportunity for some of the young people we work with."

For more information and tickets visit [www.nationaltheatre.org.uk/shows/pericles](http://www.nationaltheatre.org.uk/shows/pericles)

## Pride event to take place this month

The first ever Romford Pride event will take place later this month.

On Saturday, July 28, the parade will make its way through the town aiming to celebrate the Romford and Havering LGBT+ community and raise awareness of local issues that affect LGBT+ residents giving a platform to the community so that provisions can be improved long term.

There will be a full day of events which will start with the parade at noon.

The parade will last 45 minutes with participants marching through South Street.

It will be made up of residents, members of the emergency services, charities and businesses.

After the parade there will be market stalls, food vendors and entertainment, alongside the South Street stage which will feature live entertainment.

This year's theme is 'My Wish' which will ask the LGBT+ community how they hope services in the local area will improve within the next 12 months.



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# Students awarded for outstanding contribution

More than 100 students from Havering Sixth Form College in Hornchurch were awarded at Awards Evenings recently to celebrate their outstanding commitment and contribution to their studies.

Attended by parents, governors and staff, the evenings were a chance to celebrate those students who dedicated themselves to achieving the best they possibly could, determination, 100 per cent attendance, being student ambassadors, belonging to the college council or making a stand-out contribution to their faculty.

Special Bursary Awards of £400 each were presented to seven exceptional students. These

special awards are handed out in memory of seven members of staff from the college who all sadly passed away while working here.

Deputy principal Paul Nutter said: "We are very proud of our students and awards evenings give us the chance to celebrate their success and reward them for their hard work."

"These students have all made a contribution and we value that contribution. We have supported them on their journey and have prepared them for the next stage of their lives. They are a credit to the college and their families and I'm sure they will go on to great success."

# Residents encouraged to have their say

Residents are encouraged to have their say on proposals to transform New Road (A1306) in South Hornchurch.

A public consultation and exhibition is taking place as Havering Council looks to enhance New Road into a greener and more pleasant place, which will allow local residents and visitors to walk and cycle safely in the area.

The council is looking at transforming the area and improving safety, having secured £4.5million of funding from the Mayor of London and £1.8million from Transport for London for the project.

Residents can find out more about the scheme and submit their views online, by visiting [www.havering.gov.uk/beamarkway](http://www.havering.gov.uk/beamarkway) or by post to Lauren Gee, Beam Parkway Consultation, Town Hall, Main Road, Romford, RM1 3BB. The survey will be open until Sunday, July 22.

While New Road is currently a single carriageway

east of Cherry Tree Lane, to the west of the junction it is a dual carriageway and is often subject to road safety issues.

The plans would introduce new parks and landscaping along the length of the New Road, with easier access to the historic Rainham Village and Beam Reach Country Park.

Councillor Osman Dervish, Havering Council's cabinet member for environment, said: "I encourage everyone to have a look at these exciting plans for regenerating this part of Rainham and South Hornchurch and to pass on your views which are important to us."

"There is a now a greater awareness of the impact that transport has on wellbeing and so we encourage people to walk, cycle and use public transport where possible to improve health and reduce air pollution."

"This scheme will greatly support that ambition as well as enhance the area for residents for years to come."

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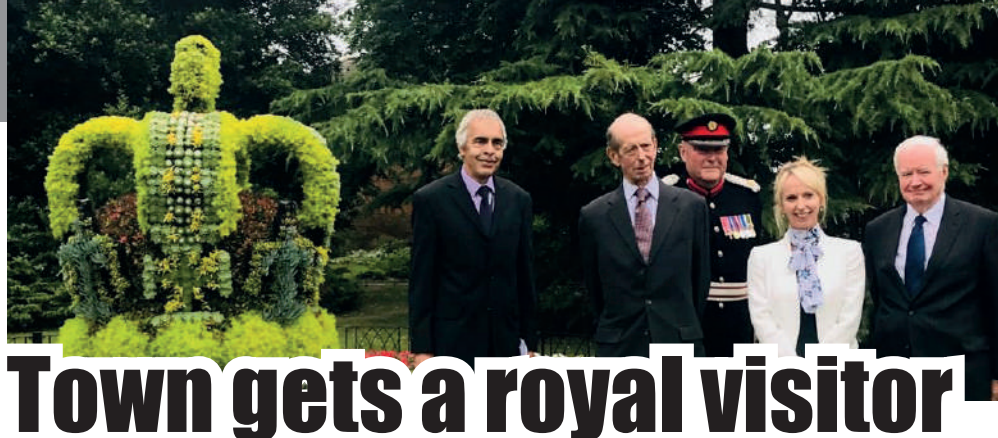
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## Town gets a royal visitor

Hornchurch welcomed His Royal Highness The Duke of Kent recently to show how the borough is flourishing in business, heritage and leisure.

His Royal Highness visited Coborn Engineering, Romford, Langtons House and Gardens, Hornchurch and the Sapphire and Ice Leisure Centre.

At Coborn Engineering, The Duke, escorted by Colonel Mark Bryant, Deputy Lieutenant for Havering, was given a brief introduction to the company by management and staff.

Coborn has been based in Havering for 76 years. It centres on polishing and shaping diamonds and the production of high precision grinding machines, with over 90 per cent of machines being exported throughout the world.

His Royal Highness was able to see demonstrations of their work, including design and machine fitting.

A visit to Langtons House and Gardens followed, where His Royal Highness was greeted by Cllr Roger Ramsey, cabinet member for finance and property.

The Duke was told about the history of the Grade II Listed 18th century house and landscaped gardens, which acts as the borough's register office for birth, deaths and marriages as well as hosting wedding ceremonies.

A tour of the wedding rooms and the gardens,

including the bath house, orangery and courtyard was also given.

The Duke made his final stop of the day, at the borough's newly-opened Sapphire Ice and Leisure, where he was met by councillor Dilip Patel, Mayor of Havering, cllr Nisha Patel, Mayoress of Havering, cllr Damian White, leader of Havering Council and Andrew Blake-Herbert, chief executive of Havering Council.

His Royal Highness was given a tour of the leisure facilities and ice rink, before unveiling a plaque to commemorate the official opening of the centre.

Cllr Patel said: "It is a very proud day for our borough and we are privileged to have His Royal Highness here to see one of our jewels, Langton House and Gardens, and to take an interest in one of our thriving local businesses, in Coborn Engineering.

"It is also appropriate that The Duke officially opened our fantastic ice rink and leisure complex, which was named Sapphire in honour of Her Majesty The Queen's Sapphire Jubilee.

"The complex is a demonstration of the borough's commitment to providing the opportunity for our residents to live healthy lives while enjoying state-of-the-art-facilities. We would like to thank His Royal Highness for visiting us."

## Rambert workshop experience for dance students

Students from Havering Sixth Form College in Hornchurch had a special instructor recently.

A teacher from the renowned Rambert Dance Company visited the college to take a workshop with A-level dance students.

Students were put through their paces during the three-hour class. During the session, the students learned creative dance moves, choreography and at the end of the session, had put a full routine together.

The workshop focused on one of the set works

that the students are studying for their A-level dance written exam, *Rooster* by Christopher Bruce - therefore physically embodying movements that they can use in their analysis.

The highly established Rambert Dance Company is one of the world's leading independent dance groups and is based on the South Bank in London.

Their mission is to bring dance into local communities that is relevant, accessible, radical, thought-provoking, inspiring and entertaining.

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# AFC HORNCHURCH

LOCAL NEWS

## Long-serving club captain to hang up his boots



Photo credit: TGS Photos

After almost 550 games for the Urchins, long-serving club captain Elliot Styles decided to retire last month.

Styles started his career at Clapton in 2001 before moving on to Ilford and then Redbridge before manager Colin McBride signed him for Hornchurch. He made his debut against Redbridge in 2006 and went on to make a further 24 appearances in his first season. He soon became a regular, racking up over 50 appearances per season on a number of occasions as he made the centre-back position his own. In recent seasons he moved into midfield and on three occasions was called upon to don the goalkeeping gloves. He is a defender at heart but is more than useful at the other end of the pitch, powering in 32 career goals.

Meanwhile, Hornchurch have also been busy in the transfer market, making a number of signings.

Sean Marks has signed on from Vanarama National side Maidenhead United. The 32-year-old striker was a regular in the Magpies line-up last season making over 30 appearances and scoring six goals as United finished the season in an excellent 12th place.

The club have also announced the signings of goalkeeper Callum Chafer and central midfielder Tobi Coker.

Chafer worked his way up through the Hornchurch youth system and having spent time at Redbridge and Romford he moved to

Bowers & Pitsea where over the last couple of seasons he has matured into one of the best keepers in the Bostik league.

Coker is back for his second spell at the club having played seven games during the 2016/17 season – a lovely individual goal vs Dulwich Hamlet being the highlight. Coker is a graduate of Barnet's academy and someone the club has been very keen to sign for some time.

Midfielder Jordan Clark was at Thurrock last season where he made 39 appearances and scored eight goals.

Finally Lewwis Spence joins from Thurrock who he captained last season. He made over 40 appearances for the club, scoring 12 goals.

Lewis' previous clubs include Crystal Palace, Wycombe Wanderers, Rushden & Diamonds, Dover Athletic, Bishops Cleeve, Greenwich Borough and Thurrock.

Finally, Urchins fans are reminded that AFC Hornchurch will be taking on Arsenal, managed by former Gunner Freddie Ljungberg, in a pre-season friendly on July 31 with kick off at 7.45pm. Arsenal are expected to field a strong side Tickets are on sale now from the club.

This is based on a story from the Hornchurch FC website.



[www.afchornchurch.com](http://www.afchornchurch.com)



# Man jailed for six years following high-speed pursuit on M11



Photo credit: Essex Police

A man has been jailed for six years following a high-speed pursuit on the M11 that saw five vehicles being struck and an officer being assaulted.

Cormack Doolin, 24, from Hornchurch, received three years for robbery, two years for dangerous driving, six months for theft and six months for actual bodily harm, all to run consecutively.

At Chelmsford Crown Court on Monday, June 11, he was also disqualified from driving for six years and received no separate penalty for driving without insurance.

At around 10.50am on Sunday, February 18, Essex Police were carrying out speed checks on the M11 when Doolin drove past travelling at 99mph.

Roads policing officer, PC Mike Bignell, followed the car and signalled for it to stop without success. Doolin drove off, weaving in and out of lanes at 120mph over 11 miles, before crashing into two vehicles on the junction 7 slip road.

PC Bignell got out of his car and tried to open Doolin's door but was run over and knocked to the floor, suffering a hand injury. Despite this, the officer got up and continued the pursuit.

Doolin was later involved in two further head-on collisions with four cars along the A414 in Church Langley – one car carrying two children. He ran off

but was tripped over by a member of the public, Mark Solomon, and was quickly arrested by PC Bignell.

His car was found to have been stolen from an address in Romford.

Doolin was also sentenced after robbing a guard carrying an empty cash box in Brentwood High Street at 12.45pm on October 11, 2017. The box was later found smashed in a car park in Park Road.

Investigating officer, DC Mel Keen, of Brentwood CID, said: "Doolin was determined to escape at any cost. He drove at dangerous speeds, collided with five vehicles and ran over a police officer.

"His dangerous actions resulted in an innocent woman suffering broken ribs and a man having to undergo surgery for back pain.

"PC Bignell suffered soft tissue damage and despite being in pain, still bravely pursued the vehicle and arrested Doolin. I would like to thank him for his courage and determination.

"My praise and thanks also goes to Mr Solomon who tripped Doolin and has since been rewarded with £200. His actions have resulted in a dangerous individual being locked in prison for a number of years."

PC Bignell, DC Keen and Mr Solomon have all been nominated for commendations.

## Students' work displayed at showcase

A colourful and thought-provoking display of student work was on display for visitors to view at the Arts and Media end of year Showcase.

Invited school pupils, parents and staff were able to admire creations from talented students at the annual event at Havering Sixth Form College.

The showcase gives students the chance to exhibit work they have been developing throughout the year.

Visitors were amazed at the fantastic exhibition of

artwork in the studios as well as being able to play video games that had been designed and created by students on the gaming BTEC course.

A band and singers on the BTEC music performance course provided music outside the faculty building which added to the enjoyable atmosphere.

Faculty leader Stuart Phillips said: "We had an amazing turnout of visitors and some fantastic comments about the students."

*Stephen James*

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# HAIL MARY

THE QUEEN OF THE HIGH STREET WAXES LYRICAL  
ON BUSINESS, LIFE AND FACING FEARS

From humble beginnings in Watford, retail expert and TV star Mary Portas has rose to the highest heights.

Her stellar career has seen her become a board member of Harvey Nicholls by the age of 30.

She went on to run her own highly successful retail consultancy and star in popular shows on national TV.

At a recent conference she talked candidly about her past, present and her brilliant approach to business you couldn't help but be moved, motivated, entertained and inspired. Especially as Mary is such a powerful advocate of empowering women in society to soar to heights unimaginable in less enlightened times.

Here are some of the gems from Mary. Not only do they help people in business, but they are wise words to help us all get the most out of all aspects of our lives.

Mary's background was an interesting one.

Her story started on the tough streets of Belfast during the time of the Troubles.

Sectarian violence was a daily occurrence. And Mary's parents were that often targeted rarity – a cross sectarian relationships between a Catholic and a Protestant.

To escape the troubles her family moved to England. It was a toss up between Watford and Dagenham. Watford won, and the Portas family moved into a terraced house in Windsor Road.

But the stability of her family life was shattered when her mum died. Mary was only 16 years old.

Her grief-stricken father died just three years later.

At just 19 years old Mary was thrown into being the head of her family.

But rather than shrink she grew quickly into the challenge. The rest as they say is history.

A super successful career, massively popular TV shows, a respected figurehead and champion of independent businesses, a mum, partner and loyal

friend – it's fair to say this Wonder Woman has done well, very, very well.

HERE ARE PORTAS POWER POINTERS:

- **When a business is not making money, you must take risks.**
- **Be relentlessly persistent** – she phoned Harrods dozens of time looking for a job – finally she got one at the world's most famous store.
- **Always innovate in your business and life**
- **Get people excited about what you do**
- **Only do things that make your soul sing**

And one final gem from Mary...

She told a story about how terrified she was before her interview as a talented youngster at the world famous Royal Academy of Dramatic Arts.

Almost paralysed with fear her tutor told her a poem that she has never forgotten and we'd all do well to remember when faced by fear and seemingly an overwhelming situation.

Here it is in all it's beautiful brevity.

**Come to the edge,  
we might fall...**

**Come to the edge,  
it's too high...**

**Come to the edge...  
and they came,  
and he pushed,  
and they flew.**

CHRISTOPHER LOGUE

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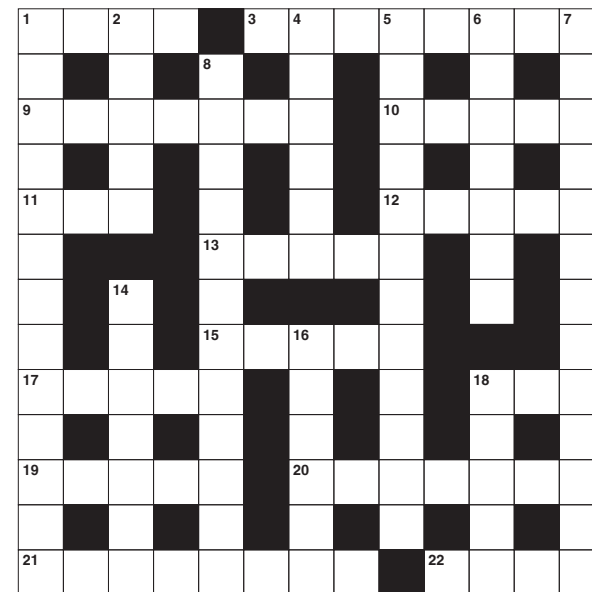
# PUZZLES & TRIVIA

## ACROSS

1. Moved through water (4)
3. Fighters (8)
9. Annoying (7)
10. Spring flower (5)
11. Definite article (3)
12. Possessor (5)
13. Recommended strongly (5)
15. Silk fabric (5)
17. Data entered into a system (5)
18. 23rd Greek letter (3)
19. Prize (5)
20. Break a rule (7)
21. Outer (8)
22. Pottery material (4)

## DOWN

1. Perfect likeness or double (8,5)
2. Foot joint (5)
4. Getting older (6)
5. Evergreen shrub (12)
6. Elongated rectangles (7)
7. Magnificently (13)
8. Spanish adventurer (12)
14. Insert in a person's body (7)
16. Irrelevant pieces of information (6)
18. Jewel from an oyster shell (5)



## DID YOU KNOW

- Indonesia has around 120 active volcanoes.
- The Maldives will one day disappear as it will be swallowed up by the sea.
- Almost all of the electricity produced in Norway is clean and renewable.
- The Great Wall of China is over 13,000 miles long.
- Spain produces nearly half of the world's olive oil.
- Dubai has several of the tallest buildings in the world, including the tallest structure and tallest hotel.
- There are more than 300 languages spoken in London.
- The water of geysers in Iceland are around 100 degrees Celsius.

## SUDOKU

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



PUZZLES

Answers can be found on the Contents Page 4





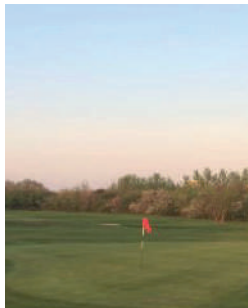
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# BEFORE THEY WERE FAMOUS *the men*

SPORT

The life of a professional sportsman is full of glory and fan adulation – but for many of those who went on to make a name for themselves under bright stadium lights and in front of roaring crowds, there were far more menial jobs to be done along the way.

## **Roy Hodgson**

In spite of his less than glamorous exit as England manager, Roy Hodgson first worked as a PE teacher at Alleyn's School in south London. He left the capital in 1976 to embark on a successful early career in Europe, working in Sweden, Switzerland, and Italy, but never Iceland.

## **Jamie Vardy**

One of the crowning jewels of Leicester City's incredible 2015 Premier League triumph, Jamie Vardy's journey to the top of the English footballing elite has been deemed worthy of an upcoming Hollywood biopic. But for the Sheffield-born striker, those early days of non-league obscurity were played alongside being a full-time factory worker, making medical splints.

## **Babe Ruth**

Widely considered one of the greatest baseball players ever to grace the diamond, and one of the five first inductees of the sport's Hall of Fame, George 'Babe' Ruth learned to be both

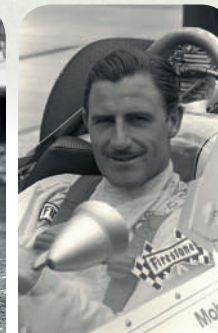
a proficient carpenter and shirtmaker during his time at a reformatory and orphanage, and even during The Bambino's high-flying time with the Yankees, Ruth would adjust his own shirt collars.

## **Graham Hill**

As suave a speedster as ever there was, Hill – the only man to win the coveted Triple Crown of Motorsport (the Monaco Grand Prix, Le Mans and the Indianapolis 500) – only passed his driving test at age 24. Before this, he was an apprentice engineer at Smith's Instruments, and even spent some time with the Royal Navy aboard HMS Swiftsure, rising to the rank of Petty Officer.

## **Neville Southall**

Widely considered one of the greatest goalkeepers ever to grace British football – and Wales' all-time appearance maker to boot – Southall came into the beautiful game relatively late having worked as a binman, waiter and hod carrier, the first of these becoming the inspiration behind his autobiography *The Binman Chronicles*.



*See Before They Were Famous: the women in next months issue...*



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And although the reputation of these insurers is better now than in the past, simple mistakes can see your insurance pay-out reduced significantly and, in some cases, taken away completely.

So follow the four tips below to ensure you get what you're owed:

## RENEW AND REFRESH

When your renewal comes around, think about what's happened in the past year. Some companies auto-renew, meaning points gained in the last 12 months don't automatically get added. And yes, you've guessed it, when it comes to claiming, they'll be asking why these weren't declared.

It's not just about underpaying for insurance, either. Say you're claiming having lost control of the car and there are points on your licence for speeding... well, in their eyes, two plus two might well equal four.

Update predicted mileage, a new job location, any car modifications and even family pursuits... drag racing, for instance.

## PUT YOUR CLAIM IN THE FAST LANE

If something happens to your car on the Monday, call your insurers on that day, not Tuesday, not Wednesday, not the week after. Delayed reporting raises suspicion levels.

## AS GOOD AS YOUR WORD

Perhaps your vehicle requires special maintenance on a regular basis; perhaps you've said it's parked off-road, yet it's been sat on the grass verge of a busy A-road. If your policy states certain conditions must be fulfilled, make sure they are.

## YOU AND YOU ALONE

If your insurance states you're the sole driver then it has to be you behind the wheel, however tempting it is for your mate to drive you back from the pub.





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# WHAT'S ON

in your area

## Hornchurch & Upminster Rotary Village Fete

Village Green – next to the Queen's Theatre, Billet Lane, Hornchurch, RM11 1QT

July 7, 12.30pm – 4.30pm

On Saturday, July 7 the Hornchurch & Upminster Rotary Club are holding a village fete for all. A day with the whole family where there'll be lots to get up to, all while supporting your local adult hospice.

The day will include: face painting, free train rides for kids and kids' roundabouts.

For more information please visit the Hornchurch & Upminster Rotary Club website, call Norman Ellenby on 07941 899778 or email webmaster@hornchurchrotary.org

## St Andrews Park Family Fun Day

St Andrews Park, Burnway/Belleview Road/ Maywin Drive, Hornchurch RM11 3RU

July 8, noon - 4pm

Friends of St Andrews Park Summer Fete/Fun Day. The day will include a children's fancy dress competition and charity fun dog show.

## 2018 Spitfire Scramble

Hornchurch Country Park, Squadrons Approach, Hornchurch, RM12 6TS

July 14 and July 15



The Spitfire Scramble is a 24-hour multi-terrain relay or solo race. You can run on your own or in teams of two to eight runners.

The event will start at midday when your 'squadron leader' begins your first 5.75-mile lap. As a team you will not stop again until midday the next day.

Each squadron must have one runner on the course at all times and runners must complete a full circuit before handing over to a team mate.

Full rules at [www.spitfirescramble.co.uk](http://www.spitfirescramble.co.uk)

Camping is free. Catering, toilets and hot showers will be available, along with sports massage service and first aid.

## Haverling Music Makers presents Anything Goes

Goes

The Queen's Theatre, Queen's Theatre, Billet Lane, Hornchurch, RM11 1QT

July 19 - July 21 2018



Join us aboard the S.S. American and sail from New York to England, alongside a colourful collection of passengers, for *Anything Goes*.

An evangelist-turned-nightclub singer, a lovelorn stockbroker trying to woo a lovely debutante, the debutante's British lord fiancé, and a gangster disguised as a minister all turn up on the luxury cruise liner to sing, dance and romance.

Peppering this wonderful musical comedy are some of Broadway's most memorable songs, including *I Get a Kick Out of You*, *You're the Top*, and of course, *Anything Goes*.

If you're looking for a musical that promises fun for all the family, book your tickets for *Anything Goes* – it's delightful, it's delicious, It's *De-Lovely*.

## Wings & Wheels Family Festival 2018

Damyns Hall Aerodrome, Hornchurch, RM14 2

July 22, 10am – 5pm

We are very thrilled to see the return of our Wings & Wheels event for its fourth year.

Loads of things to see and do.

New attractions for 2018 include Dino4hire, the interactive reptile experience, petting zoo, circus skills workshop and children's entertainer Party with Jelly Jade.

There is a large car park on site. Dogs allowed on lead.

Adult entry: £7. Children under 12 go FREE.

# MAJOR GLASS AND GLAZING

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

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- Double Glazing Repairs
- Fascia & Soffits
- Architectural Glazing
- Table Tops
- Mirrors
- ...and more



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

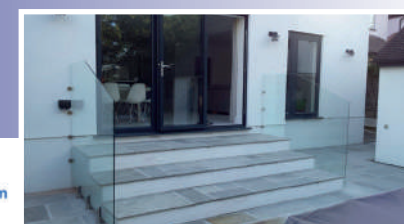
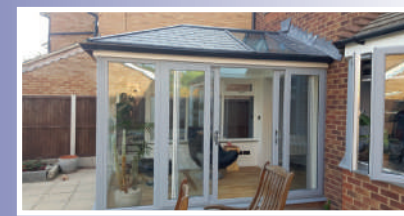
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## WINGLETYE LANE, HORNCURCH £899,995

Very well located on the borders of Emerson Park and within walking distance of local schools and Upminster Bridge Railway Station is this extended and very much improved four double bedroom detached family home. Four Bedrooms to the first floor, the master affording an en suite shower room in addition to the family bathroom/WC. Three reception rooms. Re-fitted kitchen/breakfast room & separate utility. Integral garage. Rear garden approx. 70' in depth. Awaiting EPC.



## ERNEST ROAD, EMERSON PARK £2,950,000

Set within this sought after location affording a plot of two thirds of an acre is this superbly presented seven double bedroom detached family home built in 2003. There are 7 bedrooms and 6 bathrooms to the first and second floors. To the ground floor there are 5 reception rooms and open plan kitchen/breakfast room. Detached garage. 230' rear garden. Heated swimming pool. Detached summer house. EPC C.