



**TOP  
FOOD &  
DRINK  
FESTIVALS**

**BEAUTY TAKEOVER**

Kylie Jenner shaping the  
beauty industry

**LONG HOT SUMMER**

The truth behind the soaring temperatures

*Nadiya*  
**HUSSAIN**

Baking sensation takes over the small screen



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# Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Hornchurch.

The days are becoming shorter and we are all looking for that last bit of sun.

What a hot month it has been, not only in temperature but also with

the way **VISION** is being recognised in Essex. This month's edition is its biggest ever. Thank you. The **VISION** titles are going from strength to strength with our Billericay edition now reaching Shenfield, the Brentwood title now distributing to Ongar and the Hornchurch title delivering to more homes in Gidea Park and the surrounding area.

Even our very own Loughton and Buckhurst Hill edition has been increased in pages. That's over 28,000 homes every month.

In this month's edition, we cover Nadiya Hussain's journey from *The Great British Bake Off* winner to household cooking favourite.

In local news, a patient appears on BBC Radio 2 to ring the end of treatment bell, Rocky's

Fun House announces its closure and students celebrate their A-level and GCSE results.

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

**VISION** is your magazine for your town.

I hope you all enjoy the September edition of **VISION** Hornchurch.

*Brett*

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 14. TROUNCE, 15. HABITS, 16. DREDGE, 17. WEARS, 19. VISA



When rain started to fall in the first week of August, an audible sigh of relief emanated from commuters, the elderly, stay-at-home mums and dads, and even the odd child. As summers go, this one has hit some dizzying heights, as have the temperatures, so with things starting to cool off a little, we're left wondering if the crazy climatic shift that has singed us as well as most of Europe was a one-off, or a prelude to future summers.

Firstly, let's all relax – something it's easier to do now without breaking into sweat every time we reach for the remote control – because although this summer has been one of the stickiest ever, the concept of a heatwave isn't anything new. What has made the past few months remarkable have been the lack of a break in play and the relief of some light rain.

The sweltering conditions were caused by temperatures in the North Atlantic, which have affected the strength and direction of the jet stream, thus keeping us truly ensconced in this barrage of heat.

The result has been the hottest and driest summer on record, with a temperature of 32C or more recorded for 15 consecutive days. And, of course, we're not alone – the rest of the northern hemisphere has felt the effects too, with Portugal and Spain topping 48C and Ouargla in Algeria recording 51.3C.

Of course, any heatwave has its victims. As well as people unaccustomed to the heat and suffering the sometimes terrifying effects of heatstroke, the effect on nature sees wildfires commonplace, and this summer Greece and Sweden bore the brunt of some terrifying blazes, while Saddleworth Moor in Lancashire saw heathland alight for three weeks.

We won't know if this year's extreme temperatures were a one-off for about another 10 months when next summer rolls around, but average temperature across the whole of the year has been on the rise for the last couple of decades. In fact, by 2022, global increases are expected to break through the threshold put in place following the Paris climate change summit in 2015, which says we must not progress to more than 1.5C above pre-Industrial Revolution average temperatures.

And yes, climate change is now being taken very seriously as a contributing factor to this summer of extreme sun, but agreement differs still over where the line is drawn between natural planet temperature increases and those caused by human activity. Wherever the truth sits, the moves to combat global warming will continue... after all, the consequences (droughts, destruction of eco systems, rising of sea levels and increased spread of diseases) are too terrifying to consider. We are constantly reminded to reduce, reuse and recycle, to consider fuel usage (from the petrol and diesel we put in our cars to saving electricity and cutting back on air conditioning), to eat green, use local suppliers and even plant trees.

These are all small steps that, when combined, can produce tremendous, positive effects for our environment. They'll also ensure you can begin to enjoy the positive side-effects of the heat without the guilt... now how is that tan lasting?

# The Heat is on



# OPENING NEW DOORS

We all know that buying a new kitchen can be a trying experience. You can spend hours online or looking through magazines and brochures, followed by walking for miles around showrooms and stores encountering the full gamut of the UK retail experience, from the helpful and efficient to high-pressure wheeler dealers.

And once you have made your decisions, there can be a long wait for the units, appliances and others materials to be delivered – hopefully on time and all together – and you then face the stress of having to evacuate for one of the most used spaces in the house, with the kitchen's contents cluttering up the other rooms. Then you know there's going to be several days of early starts with plumbers, fitters, tilers and decorators causing dust and disruption. And if you don't have family or friends willing to feed you for a week, takeaways and meals out will only add to the overall cost.

Luckily, customers in Loughton and Hornchurch can avoid this fate. Instead of the major cost and disruption of installing a brand new kitchen, Dream Doors can use your current unit carcasses – which can typically last for decades – and instead replace your outdated doors and surrounding trims. A welcome benefit to refacing is that it can cost half the price of the average new kitchen, be delivered within a few months and fitted in as little as a day.



The Dream Doors showroom in Redbridge Lane East has a large range of kitchen door styles, finishes and worktops on display to help you achieve a quality kitchen makeover that will save you time and money. The company can also supply and install new appliances and kitchens, and all work is carried out by approved skilled local kitchen fitters.

The business, owned by Esther and Viny, is a part of the Dream Doors national franchised network that has showrooms all the way up to Scotland.

"Major home improvement projects always seem daunting" says Viny. "But there's far less upheaval with our kitchen makeovers. For a simple door swap we're in and out in a day, and for a facelift with worktops and a new sink, we'll need an extra day. By leaving the existing units in place and simply changing what can be seen, our customers get a kitchen that looks brand new, but without the outlay or the stress of a complete refurbishment"

He adds "All our doors are made-to-measure here in the UK and none are off-the-shelf. This means that when the order is taken, the doors are made specifically for that customer."

Dream Doors offers a comprehensive guarantee on the quality of its doors and labour. The deposit required from customers on orders is only 50 per cent.

"We're part of a huge brand, the UK's biggest name in kitchen facelifts" says Esther. "But unlike other national companies, our customers deal with a tightly knit team – including the business owner – and we believe this leads to truly great customer service."



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## Wild Side

Photo credit: forever21.com



Photo credit: walls.co.uk



The bold and somewhat terrifying animal print trend is set to be massive for autumn/winter 2018, with designers such as Victoria Beckham, Michael Kors and Diane Von Furstenberg embracing their animalist instincts on the runway earlier this year. And the good news is this trend can work for men and women alike.

### 1. For those who prefer a subtler approach, invest in a leopard print accessory

If you feel overwhelmed by the 'look at me' tone of this autumn trend, a leopard print clutch bag or sleek wallet is the way to go.

### 2. For fashion aficionados who like to push boundaries, mix and match your animal prints

This may have been a fashion no-no a few seasons ago but now due to the neutral tones found in each, you can happily combine two different prints without fear of clashing. We love the zebra/leopard combo.

### 3. Let your feet do the talking with leopard print shoes

Feeling bored with your office suit day in and day out? A pair of leopard print flats will brighten up even the dullest of outfits. Or for a laid back weekend look, men should invest in a pair of leopard print Vans.

### 4. Become an instant girl or boy about town with a leopard print coat

If you want to invest in only one animal print this season, you can't go wrong with a stylish leopard print coat. Pair with denim and a slogan T-shirt for a cool 90s vibe.

### 5. Stand out from the crowd by rocking this trend with other prints

Do not be afraid to mix animal prints with other prints such as stripes, spots and plaids. The key is to treat your animal print items like any other plain colour you wear.



## FASHION Bloggers



## STYLE BUBBLE

@susiebubble

Founded by Susie Lau back in 2006, this is the fashion editor's blog of choice, and one of the original fashion blogs to make it big. London-based Susie's idiosyncratic style has placed her on the

A-list in fashion circles, but within her blog she maintains a focus on spotlighting young and unknown talent. Definitely one for the cool kids.



## SONG OF STYLE

@songofstyle

LA-based interior designer Aimee Song began her blog, Song of Style, in 2008. Initially focusing on fashion and Aimee's enviable laidback California flair, the multitasked

internet star has since added more lifestyle content, including interior inspiration, travel and beauty.



## A FASHION FORTE

@rosiefortescue

If the name Rosie Fortescue rings a bell, it's probably because you've seen the blonde beauty pouting and sashaying her way through the streets of south-

west London in *Made in Chelsea*. But far more than just a reality TV star, the 28-year-old also runs her own fabulous fashion blog (with an emphasis on street style) and an accompanying jewellery line.



## HELENA BORDON

@helenabordon

If you're looking out the window and despairing at the grey vista, a look at Brazilian blogger Helena Bordon's Instagram feed will brighten up your day in

an instant. Classically gorgeous, charming and inherently stylish – her mother is the style director of Brazilian *Vogue* – Helena is a front row favourite and always in the know when it comes to the hottest trends.



## GRACE VICTORY

@gracevictory

They call her the "internet's big sister", and that's why blogger, presenter and self-care advocate Grace Victory is such a huge and valuable cog in the online blogosphere. Determined to

promote body image positivity, Grace proves you can be stylish at any size and always feel beautiful in your own skin. A genuine fashion hero.

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# THE KYLIE EFFECT



*On track to becoming one of the youngest billionaires ever, Kylie Jenner is literally shaping the beauty industry.*

**K**ylie Jenner is an unlikely candidate for the cover of *Forbes*. In fact, five years ago many would have scoffed at the idea given her role as the youngest of the Jenner-Kardashian clan, a reality television dynasty which would have probably lost its allure by now were it not for the sheer relentlessness of its members, particularly savvy 'Momager' and matriarch of the brood, Kris Jenner.

But thanks to her Kylie Cosmetics Makeup Company, the 21-year-old mum – Kylie gave birth to daughter Stormi in February – is estimated to be worth around \$900million, with predictions that she could eventually usurp Facebook founder Mark Zuckerberg as the world's youngest self-made billionaire (aged 23).

Launched two years ago with a \$29 'lip kit' consisting of a matching set of lipstick and lip liner, the brand has gone from strength to strength, selling more than \$630million worth of makeup, and in the process making it one of the hottest cosmetic brands around.

Naturally, much of its success is down to Kylie, face of, founder and 100 per cent owner of her empire, as fans flocked to buy the very first line of lip kits (selling out within the first minute of their launch) in a bid to mimic the star's infamous full lips. And though the company now also offers other products, the lip kits remain the cornerstone of the brand.

Naturally, such enormous success draws its fair share of critique, particularly as *Forbes* labelled the fledgling entrepreneur as a 'self-made' businesswoman, with no nod to her famous family. But the real question is, does Kylie have real influence within the beauty industry? Well, having recently announced that she had removed all her lip fillers, we can only wait and see if the more natural pout will become du jour. Chances are that where the youngest Jenner leads, beauty devotees are sure to follow.

Photo credit: kyliecosmetics.com





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# Alzheimer's

Awareness - 10 signs to look out for...

HEALTH & FITNESS

**1. Memory loss**  
One of the most common signs of Alzheimer's with sufferers forgetting recent information as well as significant dates and scheduled events.

**2. Lack of concentration**  
Your loved one may be struggling with numbers and not be able to sort their monthly bills due to difficulty in concentrating.

**3. Struggling to complete daily tasks**  
Tasks that were once easy and familiar can become a struggle; recording a TV programme or setting a timer on the oven.

**4. Confusion over dates and places**  
Sufferers may forget the day of the week and not be able to name what month or season it is.

**5. Problems with vision**  
Some people experience problems with reading, judging distance and driving.

**6. Struggling to remember words**  
A typical symptom is not being able to recall the right word that they want to say or using the wrong word in a sentence.

**7. Losing items or getting lost frequently**  
A person with Alzheimer's will often lose items and not be able to find them. They may accuse others of stealing their belongings.

**8. Bad decision-making**  
Changes in judgement are common, especially regarding money. Sufferers are more vulnerable to con artists.

**9. Avoiding social situations**  
Your loved one may withdraw themselves from all social occasions due to fear or embarrassment.

**10. A negative change in mood and personality**  
Sufferers often become depressed, anxious and suspicious of others, including family and friends.




Photo credit: www.lancaster.ac.uk





# The Early Bird CATCHES THE WORM

Most people fall into one of two categories; either you are an early riser who jumps out of bed as soon as your alarm goes off or you are a night owl who comes alive once the sun sets.

If you fall into the latter group, it may be time to try to change your sleeping habits and reap the rewards of becoming a morning person.

### You have enough time for a nutritious and filling breakfast

Late risers who constantly snooze their alarm rarely have the time or inclination to prepare themselves or their family a decent breakfast. Instead they are more likely to reach for a quick sugary convenience snack or even skip breakfast altogether.

### Early birds are more likely to exercise daily than night owls

The morning is the most likely time that people will schedule a workout



and follow through with it; late risers will often sleep through this optimal time and therefore exercise less than their early counterparts.

### Getting up early leads to more proactiveness

Waking up before your spouse or family can result in a window of opportunity for being proactive and having time to get tasks completed without interruption ahead of a busy day. In fact, a 2009 study showed that early risers were more likely to agree with the statement "I feel in charge of making things happen."

### A chance to meditate and reflect on the day ahead

Waking early before the hustle and bustle of the day begins can enable you to have peace of mind and feel calm and centred for the day. Late risers who jump out of bed and rush around are much more likely to feel flustered and unprepared.

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TECHNOLOGY

# VIRTUAL GP CONSULTATIONS

**T**he NHS has become the first healthcare service globally to offer free healthcare 24 hours a day, seven days a week, through the launch of virtual GP consultations.

But is this a positive step for our public health service?

No more waiting weeks to see your doctor or frantically phoning when your local surgery opens for an emergency appointment.

Healthcare technology group Babylon Health has recently partnered with the NHS to launch GP at Hand, a free GP service using an app on your smartphone.

Patients will be able to see an NHS GP within two hours of requesting one via a video consultation as well as having instant access to an AI platform which will be able to check your symptoms for you. You will also be able to play back your consultations and have your prescriptions delivered straight to your local pharmacist.

And it will not cost the NHS a penny more. Does this sound too good to be true? It could well be.

Critics of this scheme are concerned about patient confidentiality and the safety of patient records. There is also the worry that this type of technology will only be available to certain demographics and that it will in fact increase the workload of already overwhelmed local GPs.

Private online GP firms are becoming increasingly popular, but a recent report found that 43 per cent of these are unsafe with many doctors giving out addictive painkillers and antibiotics when they are not needed. These private consultations can cost up to £25 for a 10-minute consultation, but the results are

often not shared with the patients' local GP, resulting in patients being over-prescribed medicines or mixing medications that should not be taken together.





# REMEMBERED

FACTS YOU MAY NOT HAVE KNOWN ABOUT 9/11

You may think you have heard everything about the worse terrorist attack in living memory, but has time allowed some of the most startling facts from Tuesday, September 11, 2001, slip away unnoticed.

Here are five 9/11 thoughts...

## FATHER MYCHAL JUDGE

The body bag marked Victim 0001 contained the corpse of Father Mychal Judge. Upon hearing that the World Trade Centre had been hit, he rushed to the site. The Catholic chaplain to the New York City Fire Department was asked to pray for the city and its victims. Judge prayed over the victims' bodies who were lying in the street and then entered the lobby of the North Tower where he continued to offer prayers for the rescuers, the injured and the deceased.

When the South Tower collapsed at 9.59am, flying debris entered the North Tower lobby killing many inside, including the Judge.

Despite others being killed before him, Judge was recognised as the first certified fatality as his body was the first to be recovered.

## SURVIVORS

Only 14 people escaped from the impact zone of the South Tower, which was from floors 77 to 85, after United Airlines Flight 175 struck, with just four

people from the floors above making it out (through the only remaining stairwell, A). In the North Tower, no one survived either in or above the impact area.

## COLLATERAL DAMAGE

Medical authorities, who conducted studies on the people affected by 9/11, published their findings in August 2013. They found that 1,140 people who either worked, lived or studied in Lower Manhattan at the time of the attacks had been diagnosed with forms of cancer as a result of "exposure to toxins at Ground Zero".

## PRESIDENT NOT PRESENT

So great was the perceived danger to George W. Bush, that the 43rd President of the United States was whisked off in Air Force One and stayed in the air until intelligence believed it was safe to bring him back to the ground. His was the only plane in US airspace for eight hours.

## WHITE ROSES

In 2013, a volunteer had the idea of placing a white rose on the name of each victim of the 2001 tragedy on the day of their birthday at Ground Zero. Every morning a member of staff at the 9/11 Memorial Museum checks to see who should be remembered on that day.

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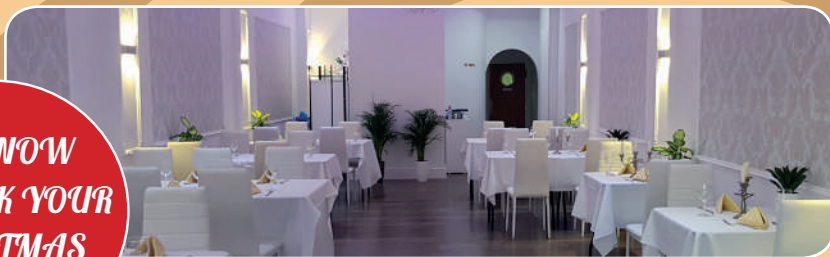
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# OPERA



## Eat, drink, repeat

CONSIDER YOURSELF TO BE A FOODIE? THEN YOU WILL LOVE THESE TOP DESTINATIONS WHERE THE CUISINE IS THE TOP TOURIST ATTRACTION.

### Somerset, UK

Those who consider themselves to be taste titillators will probably be familiar with Bath and its wealth of fine dining experiences, including Menu Gordon Jones and The Olive Tree, plus the 'sea-foodie' must-visit, The Scallop Shell. But venture out of the city and you find even more unique delights such as the Michelin-starred restaurant-cum-pub The Pony and Trap in Chew Magna, and The Willow Tree in Taunton.

And September could be a great time to plan a road trip through the county, as Weston-super-Mare hosts the eat:Weston festival (Sept 22), showcasing some of the best local producers.

### San Sebastian, Spain

Boasting the second highest concentration of Michelin stars per square mile in the world after Kyoto, this Spanish Basque city is a unique culinary gem. But beyond the critically acclaimed Alameda, Elkano, Kokotxa and Zuberoa, there is also an array of fine tapas available in the old quarter of the city.

### Melton Mowbray, UK

Chocoholics would be crazy not to head to this quintessential English market town on the weekend of November 17/18, when Chocfest descends in all its melty, sugary glory. Known as the 'Rural Capital of Food', Melton Mowbray has become the centre of excellence for local food producers, famed traditionally for its pork pies and Stilton cheese.

### Rome, Italy

It may seem obvious to list Rome as a famous foodie location, but when you consider the global influence Italian food has across the world – pasta, pizza, bolognese, fish and so much more besides – it would be remiss not to mention these taste technicians. And that doesn't mean you can't still venture off the beaten track – working-class Roman cuisine (much more heavily featuring pancetta, onions, ox tail and artichokes) shows our understanding of carb-heavy meals perhaps needs refining... with help from a lingering drop of Chianti from the hills of Tuscany.

### UK FOOD & DRINK FESTIVAL DATES FOR YOUR DIARY

Abergavenny Food Festival  
15 - 16 September

Aldeburgh Food & Drink Festival  
29 - 30 September

Powderham Food Festival  
6 - 7 October

Dartmouth Food Festival  
19 - 21 October





# AFTER SCHOOL snack Hack

Every parent knows that the moment your kids get in from school they will declare themselves starving and start raiding the snack drawer for as many high sugar and high fat foods as they can carry.

Avoid this by having a delicious but healthy snack to hand that will instantly curb their hunger pains.

## Frozen Banana Bites

Perfect for those with a sweet tooth, these simple snacks are made by dipping slices of banana in melted chocolate and desiccated coconut and then freezing. Bananas are rich in potassium, vitamin B and high in fibre.

## Hummus with a selection of veggies

Made from blended chickpeas, olive oil and lemon juice, hummus is extremely budget-friendly and a very filling snack for your little ones' hungry tummies. Offer a selection of sliced peppers, carrots, avocado and pitta bread for dipping.

## Fruit Kebabs

Super quick to make in advance, simply add your child's favourite fruits to a skewer and keep in the fridge until snack-time. You could serve these with a plain yogurt dip or some melted chocolate if you feel like offering a treat.

## Mini Tortilla roll-ups

We recommend using wholemeal tortillas as this will provide your child with more fibre than the plain white variety. Fillings we love include cucumber and tuna, chicken Caesar salad and cream cheese with celery.

## Smoothies

Homemade smoothies are an easy and cost efficient way of getting your children to eat their five a day. Try to use seasonal fruit and vegetables as these will be cheaper. Avoid high sugar fruit juices and instead blend your chosen fruit and vegetables with either milk or yogurt. We recommend a blend of mango, blueberries, milk and Greek yogurt. Delicious.



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# GROUND WORK

If you think you've suffered from the heat of the past couple of months, think how that sun-baked lawn has fared without even so much as a dash of sun lotion.

Of course, any knowledgeable gardener will tell you it's better to take action to protect your flora while the sun is out, but if the damage done has only just become evident, there are at least a few techniques that will begin the restoration process for your beloved garden.

## WATER WATER WATER

It's the fuel that keeps your plants alive, so if the autumn proves to be as stingy on precipitation as the summer was – and, of course, providing there are no hosepipe bans in place – tend to your land with plenty of nature's lubricant in order to stimulate stems, fire up flowers and galvanise grass.

## NOTHING BUT A DIRTY GRASS

Just as you'd exfoliate your own skin to remove dead matter, do exactly the same with your garden. Remove debris and dust to make the land as ready for replenishment as possible.

## CUT BACK TO MOVE FORWARD

The more you mow, trim and prune, the quicker your greenery will spring back to life, so this is a great way to get your plant matter back in fully efficient mode.

## FIRST-CLASS FERTILISER

It does exactly what it says on the tin, and the best way to boost growth where your living matter is concerned is with an approved, high-quality fertiliser. Remember though not to apply until growth is already well on its way, or you'll simply end up scorching the earth.

## STARTING AFRESH

And of course, the best way to get your garden humming again is to invest in it. Consider plants, flowers and garden additions that will suit the rustic autumn season to come, and with a few new purchases you'll be inviting the neighbours round again before you know it.



GARDENING



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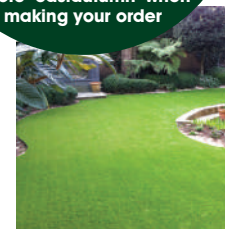
with artificial grass not being eco-friendly. The Easigrass range uses recycled matter in the production process and also stipulates that every installation is carried out in proximity to flora and fauna, to help keep the bees happy and thriving. We even have eco-friendly mascot vehicles covered in Easigrass, that you may have seen whizzing around Essex streets and lanes.

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PETS

# Budgie on a BUDGET



**Moneysaving tips when caring for the feathered, finned or furry friends in your life.**

## BUY IN BULK

Pets are definitely not just for Christmas, and so too should you be stocking up on certain things like food, bedding (straw), cat litter and treats at any time of the year when bargains are there to be had. Shop around for the best deals and ensure you have somewhere dry and safe to stow your purchases.

## SAVE ON THE ESSENTIALS

There is no animal NHS, and dogs and cats in particular require regular medicines and health procedures that you really can't scrimp on. Handily, many vets often pet plans to cover essentials (basic vaccinations, bi-annual health checks, claw clippings, monthly flea and worm treatments plus discounted food) for a small monthly fee.

## GET INSURANCE

Better still, cover your tail and get full-blown pet insurance. For a palatable sum you can avoid the situation where, tragically, bills escalate out of control, leaving owners

with the painful decision to put a loved companion to sleep.

## BAKE YOUR OWN BONIOS

Why not bake your beloved buddy some yummy homemade treats? Online you can find a plethora of easy recipes, like biscuits made with wholemeal flour (ideal for sensitive tummies) and pupsicles (frozen treats for hot days). Some don't even require cooking, such as raw peanut butter balls.

## UPCYCLE

All animals love their creature comforts, but luckily they're also very easy to please, meaning you don't need to spend a fortune on expensive toys and beds. Hamsters are happy to have a toilet roll centre as a tunnel, guinea pigs love cardboard boxes, dogs will play for hours with an old soft toy (be sure to remove button eyes) and your cat can make a lovely bed from a tatty blanket and a crate.



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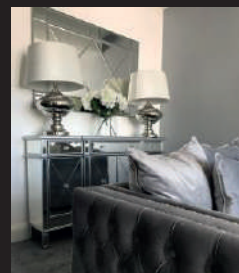
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## Boho ON SHOW

In half a century, a trend that started in the wild, expansive outdoors of festivals such as Woodstock has progressed into a chic, stylish interior must-have.

At one turn it's hippyish, floaty and ever so slightly nihilistic, but boho these days isn't just all about flower-power and herbal cigarettes.

That's because 'modern boho' means something rather less wacky, with minimalism meeting maximalism in a celebration of bohemian style; where rustic fabrics, elegant patterns, shimmering tones and considered possessions morph closely in one area, before giving way entirely in other spaces to sweeping floors and contemporary skirting boards.

The great thing about this style is there's so much allowance for personal taste. The design trends that force us to subscribe to certain ideas and processes are rapidly being vanquished in this era of individualism, and the mass of possessions,

flavours, colours and textures that are ripe for composting with modern boho means that everyone – from goth to hipster, chav to yummy mummy – can style their own little nest.

Even when it comes to floors, permit parquet mixing in with elegant Moroccan tiles; consider fluffy rugs giving way to polished concrete – this is the style of the late noughties and, by its very nature, will allow you to update subtly as you see fit, without having to redecorate completely. You can even find a place for that garish lampshade your great aunt bought you.

If there's one piece of advice, it's to keep an eye on colours. White walls will paint your boho paradise in the best light, while brass and flexes of metal offer a beautiful offset.

To sum up modern boho, why not imagine vintage and contemporary meeting across a crowded bar, although for heaven's sake, don't for one moment try to suppose what sort of music they'd dance to.

Photo credit: greenweddingshoes.com and WayFair & HarpersBazaar



HOME & DIY





# STAIRWAY TO heaven

The days of stairways merely operating as some sort of human A-road between floors are long gone. These days, they're a perspective-led invitation to experiment with every variety of colour and technique, as the new ombre stairs trend is certainly proving.

Ombre stairs use the principle of combining a constant tone for each horizontal step panel with a different colour on the vertical, which gradually graduates from dark to light, or vice versa. The end effect is a staircase that guides the idea, offers shadow and brightness where you most need them, and permits a personal colour touch that is modern, magnificent and marvellously matched to your hall or landing.

**ONE:** Sand your stairs for a smooth finish that's ready to paint (this will be your toughest and dirtiest job).

**TWO:** Apply a high-quality wood primer.

**THREE:** Using different mix ratios for different grades of colour (e.g. 13 parts teal to 13 parts white, right down to one part teal for 13 parts white), prepare tubs of this mixed paint, one for each step.

**FOUR:** Similarly, have your horizontal colour ready to go.

**FIVE:** Consider an appropriate colour for your handrail and balustrades, then get painting.

**SIX:** Add a protective coating.

Other options for brightening up your stairs and turning them into a feature could be to use

- > Feature Wallpaper
- > Decorative Tiles
- > Runner Carpet

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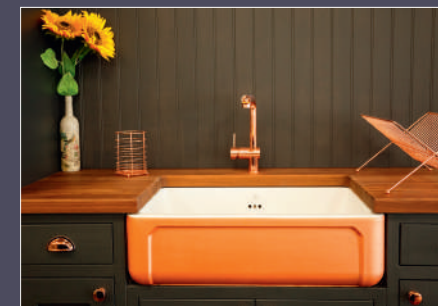
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ON TREND COLOUR

**Clashes**

HOME & DIY

**L**ike peanut butter and jam, these colour combos ought to clash, but somehow they work like an interior designer's dream.

*Rose and almost every blue*

From electric to sky and royal to navy, there isn't a shade of blue that doesn't work beautifully with a delightfully dusky pink. Of course, which you choose depends on the effect you want to create. Pastel shades are more romantic and work particularly well when choosing bed linen and cushions; bolder blues make more of a statement; while a navy palette with hints of blush screams luxury.

*Teal and raspberry*

The antique green of teal with a bright splash of raspberry is a disarming combination, and one for the intrepid interior designer. It is better to use the former as the overall base for the room, and then utilise the red to accentuate with a lamp or velvet sofa, creating a mysterious and somewhat oriental atmosphere.

*Grey and lemon*

Grey is a gorgeous palette for interiors, but on its own it can feel dreary like an endlessly cloudy day. So, what's the cure for clouds? Sunshine, or in this case, bright, zesty lemon. And it really ought to be a daring hue to cut through, so seek out the most lip-puckering colour you can and add generous splashes of it.

*Green and purple*

This is a bit of a 'love it or loathe it' combo. Done right, it can make a room feel regal and luxurious, but mess it up and your interiors can appear stuffy or strange. The solution is to choose lighter shades for a more bohemian feel, or bolder colours that evoke nature over acidic lime and bright purple.

*White and gold*

Though it has flashy connotations, there is something about the buttery glow of gold against a clean white background that is wonderfully modern. So start out with the whitest of whites and heavily embellish with bling (photo frames, lamps, wall art...) to make your home a masterpiece.





# ROCK A BYE

## Baby

It's where your little one will first take in the sights, sounds, smells and textures of life, so why not make their nursery enchanting and engaging, as well as practical?

### Size it up

A size chart fixed on the wall is a brilliant long-term reminder of just how quickly your little one has grown up – either buy a themed chart for just a few pounds or make your own.

### All change

You'll spend the first couple of years constantly changing your little one's nappies and pull-ups, and it's backbreaking work when hunched over a bed. Instead, by adding side strips to the top of a chest of drawers, and with a cushioned change mat fitted on top, you can create your own bespoke change table.

### Get creative

A chalk board is the perfect solution for giving a youngster a designated doodling space, and may well prevent your walls being targeted instead. You can even reserve a space in the corner for a shopping tick list... Sudocrem please.

### Light of my life

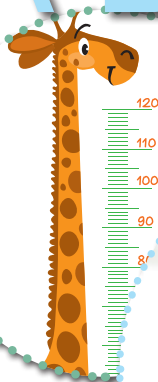
A fairy light is essential for young ones puzzled by or fearsome of the dark, but better still is a dimmer so that different shades can reflect different moods, from story time to sleep time.

### Sign your name

Spelling out your child's name on a feature wall is a great idea, but better still, turn it into a fun task by purchasing canvases and paints to create a brilliant display of your own that you can both create.

### Baskets are best

Wicker baskets and boxes often stand out best in a room. They'll store inside draws and wardrobes neatly, yet if space is at a premium, they'll still look smart tucked under a bed or even arranged by a wall.



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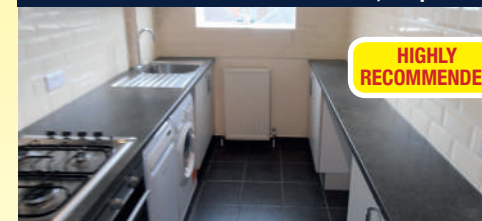
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# Nadiya... Born To Bake

## FROM THE COOKER TO THE CAMERA, A LIFE IN THE LENS FOR ONE OF OUR FINEST BAKERS.

When Nadiya Hussain sent in her application for *The Great British Bake Off* she made a deal with her husband Abdal that were she to do well, they would move from Leeds to London in order to make her baking career dream a reality. In the end of course, she would not only win the contest, but the hearts of the British public as well, allowing the affable star to embark on a glittering new career (though as a compromise the family moved to Milton Keynes over the capital).

Surpassing everyone's expectations – not least her own – the second-generation British Bangladeshi reveals it was always her lack of confidence, not talent, that held her back. "My whole life I have suffered from severe anxiety, but even though there were moments where I felt it creep up on me during the filming of the show, I have definitely learnt how to control it more than I used to. And sometimes, it's by pushing myself to do things that truly terrify me, that I can overcome them," says the 33-year-old.

Certainly, the enormous support she has received from fans nationwide must have buoyed her on what was a gripping journey that gathered pace so rapidly – the baker soon found herself being referred to as a modern cooking inspirational, particularly within the British Muslim community. Gracefully shrugging off questions such as why she decided to start wearing a hijab (to hide a bad haircut as a teenager) or why she settled on an arranged marriage... "I had no time to date," she quickly moved the focus back to the food.

And, as a result, life since *Bake Off* has been a whirlwind of television shows (*The Chronicles of Nadiya*, *Nadiya's British Food Adventure*, *Big Family Cooking Showdown*), cookbooks (*Nadiya's Kitchen*, *Nadiya's British Food Adventure* and *Nadiya's Family Favourites*) and numerous writing opportunities, including a regular column for *The Times Magazine*.

However, her most prestigious moment arguably came in 2016 when Nadiya had the enormous honour of baking the Queen's 90th birthday cake. Expressing a desire to do something "a bit different", she created a stunning three-tiered orange drizzle cake with orange curd and butter cream, resulting in a sponge that was decadent, beautiful and "very citrusy". On meeting Her Majesty, the baker recalled: "I suddenly found myself so nervous and tongue-tied, but she is so nice... I think it went well."

Determined to inspire the next generation of bakers, the mother-of-three has created her third children's book, *Nadiya's Bake Me a Celebration Story*, which combines charming stories inspired by annual celebrations from different cultures, with accessible recipes.

For someone who cherishes her role as a mother as much as she does her position as a baking icon, such forays into children's fiction are not surprising. And when asked how her life has altered since that stunning baking victory, she replies, somewhat bemused: "I definitely feel very lucky for how it has all turned out, but if it all came crashing down I would be fine too, because I have a wonderful family. And though I get to experience both worlds, I know which one is most important to me."





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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS

## Patient goes on Radio 2 to mark end of cancer treatment



Photo credit: BHPUT

A cancer patient had the nation reaching for their tissues recently when he rang the *Chris Evans Breakfast Show* as part of the segment where listeners call in to talk about something they're doing for the first time.

Ralph Gilbert, from Hornchurch, called to say that he was ringing the end of treatment bell at Queen's Hospital to mark the end of a course of radiotherapy for prostate cancer.

Ralph, who has two daughters and two grandchildren, said: "I called in because I wanted to say thank you to all the staff at Queen's Hospital for their fantastic care and treatment."

He was in turn surprised on air by his daughter Kay, who contacted the show to pay tribute calling him "an amazing dad and a flipping legend".

Ralph explained: "I got the diagnosis in April. The support has been wonderful. There was a mass of information and I went to King George Hospital and spoke to the clinical nurse specialist. It was nice to know there was a single point of contact."

"After I was diagnosed, I was given a surgery option and a non-surgical option and was free to make

my own mind up. There was no pressure about my decision.

"I was a bit doubtful about telling my family and a bit afraid, but my daughters were very supportive. I was dreading telling my sister even more, because she's had cancer, and I did worry, but I was overwhelmed with how supportive she was."

Wife Sheila has attended every day with Ralph.

She said: "I've hated seeing him in such difficulty, but he's been a trooper, which has made it easier for me."

Of his treatment, he said: "It's gone surprisingly quickly. The process itself is absolutely painless, although there are side-effects of course. They even let me play my Kenny G to relax during treatments."

Ralph was treated on the hospital's new Halcyon radiotherapy machine – the first of its kind in the country. It's designed to be more accurate, faster and more comfortable for patients.

Stuart McCaighy, head of radiotherapy at the Trust, said: "I'm so proud Ralph was pleased with his treatment here and we wish him the very best. We love seeing patients ring the bell – it's one of the best sounds you can hear in the hospital."





Photo credit: Rocky's Fun House

# Rocky's Fun House closes following flood

Rocky's Fun House in Hornchurch has announced it has closed following a series of setbacks.

On August 9, Rocky posted on Facebook announcing the news.

He wrote: "So firstly as some of you may have heard we had a flood at Hornchurch last week, then whilst sorting this issue and being closed, opportunists had tried to break in and create a fire at the back of the premises. The smoke damage has now meant this site will remain closed."

"Whilst all this has been going on we've had to endure the hottest summer for decades and already had the coldest winter to contend with, as well as my dad passing away, and also me almost dying from a seizure in hospital as you all read."

The Billericay branch will also be closing.

Rocky continued: "The landlords at Billericay have

been a nightmare regarding parking and now want the parking gone altogether and to double our rent.

"This makes it completely unsustainable when we already face a doubling of our business rates, higher wages and like the rest of the High Street, we have had to make difficult decisions and thought we need to deal with this as a priority at the same time.

"The reality is I've had a fantastic 10 years but my health, my future, my sanity must come first.

"Brentwood, Rocky, Rocky's animals and all other Rocky's businesses are unaffected."

Rocky finished the statement by thanking customers for their loyalty.

He said: "I want to thank you all for your constant loyalty, it's been amazing. For some it's sad, but for me it's new projects and focusses and more importantly my health."

# Charity holds ball to mark 30th anniversary

A Hornchurch charity has announced details of its 30th anniversary black tie ball.

First Step, which supports the families of children with special needs and/or disabilities, will be holding the ball in The Pavilion at Orsett Hall on October 6.

It is anticipated that over 250 guests will attend the evening which includes dinner, auctions and live music from the band Big Daddy plus special guests including soprano Joanna Marie Skillett and pianist Joseph Anastasi.

Tickets are being sold at £50 each and there will be tables of 10.

Michelle Mitchell, fundraising manager at First Step, said: "The charity is almost wholly reliant on fundraising and donations to raise £350,000 annually to sustain our services. Events like this give us the opportunity to spend time with our supporters, meet new friends, raise much-needed funds and create awareness."

For further details and to reserve tickets, please call 01708 556355 or email fundraising@firststep.org.uk

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## College recognised for successful teaching at awards

Havering Sixth Form College in Hornchurch was presented with the Best Performance in Technical Courses accolade at the annual Havering Learning Partnership Awards.

The awards were held at Draper's Academy recently and are a celebration of the work of schools, colleges, teachers and support staff across the borough.

The college was also awarded the Best Progress for Post-16 English GCSE award.

In the Individual Excellence category, Gina Gola (law tutor), G Harrad (science tutor who supports the Medics enrichment group), Nikki Phelps (leader of The CUBE), Kay Williamson (World of Work officer in The

CUBE) and Matthew Wood (IT helpdesk technician) were presented with awards.

Principal Paul Wakeling said: "It was a fantastic evening yet again and I want to congratulate all who teach on the courses awarded in the Best Performance in Technical category.

"Also, a huge congratulations go to the five individual staff members who were presented with awards for helping students to make great progress. All five were very worthy recipients and we are proud of their commitment to the excellent student journey.

"I am sure we will continue to have yet more success next year."

## Accountant and tax cheat sentenced

A man who convinced two friends to let him handle their tax affairs and then made fraudulent repayment claims to HM Revenue and Customs (HMRC) has been sentenced.

Paul Lawrence, 35, from Hornchurch, submitted self-assessment tax returns to HMRC between 2012 and 2015 which included false information about their income to fraudulently receive £21,000 in tax repayments.

He made multiple repayment claims after assuring his friends he was a qualified accountant, then used the cash he banked to visit bars and stay in hotels.

Lawrence received repayments from his own self-assessment account and from his friends by exaggerating expenses claims and downplaying the amounts of earnings.

Brett Wilkinson, assistant director, financial investigation service, HMRC, said: "Lawrence knew what he was doing was wrong. He was abusing the tax system to fund his lifestyle and dragged his blameless friends into the mire.

"Tax fraud is not a victimless crime. It affects us all by depriving the public services of vital funding. I would ask anyone with information about tax fraud to report it online or contact our Fraud Hotline on 0800 788 887."

Lawrence admitted nine charges of fraud by false representation and was sentenced to 15 months in jail at Inner London Crown Court on August 17.

It was suspended for two years, but he will have to complete 150 hours of unpaid work and attend a Thinking Skills rehabilitation program.

HMRC will now pursue confiscation proceedings.





# New play explores life of modern teenagers



Photo credit: Hannah Redfern

Life today as a teenager can be painstakingly difficult, especially in a world where pressures of wearing the right clothes, having the right group of friends and listening to the right music are rife. And not forgetting the obsessions with instant messaging 24/7, taking daily selfies, experimenting with fun filters on Snapchat and documenting everyday life on Instagram.

This digital life of millennials is brilliantly captured in *Abi*, a fresh new play jointly commissioned by Queen's Theatre Hornchurch and Derby Theatre.

This vibrant one-woman show explores how a fiery 15-year-old girl experiences modern society by delving into her realm of boys, family, partying, ambitions and social media, with wit and flair.

*Abi* plays at the Queen's Theatre Hornchurch from

September 4 to September 22.

It is written by Atiha Sen Gupta. Her credits include the TV British teen drama series *Skins*, her debut play *What Fatima Did* and *Counting Stars* which played at the Edinburgh Fringe Festival and at Theatre Royal Stratford East.

Playing *Abi* is Safiyya Ingar who has recently finished filming with the BBC in Stephen Poliakoff's period drama *Summer of Rockets*.

Tickets for *Abi* are £12 or £8 for under 26s.

Audiences can book by calling the Queen's Theatre box office on 01708 443333 or online at [queens-theatre.co.uk](http://queens-theatre.co.uk)

The production contains some strong language and has an age guidance of 14+.

## Popular tea shop celebrates anniversary

A tea shop in Hornchurch celebrated its first anniversary recently. Liana's Tea Shop in Langtons House, Billet Lane, put on a free buffet and bucks fizz for their guests on August 12.

Lucy Blu, a singer from Romford, performed at the event.

Several people attended the celebrations including The Mayor of Havering, cllr John Mylod, cllr Viddy Persaud and the chairman of Friends of Langtons Nigel Bloor.

Jenny Liana Thompson, owner, said: "Our first year has been amazing. We are so busy.

"We have put a few little events on at the tea shop, we held a Royal Afternoon Tea Party and we had a Santa's Grotto last Christmas. In July we had a Disney Princess day, which went down so well. Myself and the staff all dressed up and parents bought their little ones in Disney outfits.

"We are in the stages of planning our Christmas event for this year."

The future is looking bright for the tea shop as they continue to plan fun events for the whole family.

Jenny continued: "Our future plans are to put on more little events and work on doing some outside catering afternoon tea parties."



Photo credit: John Thompson

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# JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS



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## MP looks ahead to important few months in Parliament

Few of us want to think about the coming of autumn after a long hot summer. Just as local school children anticipate the return of school in September, however, I find myself contemplating what the coming months have in store as Parliament sits again.

It will be a crucial period for our Brexit negotiations with the EU. The deadline for agreement on the terms of our withdrawal is timetabled for mid-October, although it could be pushed into November. After this, our own Parliament and the European Parliament will need to ratify any deal through a formal vote – that could come this year or perhaps the beginning of next. Either way, there will likely be Parliamentary fireworks given that consensus over our future relationship with the EU remains elusive.

In the meantime, I have meetings scheduled with the leadership of our local hospital trust as well as Met Commissioner, Cressida Dick. The chief executive of the hospital trust recently stepped down, and I want to raise my concerns about the financial management of Queen's Hospital and the quality of

care patients are receiving there.

While the Met Police come within the jurisdiction of Mayor Sadiq Khan, I nonetheless try regularly to relay constituents' concerns about crime and anti-social behaviour to the Commissioner and others. My team recently highlighted problems in Elm Park to our own borough commander, and Ms Dick subsequently visited the area with officers in a 'show of force'. I shall be asking for an update of her findings from that visit and an understanding of her plan going forward.

I shall also be visiting the local Air Training Corps with Iain Duncan Smith MP to discuss plans for an RAF museum on the site of the former RAF Hornchurch base. Iain's father served in Hornchurch for two tours of duty and he is now president of the Hornchurch Aerodrome Historical Society.

As ever, if you have a problem you think my team and I can help you with, please drop us a line.

If you would like to come and have a look around the Houses of Parliament, we can book you in for a complimentary tour.

## www.julialopez.co.uk



## Students above average in A-level exams



Havering Sixth Form College in Hornchurch was among the many celebrating after bucking the national trend in A-level exams.

Schools and colleges in Havering received a 98.6 per cent pass rate, slightly above the national average, despite a 0.4 per cent dip compared to last year.

Havering Sixth Form College community principal Paul Wakeling was thrilled with the results saying he was proud of the students and staff for such a great achievement.

He said: "Once again, I am delighted to announce excellent outcomes for our students in 2018.

"A significant number of our students will be embarking on superb employment opportunities maintaining our record on achieving high quality destinations for all of our students."

Students arrived at schools and colleges throughout the morning to find out their results.

Cllr Robert Benham, cabinet member for children and families, said: "It's a day of great celebration for A-level students across the borough as Havering's young people once again out performed pupils in most other places.

"Many will now be taking up places at university, higher apprenticeships or in the workplace and I wish them every success for the future."

## Have your say on Community Infrastructure Levy

Hornchurch residents are being asked to have their say on the proposed Community Infrastructure Levy.

Havering Council has launched a public consultation on the next stage of its introduction in the borough.

The consultation is running until October 1 and is open to the public, businesses, planners and developers to respond to.

Councillor Damian White, leader of the council, said: "I would encourage anyone who is looking to Havering to develop and invest to take part in this important consultation.

"This is the first time we are considering implementing a levy, which would bring much-needed capital into our borough which we can use to help fund the infrastructure needed to support Havering's planned growth."

The consultation can be found by visiting [www.havering.gov.uk/consultations](http://www.havering.gov.uk/consultations)

Hard copies can be found in all of Havering's libraries during normal opening hours and the Public Advice and Service Centre in the Liberty Shopping Centre in Romford during its normal opening hours.

## Law firm to walk the Three Pinney Office Challenge

Law firm Pinney Talfourd will be completing a fun walk between their three offices for their Charity of the Year, Tapestry on Saturday, September 15.

The route will take them from their Brentwood office on Ongar Road all the way to their office near Upminster Station (Station Road) and then on to North Street in Hornchurch, covering 13 miles of leafy countryside and the local streets.

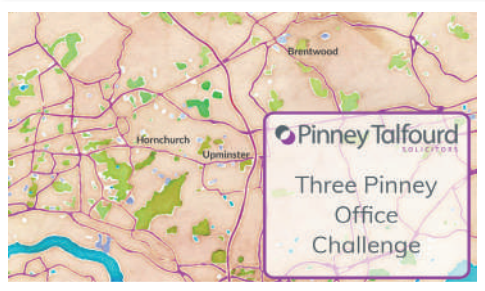
The event starts at Brentwood at 9am with an expected pit stop at Upminster at 12.30pm. They are hoping to reach the finish line at Hornchurch at 1pm.

Staff are asking you to cheer them on if they pass you with their collection buckets.

Tapestry is an independent registered charity based in Hornchurch that is committed to supporting adults in leading a positive and fulfilling life in the later years of their life.

The money raised helps Tapestry more in several ways; whether that's a hot meal for an older person or funding a minibus trip to help them get out and about.

For more information, to donate online or to see the full route, visit [www.pinneytalfourd.co.uk](http://www.pinneytalfourd.co.uk)



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## Mother to Star Walk in memory of loved ones



Hundreds of people across Essex will be taking part in this year's 10k Star Walk in aid of Saint Francis Hospice.

The event is being held on September 22 in Romford.

Julie Tointon-Mahandru from Hornchurch will be taking part in the Star Walk for the fifth time in memory of her husband Dee Mahandru.

Dee, who had stomach cancer, was admitted to the inpatient unit on four separate occasions for pain management and symptom control.

Julie, 43, was able to stay with him in the family room on the unit and says the care he received dramatically improved his quality of life. Dee sadly died in 2010.

Julie said: "There is always such a lovely atmosphere at the Star Walk and everyone who comes along knows that they are making a difference. It's so important to give something back."

Check-in opens at 9pm with walkers setting off at 10pm, starting and finishing at The Liberty Centre.

Tickets cost £20 (which includes a limited edition 10th birthday T-shirt and medal) with a fundraising target of £120.

Book your place by visiting [www.sfh.org.uk](http://www.sfh.org.uk) or contact the events team on 01708 753319 ext 2278 or email [events@sfh.org.uk](mailto:events@sfh.org.uk)

## Students jump for joy after GCSE success

Students across Havering, including Hornchurch, were jumping for joy after the borough received a 72.4 per cent pass rate for GCSE results.

Students achieved a 68 per cent standard pass in English and maths, which was well above last year's 59.1 per cent national average.

Cllr Damian White, leader of Havering Council, said: "We're really proud of our students who have achieved a fantastic 72.4 per cent pass rate, with

nearly half of them (45 per cent) receiving a grade of seven or above.

"Six of our students performed exceptionally, receiving perfect scores across eight subjects.

"Many of them will now be deciding what to do next. Some will be going onto sixth form, apprenticeships or vocational courses. I wish them every success."

## Landlords fined for poor housing conditions

Havering Council has issued £166,000 in penalty notices to landlords across the borough over the last five months.

The council has been clamping down on those landlords operating inadequate houses in multiple occupation (HMOs).

Between March and July this year, the enforcement team has dealt with 52 financial penalty notices, collected £103,093 in licensing fees and issued £166,000 in penalty notices.

The council's landlord licencing scheme, which started in 12 wards across the borough earlier this year, requires private landlords of HMOs to apply for a licence. The scheme was introduced to tackle the poor management of private rented homes, overcrowding and anti-social behaviour.

One landlord in Gidea Park was recently served a fine totalling £14,500 for failing to license a HMO and for breaches of HMO Management Regulations.

The property had no working fire equipment, unhygienic and overcrowded conditions, including filthy bunk beds and carpets.

Councillor Damian White, leader of Havering Council, said: "Here at Havering Council, we are targeting those irresponsible landlords who are taking advantage of people by providing overcrowded and poorly maintained HMO properties.

"Landlords of HMOs that breach the regulations must be aware that we will use the strongest possible action against them."



LOCAL NEWS





Photo Credit: Luke Dison



## All RiZE as first festival deemed a success

A new and exciting festival came to Chelmsford's Hylands Park last month for two days – and didn't disappoint.

The inaugural RiZE Festival, held on the site of the popular V Festival, exceeded expectations and had everything – top musical acts, a plethora of eateries, face-painted crowds and a wide variety of stalls.

Some of the big names taking place on August 17 and 18 included headliners Liam Gallagher and Stereophonics, popular names Manic Street Preachers, Bastille, Craig David, Rita Ora, Years and Years and Example, and up-and-coming gems Jacob Banks, Raye and Nina Nesbitt.

**VISION**Hornchurch caught up with Nesbitt as she explained her love for festivals, the story behind her songs and what's coming up in her jam-packed schedule.

She said: "The festival was great. It's the first year of RiZE so I didn't really know what to expect but it was great. I've done loads of festivals but I haven't done any for two years so this year is my first year back.

"I'm just writing, getting the music right but the new music went very well today.

"I love playing at festivals because no one has bought

a ticket to see you. They're just here for the day seeing lots of artists and it gives people the chance to non-commit but also come and see you and try you out. It's a good way to get seen by new people."

Nesbitt says that writing with other artists is inspirational and she gets a lot out of it.

She added: "I think collaborating with people is really inspiring and everyone kind of has their own way of doing things and you can learn from other people and they can learn from you. It gives me an idea of what I'm good at and what I am not good at."

So, what does the future hold for the up-and-coming star?

She said: "I just got back from America and I'm going back there in a month so I'm touring with an artist called Max and then me and Lewis Capaldi are going round Europe together until Christmas. The album will come out early next year."

Musical talent and entertainment were in abundance across a wide stretch of greenery, with crowds filling up every space available.

The weather behaved itself, the hardcore fans roared their idols on and everyone left the festival with smiles on their faces.

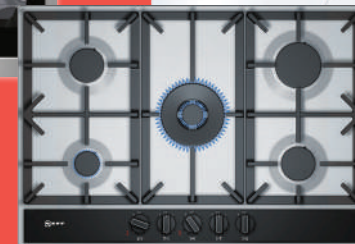
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# AFC HORNCHURCH

LOCAL NEWS

## Encouraging signs as Urchins return to the Bostik Premier



Photo credit: TGS Photos

Hornchurch fans will be encouraged with what they have seen so far this season as the Urchins returned to the Bostik Premier Division.

Manager Jim McFarlane will have been thrilled with the opening game of the season as his men swept aside Leatherhead, one of the title favourites, with a convincing 3-0 victory. The game was significant for him on a personal basis as it marked his return to the dugout just months after he suffered a stroke. Brad Warner gave the home side the lead in the first half before Jay Porter and Sean Unwin put the game beyond doubt after half time.

The fans didn't have too long to wait to see their heroes back in action as they travelled to Barnet to take on Wingate and Finchley three days later. George Purcell put the visitors ahead after six minutes but Marc Charles-Smith equalised for the hosts eight minutes after half time after Wingate began to force the pace of the game.

Hornchurch then travelled to Enfield and found themselves 2-0 behind after 51 minutes. A stunning free kick from Brad Warner hauled the Urchins back into contention before Sean Marks equalised in the first minute

of stoppage time to hand the visitors a share of the spoils. The Urchins will be delighted with a share of the spoils as they had looked second best for much of the game.

The next encounter saw Hornchurch take on Dagenham and Redbridge at the Hornchurch Stadium and Jim McFarlane's men surged into a 4-0 lead by half time thanks to Tobi Coker, a Leon McKenzie penalty and a brace from Theo Fairweather-Johnson. Dagenham could only improve after the break although Hornchurch did come back into the game as an attacking force.

The Urchins' next two games saw them travel to the seaside taking on Bognor Regis Town and Brightlingsea Regent respectively. Hornchurch were made to work hard for their point in West Sussex with Sean Marks cancelling out the visitors' opener. They will be disappointed not to have returned from the Essex coast with all three points after they dominated large periods of the game.

Goalkeeper Callum Chafer took to Twitter after the Brightlingsea game.

He tweeted: "Can't stop drawing! Need to start turning these 1s into 3s. Still unbeaten. @AFCHornchurch."



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# Foods To Improve YOUR MOOD



FOOD & DRINK

**W**e all know that the food we put into our bodies has a direct effect on our physical wellbeing, but did you know that it can also have an impact on your mental health?

By making a few simple changes to your daily diet you can significantly improve your mood, feel more energetic, think more clearly and reduce your risk of mental health problems such as depression, ADHD and Alzheimer's disease.

## SPINACH

This leafy green is rich in folic acid and tryptophan which help increase the levels of serotonin in the brain (this is the happy hormone), reducing your risk of depression, fatigue and insomnia. Studies have also shown people who eat one to two portions of green vegetables such as spinach or kale are considerably less likely to experience cognitive decline than those who don't.

## EGGS

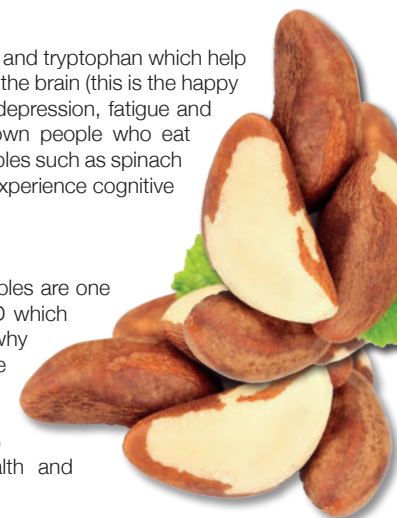
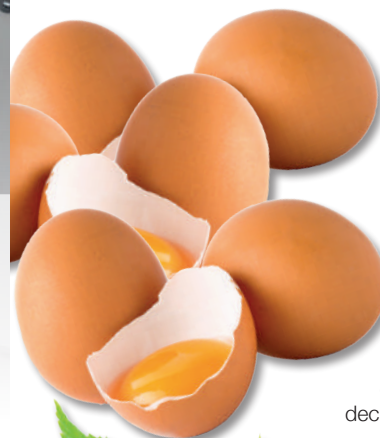
These cheap and cheerful kitchen staples are one of the few food sources of vitamin D which is known to lift your mood; this is why most people feel happier when the sun is shining. Eggs are also high in protein and a great source of omega 3s which help improve your overall health and wellbeing.

## BRAZIL NUTS

The Brazil nut is the most important nut variety for helping improve your mental health as it contains selenium which is crucial for the prevention of depression and anxiety. And the great news is that by eating only one Brazil nut a day you are getting 125 per cent of your daily requirement of selenium.

## A VARIETY OF BERRIES

A few years ago, blueberries were hailed as the new 'superfood' but in fact all berries offer amazing health benefits; raspberries, strawberries, blackberries and blueberries. This versatile fruit family supports good brain health including preventing memory loss and lowering dementia risk.





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# colourful CONCOCTIONS

FOOD & DRINK

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But what if we told you that you can make this revolutionary product from the comfort of your own home with only one specialist ingredient?

## How to make your colour-changing spirits

### YOU WILL NEED

Gin | Vodka | Tequila | And the secret ingredient Dried Butterfly Pea Flower Tea (which can be bought at several online retailers)

### HOW TO MAKE

Simply infuse one cup of each of the spirits with 5-8 butterfly pea flowers in a sterile jar for a few hours or overnight if possible.

You will find that your vodka and tequila will turn purple and your gin a deep shade of blue.

Once this has happened strain your alcohol into labelled bottles.

Now you have your specialised spirits you can start making magic with the below cocktails...

## The Miraculous Margarita

### YOU WILL NEED

1.5oz of colour changing tequila | 3oz lime and lemon juice  
1oz sugar syrup | 1.5oz triple sec | Half a lime | Salt

### HOW TO MAKE

Rub the rim of your margarita glass with lime and then salt the rim

Pour in the lime and lemon juice, syrup and triple sec

Gradually add the butterfly pea-infused tequila

Watch your spirit change from purple to a sunset orange/yellow combination



## OTHER COLOUR- CHANGING COCKTAILS YOU CAN TRY ARE...

### The GlowGin Martini

Simply mix lemon juice, sugar syrup, vermouth and your preferred frozen fruit, then add your colour-changing gin.

### The Magic Mint Julep

Mix lime juice, sugar syrup, creme de menthe, 10 mint leaves and kiwi juice, then pour in your colour-changing vodka.

Photo credit: www.theflavourbender.com



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# START SAVING SMART for christmas

An estimated eight million people in the UK will fall behind with their finances this January as a result of Christmas spending. Furthermore, one in four Brits want to start saving early according to the Money Advice Trust.

But can you start saving this late in the year? The answer is yes.

## 1. GET ORGANISED

Make a list of everything you need to purchase for the Christmas holidays. This includes presents, food and drink, decorations and socialising. This way you will know exactly how much you need to save.

## 2. PAY INTO A SEPARATE SAVINGS ACCOUNT

Leaving money in your current account at the end of the month is a poor choice as most offer very low interest rates. Instead pay a certain amount into a savings account each month. Just make sure that it has easy access withdrawal with no penalty fees so that you can access your money in time for Christmas.

## 3. SWITCH BANK ACCOUNTS

Many high street banks are offering cash incentives if you switch to their

bank accounts; some paying as much as £100-£150. Don't delay, switch today.

## 4. SELL UNWANTED POSSESSIONS

Not only will this earn you some much-needed extra cash, it will also clear some space for all the new toys and presents that you will have come Christmas Day. eBay is a great way to sell specialist or more expensive items, whereas Facebook is ideal for bulk items or bundles of toys and clothes.

## 5. JOIN A SUPERMARKET SCHEME

This option is particularly good if you are loyal to one supermarket and shop there often. They offer generous bonuses on what you spend throughout the year; usually between three to six per cent.



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# PUZZLES & TRIVIA

PUZZLES

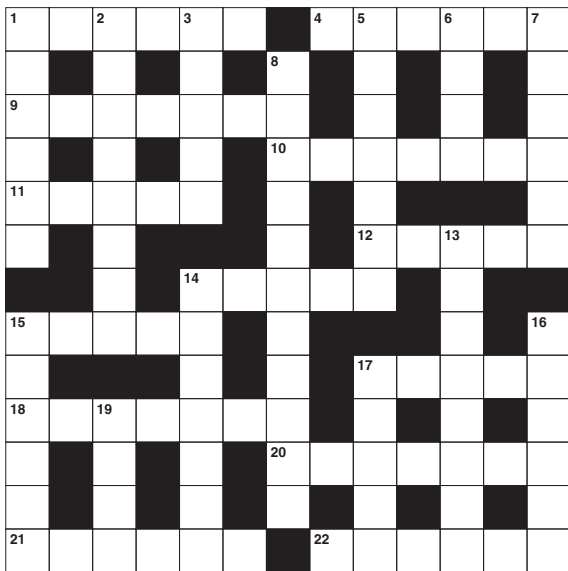
Answers can be found on the Contents Page 4

## ACROSS

- Decide with authority (6)
- Exclusive stories (6)
- \_\_\_ Bloom: English actor (7)
- Modern; up to date (7)
- From that time (5)
- Approaches (5)
- Sticky (5)
- Employer (5)
- Long-legged bird (5)
- Temporary camp (7)
- Not carrying weapons (7)
- Averts something bad (6)
- Large property with land (6)

## DOWN

- Lethargic; sleepy (6)
- Eg Gregorian or Julian (8)
- \_\_\_ Els: golfer (5)
- Slander (7)
- Man-eating giant (4)
- Sounds off at length (6)
- US state (11)
- The scholastic world (8)
- Beat easily (7)



- Garments worn by nuns (6)
- Remove silt from a river (6)
- Erodes (5)
- Document allowing entry to a country (4)

## DID YOU KNOW

- The first animated film to be nominated for an Oscar for best picture was Disney's *Beauty and the Beast* in 1991.
- Hollywood produces around half the number of movies a year compared to Bollywood.
- All of the clocks in *Pulp Fiction* are set at 4:20.
- Victoria Beckham, Johnny Depp and Will Ferrell all voiced characters in *Spongebob Squarepants*.
- Charlie Chaplin received a 12-minute standing ovation at the 44th Annual Academy Awards – the longest in Oscars history.
- Daniel Radcliffe's stunt double for the first six *Harry Potter* movies was paralysed from an accident on set in the seventh movie.

## SUDOKU

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# TOUR de THOMAS



SPORT

As British dominance of cycling continues, we wonder if there has ever been a humbler Tour de France winner than Geraint Thomas.

It's a little ironic that in the midst of Gallic folk's profound dislike of Chris Froome, locals to the world's greatest cycling event missed his teammate Geraint Thomas accelerating on the blind side to claim a debut Tour de France success.

Very quickly, the French will turn their attention to shouting at, pushing over and throwing all manner of body fluids over Thomas – it's just what they do, particularly where Team Sky riders are concerned.

But while this year's winner has a good few months to source a decent waterproof mac, in the immediate aftermath Welshman Thomas will be revelling in a childhood ambition come true, even if he still scarcely believes it has happened.

"I know this will take a long time to sink in," said the 32-year-old upon returning to his home town of Cardiff on August 10. "I'm not sure it ever will – perhaps when I'm retired or old."

In a sport that has routinely had

all its humility beaten out of it by a succession of dopers and cheats, for someone of the popularity of Geraint Thomas to win the race on the Champs-Élysées was a special moment. Some will never believe four-time winner Froome is clean, but in Thomas there is a man so gentle and genuine that it's difficult to dislike him.

What's more, Sky's dominance of the event and deep-set team ethos under Sir Dave Brailsford was such that Froome willingly went from champ to domestique in ensuring his mate topped the podium.

"It's always about the team and what Chris did in supporting me I will always be grateful for," said Thomas. "I'm not even thinking about the future yet and what this means for the team – I'm just soaking up the moment and I hope this feeling never ends."



Photo credit: Radu Razvan/Shutterstock.com



# IT'S BACK!

## CLUBS INVEST HEAVILY IN PREMIERSHIP CHALLENGE

**F**ootball may not have come home during the summer, but with the new season now under way, it's available at a ground near you.

As we all fall back into a reassuring football routine, the big questions beg to be answered. Can Manchester City retain the title they won in such audacious style back in May? Will Liverpool clinch their first league crown since 1990? Or will we see another surprise package emulate Leicester City's fairy-tale triumph in 2015/16?

Well, the Abu Dhabi-run boys of the Etihad have kept the nucleus of their squad together and also lured one of the Foxes' star players across with Algerian winger and former African Footballer of the Year Riyad Mahrez joining the Cityzens for a fee of £50million. That's arguably City's best summer signing.

Liverpool's business in the player market was completed early. Jurgen Klopp broke the world record for a goalkeeper by bringing in Brazilian stopper Alisson Becker from Italian Serie A outfit Roma. Add to that midfielders Naby Keita of Leipzig and Fabinho of Monaco and the Reds seem to have strengthened in positions they may have previously felt lacking.

Manchester United added Brazilian Fred (yes, really) for £53million, plus 19-year-old right-back Diogo Dalot from manager Jose Mourinho's former club, Porto, for £20million, although the Red Devils failed in their bids to land Leicester City's Harry Maguire or Atletico Madrid's Diego Godin.

Chelsea lost their Belgian goalkeeper Thibaut Courtois to Real Madrid, then promptly broke Becker's world record fee by landing Athletic Bilbao number one Kepa Arrizabalaga for £71million, while new manager Maurizio Sarri also recruited midfielder Jorginho from former club Naples.

Arsenal were one of the busier sides, though a succession of new signings – Lucas Torreira, Stephan Lichtsteiner, Bernd Leno, Matteo Guendouzi and Sokratis included – will have to improve rapidly on their opening-day 2-0 home defeat to Manchester City if new manager Unai Emery is to win over arguably the Premier League's most disillusioned supporters.

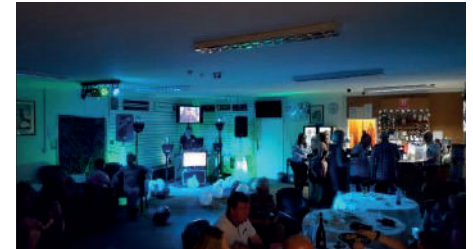


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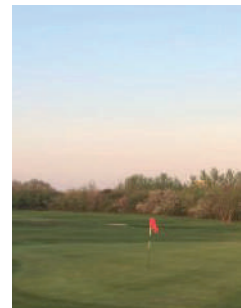
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## WHEN 2+2 EQUALS 4x4

After months of anticipation, the new luxury Audi Q8 coupe-SUV is finally here, and what a rival it is to the Mercedes GLE and BMW's X6. So how does it stack up?

The Audi Q8 coupe-SUV has arrived. More bubbly, more bullying and perhaps with smoother lines than we might expect, it is the trademark, iconic grill that again keeps the German brand that step above.

As sister to the Q7, the Audi Q8 comes with a similar £65,000 price tag. It may be shorter in length than the Q7, but it is longer than both the main competitors as well as being slightly wider than its stablemate.

The car has a large 605-litre boot, plus more internal space than both the BMW and Mercedes challengers, and is available in 12 colours. Although just one choice of engine at present - a 282bhp, 3.0-litre diesel V6 50 TDI, this still achieves 6.3-second 0-62mph acceleration and 144mph maximum speed. And there is a monster 335bhp petrol 55 TFSI arriving next year, with a V6 45 TDI 228bhp version later in 2019.

The car's 48V mild-hybrid technology allows an extended stop-start and coasting function. Add in Quattro 4WD as standard, titanium styling, an ear-bashing Bang & Olufsen sound system and Park Plus Assist, and what once felt futuristic in car technology is quickly becoming the norm.

What's also interesting about the premium market is that the longevity and durability of these iconic brands - with engines now able to push up to and beyond 150,000 miles without any major qualms - is allowing in used-car purchasers, with the entry point for models seven years older now starting as low as £5,000.

That means the days of matching cars to the stereotypical travelling salesman or Chelsea Tractor WAG are rapidly disappearing.

Next up, expect a big response from Jaguar, Lexus and Land Rover, as the manufacturer muscle gets flexed even further.



MOTORING



# THE VISION LISTINGS

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# WHAT'S ON

*in your area*

**Paula Short Sicily's Heroes and Villains**  
**St Michael's Church Hall, Main Road,**  
**Gidea Park, RM2 5EL**

**September 12, doors open 2.15pm**

We have a wide range of interest groups running throughout the month. For more information, come along or see our website [www.u3asites.org.uk/havering](http://www.u3asites.org.uk/havering)

For tickets and more information, visit [www.eventbrite.co.uk/e/mental-health-awareness-and-young-people-awareness-training-tickets-46798071291](http://www.eventbrite.co.uk/e/mental-health-awareness-and-young-people-awareness-training-tickets-46798071291)

**Feeling Fabulous Mini Workshop**  
**Fairkytes Art Centre Hornchurch, Billet Lane,**  
**Hornchurch, RM11 1AX**  
**September 19, 9.30am – noon**



Want to look and feel fabulous?  
Join our fun and informative mini-workshop to find out how.

Come along to our workshop where you can learn how to dress your body shape, identify and optimise your face shapes as well as how to create a healthy, positive mindset that will have you feeling more in control of your life and confident in your choices.

The cost is £15 per person.  
Visit [www.lookinggreat.today](http://www.lookinggreat.today) to book.

**Theatre's 65th Anniversary Celebrations**  
**Queens Theatre Hornchurch, Billet Lane,**  
**Hornchurch, RM11 1QT**

**September 21, 6.30pm – midnight**

In autumn 2018, the Queen's Theatre turns 65 and we'll be celebrating with a 1970s theme, all to raise vital funds to support our work with young people and the community, investing in and nurturing artistic talent, making theatre accessible and developing new audiences.

For more information and tickets, visit [www.queens-theatre.co.uk/whats-on/show/65th-anniversary-celebrations](http://www.queens-theatre.co.uk/whats-on/show/65th-anniversary-celebrations)



A special training session specifically aimed at parents of young people aged 10-25 who want to learn more about the common issues that young people face and find out how to support a young person.

The cost is £20 per place. Due to space shortage, participants must book onto this course.

## MAJOR GLASS AND GLAZING

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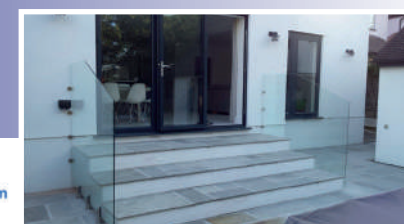
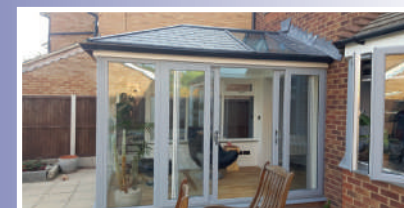
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## AYLOFFS WALK, EMERSON PARK £975,000

Superbly located within this most sought after of turnings on Emerson Park offering enormous potential for extensions and improvements (subject to planning permission) is this character four/five bedroom detached family home. Accommodation over 3 floors, reception hall, two separate reception rooms, fitted kitchen, g/f cloakroom, en suite shower room, family bathroom with separate WC. GCH & D/G. In & out driveway, det gge, stunning rear garden 150' in depth. EPC E.



## GIDEA AVENUE, GIDEA PARK £925,000

Set within this sought after turning within Gidea Park being within walking distance to Raphael's Park and local shopping facilities is this detached family home. Reception hall, lounge, dining room, open plan kitchen/breakfast room, utility room, g/f cloakroom, 4 double bedrooms, en suite shower room, family bathroom/WC. GCH & D/G. In & out driveway, enclosed rear garden. Viewing absolutely essential. EPC E.