

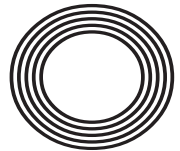


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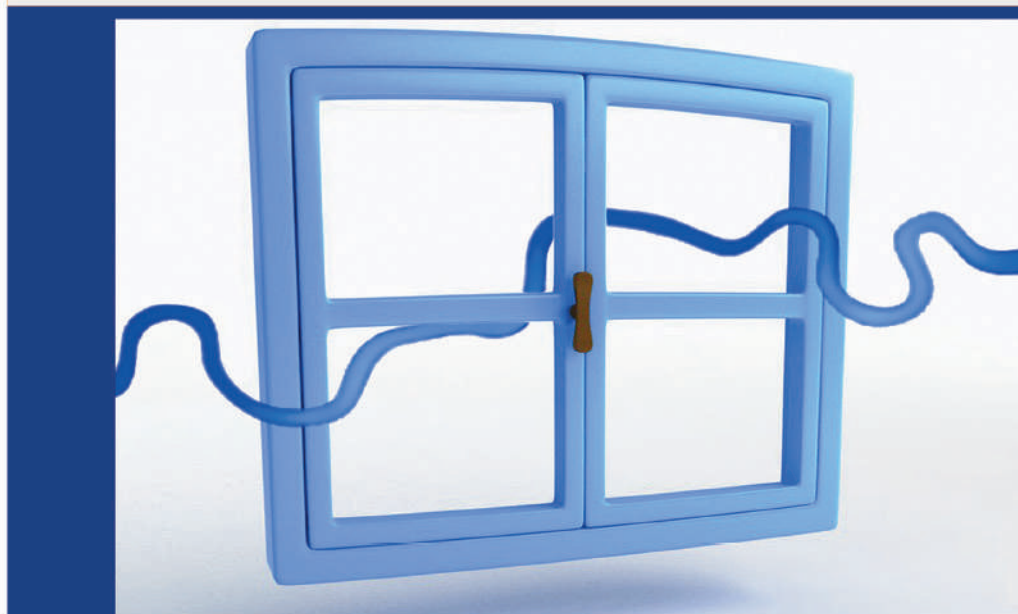
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November 2018

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Editor's notes...



Brett Shohet, Editor

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

So, how many times have we heard the dreaded C word? It's coming, and the Christmas adverts will soon be on the TV.

As usual I will be leaving it all till the last minute, but I will be spending my £ local and I hope our readers do the same.

This month I was fortunate to have had a meeting with the Mayor of Havering councillor Dilip Patel. He will be using **VISION** every month going forward as a soundboard to educate us on news and events in the borough and awareness for some local charities. It is a great opportunity to be working together.

In this month's **VISION**, we cover Holly Willoughby speaking about how the presenter is joining a well-known celebrity TV show in November, her new clothing line with M&S and presenting *This Morning* with best friend Phillip Schofield as the show turns 30.

In local news, a man has been jailed for threatening supermarket staff, a charity ball raises thousands of pounds and a Hornchurch potter wins a major tournament.

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

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

Brett



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LEST WE *Forget*

*I*t was 100 years ago when the First World War drove a stake through the heart of global relations and set in motion events that would escalate even further just over two decades later (with the Second World War) in producing the bloodiest modern-day battle the planet has ever seen.

While the last living person to have fought in the First World War is now no longer with us, the efforts of Claude Choules – who passed away in May 2011 at the age of 110 – and millions of others who put up their lives to preserve our sovereignty and dignity will never be forgotten.

So as November 11 approaches – and with it, at 11am, the 100-year anniversary of the signing of the Armistice, in the French town of Redonthe, which brought an end to the war – it's important to remember the key events that contributed to the third bloodiest battle of all time. From that, we might hope, however naïve our optimism, that at some point, we all might learn from the mistakes of the past.

KEY EVENTS (PRE-WAR)

- While it's true to say the assassination of Franz Ferdinand and his wife by Bosnian revolutionary Gavrilo Princip was the catalyst for the start of the First World War, it wasn't its cause.
- Before then, Britain, Germany, France, Serbia, Russia and Austria-Hungary had been at each other's throats for a good period of time, and after war was narrowly avoided on several occasions, finally tensions spilled over.
- One of the main contributing factors was the huge move towards imperialism - Britain and France had stolen a march on Germany who were desperate to catch up.
- Meanwhile, nationalistic tendencies were high and military power at an all-time peak.
- Plus, a whole host of alliances were made between countries looking to protect, though in simple terms Germany, Austria-Hungary, Bulgaria and the Ottoman Empire (the Central Powers) fought against Great Britain, France, Russia, Italy, Romania, Japan and the United States (the Allied Powers).

KEY EVENTS (DURING THE WAR)

- On July 28, Austria-Hungary declared war on Serbia and the tenuous peace between Europe's powers crumbled.
- In August 1914, Germany advanced through Belgium into France.
- In September 1914, Britain and France confronted German forces at the First Battle of the Marne, meanwhile Eastern Front battles saw Russia attempt to gain territory in Germany. Their inability led to revolt in Russia and the start of the Russian Revolution.
- With several battles in between ending in stalemate, and often with considerable losses, the Central Powers gradually faded, and in 1917, after German U-boats continued to sink US passenger liners in British waters, the Americans entered battle on the side of the allies. This heralded the start of the end.

FIRST WORLD WAR IN NUMBERS

- With new military technologies and the longevity of battle – over four years – unprecedented levels of carnage and destruction were caused and over **16 MILLION** lives were lost, **NINE MILLION** of them soldiers. The war also, inadvertently, led to the spread of Spanish flu which killed an estimated **30 MILLION** people.
- Liberal Prime Minister David Lloyd George took us out of war in **1918**.
- At the Battle of the Somme, **OVER A MILLION** lives were lost for a gain of just **25 MILES**. German officer Friedrich Steinbrecher said: "Somme: the whole history of the world cannot contain a ghastlier word."

MOVEMBER

It's time to ditch the razor

It has caused some hairy moments and has led to some serious lip service from the ladies.

But Movember is back again, which gives the guys the perfect excuse to ditch those razors and raise a huge amount of cash for good causes.

The charity campaign asks blokes to grow a moustache for November and rope friends and family into sponsoring them. The funds raised by the Mo Bros – as they are known – go directly to men's health, including mental health, aiming to increase early cancer detection, diagnosis and treatment for prostate and testicular cancer.

But it is no hair-brained scheme. Last year the Mo Bros and Mo Sistas raised a staggering £8million in the United Kingdom alone and 69.7 per cent of funds raised were allocated to men's health projects.

Not bad for an idea which grew over a meeting in an Australian bar in Melbourne, by two mates Travis Garone and Luke Slattery.

The moustache had all but disappeared

from fashion trends. Could they bring it back? They found 30 guys willing to take up the challenge.

Through the years the charity, like the moustaches, has just grown and grown. By 2009, the UK and US joined in.

Of course, no charity campaign would do much without celebrity backers but Movember brings out a Triple A list of celebs.

In the past Johnny Depp, Brad Pitt, Orlando Bloom, Zac Efron, Idris Elba, David Beckham, Theo Walcott, 007 Daniel Craig, John Travolta, Justin Bieber and Stephen Fry have all taken part.

But ladies can join in too and wear false moustaches. Lady Gaga, Carol Vorderman, Kate Upton and Laura Whitmore have also joined in as part of the Mo Sistas.

This year, the cash is expected to roll in again as fast as those 'taches grow. Organisers are hoping that last year's total will certainly be beaten by a lot more than a whisker.

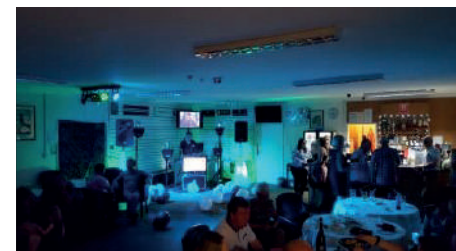


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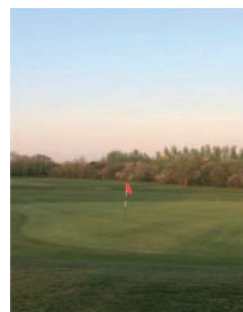
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JACKET

TRENDS FOR MEN THIS WINTER

The jacket is one of the most versatile, reliable and classic items that you can have in your wardrobe. A good jacket will take a nondescript pair of jeans and white T-shirt combo and make it a statement look.

David Beckham, Marlon Brando and David Gandy to name but a few of the male celebrities who know how to work a jacket to their advantage.

BIKER JACKET

Synonymous with motorcyclists, this edgy style is often cropped, black and studded. Ideal for those wanting to appear youthful, sexy and a little bit mean.

Best worn with slim fitted or skinny jeans and a statement T-shirt.

BOMBER JACKET

A flashback to the 90s, the bomber jacket has seen a massive surge in popularity in recent years. We recommend looking for one made from soft leather to add a touch of elegance to this manly look favoured on screen by Wolverine.

AVIATOR JACKET

Originated in the air force, this *Top Gun*-inspired style of jacket has barely changed since it was first produced. A bulky jacket with a sheepskin collar, it is mostly found in shades of brown with a contrasting coloured lining. Definitely one for the winter months, keep cool underneath with a lightweight jumper or long-sleeved T-shirt.

WESTERN JACKET

A fairly new development in the world of men's leather jackets, the western is slowly becoming a popular piece due to its stylish and modern appearance. Perfect for those wanting to relive the nostalgic feel of the 70s. Also, readily available in suede and denim.

VARSITY JACKET

Similar in shape to the bomber jacket, the varsity was inspired by school and university sportsmen in the 50s. Most appropriate for a casual day date or Sunday afternoon at the local.



FASHION



SEASONAL Beauty Trends

Get gorgeous for autumn/winter with these beautifying trends, including even some for the man in your life.

Luscious hair

Show off your shiny, luxurious hair this autumn as blow-dries make a comeback. Think big, think voluminous, think like you just stepped out of a salon.

Boardroom beauty

Sophisticated, clean beauty is back in as matte skin, muted lips and perfectly groomed brows combine to create the perfect power look. Fellas, don't be afraid to run a comb through those unruly brows for your own take on boardroom beauty.

Statement lip

For the last few years lips have been decidedly understated, either delicately glossed or hushed in fleshy tones. But the statement lip is back, so grab your lip liner and scarlet lipstick and prepare to pout til spring.

Longest lashes

It's easy to look sallow and tired in winter, which is

REVEALED

why it's a great idea to open up those peepers with a little lash accentuation. Now we're not talking about stick-on lashes that weigh down your eyelids, but more a combination of perfectly-applied mascara and individual fake lashes applied just at the corners in order to create that gorgeous Sixties-inspired look.

Pore-free skin

Flaky winter flesh with dark shadows under eyes isn't a good look for guys or gals, which is why you need to prime. This requires decent exfoliation, plenty of moisturiser and, naturally, a decent primer. Add concealer for where it matters and flourish in pore-free perfection.

Grunge goddess

This autumn/winter isn't all about high-gloss glamour, as grungy makeup makes a triumphant return. So sharpen that kohl eyeliner and revel in the rebel look which requires minimal skill whilst offering maximum impact. Team with a muted lip, flawless skin and dishevelled hair, don your surliest of scowls and hit the town.

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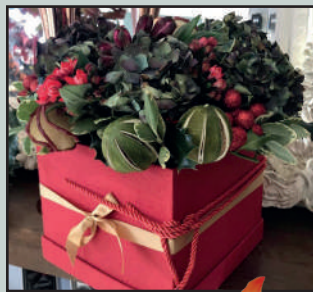


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Festive FOOD TRENDS

Top food trends for Christmas 2018

Would you like to really wow your family and friends this Christmas?

Traditional seasonal fare will no longer cut the mustard (excuse the food pun). Supermarkets are embracing a whole host of funky food trends that will tantalise your taste buds.

MAKE WAY FOR PIGS IN DUVETS

Pigs in blankets have always been a firm favourite on the Christmas dinner table but this year they have been taken to a new level with the arrival of Tesco's pigs in duvets. These savoury delights are essentially the same recipe of sausages wrapped in crispy bacon but with the added pleasure of being encompassed in golden puff pastry.

Alternatively, why not try Asda's Extra Special Ultimate Pig in a Blanket which is a foot long and flavoured with ginger, nut and piminto.

GO VEGAN WITH A VEGGIE-BASED WELLINGTON

With this lifestyle choice becoming increasingly popular in 2018, all the big supermarkets are creating a selection of mouth-watering vegan options that the whole family can enjoy.

Try Waitrose's Beet Wellington which contains marinated beetroot encased in vegan puff pastry or Tesco's Cauliflower variety that is spiced with turmeric.

COAL FOR DESSERT

The charcoal trend has dominated the beauty market this year and is now set to take on the food industry as well.

Heston from Waitrose has created Profiter Coals; these glowing black profiteroles filled with a flame-coloured mandarin orange crème patisserie and adjourned with popping candy will be a showstopper at any dining table.

ONE FOR THE KIDS

If you have children, grandchildren, nieces or nephews you may have noticed that unicorns are somewhat in demand with the youth of today.

Make their Christmas Day complete with Tesco's chocolate Unicorn Cake.



Photo credit: Tesco



Photo credit: Waitrose



Photo credit: Waitrose



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FOOD & DRINK

Pecan Pie Energy Balls

The ideal post-gym snack, this easy recipe makes 12 yummy balls. Place 1 cup of pitted dates, 1 cup of pecans, 1/2tsp of sea salt and 1/2tsp of pure vanilla extract into a food processor, and blitz until it forms a dough. Roll into 12 balls and pop them into the fridge until gym o'clock.

No-bake Brownies

Think unbaked brownies can't be tasty? Think again. Place 2½ cups of pitted dates, 1½ cups of walnuts, 6tsp of cacao, 1tsp of vanilla extract and 2tsp of water in a food processor and blitz until smooth. Press mixture firmly into a baking pan. Now in a bowl, mix ¼ of a cup of cacao, ½tsp of vanilla extract, 2tsp of coconut oil and a ¼ of maple syrup, before layering on top of brownies. Refrigerate for at least two hours before cutting into squares.

Banana Ice Cream

Got a bunch of too-ripe bananas? No problem. Just peel them and pop in a freezer bag, then, when you want some sweet, creamy soft-serve style ice cream, take them out and pop them in the blender.

Tahini Flavour Fudge

Sweet, fudgy with a nutty kick, and preservative free, all you need is a mixing bowl and a freezer. Place 1 cup of tahini, 4tsp each of cacao, coconut oil and raw honey, 1tsp of vanilla extract and a little coarse sea salt in your bowl. Mix, press into a baking pan and freeze.

Chia Pudding

High in protein and omega-3, chia seeds are a super-duper food. Place 6tsp of chia seeds, 2 cups of coconut, almond or cashew milk, ½ tsp of vanilla extract and 1tsp of maple syrup in Mason jar. Shake to combine and place in the fridge for at least two hours before eating topped with berries.

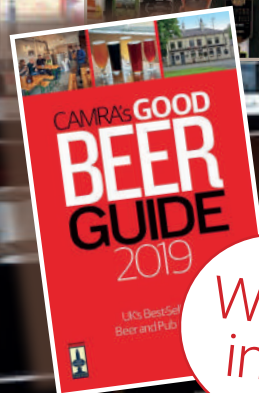


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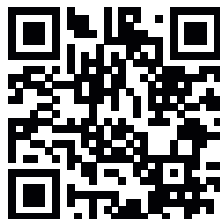
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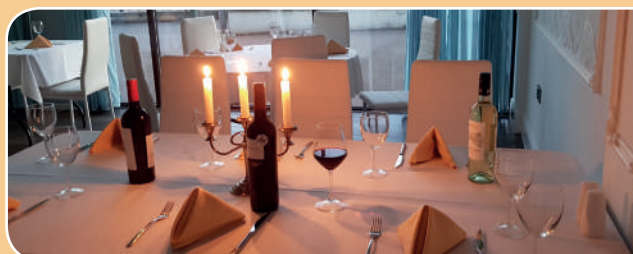
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Don't fear those dumbbells, ladies, lifting weights can be a huge benefit to your body as you age. The word 'weightlifting' may evoke visions of sweaty, ripped, slightly insecure men in dingy gyms, Arnold Schwarzenegger in spandex, and every bloke ever at the World's Strongest Man competition.

But don't let these preconceptions stop you from partaking in an exercise which could transform your life. After all, it's a well-known fact that past the age of 35, women begin losing muscle mass, a process which accelerates drastically post-menopause.

What is less known is how you can replace and maintain muscle. Surprisingly, cardio alone isn't ever going to restore what you've lost – it will simply keep you slim and tone muscle you already have. It is only by lifting weights – also known as strength and resistance training – that you build new mass.

If you're still not convinced, know that the benefits of weightlifting go beyond just altering your appearance. Pumping iron not only keeps your muscles strong, but increases bone density as well, reducing the risk of fractures, particularly as you get older. You will also

find that other activities like gardening and walking become far easier; it can also build confidence and help you lose weight as the increase in muscle mass boosts your metabolism.

Naturally, you don't want to end up looking like you've been overdoing it on the steroids, so rest assured that women do not have the testosterone levels required to build massive muscles. Instead, look at weights as an investment into your future health... one that could offer freedom, vitality and bingo wing-free arms.

TOP TIPS TO GET STARTED:

- ↔ Always warm up first
- ↔ Spend time with a trainer to perfect your form
- ↔ Keep it fun with a group class
- ↔ Don't do too much too soon
- ↔ Train different areas on different days to keep your body balanced and allow for recuperation



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Did you know there are five main muscles that control your ability to open and close your mouth. These muscles can create tremendous forces when chewing, clenching and grinding your teeth. Where teeth are misaligned, this can cause huge destructive forces to the ligaments and bone that hold the teeth in place.

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HEALTH & FITNESS

Beat the BELLY

With summer excesses now out the way, it's time to move into a shapelier frame of mind. And while eating has never been a route to losing weight, if you begin substituting sugary and fatty foods for some of the options below – whilst exercising regularly and drinking plenty of water – your autumn awesomeness may be just a few weeks away.

PROTEIN IS YOUR FRIEND

Get protein-heavy foods such as cheese, milk, yoghurt, eggs, beans, seafood and even white meat in your diet and you'll quickly see a big improvement. Not only in good quantities will it boost your metabolism into converting an extra 100 calories a day, it is also known to suppress hunger to the tune of up to 400 calories per day – so you're processing more and eating less. That's the ultimate health win-win. It also helps you avoid regaining weight if you ever decide to abandon your weight-loss efforts.

HIGH-FIVING FIBRE

Eating plant foods such as vegetables and fruit, as well as getting plenty of rustic cereals (like whole oats) is a smart move. Types of fibres bind with water to form a gel that sits in the gut. Nutrients therefore take longer to digest and absorb, meaning you stay fuller for longer.

BREAK IT DOWN

Of course, using protein shakes and high fibre smoothies can be an alternative way to stock your body with these fantastic nutrients, although feelings of fullness are likely to be reduced if your body doesn't have the task of breaking down solids.

KEEP TRACK

It's also a good idea to make a note of changes to your physique as this will spur you on. Belly fat is estimated by measuring the circumference around your waist – you can do this with a tape measure.
Anything above 40" (102cm) in men and 35" (88cm) in women means there is work to do.



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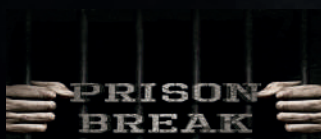
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BOARD GAMES

Board games are having a massive revival with gaming aficionados and families alike wanting to re-live their childhoods with classic, simple games that bring hours of joy with no internet connection needed.

OPERATION

A testament to it's brilliance, this game has barely changed since it was first created in 1965. A game of physical skill that tests the players' fine motor skills and hand-to-eye coordination, we hope this game remains a firm favourite with families for many years to come.

CLUEDO

What's not to love? Mystery, murder and logic all in one suspenseful game. Originally named Agatha Christie – The Game, then changed to Murder before finally settling on Cluedo as a pun on Ludo. This game has been revamped over the years, but we still love the original cast of Colonel Mustard and Professor Plum.

BATTLESHIPS

Originally a pencil and paper game which dates to the First World War, it was made into a plastic board game by Milton Bradley in 1967. So popular was this game that it has been re-invented to electronic versions, video games and even a film. We still love the original HIT! MISS! version though.

SNAKES & LADDERS

This iconic game is a much-loved classic from most people's childhoods. A great introduction to the competitiveness of real life; a game where emotions run high... and low.

SCRABBLE

No board game wish list would be complete without the legendary Scrabble; one of the biggest selling board games of all time and loved by all ages. Created over 70 years ago, this simple word game is as educational as it is fun.

Did you know every hour at least 30,000 Scrabble games are started across the world?



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NOT JUST for Christmas

The Pet Owner's Checklist

A new pet can bring unfathomable quantities of joy, laughter and affection into our lives, but before you make the leap, there are a few pointers always worth bearing in mind.

✓ FIND THE RIGHT PET FOR YOU

If you find yourself dreaming of a leaping Labrador when you live in a studio apartment, it's worth being honest with yourself about whether this is appropriate. Big dogs need space, exercise and lots of love, so if your home is cramped and you work all day, a cat may be a more sensible option.

✓ BUY THE ESSENTIALS

Before bringing your beloved furball home, make sure you've got the basics: somewhere to sleep, something to eat, something to play with and everything required to keep it safe.

✓ PREPARE TO PROTECT

From checking for holes in your garden fence to stocking up on flea and worming treatment, protecting your pet is an ongoing process. You may

also need to buy an engraved collar or tag with contact details, and by UK law all dogs must be microchipped.

✓ KEEP IT REAL

One glimpse into any animal shelter tells you why it's so important to think carefully before getting an animal. Sometimes circumstances may change unexpectedly, but for the most part the scourge of abandoned pets can be avoided by making sure your choices are well thought out and informed.

Firstly, be honest about how much time you have to devote to your new family member as they will need lots of love and attention.

Secondly, be realistic about the financial demands. While day-to-day costs are reasonably low, there can be unexpected extras like insurance, treatments and grooming.

Lastly, be honest about why you want the animal. Is it a fad, or do you really crave the responsibility and joy that comes with looking after a life? After all, as soon as you buy a pet you become their world, and it's only fair that their first home is their forever home.

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WINTER Weekenders

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Bath, Somerset, UK

Majestic and grand, the historical city of Bath makes a glorious pre-Christmas destination. Whether you want to shop, sightsee or simply relax, Bath has it covered, boasting a wealth of high-end boutiques and branded stores, incredible historical sights – in particular the perfectly preserved Roman Baths – and the considerably more modern Thermae Bath Spa – Britain's only natural thermal spa. Plus, from November 22 for three weeks, the city hosts its nationally renowned Christmas market, helping you maximise your festive fun.

well-known of which are in the Old Town Square and the appropriately named Wenceslas Square (December 1), visitors can amble among the many stalls drinking potent mulled wine and perusing an abundance of hand-crafted trinkets and gifts. So if you're after the quintessential Christmas experience, this is it.

Geneva, Switzerland

For those looking for a proper winter wonderland, look no further than Montreux, a resort town on Lake Geneva. Surrounded by the majesty of the snow-capped Alps, the shores of the lake come to life with scores of rustic chalets bedecked with twinkling lights as part of Genève Marché International de Noël, the annual Christmas market (from November 24). The Swiss take Christmas very seriously and remain true to their roots with wreath making, biscuit decoration and the singing of traditional festive hymns.

Prague, Czech Republic

They call it 'the city of a hundred spires', and with its beautiful Baroque buildings and assortment of Gothic churches, Prague has a certain magic which becomes all the more potent when winter blows in (snow in December is not uncommon). Famed too for its Christmas markets, the oldest and most



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A DESIGN for life



Need a little home inspiration? These interior design bloggers will help you reinvent your home while adding a splash of 'cool'.

Mad About The House

madaboutthehouse.com
For over two decades Kate Watson-Smyth has been writing about interior design for some of our top broadsheets, offering a smart look at bringing the perfect touches to any inside space.

DEAR DESIGNER

deardesigner.co.uk
Often adventuring to the more voluptuous side of chic, Carole King's blog provides almost a decade's worth of top tips.

Alice in Scandiland

aliceinscandiland.com
As you would expect, a passion for Scandinavian design is what flows through in Alice Collyer's engaging and inspiring blog.

FROM EVIJA WITH LOVE

fromevijawithlove.com
This design blog takes the idea of DIY, upcycling and reuse of materials as a blank canvas for creating interiors that are original, affordable and personal.

Emma Jane Palin

emmajane Palin.com
Another self-titled blog, but one that allows design maxims to come to the fore in this inspiring archive.

FRESH DESIGN BLOG

freshdesignblog.com
Cost is a key buzzword for Rachel Newcombe in her modern and contemporary interior design blog which, since 2009, has been offering affordable touches for ambitious homeowners.

The Design Sheppard

thedesignsheppard.com
With a view towards redesigning what you already have, Stacey Sheppard's blog has recently enjoyed a huge upsurge in popularity.

CATE ST HILL

catesthill.com
Cate's self-titled blog is based on simplicity of style, and presents everyday objects in stunning ways as a route to achieving design stories that invigorate and excite.

Girl About House

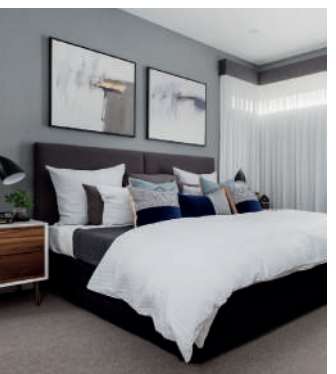
girlabouthouse.com
Sarah Mailer's obsession with gold touches comes through in this aesthetically rewarding blog that leans on aspiration and luxury.



HOME & DIY



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A MODERN WORLD

THE ROOTS OF MODERNISM AND HOW THIS BRAVE MOVEMENT HAS LASTED SO WELL

The advent of modernism in home furnishings – and beyond – was something that really took off towards the end of the 19th century. In essence, it was a rebellious response to the years of floral, ornate, elaborate, elegant and largely curved, flowery styles that had patterned so much of people's lives.

For countless decades before, the idea of Victorian, Gothic and Renaissance designs – and with them, interiors that screamed detail, eloquence and opulence – had dominated homes and was the norm. After all, we'd all like to recline on a chaise longue while admiring arches and arcs, patterns and textures, right?

Wrong. In modernism the 'mo' became straight lines, clean shapes and hard edges. Within this, overuse of colour was discouraged, while the invitation was laid out to embrace textures and textiles not previously considered homely – consider steel, concrete, large expanses of glass and other materials once thought of as cold and unwelcoming.

Where colour did prevail, this was to be bold and statement-giving, so perhaps blocks and slabs of shades adjacent to blacks, greys and whites.

Where did this all come from? Well, the Industrial Revolution had a lot to do with a more measured and practical approach to living. Modernists liked the idea of exploring norms and modes that were suited to this new world industry was providing, and it was perhaps to be expected that the influences of work became the influences of home.

Sure enough, these modernist statements didn't start and end in our homes, there was literature, art, music and more – countless areas where people were expressing a desire to rebel.

Although no end date for modernism has ever been noted, it's perceived that post-modernism came into being in the late 1970s, and from there society has largely embraced a mass of contrasting and conflicting styles in elegant harmony. Yet without those early-century modernists, the world we see in 2018 would surely look very different.



As Seen On
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STATEMENT

THINK **BIG** SHADES:
& GO **BOLD**



Photo credit: John Lewis, Next, House of Fraser, Not on the High Street

A statement lampshade can help complete an otherwise unfinished looking room, it can act as a focal point for interior discussion, it can even bring together the whole design concept of your home.

This year's lampshades should not be lurking in the shadows, they are designed to be seen and revered.

Flowers and Foliage

Floral patterns have been hugely popular across all interior design this year, but lampshades have taken this trend one step further with floral geometric patterns. These quirky and eye-catching designs are ideal for those wanting a fresh and naturalist vibe to their home.

Bold Rattan

This lightweight material which fits easily over existing light fittings is perfect for casting light patterns across a room. Choose an intricately woven design to create an impressive focal point that your

guests cannot fail to notice. A great shade for ceiling lights in a conservatory or office. Team with a vintage lightbulb for a retro effect. For an alternative revived material, try bamboo or shell shades.

Sumptuous Silk and Velvet

Add a touch of glamour to your home with a velvet or silk lampshade. This luxurious fabric suits both the bedroom and living room. Best used for a table or floor level lamp so that its luxuriousness can be appreciated up close and personal. We love a deep purple velvet shade for creating light in an intimate reading corner.

Cutting-edge Sculptural Shapes

Sculptural lampshades are bold, incredibly modern-looking and often appear more like works of art than mere lampshades. Ideal for homeowners who want a surrealistic or contemporary vibe within their home. These types of shades are incredibly versatile and work well for ceiling lights, wall and floor lamps.



HOME & DIY



Tiling can seem like quite a daunting prospect but if you are simply updating a small space, doing the work yourself is a feasible option.

The most important thing is to ensure you are working on an even surface.

Next, set out your tiles carefully. Start by making a gauge from a length of timber. Lay some of your tiles on the floor with spacers in between and put the timber next to them. Mark each joint on the timber.

Then measure and mark a point halfway up the wall above the highest floor or skirting board level as a starting point. With the measuring gauge positioned against this mark, mark downwards to show where each course of tiles will fall. If the space left at the bottom is less than half a tile high, adjust the starting point.

Next, create a horizontal gauge. Measure and mark a horizontal line across the wall at the level of the bottom of the lowest row of whole tiles. Lightly fix the batten to the wall.

Measure and mark the centre point of the horizontal batten and use the measuring gauge horizontally to mark the position of the last whole tile close to the end of the wall. Mark this point on the batten.

The aim is to start tiling in the middle and end at each side with a part tile.

Use a spirit level to mark a vertical line up from the position of the last tile. Fix another straight batten vertically along this line.

Apply small sections of adhesive at a time using a special adhesive spreader. Place the tile in position and press firmly. Use tile spacers.

Once your adhesive is completely dry, start grouting. Use a grouting float to force grout into the spaces between the tiles then use the float to remove excess grout.

When dry, polish the tiles to get rid of any fine cloudy residue.



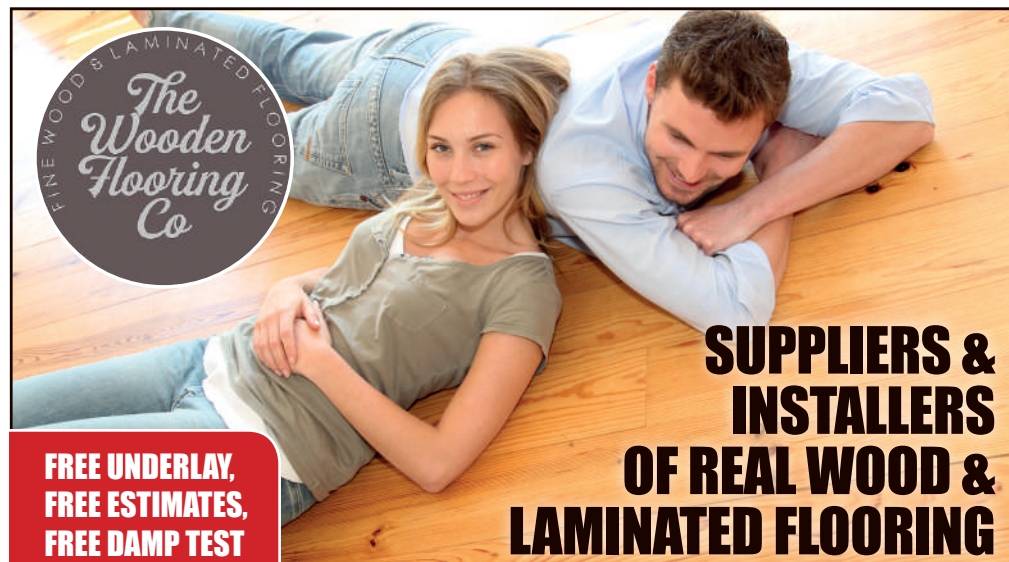
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WHERE THERE'S A *Willoughby,* there's a way

She's gone from teen model to national treasure, but for Holly Willoughby the biggest challenge is yet to come as she gets ready to enter the jungle.

Willoughby's ascent to full-blown daytime doyenne has been nothing short of remarkable. The classic 'girl next door', she has enchanted viewers across the widest of demographics, although with a sense of comfort – be that when discussing women's lifestyle, parenting, health or the home.

Yet now she's setting out on a whole new path, and to the Australian Outback, no less, to join Declan Donnelly in filling in for the Geordie's beloved but troubled sidekick Ant McPartlin on the new series of *I'm a Celeb... Get Me Out of Here!*, which begins in November.

While the challenges of a frenetic work schedule down under are a world away from the well-trodden mechanics of the *This Morning* TV studio, at least the 37-year-old won't be forced to canoodle with cockroaches or munch on maggots (all part of what lays in store for the real 'celebs' as part of the show's legendary Bush Tucker Trials).

Yet the likeable Sussex-born presenter is approaching things with an open mind.

She said: "I couldn't be more excited to have been asked to stand alongside Dec for the next jungle adventure. I love Ant and want to send him my best wishes and support for a continued recovery, and these are big shoes, not to fill, but just to keep warm for a little bit; but I'm going to give it my best shot."

Willoughby is arguably better equipped than most – she knows her way around a TV studio like few others in light entertainment, even if this one is littered with critters, koala bears and acacia trees.

"Of course I've been out of my comfort zone so many times in the past and it's probably where I thrive best," she says. "Right back to the early days of modelling for Pretty Polly, it was all a new experience, and the best decisions in life often come about as the result of trying different things."

Producers hope Willoughby will hit it off with buddy Donnelly in the same way that she did with her self-proclaimed "best friend in the world" Phillip Schofield, who she has co-presented *This Morning* with since 2009, their natural charisma evident for all to see. "You couldn't do that many hours of TV together, with all the different subjects, without there being some sort of relationship that's utterly real," said Willoughby at a recent BAFTA event to celebrate 30 years of the popular breakfast show.

"Dec and I know each other very well too and I'm sure there will be a lot of banter and laughter firing between us – I can't wait to get started."

Willoughby is taking all the family to Australia for what promises to be a memorable busman's holiday, and yet there's no let-up upon her return, with the self-confessed fashionista having recently become an ambassador for Marks and Spencer. Holly's Edit is part of the brand's Autumn Must-Haves campaign, with a focus on affordability (prices range from £19.50 to £99). "Keeping busy whilst exploring new angles is everything to me as I never want to stop... not even for a jungle meal."





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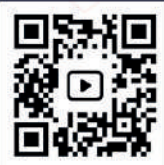
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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Photo credit: Lilla Hoskins

Charity celebrates its 30th anniversary

Over £30,000 was raised at First Step's 30th anniversary celebration.

Over 300 guests were welcomed to the Pavilion at Orsett Hall on October 6 to mark the special occasion.

Guests to the Hornchurch charity's event included The Mayor of Havering Dilip Patel, the Mayoress councillor Nisha Patel, charity co-founders Gill Hare MBE and Margaret Williams and charity patrons Jeremy West MBE and Tim Clarke.

The evening was compered by Time 107.5's Mark Dover.

After dinner, First Step's CEO spoke of the charity's gratitude for three decades of support from the local community, stressing the importance of the continual need for fundraising and donations to provide their

services for families of children with special needs and/or disabilities.

A live auction following with prizes including an Audi A8 for the weekend, a week in a luxury villa in Lanzarote, a limited edition signed print from artist Rosa Sepple PRI and a sound check package.

Charity co-founder Margaret Williams also auctioned her own First Step brooch.

Mark Halls said: "It was a pleasure to welcome so many friends to share this truly wonderful evening. Events like these are essential to raise much needed funds and we are so grateful to all our generous supports."

First Step needs to raise £350,000 annually to support children with special needs and/or disabilities and their families.



Council estate to be transformed as part of project

Serena, Solar and Sunrise Courts in Hornchurch will be one of the first regeneration projects to take place as part of a phase of work being carried out.

The joint project between Havering Council and Wates Residential is hoping to create thriving communities and deliver a borough-wide lasting legacy.

Residents are being asked to have their say on prospective ideas and designs which will see 12 council estates regenerated to provide 3,000 homes for local people over the next 12 years.

Waterloo Estate in Romford and Napier and New Plymouth Houses in Rainham are the other locations who will be part of the first phase of work.

Councillor Damian White, leader of Havering Council, said: "We are keen to get the views from as many residents and local businesses as possible as we aim to deliver genuinely affordable homes and increased social housing, but most importantly thriving communities."

"This joint venture with Wates Residential will allow us to deliver more job and career opportunities, better infrastructure, and great places, which will assist us in keeping Havering Special."

Residents can email haveringestateregeneration@glhearn.com or send their feedback via post to: Waterloo Estate Regeneration, c/o GL Hearn, 280 High Holborn, WC1V 7EE.

One-bed houses among most affordable in London

Hornchurch is among the top 10 most affordable train stations to live close to in London according to new figures.

New research by credit experts TotallyMoney revealed how much Londoners would have to earn to afford a one-bedroom property across London Underground, Overground and DLR stations.

Hornchurch placed seventh in the list of the 10 least expensive stations to live by with a salary of £26,400 needed.

Moorgate came in as the most expensive station to

live by with a salary of £158,700.

TotallyMoney head of brand and marketing communications Mark Moloney said: "While our map can help prospective buyers find affordable areas in London, what our research shows is that, even if you can save enough for the deposit, your options are even more limited than you might suspect."

"What's more, the research considers one-bedroom properties only, meaning those with families or those hoping to start a family will have even fewer options available to them."



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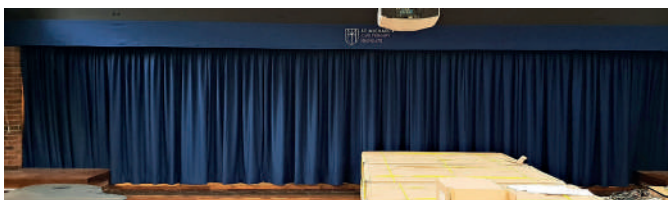
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Eighteen-year-old riding 100 miles for charity challenge



LOCAL NEWS

A woman has challenged herself to ride a total of 100 miles throughout October to raise money.

Becky Wingett, 18, planned to ride five miles a day on her horse Bertie to fundraise for HEART UK – The Cholesterol Charity.

Becky is riding in memory of her sister Rianna Wingett who tragically collapsed and died in 2009, a day before her 12th birthday after doing a cross country run.

Rianna had familial hypercholesterolaemia (FH), an inherited form of high cholesterol but it had not been diagnosed.

FH is an inherited form of high cholesterol. People with FH have exceptionally high levels of cholesterol, often double or sometimes four times higher than that of the general population.

Becky said: "I did the Great Cholesterol Challenge

last year, but this year my mum suggested that I ride 100 miles on my horse.

"It will be a challenge as I usually ride Bertie for two or three miles a day, but for the challenge I will be doing five miles a day.

"This year is really special as Rianna would have been 21 in November, so I want to do all I can to raise awareness of FH to make sure that everyone who has the condition is diagnosed and treated."

Jules Payne, CEO of HEART UK, said: "We are so grateful to the Wingett family and all they do to help raise awareness of FH after the loss of Rianna.

"It's a tragedy that the diagnosis of FH is so poor, putting men, women and children with FH at risk of early heart attacks and strokes."

At the time of going to print, Becky was on the final few days of her challenge.

Potter crowned champion at major event

Hornchurch potter Emma Parker won her fourth junior event in the European Women's Masters Under-21.

The win sees Parker achieve a significant milestone as she rises to top spot on the World Ladies Billiards and Snooker Under-21 ranking list ahead of Shannon Metcalf for the first time in her career.

Having come into the tournament just 300 points behind 16-year-old Metcalf, Parker defeated the youngster 2-1 in the round robin stages of the European Women's Masters Under-21 event before defeating Nutchart Wongharuthai 2-0 in the final to clinch the title.

Emma said: "I am really happy to have won the Under-21 title at the European Women's Masters champion in Belgium.

"I have been working hard on improving my game and to win my first tournament outside of the UK against a top player like Nutchart means a lot to me.

"It is also a great feeling to move up to the top of the Under-21 ranking list for the first time and I am looking forward to building on my progress during the rest of the season."



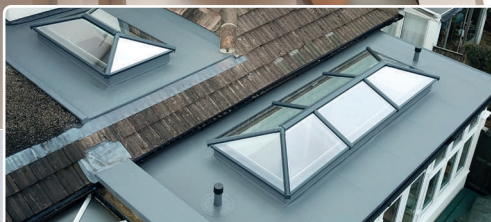
Photo credit: Matt HuatWorld Women's Snooker

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Before



After





Photo credit: Gary Summers, SMD Photography Ltd

Theatre scoops award for third year running

UK Theatre has announced the regional and national winners of this year's Most Welcoming Theatre award, after an unprecedented 56,000 votes were cast by members of the public.

The Queen's Theatre Hornchurch were overjoyed to be crowned with the title for the third year in a row.

Douglas Rintoul, artistic director at the Queen's Theatre Hornchurch, said: "We're delighted to win this award for the third year in a row. Thanks to our teams and everyone who voted."

"At the Queen's Theatre we're reaching out to many more members of our community – who may not have previously felt able to visit the theatre – with several new initiatives: a more diverse programme, special ticket prices for under 26-year-olds, relaxed and dementia-friendly performances, more audio described performances and £1 tickets for first-timers."

"This award is a real testament to the passion, care and pride embodied by our brilliant staff."

School awarded TfL gold STARS accreditation

Harrow Lodge Primary School in Hornchurch has been awarded the Travel for London (TfL) gold STARS accreditation.

STARS inspires young Londoners to travel to school sustainably, actively, responsibly and safely by championing walking, scooting and cycling.

Over the last three academic years, the school has delivered over 45 activities and achieved a six per cent modal shift from single car use to an alternative, active travel or public transport option.

The 45 activities included walking, cycling, road safety and smarter driving. They also had 10 supporting activities, which includes promotion, curriculum, funding and partnership.

Finally, they delivered eight consultations, engaging with the local community and delivering wider research around issues at their school.

The gold accreditation will be valid for three years. Lilli Matson, TfL's director of transport strategy, said: "Pupils and staff at Harrow Lodge Primary School have, over the last three years, delivered 45 activities including travel activities ranging from walking and cycling to road safety and smarter driving."

"They have also achieved a six per cent mode shift from single car use to more active forms of travel, such as walking and cycling or public transport. That's something to be celebrated, which is why we are thrilled to award them gold STARS accreditation."

"With the help of our STARS programme, we are delighted children are championing sustainable ways of travel, the importance of air quality, and road and personal safety. We are especially proud of the top performing schools for leading by example to inspire others to help make our streets healthier and safer."

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JULIA LOPEZ MP

Hornchurch and Upminster

LOCAL NEWS

Ensuring that we have the infrastructure in place to cope with our area's growth is of critical importance, and while many transport issues are devolved to the Mayor of London, I am trying to attract key government-level investment where I can.

This month, Transport Secretary Chris Grayling announced that Gallows Corner has been shortlisted as one of five potential improvement schemes in the government's Major Road Network programme. The programme, which allows councils to bid for improvements to local A-roads, is part of the biggest road investment since the 1970s, and each of the shortlisted schemes will be eligible for up to £50million.

Our constituency includes Gallows Corner and I have been campaigning since June 2017 to improve the major junction after receiving representations from local residents about congestion and safety. Gallows Corner comes within Transport for London's road network and responsibility for its improvement lies with the Mayor of London. Now that the cash has been opened up to TfL, I am calling upon Mayor Khan immediately to task his team with putting together a

robust business case to unlock the extra funding.

Meanwhile, I have been meeting the Lower Thames Crossing team to discuss their plan to alleviate congestion at Dartford via a new bridge. They propose now to have a three-lane road across the river, which they believe will halve journey times and give local residents faster routes to Kent and Dover. They are seeking residents' views in a ten-week consultation and I have provided all the details on my website. I am keen to get investment in our local green spaces as part of scheme, and am pushing for additional tree-planting and funds into the Thames Chase Community Forest.

October has also brought visits to Hacton and Campion schools and I have now had a chance to conduct a site visit to Suttons House where we hope to see a heritage centre to RAF Hornchurch.

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

www.julialopez.co.uk

Molly's marvellous carrot cake hits the mark



Having Council has awarded six-year-old Molly from Squirrels Heath Infant School with a year's worth of free healthy school lunches.

Molly won this amazing prize after entering a recent Veggie Run competition. During the summer term HES Catering Services invited all infant school pupils from across the borough to develop a new healthy recipe for the winter school menus.

Molly's outstanding submission for 'Molly's Cora Carrot Cake', successfully won her first prize. After half term, children will be able to choose Molly's new recipe from the healthy school lunch menus.

The new menus also include a photo of Molly, showcasing her dessert.

Molly said: "I entered Molly's Cora Carrot Cake, as I wanted to make a healthy dessert that used my favourite vegetable, carrots, and a character from Veggie Run. I worked at home with my mum to make this tasty recipe."



Man jailed after threatening staff



Photo credit: Metropolitan Police

A man who threatened supermarket staff with a handgun and a Stanley knife has been jailed for 10 years and four months.

On August 8, William O'Reilly, of no fixed abode, entered the Sainsbury's Local store on Suttons Lane, Hornchurch, where he approached the counter and asked to buy cigarettes and matches.

On discovering he didn't have enough money, O'Reilly was refused service.

He walked away from the till but then turned around and produced a handgun, pointing it at a member of staff, demanding that the till be opened.

He then climbed on top of the counter and forced all three staff members into a corner behind the till area, shouting and swearing at them.

He produced a Stanley knife and threatened to slash staff in the neck if money wasn't handed over.

As he was taking money from the till, one member of staff took the brave decision to tackle him to the ground. Then – assisted by the other members of staff – he was detained until police arrived.

Officer in the case, DC Shona Wilkinson, said: "I would like to pay tribute to the victims, who showed immense bravery in tackling O'Reilly, during what must have been a terrifying ordeal.

"O'Reilly is a career criminal and I am pleased that he now faces a substantial period in prison."

Volunteer mentors needed to support local children

Havering Council's Early Help Service is looking for volunteers to mentor young people between the ages of 10 and 18 in a bid to help them reach

their potential.

Offering just a few hours of your time to a local young person each week could transform their lives.

Volunteers would meet the young person for around two hours each week to take part in an activity such as ten-pin bowling, badminton or simply having a chat.

Full training and ongoing support are provided to all volunteers and any expenses incurred will be reimbursed.

Training for the role will be held on November 14 and 21 from 9.15am until 2.30pm.

For an informal discussion about the role contact sharon.fraine@haverling.gov.uk or 01708 431943.

Are your financial affairs in order?

Join Pinney Talfourd LLP for one of their popular free wills and lasting powers of attorney talks to ensure that your financial affairs are in order.

Over half of people in the UK currently do not have a will which can lead to stress and large tax bills for your family. In addition to this, over 850,000 people in the UK have dementia.

By setting up a lasting power of attorney now, you can nominate a person (your attorney) to make decisions on your behalf in the future if you lose mental capacity.

Listen to a short presentation about the different types of will and LPA followed by some free tailored advice from one of their solicitors over a tea/coffee afterwards.

Dates include Friday, November 9 from 10am – 11.30am and Saturday, November 10 from 10am – 11.30am The venue for each event is Pinney Talfourd LLP Solicitors, 54 Station Road, Upminster, Essex, RM14 2TU.

For more information and to book your free place please contact Kayleigh O'Donnell on 01708 229444. The seminars will be taking place in the boardroom, which is located up one flight of stairs.



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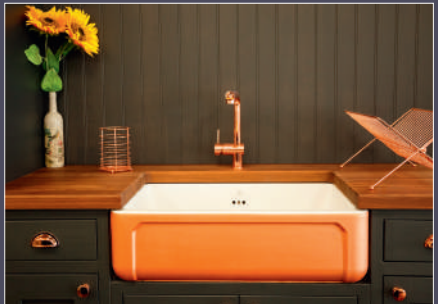
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COUNCILLOR DILIP PATEL



Mayor of Havering



LOCAL NEWS



The Mayor of Havering 2018-19 is councillor Dilip Patel. The mayor is the First Citizen of the borough and the highest civic representative of the borough.

In May each year, Havering Council elects a councillor to serve as mayor for the municipal year, in which they chair meetings of the full council and represent the council at public events.

The ancient office of mayor dates back to the days when mayors had much wider authority and power than they do today. The position today is a civic role with the exception of the chairing of council meetings.

However, the importance of the position is still widely recognised and remains the highest office that the citizens of a borough, through their elected representatives, can confer. It makes the holder their first citizen, and, within the borough, the mayor takes precedence over everyone except the sovereign or the sovereign's representative.

The responsibilities of the mayor include:

- > preside over meetings of the council so that its business can be carried out efficiently
- > ensure that the council meeting is a forum for the debate of matters of concern to the local community

and the place at which members who are not on the executive are able to hold the executive to account

- > promote public involvement in the council's activities
- > attend such civic and ceremonial functions as the council and he or she determines is appropriate
- > sign legal documents

Cllr Patel has chosen three charities to support for the year. They are Havering Mind, Rainbow Trust and Lennox Children's Cancer Fund.

Cllr Patel, and his wife and Lady Mayoress Cllr Nischa Patel will be holding fundraising events to raise money.

Upcoming events include a Christmas-themed dancing on ice show in December, a civic dinner on January 25, a singalong cinema event and an Easter bunny run event on April 21.

The mayor is also keen to support local businesses as much as he can and will hold a special business reception at the town hall council chambers on Friday, December 14. This will include a drink and a mince pie reception in the mayoral parlour.

Contact Cllr Patel by email at haveringmayorappeal@outlook.com or call 07540 147327.

www.havering.gov.uk



News from

Councillor Paul Middleton

for Hornchurch Residents' Association

The Hornchurch Residents' Association has been running since 1933. We are all independent councillors and team members working as a group. We are the second largest group in the Havering Council.

As we are truly independent we do not have masters elsewhere telling us what is important, how to vote and what changes are required.

We all live in the area, we represent the residents in our wards and fight for the changes our residents want, while fighting the changes often proposed by the incumbent party which regularly are not what the residents want but are part of a larger plan to meet government targets.

A few of the projects we have been involved in recently are:

- With the support of our St Andrews, Hacton SNTs and the Metropolitan Police Traffic Division we carried out a speeding awareness session. This session was very successful, taking one illegal motor cycle off the road and educated a number of car drivers regarding their speed. These will be repeated around our wards.



Photo credit: Google Maps

- We twice led a campaign that saved the car park in Northwood Ave/St Nicholas Ave from being sold off for more development.
- We are working with Lidl in Hornchurch to see if we can get the No Right Turn restriction removed without causing major traffic issues in the area.
- We are guiding the council away from what many people see as money making schemes to include parking permits in almost all areas around Hornchurch.

To find out more, please feel free to contact me at CouncillorPaul.Middleton@Havering.gov.uk

Colleges reach federation agreement

A federation agreement between Havering Sixth Form College (HSFC) in Hornchurch, Havering College of Further and Higher Education (HCFHE) and New City College has been approved by the governing boards of all three colleges.

The federation took effect from October 1.

The federation formalises some of the colleges' existing work together and will help them all to effectively plan and prepare for the arrangements of their proposed merger in April next year.

After 17 years at the Havering College of Further and Higher Education, including six as principal, Maria Thompson has made the decision to step down from her post. Maria has played an important role in the development of the federation and plans for the proposed merger.

Paul Wakeling, principal and CEO of Havering Sixth Form College, has taken is interim principal of Havering College alongside his current role.

Gerry McDonald, group principal and CEO of New City College, will be interim CEO of Havering College of Further and Higher Education.

Mr Wakeling commented: "Since the creation of the sixth form college in 1991, the two Havering colleges have worked in partnership to ensure that the young people of our borough are guaranteed a place for their post-16 education.

"We are delighted, therefore, that when HCFHE was looking for a merger partner, we, in conjunction with NCC, were chosen as the preferred partners. We see this as the natural extension of an already strong working relationship and we are convinced that together we can provide excellent academic, technical and professional education and training, combined with high levels of support."

The statutory notice and formal consultation on the merger will take place later this year with a view to merging on April 1, 2019.



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AFC HORNCHURCH



LOCAL NEWS



Photo credit: Peter Trinder

Urchins learn opponents in BBC Essex Senior Cup

AFC Hornchurch learnt their opponents in the third Round of the BBC Essex Senior Cup when the draw was made last month.

Jimmy McFarlane's men were originally drawn against Leyton Athletic but, after the Walthamstow club were kicked out of the competition for fielding ineligible players, the Urchins will now take on Benfleet at Bridge Avenue.

The game will be played on November 6 at 7.45pm.

On the pitch, Hornchurch's 10-game unbeaten run came to an end last month when they fell to two successive defeats at the hands of Corinthian Casuals and Lewes respectively.

Hornchurch can have no complaints against Corinthian Casuals who thoroughly deserved the three points. However, the hosts had to wait until the 78th minute to open the scoring after ramping up the pressure as the game moved into its closing stages.

After the visitors failed to clear a corner despite being

presented with a number of opportunities to do so, it was Gabriel Odunaike who sealed the points when he prodded the ball past Callum Chafer.

Hornchurch were back in action just a few days later when they took on Lewes under the floodlights – but a 5-1 victory for the visitors condemned Hornchurch to their first home defeat of the season.

The Urchins faced an uphill task when Lewes went in front after just three minutes. Lewes were good value for their 3-0 half time lead.

McFarlane rang the changes as half time with George Saunders and Connor Hogan being introduced and Hornchurch reduced the arrears shortly after the break when George Purcell gave them hope from the spot.

Although Hornchurch poured forward, the hosts were eventually made to pay for missing a host of chances when Conlon made the game safe before Smith added to Lewes' tally in injury time.

Manager Jimmy McFarlane admitted he was frustrated after the game but refused to use the Urchins lengthy injury list as an excuse.



www.afchornchurch.com



Charity boost funds innovative entertainment screens

Elderly patients at Queen's Hospital are enjoying entertainment tailored towards them thanks to newly introduced RITA (Reminiscence Interactive Therapy Activities) screens.

Patients can choose to watch a classic film they loved in their younger years, listen to music, or hear messages from their family. RITA can even help keep them active with programmes of chair exercises.

Queen's Hospital now has eight screens, which are helping to reduce falls, ease boredom and soothe anxious patients, particularly those with dementia.

They were funded by three generous donations to the King George and Queen's Hospitals Charity from Asda, the ladies' division of Abridge Golf Club and Get

Your Pink On.

Jenny Petchey, dementia clinical nurse specialist, said: "We're really excited to have these screens at Queen's Hospital as we've seen how they've made such a positive impact for our patients on our elderly care wards at King George Hospital.

"They're really good and everyone has been impressed by how much they can do. They even have programmes of chair exercises, so we're hoping to encourage our patients who are able to keep active by doing that. It's also brilliant that you can personalise them, so for example if a patient often becomes agitated at night, their family can record messages for them, to help reassure them."

West Ham United join the Veggie Run



Two West Ham United players have been testing out Havering's new gaming app to encourage healthy eating among schoolchildren in the borough.

West Ham United Foundation will be delivering the Healthy Hammers six-week programme to children in Hornchurch from November.

They will be part of the 2,400 children from over half of the borough's primary and junior schools taking part.

Veggie Run is the first of its kind in England and is aimed at educating children about dodging unhealthy foods and rewarding them and their schools with sporty prizes.

During this school term children can win West Ham United Foundation themed prizes, including the chance to win a £25 West Ham United Foundation programme voucher.

In addition, any child currently eating a school catered lunch could also win a visit to the West Ham United Football stadium on November 7.

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A parade of four shops – all front glass professionally cleaned for a year on a monthly basis as a goodwill gesture to the new tenants.

Waste left in a back garden in Elm Park – five skip loads, arranged a group of friends to help, saved client £1,200.

Helped a family during a recent burst pipe – paid for two nights in a hotel.

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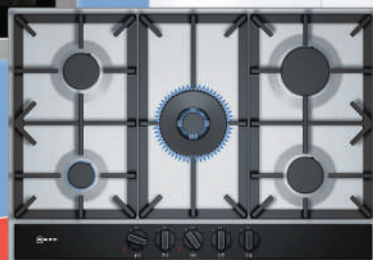
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GARDENING

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Norway Spruce: Our most traditional and best recognised Christmas tree that, to the surprise of some, grows happily in the UK (despite its name). It offers flailing green arms and an aromatic scent that lends itself to awkward hugs with Auntie Beryl.

A cost-effective, attention-grabbing tree, but one that sheds its needles quickly, so get your Hoover at the ready.

Nordmann Fir: The increase in popularity of this tree is largely down to the fact it doesn't shed its needles like a number of others. A symmetrical shape, it's glossy, soft and a winner with the kids.

Slightly more expensive than the spruce, this tree is also fragrance-free.

Blue Spruce: This one does what it says on the tin – a prickly, cactus-like spruce that comes with a sumptuous blue/grey tinge.

Typically a medium-sized little number, it's not overly kid-friendly, but adorned with lights probably ranks as the best looking of the lot.

Serbian Spruce: With better needle retention than the Norway Spruce, this attractive tree looks as though it's been dipped in a pot of wood polish, such is the sheen that comes up from its branches. If you don't have a lot by way of decorations or lights, this tree will do the hard work for you.

In terms of maintenance, follow these quick rules to keep your tree looking tip-top:

- ✦ Keep outside or in a cool place for as long as possible before use
- ✦ If keeping it in water chop a couple of centimetres off the stump first
- ✦ Water it every day



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BLACK FRIDAY SALE

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PREPARE
TO FAIL

Black Friday is set to be the biggest shopping day of 2018 with Cyber Monday leading the way for online shoppers. Big brands will have been gearing up to this bargain bonanza weekend for months but that doesn't mean that small businesses cannot benefit too. All that is needed is a little bit of careful planning and preparation.

FAIL TO PREPARE, AND PREPARE TO FAIL

Make sure you have sufficient stock to deal with the increase in demand. Not being able to provide what you have promised will result in frustrated and unhappy customers who will not do business with you again.

BE TECH READY

Your IT systems may be able to cope with the day to day demands of your business but are they up to the task of a massive traffic surge? Be sure to test your systems prior to the big day; no one wants their website to crash on Cyber Monday.

MAXIMISE SOCIAL MEDIA

Keep your customers informed of your Black Friday plans ahead of the day itself on your social media platforms. Run a competition or a giveaway to encourage users to share your posts and increase views.

REWARD YOUR LOYAL CUSTOMERS

Email marketing is key to raising awareness of an event or big sale. Since the arrival of GDPR earlier this year, sending out mass emails to everybody and anybody is a big no-no, instead focus on targeting your loyal customers with personalised emails that contain exclusive discounts, offers or rewards.

INVOLVE YOUR EMPLOYEES

Ensure that all your employees are informed about your plans for both events. Any specific offers, special delivery promises or extended opening hours. The last thing you need is overwhelmed and unknowledgeable staff.



BUSINESS & FINANCE





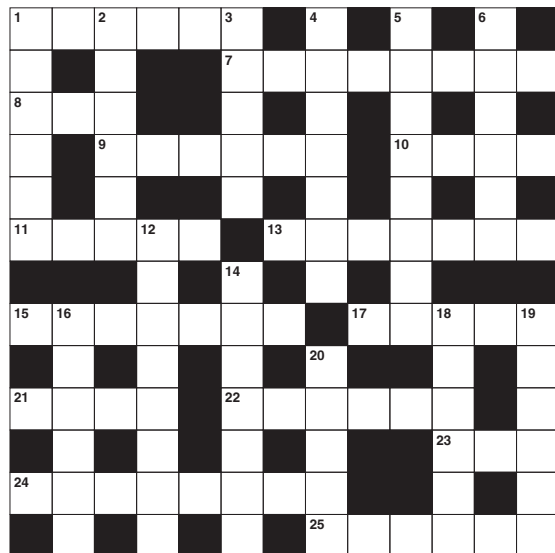
PUZZLES & TRIVIA

ACROSS

1. Feeling of fondness (6)
7. Containing less oxygen than usual (of air) (8)
8. Title of a married woman (3)
9. Sightseeing trip in Africa (6)
10. Deceiver (4)
11. Test or examine a metal or ore (5)
13. Coatings (7)
15. Get too big for something (7)
17. Long-legged wading bird (5)
21. Bowed stringed instrument (4)
22. Chess piece (6)
23. Increase the running speed of an engine (3)
24. Large snake (8)
25. Deep gorge (6)

DOWN

1. Thin layer of sedimentary rock (6)
2. Locks lips with (6)
3. The ___ Gatsby: F. Scott Fitzgerald novel (5)
4. Followed behind (7)
5. Wealthy (8)
6. Fix (6)
12. Aromatic plant used in cooking (8)



14. Up-and-down movement on water (7)
16. Workers' groups (6)
18. Fish hawk (6)
19. SI unit of thermodynamic temperature (6)
20. ___ Hayes: US soul and funk singer (5)

DID YOU KNOW

▶ A bolt of lightning lasts on average for about one 10,000th of a second but could light a 100-Watt light bulb for three months

▶ The monsoon climate results in high annual rainfall totals exceeding 1.5 metres (5ft) in many places

▶ Rainbows are caused when rays of light from the sun hit water which reflect some of the light back

▶ Lightning travels through the air at around 270,000mph

▶ Clouds will either be composed of ice or water droplets depending on the height of the cloud and the temperature of the atmosphere

▶ Lightning reaches temperatures of around 30,000C

SUDOKU

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

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YOUR GAS

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THE NOOSE TIGHTENS AROUND POLLUTING VEHICLES IN BRITAIN'S CITIES.

Those of us who own gas guzzlers breathed another audible sigh of disappointment recently when the government introduced new legislation relating to car emissions on vehicles made before 2015.

The new rules apply to both petrol and diesel engines, with emissions surcharges, extra parking fees and tax increases meaning that, overnight, your pride and joy sat on the driveway suddenly felt less proud and not quite as joyful.

While the initial 50 per cent surcharge on parking applies at first only to diesel cars in central London, those driving petrol cars will feel the pinch too, albeit at a lesser level, and it's inevitable other local authorities will follow Westminster City Council's lead. Indeed, Camden and Islington councils look set to go one step beyond by applying extra charges for all vehicles of any age.

From next year, clean air zones in central London and Birmingham will impose a daily toll of £12.50 on most of Britain's 13 million diesel cars, with an estimated £50/week being added to running costs for the average driver. Other cities – Nottingham, Leeds, Derby and Southampton – are expected to follow suit.

The government's anti-diesel drive is all part of the April 2019 launch of the world's first Ultra-Low Emission Zone (ULEZ) in central London. To move through the area without charge, petrol cars and vans must meet the Euro 4 emissions standard, while for diesel cars it's Euro 6. And if you think those fines are harsh, be grateful you're not driving an HGV – it will cost you a cool £100 a day to transport it around London, and that's before you've even filled up at the pump.

Even electric vans don't escape scrutiny – the government has realised that these vehicles tend to be heavier than their diesel counterparts and that produces its own challenges. The solution – more taxes.

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JT's *Latest Goal*



SPORT

JOHN TERRY'S IMPACT ON THE GAME IS ABOUT TO TAKE ON A WHOLE NEW FORM

After 759 appearances, 78 England caps, 68 career goals and 15 trophies, John Terry brought to end at least one chapter in his career when hanging up his boots at the end of the 2017/18 season. And yet, few considered his short-lived stint at Aston Villa – after two decades at the top of football's hierarchy with Chelsea – would end with the Barking-born hard man slinking off into the sunset. Sure enough, the 37-year-old is back... back in claret and blue in fact, having agreed to become assistant coach to Dean Smith at Villa Park. After two decades on the pitch, Terry feels the time is right to see things from the other side.

He said: "I guess, firstly, it has been quite strange to walk back into the club in a different role, but being a player here and knowing the magnitude of the place, I'm delighted to be part of the team.

"Right now the immediate aim is to learn as much as I can as quickly as I can. I think every player keeps one eye on the coaching route - Lamps (Frank Lampard) and Steve (Gerrard) have gone off and done it and it feels like a new dawn for all of us. I hope I can follow in their footsteps and be successful."

Having been both Chelsea and England captain for the majority of his time in those respective sides, Terry is used to driving forward the people around him.

He said: "At the start of my career I was inspired by a number of leaders – real men, top footballers and brilliant coaches.

"It's my dream to be able to do the same for others and this is a huge learning curve for me, but one I'm ready to embrace."



Photo credit: Dennis Goodwin/ProSports/REX/Shutterstock

FAST AND FURY-OUS

As festive fight night – December 1 – edges ever-closer, Tyson Fury prepares to let his fists do the talking.

It's the most talked about fight of the year - British bad-boy Tyson Fury going toe-to-toe with Alabama-born Deontay Wilder for heavyweight bragging rights and to move into pole position for an almighty goliath showdown against Anthony Joshua in April of next year.

Although Joshua admits he has to fight Wilder to be considered the ultimate heavyweight champion of the world, boxing fans on this side of the Atlantic are drooling over the prospect of a match-up against Fury, and with it the pairing of two boxers who couldn't be further apart in terms of their appeal.

Joshua is the gentleman of the ring, tough but with a temperament everyone admires. Fury is the fiery gypsy king who polarises opinion – and yet arguably has the most to prove as he recovers from a career-threatening drugs ban and numerous personal problems.

Fury's next step to reaffirming the mental and physical strength he believes will lead him to knocking out AJ is to see off the challenge of American challenger Wilder, and some challenge it is.

First, he has to battle a partisan LA crowd at the Staples Center, then rally against his opponent's perfect boxing record: 40 fights, 40 wins, 39 by knock-out.

Fury, 30, who stands at a colossal at 6ft 8", has been typically bullish in the lead-up to the fight.

He said: "For me, Deontay is just another obstacle to be knocked over on my journey."

With that customary devilish grin, he adds: "I'm a time traveller – I've seen the future and I know what happens."

"That's why I don't fear anyone; because I already know how this turns out."

"But listen, I'm going in the ring with one of the best punchers the sport has ever seen. Do I respect him, yes; but do I know how to beat him? Of course."



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Learn, Laugh and Live

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November 14, Doors open 2.15pm**

Havering U3A meets at 2.30pm second Wednesday of the month at St Michael's Church Hall, Main Road, Gidea Park.

On November 14 will be Forbidden Love and Broken Hearts by Georgina Green.

Interest groups run throughout the month.

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

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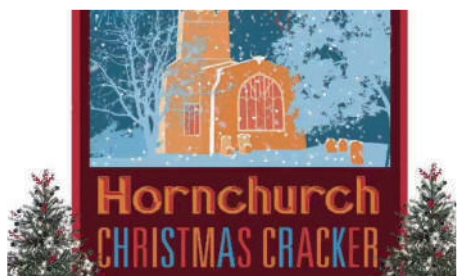
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Hornchurch Christmas Cracker

**Hornchurch North Street Halls, North Street,
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November 17, 2.30pm – 4.30pm**



Hornchurch Christmas Cracker is a new town centre event taking place during the afternoon of November 17.

Organised by the Hornchurch Town Team of local small businesses, Messy Church in Hornchurch along with the Parish of Hornchurch will be joining in and supporting the events taking place in Hornchurch town centre by holding an activity/craft session along with refreshments in North Street Hall from 2.30pm – 4.30pm.

Body Confidence Live Essex

**Hornchurch Sports Centre, Harrow Lodge
Park, Hornchurch Road, Hornchurch,
RM11 1JU
November 18, 12.30pm – 5pm**

Body Confidence Live holds body confidence live events to help people feel better about themselves, embrace their bodies and improve their wellbeing. They bring together speakers and exhibitors all relating to body confidence, self-esteem and wellness.

The event is sponsored by Everyone Active and raising funds for the Havering branch of the Mind mental health charity.

Tickets should be booked online in advance and £1 from the sale of each ticket will be donated to the Mind mental health charity.

To book your spot visit www.eventbrite.co.uk/e/body-confidence-live-essex-tickets-50556140778?aff=efbeventix

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- Mirrors
- ...and more

**REHAU
QUALITY**

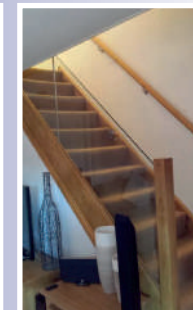
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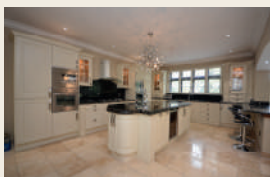
info@majorglass.co.uk





THE MALL, ST LEONARDS HAMLET, HORNCURCH £695,000

Being part of this highly regarded and exclusive Victorian conversion dated from the late 1800's is this superbly appointed family home. The ground floor accommodation comprises lounge, separate dining room and fitted kitchen/breakfast room. To the first floor there are three fitted double bedrooms, en suite shower room and family bathroom/WC. Fully enclosed westerly aspect rear garden. EPC F.



LINKS AVENUE, GIDEA PARK £1,450,000

Superbly located within this established residential turning affording fabulous views to the rear across Romford Golf Course is this extended and vastly improved detached property. Set over 3 floors there are 5 double bedrooms and 5 bathrooms.

The ground floor which is largely open plan incorporates a living area, dining/sitting and family areas. Separate sitting room with en suite shower room and kitchen/breakfast room. Integral garage. Awaiting EPC.