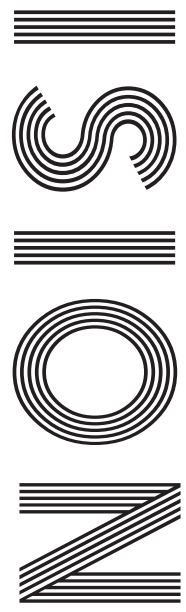


**CRAZY  
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**CANNABLISS**  
The pros and cons  
of medical marijuana

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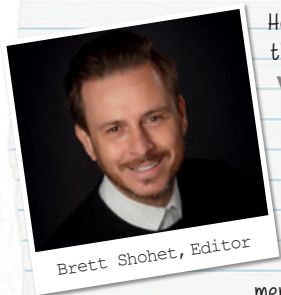
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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Hornchurch. I hope you are all enjoying the glorious summer we are having? I certainly am, as I know in a few weeks it will be a distant memory. I have not had

too many heatwaves during my lifetime so I am embracing every moment.

It has been great fun helping 'the team' distribute the magazine this summer, which allows me time to interact more with the readers and also pop in and grab a coffee with some of our advertisers.

**VISION**Hornchurch has been fortunate enough to secure some key locations to have pick-up points for the magazine each month. Keep an eye out in the town and surrounding areas to pick up your latest copy.

In local news this month, Langtons Gardens has been awarded Green Flag status, a charity has received funding after a schoolboy shaves his head and a large fire breaks out at a skate park.

We welcome your local news stories, so if you have a story to share, please send it to hornchurch@visionmag.co.uk

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

*Brett*

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**I**t's surprising Donald Trump didn't venture around the UK in an armoured tank given the amount of vitriol that laid in wait around every corner during the US President's visit in the middle of July.

Yet a quaff of thick hair and an even thicker skin accompanied the bolshie and intentionally controversial leader, whose three-day working visit to the UK followed a NATO summit in Brussels, and preceded equally spicy talks with Russia President Vladimir Putin in Finland. Love him or loathe him, the 72-year-old doesn't do things in short measures.

Whether linking hands with Prime Minister Theresa May or haplessly failing to follow royal convention with the Queen at Windsor Castle, Trump revelled in the pomp and the protests.

He is in fact the 13th US president that Her Majesty has met during her reign, and the exchange was said to be cordial... so cordial in fact that HRH – on behalf of the government – laid out an invitation for a full state visit in April of next year, immediately after the conclusion of the Brexit process (whether or not we have struck a deal with the EU). That visit will include a military guard of honour and carriage ride up the Mall to Buckingham Palace... and perhaps a few thousand expletive-ridden placards too.

Trump divides opinion like no one else before him. Recently, his policy of keeping migrant children in cages at the US border appears brutal, yet his praise for our Prime Minister, and stories of his mother Mary Anne's praise for Her Majesty and 'tell it like it is' approach appeal wholeheartedly to those tired of 'suit and shoes' politics.

While those who hosted him in July were welcoming, others refused to engage. There was no meeting at all with the American citizen who has joined our Royal Family, Meghan Markle (who isn't quiet in her dislike of the president); nor was there a visit by Mr Trump to the new US Embassy south of the river (after he criticised the move from Grosvenor Square).

In addition, he was not invited to address both Houses of Parliament – an honour that has been accorded to previous US presidents – because of opposition from John Bercow, the Commons speaker.

But progress was made at Chequers where bilateral talks with Theresa May went well, and it appears the personal relationship between the two may have gone up a degree or two in warmth, despite a very obvious frosty chill continuing to linger just below the surface.

Trump concluded proceedings in Scotland where he played a round of golf with Prince Andrew at Turnberry, the course he owns. Business and pleasure – par for the course.

Photo credit: REX/Shutterstock

# Trump's TEMPESTUOUS TRIP



# WHAT DO YOUR dreams



# really mean?

An ancient proverb states: "An unexamined dream is like an unopened letter." Too often we either forget or dismiss our dream but this could be a mistake. Exploring what your dreams really mean can help you gain a deeper insight into every aspect of your life.

## 1. TEETH FALLING OUT

This is one of the most common dreams that people have but in truth has nothing to do with your dental health. It is connected to feelings of insecurity, life changes that have left you feeling out of control or perhaps a loss of someone important in your life.

## 2. RUNNING AWAY

From early childhood you can probably remember experiencing dreams where you are running away from the 'bogie monster' and as we get older these dreams can shift to not being able to run due to your

legs not working or feelings of being stuck.

These types of dreams are fairly easy to interpret and should leave you asking yourself 'what am I afraid of? What am I running away from in life?'

## 3. CHEATING SPOUSES

Most people in a relationship will be likely to have dreamt that their partner is cheating on them at some point. This does not mean that subconsciously you know your partner is being unfaithful. More likely you yourself are experiencing feelings of being cheated in life, maybe you feel you are being overlooked for a promotion or let down by a friend?

## 4. BEING NAKED IN PUBLIC

Whether it's giving an important presentation or a flashback to your school days, most people have had that dreaded naked dream. What it symbolises is a lack of certainty about yourself, or even feelings of being wrongly accused of something.

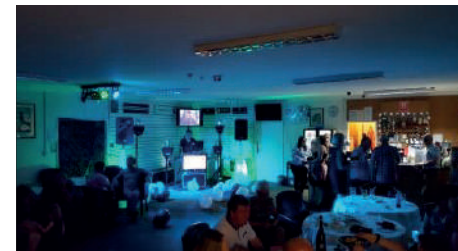


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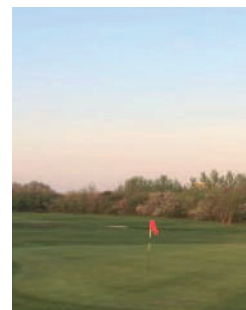
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# NINE-MONTH STITCH

**W**hy spend a fortune on maternity clothes that you're only going to wear for a few months, when you can make small adjustments to your current wardrobe? And to make it even easier, we've included both easy stitch and quick fix solutions.

## TROUSERS/JEANS

During pregnancy, most women find that their legs stay roughly the same while their hips and tummy grow. For this reason, the only thing that needs to be adjusted on your trousers or jeans is the waistband.

**Quick fix:** Take a hair elastic, wrap it around the button on your jeans three times before looping the other end through the corresponding hole. Wrap around the button one last time.

**Easy stitch:** Rip down the seam three to four inches on either side of the waistband. Fold one side in a couple of inches to create a triangle shape. Now pin a piece of thick elastic in the space and sew.

## TOPS/T-SHIRTS

After the first few months, your belly is going to peek out of from underneath your top, so you will need to find a little more coverage.

**Quick fix:** The easiest solution is simply to create a belly band which you can wear underneath your regular tops. You can either buy one or make your own by cutting the top off of an old stretchy vest. This band can then cover the space between your shirt and your jeans.

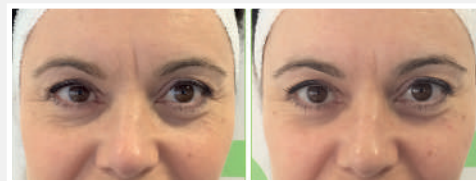
**Easy stitch:** Take an oversized T-shirt and ruche the sides with elastic by turning the shirt inside out and using a stretch stitch to sew elastic up the side seam, from near the hem to just below the bustline.

## DRESS

Now is the time to embrace your inner bohemian with floaty, oversized dresses.

**Quick fix:** There's zero stitching required to create your very own voluminous dress. All you need is two yards of stretchy fabric to drape around you. Now cut out arm holes and tie together with a belt above your bump.

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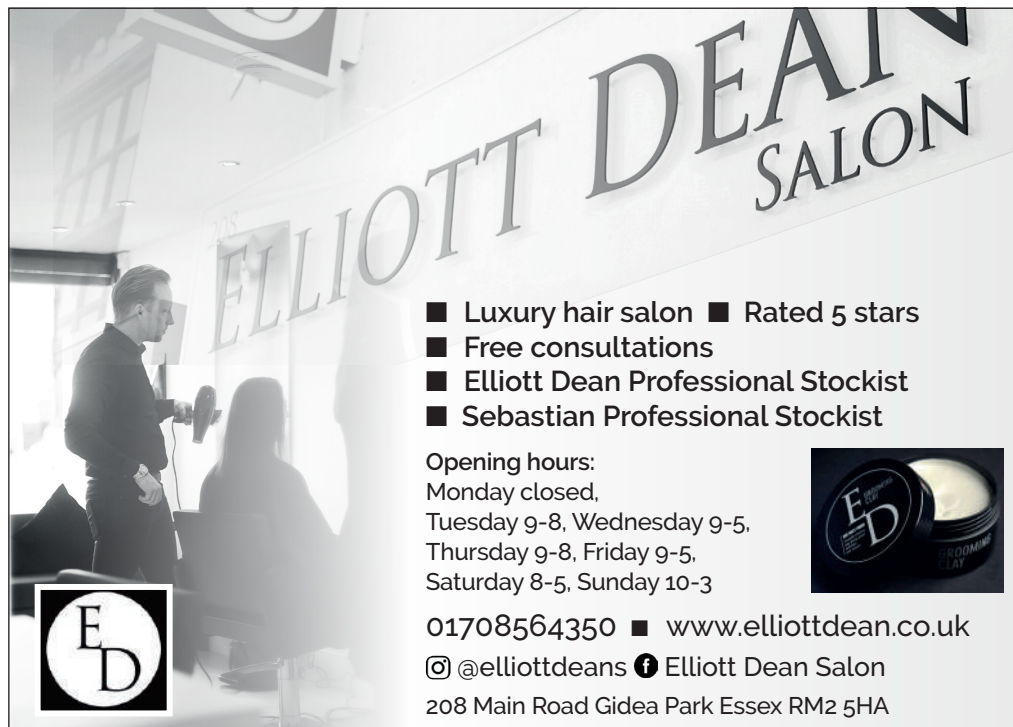
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**Eye Creams...**  
**ARE THEY REALLY NECESSARY?**

The world of beauty and skincare is awash with products for both women and men, all of which are apparently essential for beautiful, youthful looking skin. But are all these must-haves, latest scientific developments in skincare really needed or are they simply a way for beauty brands to make more money? Do you really need a separate eye cream to your normal face one? Here is some helpful information to help you make your mind up...

**EYE CREAMS ARE SPECIFICALLY DESIGNED FOR MORE FRAGILE SKIN**

The skin around your eyes is thinner and more fragile than the skin on the rest of your face. It is also more prone to showing signs of fatigue, therefore its needs are different to that of your facial skin tissue. Eye creams tend to be thicker than regular face moisturisers and contain more oil to combat dryness without irritating this delicate skin area.

**AVOID THE DREADED CROW'S FEET**

Fine lines and wrinkles can often start to appear around your eyes as you get older; a combination of sun damage, lifestyle choices and the fact that you produce less collagen as you age. A good quality eye cream will contain active ingredients such as vitamin C, peptides and retinol to boost collagen production.

**SQUINTING AND RUBBING CAN LEAD TO PUFFY EYES AND DARK CIRCLES**

Men are prone to bags around the eyes and dark circles, often due to burning the candle at both ends. The best eye creams for this should contain caffeine and MSM which are known to reduce swelling.

**EYE SERUMS?**

A recent development in the skincare market, eye serums, like facial serums, are designed to penetrate deeper and contain more nutrients than a cream. Ideally, they should be used for treating dark circles and heavy eye bags rather than fine lines and wrinkles.





# Pearly WHITES



*How to get whiter teeth at home (and mostly using ingredients you already have in your cupboard).*

If you've always dreamt of having a megawatt smile like Angelina Jolie or perfect gnashers like Tom Cruise but don't have the cash to splash out on an expensive whitening treatment at a private clinic, then you'll be happy to know that there are plenty of tricks and techniques you can try at home.

Let's start with the basics. You may not believe in the power of the humble toothbrush, but a good dental hygiene regime will go a long way towards keeping your teeth their best. Flossing is a great way to minimise the build-up of plaque (which is the white/yellow stuff in between your teeth) so do it every day and consider investing in an electric toothbrush – they are proven to be more effective.

Next up we want to focus on stain removal. Ever wondered why some toothpastes contain baking soda? It's because it creates an alkaline environment in your mouth, which over time will whiten your teeth. You don't need to buy a fancy toothpaste though, just mix a little baking powder with your regular one. Then, follow up with apple cider vinegar diluted in water to kill any remaining bacteria.

Finally, it's important to stop further staining from building up, so cut down on sugary treats, black coffee and red wine, or even drink them through a paper straw. Load up your diet in foods that are rich in calcium and include lots of crunchy veg like apples and carrots (which remove plaque as you chew). Another way to keep your mouth and breath fresh throughout the day is to try 'oil pulling'. Once a day swish a tablespoon of coconut oil around your mouth for 15-20 minutes. The oil pulls all bacteria out of your mouth, and some people swear it brightens their teeth too.



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# Cannabliss

Some are calling for its legalisation in the UK, but just how effective is medical marijuana? And do the pros really outweigh the cons?

When Home Secretary Sajid Javid intervened to allow the cannabis oil treatment of a severely epileptic 12-year-old whose medication had been confiscated by Customs officers back in June, it put the argument of whether medical marijuana ought to be legalised back on the table.

Certainly Charlotte Caldwell, the mother of the boy in question, thinks it should be, and her voice is backed by sufferers (or their friends) of conditions that marijuana is known to treat - from helping to control epileptic seizures, slowing

Alzheimer's, easing the pain of multiple sclerosis cells from spreading. Even former Health Secretary Jeremy Hunt has called for cannabis oil to be made freely available on the NHS, but the topic remains contentious, with concerns that legalisation may just usher in a whole new health crisis as patients become addicted to the substance.

So what are the pros? Cannabis is currently classified as a Class B drug in the UK and carries a prison sentence of up to five years for possession. Advocates for legalisation argue that making it legally available would not only benefit the war on drugs, but it would also create a billion-pound industry that is fully taxable.

Also, with concerns that street weed is dangerous in being laced with other substances such as PCP (which can cause psychosis, extreme anxiety and seizures), it would surely be advantageous to know that a safer option was available.

Having said that, there is also the risk that people who have never before tried the drug could become hooked, while also sending out a message that substance experimentation is suddenly okay.

The big question is, will legalisation create a nation of healthy go-getters or an army of stoners?



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# GETTING A HANDLE ON “Hiccups”

Although not life threatening and definitely not a health problem to lose any sleep over, hiccups can be inconvenient, embarrassing and downright annoying.

## WHY DO WE GET HICCUPS?

You may not know this but all mammals hiccup. However, it is most common in humans and babies in particular are more prone to this affliction than adults. Hiccups occur when the air you breathe in hits your voice box too quickly causing your vocal cords to suddenly close. Shock, stress, alcohol, smoking, overeating or feelings of nervousness and excitement can all lead to a case of the dreaded hiccups.

## GETTING RID OF YOUR HICCUPS

Although there are no fool proof ways to cure a bad case of the hiccups there are many tried and tested methods that are known to help:

- > Hold your breath for as long as you can
- > Ask a friend to scare you/make you jump
- > Breathe deeply into a paper bag

- > Gargle with ice cold water
- > Try to drink from the far side of the glass
- > Bite down on a lemon

## HOW TO AVOID HICCUPS

- > Do not eat too quickly
- > Avoid chewing gum as this causes you to swallow air
- > Try to limit your alcohol and fizzy drink intake
- > Do not eat or drink something very cold straight after consuming anything hot

If none of the above works, do not worry. Most episodes of the hiccups only last a few minutes and will naturally stop on their own. Although it is worth noting that the longest case of the hiccups lasted an epic 68 years. Charles Osborne of Iowa, USA started hiccupping in 1922 and, unable to find a cure, continued to suffer until 1990. He was estimated to have hiccupped 430 million times.



Only got time for a flying visit? No problem. Savour all the delights of the Danish capital in just 48 hours...

## FRIDAY 4pm - Shop 'til you drop

Get stuck in to some Danish design on Strøget, one of Europe's longest pedestrian shopping streets. Illums Bolighus is a delectable design emporium, and Royal Copenhagen is the flagship of the Danish brand which has been making porcelain since 1775. Lego, Hay House and Georg Jensen also have flagships here.

## 7pm - Dine like a king

Noma on the Christianshavn flank of Inderhavnen, at Strandgade 93, has regularly been voted the world's best restaurant so make sure you reserve. Adhering to the New Nordic philosophy of seasonal eating, some of the produce is even grown in the back garden.

## SATURDAY 10am - Museum hopping

For those who love the classics, head to the National Gallery or discover the history behind the world famous brewery Carlsberg at Visit Carlsberg. Or for something more cutting edge, head to the city's historical meatpacking district, Kodbyen, which has the industrial V1 Gallery.

## 1pm - Street feast

For lunch try Papirøen (Paper Island) for the city's first and only genuine street food market.

## 3pm - Go for a ride

Spend an afternoon in Tivoli Gardens, the park that inspired Walt Disney, and one of the oldest amusement parks in the world. At night, thousands of coloured lights create a fairy-tale atmosphere that is completely unique. Have your dinner in one of the many restaurants in Tivoli.

## 10pm - Get crafty

Carlsberg may still be the biggest factory in town, but microbreweries are the future. Olsnedkern is a charming spot in the working-class neighbourhood of Norrebro; or for a swanky pint head to Mikkeller & Friends, which has 40 taps of revolving craft ales.

## SUNDAY 10am - Soak up the culture

Yes, you may be hungover, but let Hans Christian Andersen guide you through the old city centre, or jump on the classic live-guided canal tours through the waterways of Copenhagen to really blow away the cobwebs.

## 12 noon - Eat like a Dane

Finish up with a traditional lunch at Nyhavn, the city's iconic heritage harbour with quaint townhouses and old schooners. Think open-faced sandwiches, cured fish and a local beer. Skål.



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# Fruit Cocktails

In a world of experimentation, cross-breeding of fruits and vegetables was inevitable and thankfully it has resulted in some weird and wonderful creations that will brighten up your meal times.

**Blood Limes**  
If you like blood oranges, then blood limes are definitely for you. A hybrid of an Ellendale mandarin and a red finger lime, they are less bitter and more sweet than their standard counterparts. Best for making marmalades, preserves or sauces, blood limes also work well as a vivid garnish on an otherwise run of the mill salad.

**Plumcots**  
Plumcots are the innovative creation of nursery owner Luther Burbank and combine the sweet apricot with the tart plum to create a perfectly balanced fruit. Originally 75 per cent plum and 25 per cent apricot, this fabulous hybrid was first produced over a century ago but proved too difficult to grow at the time. Today we enjoy a more advanced hybrid known as the pluot.

**Cucamelons**  
Possibly our favourite hybrid; the cucamelon is similar in appearance to a tiny watermelon but tastes like a cucumber with a hint of sourness. Also known as the Mexican sour gherkin cucumber, we recommend pickling this fruit with dill and mint leaves or simply adding it to a salad cut in half as you would a tomato.

**Kalettes**  
Brussels sprouts – you either love them or you hate them. That is why British agricultural experts have spent the last 15 years working on a tastier sprout by cross-breeding it with the ever-popular kale. Both these sprouting vegetables are part of the Brassica family, which makes them ideal for producing a hybrid. The end result is a nuttier, sweeter version of the sprout that also looks more appealing to eat.







# Teas to Treat YOUR TROUBLES

**H**erbal teas have been used for centuries to cure a whole host of ailments and health complaints; but only recently has the British public began to really embrace the tea market and suddenly tea is the trendy beverage du jour.

## GREEN TEA: HELPS ACNE SUFFERERS

This powerful herbal tea is loaded with antioxidants and flavonoids which help fight off free radicals that can damage the healthy cells in your body. Its anti-inflammatory properties help battle against spots as well as protecting against heart disease.

## TURMERIC TEA: RELIEVES JOINT PAIN

Currently hailed as a wonder spice, turmeric tea (also known as 'golden milk') offers a wide range of physical health benefits including easing pain of the joints, lowering cholesterol, boosting immune function and preventing Alzheimer's disease.

## GINGER TEA: EASES NAUSEA

Most popular with pregnant women experiencing morning sickness, ginger tea contains lots of disease-fighting antioxidants as well as being used as a cure for nausea. It can also be used to prevent stomach ulcers and relieve constipation.

## ECHINACEA TEA: HELPS TO FIGHT OFF FLU

Summer colds can be just as troublesome as their winter counterparts and nobody wants to be tucked in bed sneezing when it's sunny outside. A cup of echinacea tea each day can help reduce your chances of developing a cold and shorten the duration of it if you are already inflicted.

The strong, floral taste may take some getting used to though.

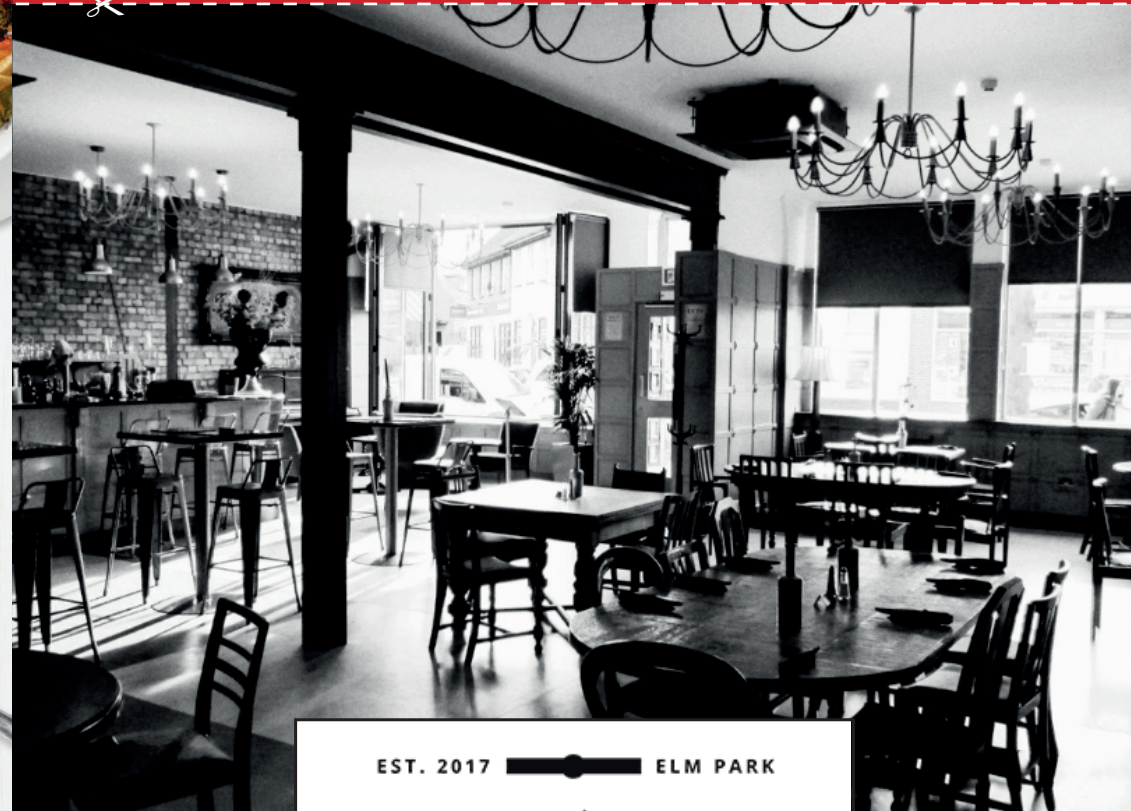
## CHAMOMILE TEA: CALMS MIND AND BODY

Most commonly known for its calming effects, chamomile tea contains flavonoids that actively bind to the benzodiazepine receptors in your brain resulting in a mild tranquiliser effect. Ideal for insomniacs and those who find it hard to switch off.

This herb is also known to ease menstrual cramps, target inflammation and reduce the symptoms of migraines.



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# Top OF THE Pots

A solution for brightening up small gardens and yards with big and beautiful potted flowers

GARDENING

These days, a large garden with an abundance of trees, plants, a vegetable plot and perhaps even a small area for herbs is a luxury few of us have. Our outside spaces have become gradually smaller, with little room to cultivate, and if you've not put roots down metaphorically, it's unlikely you'll want to invest in physical ones either. Consider then, pots: versatile, inexpensive and able to add colour and charm to even the most barren of landscapes.

When choosing which type of containers you would like, first consider your space. If you just have a window box or modest balcony, smaller plastic or tin planters work best. Plastic pots may be cheap, but they can be painted assorted colours and hung from walls, stacked along sills or placed on benches. If you have an entirely concrete space, choose larger vases made of clay, either plain or painted. These will bring

life to the dank corners and transform a brutalist set of stairs into a picturesque path.

It can be tempting to assemble an assortment of different pots and containers, but this can start to look messy, so it's wise to choose a theme. Even a garden which already has an assortment of things growing can be enhanced and pulled together with some strategically-placed vessels.

Similarly, you don't want to throw any old seeds in and hope for the best. Consider which colours work best together and try to pick flowers of equal heights. Poppies and dahlias complement one another magnificently, as do tulips and peonies.

If you want an instant English country garden, you could simply buy pre-planted pots. This may be a more expensive option, but the joy of pots is that if you move to a new house, you can take your portable paradise with you.





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KIDS

# BACK to SCHOOL Checklist

You know your child will be returning to school in September. It's the same every year. But somehow, it's suddenly the week before term starts and you are nowhere near ready.

Make this year stress-free with our handy Back to School checklist.

### Uniform

- ☐ 3-4 x polo shirts/blouses
- ☐ 2 x jumpers/cardigans
- ☐ 2 x trousers/shorts/skirts
- ☐ 1 x waterproof jacket
- ☐ Blazer and tie for secondary school
- ☐ 5 x socks
- ☐ 1 x school shoes
- ☐ 1 x welly boots
- ☐ Hat/scarf/gloves

### PE Kit

- ☐ 1 x gym bag
- ☐ 1 x gym shoes/plimsolls
- ☐ Several pairs of socks
- ☐ Swimming kit if your child has school swimming lessons
- ☐ 2 x T-shirts
- ☐ 1 x pair of shorts

**Secondary school** children may need the below additional items:

- ☐ Trainers/football boots
- ☐ Items for specific sports such as a leotard, rugby top etc
- ☐ Shin pads

### Stationery

Whilst your child is still at nursery, infant and primary

school most of the below will be supplied for them by their school, however your child will still have homework assignments to complete so the below will still be needed for home use:

- ☐ Set of pencils
- ☐ Eraser
- ☐ Ruler
- ☐ Colouring pencils
- ☐ Handwriting pen
- ☐ Sharpener
- ☐ Pencil case

Once your child/children have started **secondary school** their **stationery requirements** will increase slightly; the below items will be needed for their new learning environment:

- ☐ Calculator
- ☐ Geometry set
- ☐ Fountain pen
- ☐ Correction fluid if permitted by the school
- ☐ 30cm ruler
- ☐ USB sticks
- ☐ Ring binders

### Other Miscellaneous Essentials

- ☐ Lunch box
- ☐ Snack box
- ☐ Drink bottle
- ☐ School bag
- ☐ Book bag

And above all else **DO NOT** forget to label everything clearly; make no mistake your child will leave their belongings behind on more than one occasion.

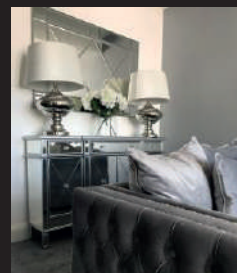
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- ☐ Name labels
- ☐ Fabric pen or Sharpie



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# WALL FLOWER

HOMEMADE STENCIL ART FOR EVERY AND ANY WALL

HOME & DIY

Our desire for home interiors to be unique, bespoke and personal has made popular a number of crafts in recent years, with few as accessible and impressive as stencil art. In envisaging a pattern, creating a template and getting busy with some perfectly matched paint, you can transform weary old walls in no time.

Here is our easy step-by-step guide:

## 1. Select a design

The internet has given us inspirational access to the widest range of designs, so find a pattern that works for you and that matches your existing interiors. For instance, if your look is contemporary, look for something uncomplicated and clean; if you're more art nouveau, consider swirls and flower-based ideas.

## 2. Plan your wall

Know before you purchase materials the wall you're using, the positioning of the stencil (and a repeated pattern, if that's what you have in mind) and ensure you're keeping an eye on symmetry and centring.

## 3. Buy your supplies

Take a trip to your art shop, view their pre-made stencil designs, then conclude that yours will look better. Purchase either card or thick plastic sheets, along with required paints (fit-for-purpose stencil paint exists) and some decorating tape.

## 4. Copy and cut

Trace your design onto the sheet and carefully cut to create your main template.

## 5. Doing the dab

Now fix the stencil to the wall ensuring it is in position and straight (use a spirit level), then begin rolling paint through the sheet and onto the wall in a horizontal motion (this will help prevent drips).

## 6. Repeat and wait

Move across your wall replicating your pattern, then wait 24 hours for it to dry.

## 7. Sit back and savour

Toast your stunning stencil art efforts.





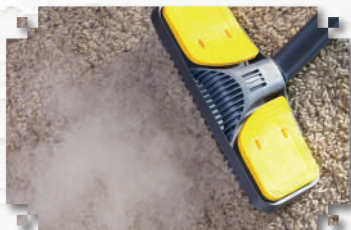
# FLOORED BY *cleaning*



Our homes are filled with so many different styles, fabrics and finishes when it comes to floors – a far cry from dull carpets and plain tiles just a generation ago. These days you can factor in wondrous wooden surfaces, laminate, slate, marble and even polished concrete. While variety is the spice of any living space, each finish comes with its own required maintenance, and it's worth paying attention to these in order to ensure your living space stays, well... alive.

## CARPETS

The best and safest surface for children, comfortable underfoot, and with the widest variety of colours and designs, carpets are however a breeding ground for bacteria. Steaming is the only method that removes the bacteria lurking deep into the pile, while stains should be dabbed away (with a clean cloth or sponge), not wiped. Vacuum 'high-traffic' areas at least once a week, always ensuring your Hoover is at the right setting in order to prevent fibre damage. Once finished, empty your dust bag – a clogged bag can reduce efficiency by over 50 per cent.



## WOODEN FLOORS

Arguably the best-looking finish, with a variety of wood shades and finishes, albeit hard underfoot and easy to scratch. Most wooden floors are prefinished, but not all, so check before treating and use only cleaners specific to your floor type. Now you're ready, use a dust mop or vacuum to remove surface debris, then simply mop to remove dirt using a trusted cleaning agent before allowing to dry naturally.



## SLATE/TILES

Whether a chic or rustic finish, hard floors give a room solidity and style, though can be expensive and unforgiving for youngsters. A mild detergent in hot water and a rag or chamois will see you right, though you may want to toothbrush the grouted gaps with soap a few times a year.



## VINYL

Cheap, wide-ranging in styles and with the ability to wipe away any sin, vinyl can show wear quickly if not maintained. A homemade apple vinegar and hot water solution will do everything a shop-bought cleaner achieves.

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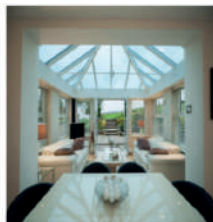




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HOME & DIY

# Back to THE FUTURE

Want some kitsch for your kitchen? Or a little 1950s flair for your front room? Well here's how to turn your home into a retro paradise.

## Pick an old-school colour scheme

The retro colour palate ought to feel somewhat familiar thanks to the abundance of flashback photo filters on our smartphones. The tone is always slightly muted, and when choosing this style for your home you can never have too much of a good thing. So go big with minty greens, bubble gum pinks, muted red and buttercream yellows.

## Get some retro gadgetry

If you believe modern technology works great but looks terrible, you will definitely appreciate modern gadgets that have a vintage exterior. Think digital radios which appear analogue, leather record players with a USB port for exporting your LPs and high-tech fridges concealed in a 1950s-style shell.

## Scour the vintage shops

Having the odd piece of vintage furniture will

make the whole look feel authentic. So seek out Perspex lampshades, retro cocktail cabinets and an original dinette. Or, if you're feeling really flush, invest in an original Eames fibreglass chair.

## Buy branded signs

One thing they got right in America's formative days of consumer marketing is branding. From the classic Coca Cola sign to the Cadillac motif and every diner logo ever, a small slice of Americana makes a big statement.

## Add whimsical touches

No retro look is complete without a little dash of kitsch, though you may want to steer clear of anything too tacky (no home needs a 2ft high Betty Boop figurine). So think along more subtle lines... a diner-style napkin dispenser, for example, vintage glass perfume bottles or crotchet blankets.







# BUG OFF

## HOW TO BEST PEST-PROOF YOUR HOME

It's silly season when it comes to all manner of midges, moths and mayflies making homelife hell at this time of the year.

With the warm spring encouraging creatures and critters to reproduce like there's no tomorrow (and in the case of the mayfly, there really is no tomorrow), we can quickly find ourselves awash with truly biblical quantities of house guests.

But despair not, for here are a few tips to help you take back control:

**MOTHS...** These seemingly innocent-looking flappers will go through your wardrobe quicker than Jeff Banks. Save your clothes by using flypaper and fish oil for a homemade moth trap, and apply vinegar and water solution around doors to kill off any remainder.

**ANTS...** Vinegar is again your friend where ants come sniffing food remains. Mix with essential oil and spray around baseboards and kitchen entry points, also laying lemon peel on window ledges and other access points.

**MOSQUITOES...** Mossies flourish around standing water when temperatures increase, so keep an eye on pools, puddles and trays where these can gather and reproduce. If you're too late, washing up liquid and, curiously, beer, are two big pulls for their insects, whereby you can lure them into a toxic and, you would suspect, rather pleasant death.

If you're looking for a slightly more all-encompassing critter-proof solution, then repair damaged roof tiles, fill cracks with roofing cement and clean out air vents. Also check roof overhangs for nests, keep windows and doors shut when possible and inspect beds, pillows and mattresses for bugs, vacuuming regularly.

In the garden, be wary of shrubbery and vegetation, store wood elevated and away from house walls, and keep compost containers sealed.

As Michael Barrymore once said: "A hotspot is not a good spot." So check places where heat gets trapped; while leaving food out is an open invitation to dine, these creatures are really not the greatest of dinner party guests.



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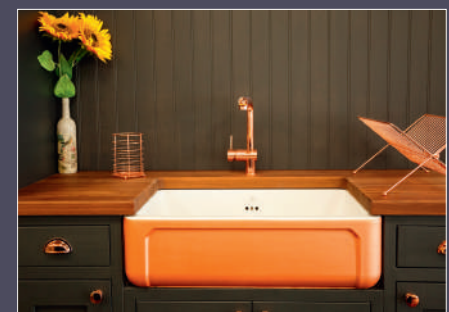
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# ROBBIE

## IS BACK ON THE BALL

He's had his ups and downs over the years, but after a stirring performance at the World Cup opening ceremony and another typically charismatic display at the seventh Soccer Aid event – not to mention rumours of him landing one of the hottest jobs on British television – it looks like Robbie Williams is back for good.

.....

When it was announced that Robbie Williams would be taking centre pitch at the 2018 World Cup opening ceremony in Moscow, there were few raised eyebrows. For while the ex-Take That star is unanimously adored in the UK, it's fair to say that cheeky chappy's antics might not be so well-received abroad – particularly when factoring in his 2016 *Party Like a Russian* single was said to offend many a Russian native who called it “crude stereotyping”.

And yet, the charming 44-year-old rocked the stadium like it was 1998, belting out hits *Let Me Entertain You* and *Feel* before wowing a global audience of over a billion as he crooned hit song *Angels* with Russian operatic singer Aida Garifullina. And when Williams (rather unceremoniously) flipped his middle finger to millions of viewers during his encore of *Rock DJ*, it was swiftly written off as another of his naughty schoolboy pranks, with the general consensus being that it's great to have Robbie back.

Not that the Stoke-on-Trent lad has been out in the pop wilderness per se, more that he hasn't been quite so ubiquitous as he was at the height of his fame when Robbie mania seemed to grip the nation. And quite rightly too, for he was undoubtedly the star that defined a generation, selling millions of records, winning a total of 18 Brit Awards and even landing a spot in the Guinness Book of Records when, on announcing his World Tour for 2006, 1.6 million tickets were sold in one day.

Soon however, the cracks began to show, as the pressure of being so idolised drove him to alcoholism, substance abuse and bouts of depression. And when he moved to Los Angeles just over a decade ago for a fresh start, it looked like it might be the last we saw of our tormented troubadour. But in America, Williams would find not just mental rejuvenation, but also love, with US actress Ayda Field. The couple married in 2010 and share two children, Theodora Rose, five, and Charlton Valentine, three.

In Ayda, Williams appears to have found the perfect match. She seems to share his oddball sense of humour, while also offering enough stability and love to keep his demons at bay. In fact, the pair make such a terrific team that they will be joining *The X Factor* panel as judges when it returns to our screens later this year.

What we can expect from this new era of the larger-than-life superstar remains to be seen, but love him or loathe him, the British celeb circuit is a lot less entertaining without Robbie Williams.



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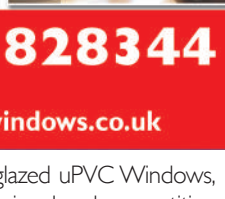
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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



## Hornchurch gardens awarded Green Flag status

Fourteen parks in Havering have now been recognised by the Green Flag Award Scheme in what has been the best year ever for the borough.

This year has seen Langtons Gardens in Hornchurch join the elite list of parks awarded a Green Flag by environmental charity Keep Britain Tidy.

A Green Flag flying is a sign to residents and visitors that the park or open space is among some of the very best in the world, boasting the highest possible standards, is well maintained and has excellent facilities.

Havering Council has seen the previous 13 parks in the borough retain their status for another year, with Langtons Gardens achieving the award for the first time.

Councillor Osman Dervish, cabinet member for environment, said: "This is the most successful year ever, we are absolutely delighted to receive Green Flag Award for Langtons Gardens for the first time as well as retaining the awards for our other 13 parks,

some of which have held this status now for over a decade.

"We know what our parks and open spaces mean to our residents and visitors. The Green Flag awards are also recognition of all the hard work put in by council staff as well as members and volunteers from the friends of parks groups. This dedication has been rewarded and our parks can be enjoyed by everyone across the borough."

Paul Todd, international Green Flag Award scheme manager, said: "We are delighted to be celebrating another record-breaking year for the Green Flag Award scheme, with more Green Flags awarded this year than last year.

"Each flag honours the thousands of staff and volunteers who work tirelessly to maintain the high standards demanded by the Green Flag Award. We are proud to have so many wonderful green spaces in the UK for people to enjoy, and hope that next year, we award even more flags."



# Boy shaves his head to save brother's social skills class

An 11-year-old has shaved his head to raise money for a charity in Hornchurch.

Benjamin Cole, from Upminster, has ADHD and decided to shave his head to help fund a social skills class which would not have been able to continue past the summer due to funding. The class is run by charity Addup.

Benjamin's brother Samuel has been attending the class for several years and Benjamin wanted to help raise funds to keep the class running as it is an important programme for his brother.

Randall, Benjamin's dad, said: "He and his brother Samuel have been coming for several years to Addup which supports children and families with ADHD.

"The programme that happens on a Wednesday evening has been a helpful programme for Samuel.

"Benjamin wanted to do something to help. He came up with the idea on his own to get sponsorship. "We were shocked as Benjamin loves his hair. He has very thick hair."

Benjamin had an original target to raise £1,000, however he quickly surpassed this.

Randall continued: "It became clear that he was going to meet his target so he raised it.

"He went from class to class at his school to raise funds and awareness for ADHD, but a lot of the money was raised online."

The head shave took place at The Coopers' Company and Coborn School in Upminster.



Benjamin after having his head shaved

Benjamin was joined by a couple of boys in a different year group who also wanted to shave their heads but for a different charity.

Randall said: "He was very nervous as he was in front of the whole school and didn't know how it was going to look.

"As soon as it was off he was really proud of himself and he said he would do it again.

"His younger brother decided he wanted to shave his head so we gave him a little cut but nothing as extreme.

"We couldn't be prouder of him. He's an amazing kid, especially as he's only 11 years old."

Sheila Keeling, chief executive of Addup, was extremely grateful for Benjamin's fundraising efforts.

She said: "I am over the moon. When Benjamin came up with the idea I was absolutely gobsmacked.

"We normally have to do all the work but he took control and organised it.

"He's done so well. He's walking about with such a big grin on his face. I'm delighted for him."

If you would like to donate, please visit [uk.virginmoneygiving.com/RandallCole](http://uk.virginmoneygiving.com/RandallCole)

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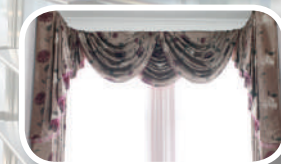
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Photo credit: Ben Mole/Triangle News



LOCAL NEWS

# School corridors fall silent after new rules introduced

A school in Hornchurch has introduced new rules meaning the corridors have fallen silent.

The Albany School in Broadstone Road has introduced silent transitions meaning that after breaktimes and between lessons students are asked to walk around the school in silence.

Headteacher Val Masson said: "The school has always been a friendly and dynamic place, but I wanted to introduce a more rigorous academic ethos. "Silent transitions require team work, shared vision and clarity of expectation as students are given a few minutes between lessons and after unstructured times to refocus on the learning environment.

"This means the lessons start more quickly and are less stressful as chatty or boisterous behaviour is left out in the playground.

"The students are proud of what we have achieved in introducing silent transitions."

Ms Masson believes the new rules have already had an impact on learning and despite some of the students being unsure of the changes, they have all responded well.

She continued: "The students were told in assemblies that we would be introducing silent transitions, and they were told the reasons why. It was made very clear that this was not a response to bad behaviour per se and it was not a punishment.

"Some older students questioned the reasoning

and felt that this might not be a good initiative to implement.

"The older students, in fact, have been absolutely excellent and I feel so proud of the way they have supported the new rules."

Ms Masson is extremely pleased with how the new rules have been implemented.

She said: "I am very pleased indeed with how the rules have affected the school. I have three children myself and I would have liked these rules to have been implemented at their school when they were there.

"I feel immensely proud of my students and staff and enjoy the opportunities to tell them that."

Ms Masson would encourage other schools to give silent transitions a try.

She explained: "I would encourage all schools to implement any policy which will instil pride, respect, academic rigour and fairness.

"I am very pleased that we decided to implement this new rule and am confident that this has assisted us in our school improvement plan.

"I have an open-door policy at the school so visitors are welcome to come along at any time, any day. Parents and governors know this and many have been to see the school in operation.

"One hundred per cent of feedback has been positive."

# Man left with fractured jaw following assault

A man was left with a fractured jaw following a serious assault in Hornchurch recently.

The incident happened on board the Tube at Hornchurch on July 3 at around 6.50pm.

A man was assaulted by two men on board a District Line train.

Police and paramedics attended the scene and the victim, a 21-year-old man, was taken to hospital.





# Golf day to be held to raise money for charity

A golf day is being held in September to raise money for a Hornchurch-based charity.

First Step, which supports families of children with special needs and/or disabilities, has announced details of its special 30th anniversary golf day which will be held at Warley Park Golf Club on September 20.

It is anticipated that more than 80 players will be welcomed for breakfast, 18 holes, dinner, presentations and a host of fundraising activities throughout the day.

Presentations will be awarded to the individual winner, the winning team, the nearest to the pin, the longest drive and the winner of the hole in one competition, which is being sponsored by Roomes

Furniture and Interiors, Upminster.

Michelle Mitchell, fundraising manager of First Step, said: "We look forward to welcoming all the golfers to Warley Park Golf Club to mark the 30th anniversary of First Step."

"First Step is reliant on fundraising and donations to support pre-school children with special needs and/or disabilities and their families. Events like this give us the opportunity to spend time with our supporters, meet new friends, raise much-needed funds and create awareness."

The cost is £65 per person (£260 per four-ball).

Please call 01708 556355 or email fundraising@firststep.org.uk for further details and to book your team.

## Fire breaks out at row of terraced houses



Photo credit: Twitter/London Fire Brigade

A large fire broke out in Hornchurch recently causing damage to nearby houses.

Four fire engines and around 25 firefighters were called to the fire at a row of terraced houses on Northumberland Avenue in Hornchurch on July 17 at around 9.30pm.

Hornchurch watch manager Alan James, who was at the scene, said: "We believe the fire started when electric cables under the wooden decking became overheated."

"When we arrived, the flames were giving the sky an orange glow and the crews worked hard to stop the fire spreading to further properties."

A small part of the ground and first floor of one property was damaged by the fire.

The blaze also affected the rear and back gardens of two adjacent houses.

There were no reports of injuries and the fire was under control just before 11pm.

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**JULIA LOPEZ MP**

Hornchurch and Upminster

LOCAL NEWS

This month began with a wonderful celebration of our military for Armed Forces Day. A parade of cadets and veterans through Romford was followed by music and a party for veterans at the town hall. I was privileged to meet a group of local D-Day veterans including the remarkable Donald Turrell, who joined the Army with a friend before he was old enough to get out of a dirty factory job at Ford Dagenham. Now 93, he recalled the Normandy landings to me and explained that he served until he was badly injured at Itteville - a fascinating gentleman, and as sharp as a tack.

I then participated in a short service and wreath laying at the war memorial in Hornchurch Cemetery, led by Rev Barry Hobson of St Andrew's Church, before joining the Armed Forces Day party at the Hornchurch British Legion. Our constituency has strong links to the Forces through RAF Hornchurch, and with the RAF celebrating its centenary this year, I have signed up to the Armed Forces Parliamentary Scheme to learn more about what our military personnel go through. I have been assigned to the RAF and begin my years' service in September.

Meanwhile, there is good news to report on treatment for neuroblastoma, the vicious childhood cancer affecting Isla Caton, a three-year-old girl from Hornchurch. Many residents will be familiar with Isla's case as her family are big West Ham supporters and have been helped in their incredible fundraising efforts by fellow fans to get Isla the treatment she needs in America. I raised her case with the Prime Minister a couple of months ago and am delighted to report that a new drug will now be available to children like Isla on the NHS so that they no longer need to go abroad for treatment.

My team and I are now turning our attention to the issue of sepsis after meeting a resident from Emerson Park who tragically lost his wife this year to the condition. Sepsis is a life-threatening condition that arises when the body's response to infection causes injury to its own tissues and organs, and we are going to try to raise awareness of the symptoms, get better collection of patient data on the NHS and see whether diagnostic methods can be improved.



Finally, I have been working on two important pieces of legislation designed to keep constituents safe - first, as a member of the committee which scrutinises line-by-line the counter-terrorism and border security bill, and second, by speaking in support of the government's offensive weapons bill which gives police more tools to crackdown on knives and acid. During my contribution to the bill's second reading, I highlighted my concern about police and council resources, the absence of leadership from the mayor of London and the welfare of children excluded from school who are being groomed as drugs mules by gangs. I highlighted what we are doing locally on crime, including work by the council to purchase Hornchurch Police Station from the mayor - something we hope to confirm soon.

As ever, if you have a problem and you think my team and I can help you, 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**



## Huge blaze breaks out at skate park



Photo credit Twitter James Murray @voodooobigz

Firefighters battled a huge blaze in Hornchurch recently.

Ten fire engines and 72 firefighters and officers were called to a fire at a skate park in Upper Rainham Road.

A number of wooden outbuildings were destroyed and crews removed and cooled a propane cylinder, as cylinders can explode when exposed to heat.

There were no reports of any injuries.

Station manager Robbie Robertson, who was at the scene, said: "Crews worked hard to stop the fire spreading to the main skate park area and building, which have not been affected by the fire."

The brigade was called at 3.54am and the fire was under control at 5.41am.

Fire crews from Hornchurch, Dagenham, Romford, Harold Hill, Ilford and surrounding fire stations attended the scene.

The cause of the fire is under investigation by the brigade and the Metropolitan Police Service.

## Hornchurch on track to deliver cycling fun

Hornchurch residents will be able to access free cycle training throughout the summer.

Havering Council has once again joined forces with Cycle Confident to offer the training.

A Bikewise hub has opened in Ingrebourne Valley (Essex Wildlife Trust Valley Visitor Centre) and will run until the end of August.

The programme offers training for all ages and abilities – from learning to ride sessions for children to looking at how you can maintain your bike, with a number of workshops.

The hub will have some bikes that can be used for training, including both adult and children's bikes.

There will also be hubs in Romford, Rainham and Upminster.

Councillor Osman Dervish, cabinet member

for environment, said: "I'm delighted that we are once again working with Cycle Confident to bring this programme to the four cycle hubs across the borough so that residents can learn cycle safety and bike repair skills.

"Not only is cycling a great opportunity to get fit, it is fun for all ages and a sport people can enjoy on their own or with family and friends."

To book places at any of the hubs you can call Cycle Confident on 0203 031 6730 or email [contact@cycleconfident.com](mailto:contact@cycleconfident.com)

For details on the programme, including timings and sessions, visit [www.cycleconfident.com/sponsors/havering](http://www.cycleconfident.com/sponsors/havering)

## Summer holiday fun for kids at the Queen's Theatre

From songs and stories to music and crafts, the Queen's Theatre Hornchurch is excited to present a variety of children's entertainment this summer holiday.

Taking over the main stage from August 8 to August 11 is *The Gruffalo's Child*.

The production is based on the award-winning book by Julia Donaldson and Axel Scheffler and tickets are £12.50.

For those that love getting creative there's a range of jam-packed create and play mornings from August 20 to August 24.

Themes include purr-fect pets, alien adventures, jungle drums, beside the seaside and under the sea.

Little ones aged four to six years old will be able to use their imagination and enjoy two hours of creative fun involving drama games, storytelling and craft activities. Workshops run from 10am–noon and cost £10. Parents can book three sessions for the price of two.

For more information and to book tickets for any of these shows or workshops call the box office on 01708 443333 or go online at [queens-theatre.co.uk](http://queens-theatre.co.uk)



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## Students receive new bikes as part of council initiative



Pupils from Hornchurch were the lucky recipients of a new bike, helmet and Veggie Run water bottle as part of a council initiative.

Nearly 70 pupils from across the borough were awarded as part of Havering Council's Veggie Run initiative that is currently running across primary and junior schools throughout the borough.

Over a five-week period, children across Havering were invited to collect Crunch Brunch character badges as part of their healthy school catered lunch. Once collected, all participating children's details were entered into a prize draw and a successful girl and boy from all contributing Havering schools were awarded a new bike to promote outdoor activity.

Participating schools in Hornchurch included St Mary's, Hacton Primary School, Suttons Primary School, The R J Mitchell Primary School and Elm Park Primary School.

Trevor Cook, assistant director for education services, said: "As a borough we want to support all children to have to the best start in life, and by awarding nearly 70 children through Veggie Run we are able to promote the benefits of outdoor activity."

## Property team highly commended in legal awards

A local law firm achieved a Highly Commended Award for Property Team of the Year 2018 at an awards ceremony recently.

Pinney Talfourd, which has an office in Hornchurch, received the award at the Modern Law Conveyancing Awards which took place on July 12 in Liverpool.

Held at the iconic Rum Warehouse in Liverpool Docks, the ceremony was hosted by comedian Patrick Monahan and attracted law firms and conveyancers from across the UK.

Pinney Talfourd was delighted to be one of the few Essex-based firms shortlisted across the categories

and even more delighted to come away with an award.

Paul Berry, partner and head of residential property, commented: "This is a great acknowledgement of the hard work done by the whole team over the last year."

"Thank you to everyone who recommended us and supported our application."

"We look forward to continuing to provide an award-winning service to our clients for many more years to come. Well done to everyone."

## Young people receive recognition in ceremony

Thirty of Havering's most gifted young people received recognition for their talents at the 2018 Havering Talented 30 awards evening.

The event was held at myplace Youth Centre on July 9 and people were awarded for their achievements in a range of cultural and sporting activities.

Deputy mayor of Havering councillor Michael Deon-Burton and deputy mayoress councillor Christine Vickery presented the winners with certificates and awards for £200 to help them develop their skills.

The winners were chosen by an independent judging panel.

The diverse range of talent included awards for young people involved in archery, literature, cheerleading, badminton, diving, street dance, ice hockey, distance running and music performance ranging from violin to piano, bassoon and percussion.

In the sporting field, awards went to a number of medal winners for the Havering Hurricanes team who competed in the London Youth Games at Crystal Palace National Sports Centre, two talented young footballers and several athletes who have achieved international recognition in their age categories.

Winners in the field of music included several members of Havering Music School and talented performers who have progressed to study with London's leading music schools, the Royal Academy of Music, the Royal College of Music or Junior Guildhall.



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# Junior citizens learn how to be street wise and safe

Children from across the borough have been learning important life skills.

Around 2,000 pupils from 30 schools have been learning how to protect themselves against knife crime, drugs and other potential issues as part of the Junior Citizen Project, run by Havering Council and local police.

Year 6 children took part in a number of sessions over two weeks in June and July, led by council staff, Havering Police, the London Fire Brigade and other organisations such as Road Safety.

Each day, pupils were faced with different challenges related to hate crime, drugs awareness, knife crime, littering, road and transport safety among others.

They were awarded points for expressing their knowledge gained during the workshops and the way they interacted with each other and those

representatives from the emergency services.

The school with the most points was Branfil Primary School, Upminster, who were all invited to join the Mayor of Havering, councillor Dilip Patel for lunch at the town hall where they collected certificates and medals.

Detective Superintendent Shabnam Chaudhri from Havering Police said: "The Junior Citizen Project is an invaluable opportunity for young people to interact with the police and our partners in a positive environment.

"This generation is growing up in a world where social media is at the forefront of our society and so the challenges faced by all young people is much more prominent.

"This project is playing a vital part in educating our young people early on and allows them to take these life skills into adulthood."

## 200 plus arrests made during driving campaign

A total of 205 people have been arrested during Essex Police's summer anti-drink and drug driving campaign.

The campaign ran between June 14 and July 15 and saw 2,050 drivers stopped and interacted with.

In total 109 people were arrested on suspicion of drink driving, 78 on suspicion of drug driving and 18 on suspicion of failing to provide a specimen.

Head of roads policing Adam Pipe said: "Our summer campaign shows there are people who still believe it is ok to get behind the wheel after taking drugs or having a few drinks. It's not ok, it's totally unacceptable.

"The campaign may have finished but our work to identify and arrest drink and drug drivers doesn't stop.

"My officers will continue to carry out proactive operations and act on information called in to us.

"Intelligence from the public has been essential during this campaign and I continue to urge you to contact us if you know of someone drink or drug driving."

You can call Essex Police on 101 to report a drink or drug driver.

If you have information or intelligence on someone who has been or regularly drinks or drug drives, send it to [www.saferessexroads.org/extrayes](http://www.saferessexroads.org/extrayes)

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# AFC HORNCHURCH

## Excitement growing as fixtures are released



LOCAL NEWS

Photo credit: TGS Photos

With the start of the football season just a week away, Hornchurch will kick off their Bostik League Premier Division Campaign at home against Leatherhead on August 11.

Three days later the Urchins have an away fixture against Wingate and Finchley and are away again at Enfield Town on August 18.

During the festive season, Hornchurch have been given Boxing Day and New Year's Day off but the Bostik North League Champions are in action on December 29 when they face an away trip to Harlow Town.

Jimmy McFarlane's men will bring the season to a close with an away trip to Lewes on April 27.

Meanwhile the Urchins' pre-season campaign is well under way at the time of writing. Despite near 30 degree temperatures, Hornchurch opened up with a 1-0 win over Essex Senior side Hullbridge Sports. Ex-Dulwich Hamlet striker Dumebi Dumaka opened the scoring five minutes into the second half following good work by Theo Fairweather-Johnson.

Just four days later, the Urchins notched up an impressive win against National League South side Concord Rangers. Hornchurch were good value for their 2-0

win against their higher ranked visitors.

Eight minutes into the second half, the hard-pressed Concord defence failed to clear a cross from the left and Fairweather-Johnson volleyed the ball into the net from 10 yards.

Then, 13 minutes from time, Fairweather-Johnson bagged a brace when he fired home after the Concord defence failed to clear. Only a very good save from Sam Beasant prevented Hornchurch from extending their lead shortly after that.

Hornchurch looked confident as the game drew to a close.

Elsewhere the club has bid a fond farewell to some players who had a key role in the Urchins' promotion campaign.

Midfielders Sean Roberts and Olu Oluwatimilehin have departed Bridge Avenue. Roberts made 42 appearances and Oluwatimilehin 26 during the 2017-2018 campaign. Roberts has returned to Cray Wanderers, where Hornchurch signed him from last June.

Finally, after seeing his playing opportunities limited over the past two seasons, Tobi Joseph has also left the club. He played over 100 times for AFC Hornchurch, making his debut against Leatherhead in August 2014.



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



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more information at [www.marygreenmanor.co.uk](http://www.marygreenmanor.co.uk)



## Til Death DO US PART

While it may be curtains for you, make sure it isn't for those you leave behind.

**L**et's have a conversation about death. After all, there's nothing to be afraid of – the chances are you won't even know anything about it, and depending on what you believe, you may well be back on planet Earth as someone else, or perhaps a soaring eagle or a stoat or something.

While we shouldn't fear 'the end', what should terrify each and every one of us is leaving our loved ones dealing with a financial hole or dispute as well as the woes of bereavement. Here are three things every adult should put in place for the sake of those close to them:

**GET LIFE INSURANCE...** If you're contributing in any way to the upkeep of others (in rent, in paying a mortgage, in childcare or simply providing food), it's essential you take out life insurance so that supply line continues long after you've gone. From as little as £5 per month, there is no reason not to.

As will any insurance policy, however, it is your responsibility to make sure you keep details updated, so inform your provider informed of any changes in health and lifestyle (positive and negative).

**MAKE A WILL...** While it's nice to think family will behave amicably when you've departed, this isn't always the case, and making a will offers clear, honest and specific instructions as to how your estate is divided. It can also help with minimising inheritance tax.

**BE ORGANISED...** The more information you leave for those around you, the less they will have to deal with at an already difficult time. A simple protected folder of key life documents (bank account and mortgage information, house deeds, birth certificates, passport, other policies, funeral ideas) will save them time, money and help keep emotions in check.



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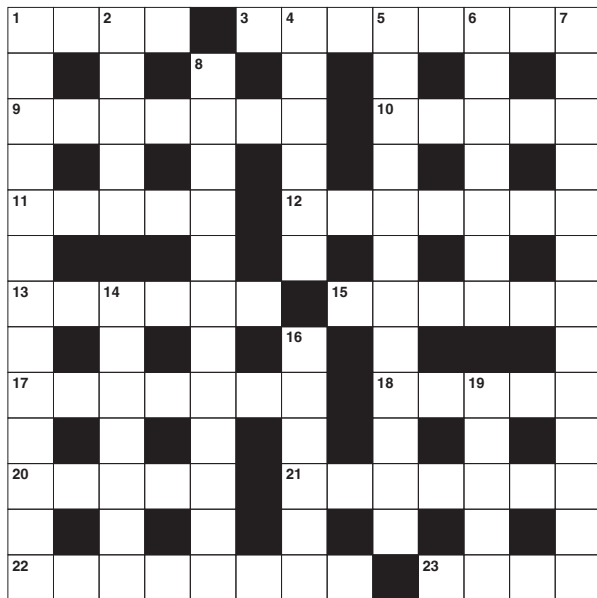


## ACROSS

1. Writing fluids (4)
3. Approximate (8)
9. Capital of Georgia (US state) (7)
10. Factual evidence (5)
11. Sends through the mail (5)
12. At a greater distance (7)
13. Repulsive (6)
15. Husky (6)
17. Redecorate (7)
18. Loft (5)
20. With a forward motion (5)
21. Eg anger or love (7)
22. Commonplace (8)
23. \_\_\_\_ verca: cosmetics ingredient (4)

## DOWN

1. Not proper (13)
2. Ovens (5)
4. Large sticks (6)
5. Imitator (12)
6. One more (7)
7. Fizz (13)
8. Modestly (12)
14. Get better (7)
16. Greek goddess (6)
19. Rotate (5)



## SUDOKU

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

## DID YOU KNOW

► Tennis was originally played with bare hands. Players would hit a small ball over the net with their hand.

► Netball was included in the Commonwealth Games programme for the first time in 1998. England won the bronze medal.

► The Ryder Cup was played for the first time in 1921 between the men's professionals of Great Britain and the USA. It was won by Great Britain.

► Bowling was first played with nine pins in the USA but it was outlawed due to being associated with drinking and gambling. Somebody added a 10<sup>th</sup> pin to keep the sport going.

► The first basketball game took place in 1892 where the court was half the size of today's NBA court.



# BEFORE THEY WERE FAMOUS

## the women

The life of a professional sportsperson 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.

### Kelly Holmes DBE

Double gold medal winner Kelly Holmes has become a national treasure with her amazing running prowess and strong work ethic. Brought up on a council estate in Kent by her mother, Kelly's life is truly a story of hard work and determination over adversity. Her road to success was not straightforward and she previously worked in a sweet shop and as a nursing assistant for the disabled before joining the army aged 18.

### Jayne Torvill OBE

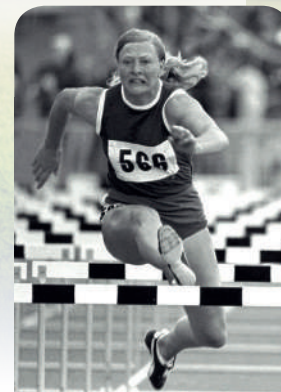
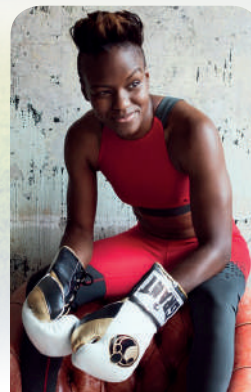
Instantly recognisable as one half of the famous duo Torvill and Dean, who revolutionised the sport of ice dancing with their gold medal win at the 1984 Winter Olympics, Jayne Torvill has continued to wow us as a judge on *Dancing on Ice*. But what most people don't know is that this passionate woman once worked as an insurance clerk at Norwich Union; she probably won't want to check our policies now.

### Nicola Adams

Now an Olympic boxing gold medallist and recently named as the most influential LGBT person in Britain, you would never imagine that Nicola Adams once worked as an extra on several soap operas including *Coronation Street*, *Emmerdale* and *EastEnders* and prior to funding into women's boxing was made, she also had a stint as a builder; perfect training for building up those famous muscles.

### Mary Peters DBE

Over her career Mary Peters set 25 British records, won gold in the 1972 Summer Olympics in the pentathlon and represented Northern Ireland at every Commonwealth Games from 1958-1974. She was and still is an inspiration to the people of Northern Ireland; bringing them together in a troubled time with strong leadership skills that she acquired as head girl of her school and later as a teacher.

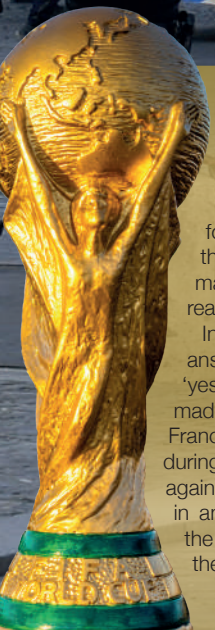




# LES CHAMPIONS DU MONDE!



SPORT



Don't worry – it's not just you. Many of us were thinking the same thing when watching the World Cup final, just as we were for the 1998 tournament, and during the Euros in the year 2000 for that matter too... namely: "France – are they really any better than us?"

In the immediate short-term, the answer, of course, is a resounding 'yes', despite the huge advancements made by Gareth Southgate's troops. France coasted through a World Cup during which – barring a funny five minutes against Argentina – they never appeared in any real danger. Over the duration of the tournament, they came from behind, they dominated midfield, they kept

clean sheets and they bombarded teams with the sort of relentless goalscoring prowess that the likes of Platini, Trezeguet, Ginola and Cantona would have endorsed.

By the time the French arrived at the World Cup final on July 15, many felt they already had one hand on the trophy. Croatia were a spent force having already endured three ventures into extra-time en route to Moscow, and Didier Deschamps' goalscorers provided a fitting reflection of how France's dominance has been acquired. There was Kylian Mbappé, the ruthless goalscorer, Antoine Griezmann, the nippy playmaker, and Paul Pogba, the big-money midfield muscle. With a Mario Mandžukić own goal setting Les Bleus on their way, the probable soon became the inevitable, and not even a Hugo Lloris howler to reduce the arrears to 4-2 (adding to Ivan Perišić's

opener for Croatia) could spoil the French party.

As fans danced and cavorted on the Champs-Élysées long into the night, they knew this was actually one of their country's less complicated triumphs in a World Cup where Germany, Spain, Brazil and Argentina faltered badly. Even their dispiriting goalless draw against Denmark didn't matter – they'd already qualified for the group stage having seen off Australia and Peru.

Once past Argentina in the second round, Uruguay's stubbornness proved no match in the quarter-final; and when Belgium were defeated by a solitary Samuel Umtiti goal, we all knew how the ending would come about.

Amid a World Cup of VAR (including a penalty award in the final itself which, while not the most controversial of the tournament, was defining in restoring France's lead), ludicrous Neymar

antics, a favourable side of the draw and a love affair with Russia that no one expected, few can say the eventual winners were undeserving after negotiating a path that was by no means simple... even if they made it look that way.

So while the credit goes to the French, the optimism sits with England. After all, compare the sets of players and there are real similarities – for our glorious Golden Boot winner Harry Kane, look at (an inferior) Olivier Giroud; for Raheem Sterling consider the aforementioned Griezmann; for Raphael Varane compare Harry Maguire. On the whole, we compare with the World Champs – they're just a bit, well, better... for now.

So while the French have matched expectations, we've bettered them – and that all bodes well for our prospects at the Euros in two years' time. Allez les Lions.



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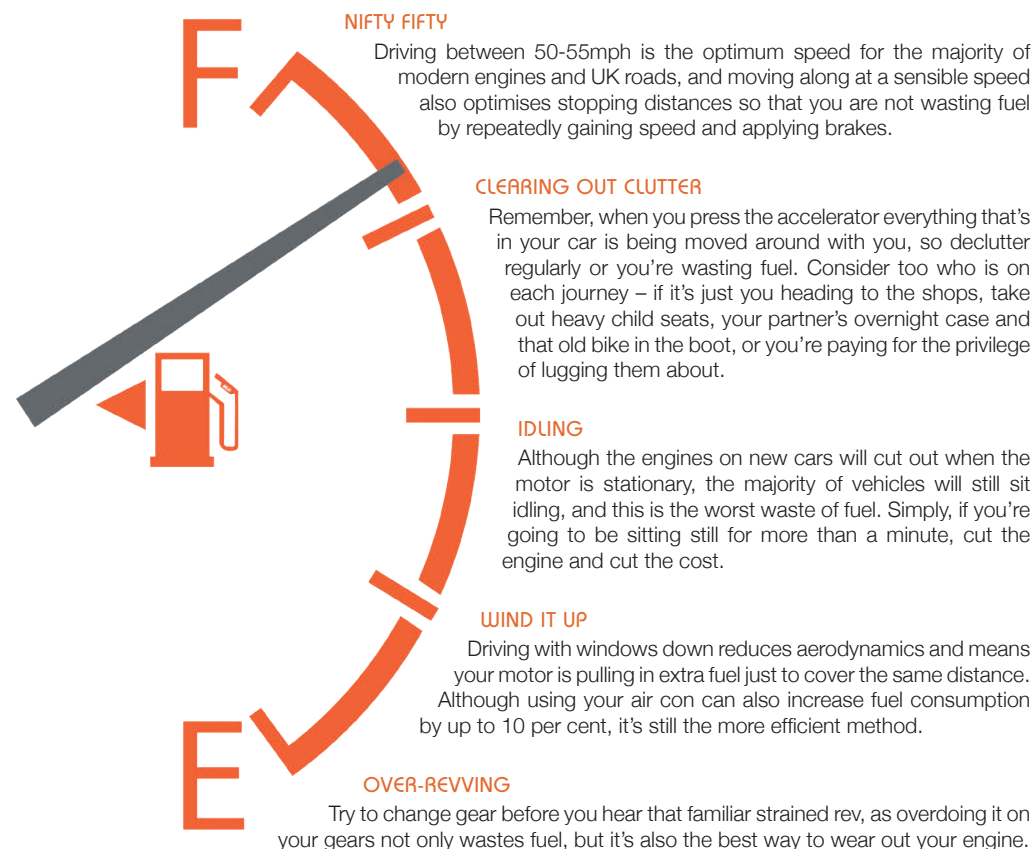


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We've all found ourselves at the petrol pump wondering how it is the last tank of fuel evaporated quite so quickly. The truth is, it's not just distance that costs us dear when it comes to the cost of filling up, it's our driving habits too. Here are five steps towards achieving driving efficiency, and with it, a lowering of fuel costs:





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# WHAT'S ON

## in your area

**The Gruffalo's Child**  
The Queen's Theatre Hornchurch, Billet Lane, Hornchurch, RM11 1QT  
August 8 – August 11



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Visit [www.queens-theatre.co.uk](http://www.queens-theatre.co.uk) for more details and tickets.

**Once, We Were Soldiers Soul All Dayer**  
The George II, 64-68 High Street, Hornchurch, RM12 4UW  
August 12, from 3pm

We are raising vital funds and awareness for an amazing charity – Once, We Were Soldiers.

Tickets cost £10 and can be purchased online from Music Meltdown.

All money will go to the charity (any expenses will be available for public view).

Zero Radio are our official station for this event and they will be streaming live all day.

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2a Newmarket Way, Hornchurch, RM12 6DS  
Every Monday, 10.30am – noon

A dementia carers group run by carers for carers.

The carers meeting is in the main hall and tea, coffee and biscuits are supplied. You can bring your cared for who will go into the next room with experienced volunteers who will look after them so that you can talk freely to the group without your loved one over hearing you.

No need to pre-book - just turn up at the

door and you will be greeted with a warm welcome and a friendly face.

If you have any further enquiries, please use the contact details given below:

Pam Shippen - 07811 344523 - [pam.shippen@gmail.com](mailto:pam.shippen@gmail.com)

Pam Rossi - 07803 170560 - [pam.rossi@ntlworld.com](mailto:pam.rossi@ntlworld.com)

**NetWorking Meeting followed by a talk on 'Plastic Pollution'**

The Railway Hotel 208 Station Lane  
Hornchurch RM12 6SB

August 23, 12.30pm – 2.30pm

The Rotary Club of Hornchurch and Upminster provide a free half hour meeting once a month in the Railway Hotel in Hornchurch from 12.30pm to 1pm, that is immediately followed by a Rotary meeting lunch of £13 which includes a speaker from 1pm to 2.30pm.

The speaker on August 23 is Mr Dhruv Boruah and the subject is Plastic Pollution.

To obtain a free invitation, please go to the website [www.hornchurchrotary.org](http://www.hornchurchrotary.org) where you will find contact details or email [webmaster@hornchurchrotary.org](mailto:webmaster@hornchurchrotary.org)

Pre-booking required. Please call 07958 084581 or email [webmaster@hornchurchrotary.org](mailto:webmaster@hornchurchrotary.org)

**Havering Show 2018**  
Harrow Lodge Park, Hornchurch  
August 26 – August 27, 11am – 6pm



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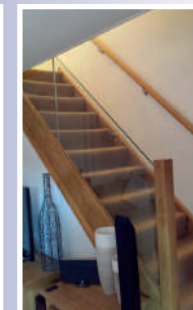
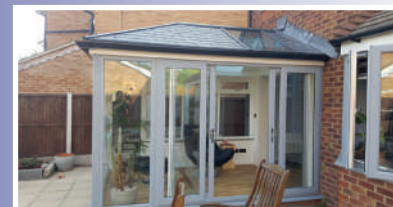
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