

A portrait of Sir David Attenborough, an older man with white hair, wearing a white shirt and a brown jacket, looking directly at the camera. The background is a soft-focus image of green foliage.

THE  
HISTORY  
OF KEW  
GARDENS

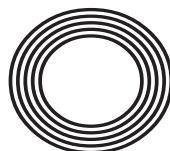
MARY QUEEN  
OF SCOTS

Delve into the  
history of the royal

CHRISTMAS FUN  
*For all the family*

# SIR DAVID ATTENBOROUGH

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December 2018

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# Editor's notes...



Brett Shohet, Editor

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

I would like to take this opportunity to wish all of our readers and clients a Merry Christmas and a Happy New Year.

This year has been an amazing year for us with the launch of two further titles, along with **VISION** being recognised even more in the areas of distribution. This cannot happen without the support of the people around us and the readers of the publication.

But we are not stopping there. Next year is already shaping up to be even more successful and exciting for all of us. Watch this space.

In this month's **VISION**, we cover David Attenborough, focusing on his life, career and influence following the start of his new show.

We also look at *Mary Queen of Scots*, the newly released film starring Margot Robbie.

In local news, volunteers are awarded the London Ambulance Service award for youth work, a woman is skydiving to raise money for a cancer charity and a Hornchurch street is named as the second healthiest high street in London.

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

I hope you all enjoy the December 2018 edition of **VISION**Hornchurch.

*Brett*



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As *Mary, Queen of Scots* prepares to ride into cinemas on December 7, we look into the real history of the enigmatic Scottish royal (played on screen by Saoirse Ronan) and her powerful cousin Queen Elizabeth I (Margot Robbie).

We consider ourselves to be living in progressive times with women taking on more and more leadership roles in the UK, but there was a period during the 16th century when both England and Scotland were ruled by queens. Both strong-willed and admirably independent, Mary Queen of Scots and Elizabeth I were anomalies in a system still very much run by the patriarchy. And yet it wasn't all 'girl power' and sisterhood for the two monarchs, with Mary's unquenchable quest for supremacy ultimately leading to her death.

But then what else would you expect from a woman who was raised to rule? Born in 1542, Mary Stuart was the only surviving (legitimate) child of King James V, and was merely a six-day-old infant when she succeeded her father to become Queen of Scotland. Naturally, the role was taken over by regents until she came of age, and she actually spent much of her childhood in France, eventually marrying the Dauphin of France – who briefly became King Francis II – before his death in 1560.

By the time Mary returned to Scotland in 1561, her cousin Elizabeth I was ruling England. But all was not content in the kingdom, for many Catholics believed that Mary was the true heir to the English throne, as it was only because Henry VIII's last will and testament had excluded the Stuarts from claiming the crown that it fell instead onto the heads of his daughters (Mary I of England followed by Elizabeth I).

Not surprisingly, Mary was seen as an immediate threat to the English monarch, and her lack of finesse regarding the intricacies of religion and British politics only fanned the flames. Her first misstep was marrying a fellow Catholic – also her first cousin – Lord Darnley, with whom she had a son, James. When their union soured, his murder was blamed on nobleman Lord Bothwell, whom Mary would take as her third husband, a decision that would lead to her being forced to abdicate to her one-year-old son.

Imprisoned in Loch Leven Castle, Mary would eventually make a bold escape attempt, raising an army of 6,000 men, before accepting defeat and heading for England where she would ask Queen Elizabeth I for help in regaining her throne. But self-preservation won the day, with Elizabeth I ordering that Mary remain locked up until her eventual execution in 1587.

As time has gone on, it is Elizabeth I who is often revered as being an admirable and courageous queen, and yet, Mary's intelligence, passion and steely determination cannot be overlooked.

Like *Braveheart* before it, the film *Mary, Queen of Scots* could very well see the courageous Celt become a modern icon... or, it could simply confirm what history has come to show – that when it comes to matters of the crown, blood is no thicker than water.

Mary

QUEEN  
OF SCOTS





Photo credit: Michael F. Hlat/Shutterstock.com

# A CENTURY of common sense

It's 100 years since women were given the vote in parliamentary elections, with the nation embracing this incredible landmark in what is being dubbed The Year of the Woman.

The #MeToo movement may have kicked off an incredible drive for equality in the Western World, but perhaps it should have referenced more strongly the incredible battles faced at the start of the 20th century, both here and abroad, by a women's rights movement that was every bit as battle-hardened as today's campaign.

Talk about women being given the vote and most people will reference Emily Davison, the British suffragette who stumbled in front of King George V's horse at the Epsom Derby in 1913. Her subsequent death made her a central icon for the fight for equality, though in truth Emily made just one small part of a significant movement across the country. She was involved in a UK-wide hunger strike with other women arrested while demonstrating in the

months and years leading up to that fateful race, with the Emmeline Pankhurst Women's Social and Political Union proving a driving force for change, and one that, eventually, had to be listened to.

Sure enough, within five years women were granted the right to vote, and now a century on, a series of political, cultural, social and artistic events will reference and recognise the incredible sacrifices made by so many.

You only have to look at the empowerment of women in UK politics – a female Prime Minister, a female leader of Scotland's biggest party, not to mention the German Chancellor, Angela Merkel, ranked the most powerful woman in world politics – to see just how far we've come. In short, do your own ironing.

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# Bronze Age

Does your skin need a little warming up over these cold and gloomy months? Well, here's how to apply bronzer like a pro... (you're welcome).

Choosing your bronzer: To avoid looking like you've been tangoed, first apply a foundation which is one tone darker than your complexion, then choose bronzer just one shade above that – never more. This way you get a natural-looking glow where the tones meet in the middle, rather than a noticeably darker sculpted area.

Tools of the trade: Blusher brushes work well when applying bronzer, but if you're serious about becoming a golden goddess, invest in a bronzer brush. Thanks to their abundance of bristles, which are tightly packed together, you get more colour per stroke.

Three is the magic number: The equation for a perfectly-sculpted, glowing façade is three plus three equals gorgeous. Starting from your temple, swoop round to your cheekbone and then back down your jawline (a three shape) on both sides of your face.

Add shimmer: Assuming you're using a matte product, it's nice to add a few touches of shimmer in key places for maximum va-va-voom. Either crème or powder, apply sparingly under cheekbones, along the bridge of your nose and just above your cupid's bow.

Blend, blend and blend some more: Using a blusher brush or sponge, go over the edges of your bronzer and highlighter until they are seamlessly merged with your foundation. Remember to also blend the colour into your neck and apply a touch at the nape if your hair is very short or in a ponytail. What you should end up with is a sun-kissed glow which looks natural and highlights all your best features. Expect compliments.



BEAUTY





# Make-Up FOR MEN

As Chanel launches *BOY-FRIEND* we ask if men wearing make-up is really becoming the norm

**W**e're in an era where we've put ourselves constantly on show. Social media means very few moments are private, and for women, even chatting to friends at home can mean checking hair is neat or lip gloss applied.

While the bar has been raised in terms of looking good all of the time, the barriers for men been lowered when it comes to being open about grooming and beauty routines. Influenced by the pink pound and normalised by brands such as Nivea and L'Oréal, who have mercilessly attacked the men's market well beyond just moisturising, Chanel has taken the next brave step in tackling the idea of men applying make-up.

Okay, so previously you might have found blokes with a cheeky stick of concealer – often borrowed from a sister, girlfriend or mum – in order to hide facial blemishes or spots. But now, with on-screen role models publicly adding edge and definition to

their faces, is it really a surprise that we're extending that idea into our everyday lives?

Last year ASOS started stocking MMUK Man foundations, brushes, eyebrow fillers and 'manscara', and this summer L'Oréal UK boss Vismay Sharma said he expected male beauty counters to be commonplace within five years upon the launch of male make-up brand *BOY-FRIEND*.

"Today you have a very small proportion of men who want to use make-up products, but that proportion is growing and it will continue to grow. We are listening very carefully to consumers and what they want," he said.

And don't think this is all to do with the selfie generation – it was only 100 years ago that men stopped wearing make-up. Before the Victorian era, blokes were often seen in eyeliner, as well as applying face powders and nail varnish... "Pass the bronzer my good fellow."

# Layering UP

How not to be a yeti and wrap up in style

**Y**ou wake up at 6am and it's cold, wet and dark outside. You reach for your trusty Ugg boots and hooded, padded parka, heading to work as if you're about to embark on a great mission towards the North Pole. Inevitably, by 10am the sun is out and you feel just a bit too casual and, well, meh.

So, is it possible to be stylish and warm? Yes, it's called layering. Firstly, invest in some thermals. Many high street shops sell really decent leggings and bodysuits which are thin but have technology that traps body heat. Layer these with good-quality knits that are lightweight but warm. That may mean ditching the polyester, but Merino and Cashmere wool blends look great, feel nice and are very affordable on the high street.

Also, you want to remember what your mother said about heat being lost through your head and feet. Cashmere socks look super-cute when teamed with ankle boots and a mini skirt, and knitted beanies are the saviours of bad hair days. Statement scarves and gloves also make great accessories, particularly if your winter wardrobe consists of a lot of black, and you just want to add some pops of colour to your look.

The crowning glory of a winter outfit, though, is your coat – so don't scrimp on this. You could wear a bin bag under a decent coat and still look amazing. Again, go for a slim silhouette like a wool trench or rain mac which can be cinched in at the waist – anything which makes you feel good and is cosy to slip into, even on a freezing early morning.







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FOOD & DRINK

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### CANDY CANE-FLAVOURED VODKA

#### You will need:

8 candy canes | 2 cups of vodka

#### To make:

Break up the candy canes into small pieces | Pour the vodka into a sterilised glass jar and add the crushed candy | Shake well and leave to sit for 1-2 days | Once the candy has completely dissolved the vodka is ready to enjoy

### WINTER WONDERLAND LIQUEUR

#### You will need:

¼ cup of brown sugar | 2 cups of brandy | 1 tsp whole cloves | 1 tbs black tea | 1 cinnamon stick | Zest of 1 orange

#### To make:

Put all of the above into a sterilised jar | Leave to infuse for 3 weeks | Sieve the liqueur if desired | Serve with warm spiced cider

### INDULGENT IRISH CREAM

#### You will need:

250ml single cream | 14oz condensed milk | 350ml Irish whiskey | 1 tsp coffee essence or liqueur | 1 tsp vanilla essence | 1 tsp almond essence

#### To make:

Blend all the ingredients together | Pour into sterilised jars and place in the fridge to chill | Shake well before serving

### SWEET AND SPICY EGGNOG

#### You will need:

3 cups of whole milk | 1 cup of double cream | 3 cinnamon sticks | 1 vanilla pod | 1 tsp nutmeg | 5 eggs | 130g granulated sugar | ¾ cup dark rum or bourbon

#### To make:

Bring the milk, cream, cinnamon, vanilla and nutmeg to the boil | Remove from heat and allow to steep | Separately beat the egg yolks and sugar until combined | Slowly mix in the milk mixture | Add the rum | Leave to chill in fridge overnight | Before serving beat the egg whites to soft peaks and gently fold into the eggnog





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FOOD & DRINK

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### YOU WILL NEED FOR THE DOUGH:

- 200ml whole milk
- 85g unsalted butter
- 2 medium eggs
- 500g self-raising flour
- 2 ½ tsp dried yeast (fast action)
- 40g caster sugar

### YOU WILL NEED FOR THE COATING:

- 125g unsalted melted butter
- 200g caster sugar
- 3 tbsp cocoa powder, 1 tsp cinnamon, ¼ tsp nutmeg and ¼ tsp allspice

### TO DECORATE:

- Icing sugar and edible holly

### HOW TO MAKE:

- Melt the butter with the milk and leave to cool slightly
- Mix in the beaten eggs
- Add the sugar, yeast and flour and combine
- Tip out and knead for 10 minutes until your dough is shiny and stretchy
- Place your dough in a bowl, cover and leave to rest until it has doubled in size
- Turn out dough and separate into lots of individual dough balls
- Dip each ball into melted butter, then sugar, then into the cocoa and spice mixture
- Place all dough balls in a buntin, cover and leave for an hour until doubled in size
- Bake in the middle of the oven for 35 minutes at 160 degrees
- Remove from tin and leave to cool

### HOW TO DECORATE:

- Sieve icing sugar over the top of the bread to create a Christmassy effect
- Decorate with edible holly



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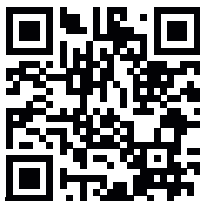
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# KETO like a Kardashian

Every day a new diet seems to appear that promises to help you shift those unwanted extra pounds for good, each with their own unique selling point. But how do you know which diet is right for you? The ketogenic diet is a low-carb, high-fat diet that Halle Berry and Kourtney Kardashian swear by, but how exactly does it work?

### THE SCIENCE

The keto diet works by drastically reducing your carbohydrate which sends your body into a metabolic state called ketosis. Ketosis makes your body extremely efficient at burning fat for energy which is why the diet recommends high levels of fat consumption. This state also helps your body turn fats into ketones within the liver which in turn supplies energy to the brain. This diet lowers your blood sugar and insulin levels by shifting your body's metabolism away from unhealthy carbohydrates that are high in sugar to healthy fats.

### DOES IT WORK?

Studies have shown that people on the keto diet lose over two times more weight than those on a standard calorie-restricted diet. They also lower their blood sugar and insulin levels.

### ARE THERE ANY SIDE EFFECTS?

The 'keto flu' is common in the first few days with symptoms including low energy levels, trouble sleeping, nausea and increased hunger. This should pass.

### FOODS YOU NEED TO AVOID OR REDUCE:

- ❌ Sugary foods such as cake, ice cream, biscuits and fruit juice
- ❌ All fruit except small amounts of berries
- ❌ Grains and starches
- ❌ Beans and legumes such as kidney beans, lentils and chickpeas
- ❌ Root vegetables
- ❌ Any low fat or diet products; these are highly processed and carb-heavy
- ❌ Alcohol
- ❌ Limit unhealthy fats
- ❌ Sauces and condiments due to high sugar content

### FOODS YOU SHOULD EAT:

- ✅ Meat
- ✅ Fish including oily fish such as salmon and mackerel
- ✅ Eggs
- ✅ Butter
- ✅ Unsalted nuts
- ✅ Avocados
- ✅ Healthy oils like coconut oil
- ✅ An abundance of low-carb, non-starchy vegetables



HEALTH & FITNESS





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Take a look at the aptly-named international 90s sensation – Boxercise – which is going strong today thanks to the Leicestershire firm which runs it. Licensed instructors retain the rights to teaching this particular discipline and there are courses and training sessions run all over the place, but if you're the type who just wants to train at home, there's now an app which can take care of that. The app teaches basic and advanced punches and footwork, various fitness drills, how to use boxing equipment, and with the pleasant advantage of setting your own music playlists to exercise to. Go along to a class for the best experience though.

The cardio workout one can get from such exercise is not exclusive to that trademark, though. Nintendo's Wii Fit is another (surprisingly effective, given its childish presentation) great way to burn off some calories while building stamina. While some people may feel silly punching the air in their living room, it's much cheaper than a gym membership.

If you prefer to get even more athletic and acrobatic, go for the kind of action that MMA (mixed martial arts) fighters get up to. While boxing focuses on rhythmic, aerobic punching and footwork, an MMA-style workout is far more intense, designed to put the entire body through its paces. Made up of repetitive actions done in short, intense bursts, it's not for beginners but is hard to beat in an all-over stress test.

Whatever approach you take, always warm up first and cool down afterwards. No fitness fanatic wants to be nursing aching hamstrings when they should be doing roundhouse kicks.

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KIDS

Keep the children entertained over the Christmas holidays with this simple and easy recipe. This Christmas cookie tree is great for when friends come over, or

can be wrapped up and given as a present.

You will need to have star cookie cutters of multiple sizes. These are widely available from high street stores and online.

#### MAKING THE COOKIES...

#### INGREDIENTS

- ★ 225g butter, softened
- ★ 110g caster sugar
- ★ 1tsp vanilla extract
- ★ 275g plain flour
- ★ Piping icing

#### METHOD

1. Preheat the oven to 180C /350F/Gas mark 4. Line a baking tray with baking paper.
2. Cream together the butter, vanilla extract and sugar until light and fluffy.
3. Sift in the flour. Mix together to form a dough.
4. Lightly sprinkle the work surface with flour and roll out the dough, making sure it is of equal depth.
5. Using the cutters, cut out the biscuits and place on the baking paper.
6. Cook for 10-12 minutes until golden brown.
7. Place on a cooling rack and leave them until completely cool.
8. Assemble the tree by stacking the cookies with the largest at the bottom, using the piping icing to secure them together.
9. Get creative and decorate your Christmas cookie tree.



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# All is BERRY & BRIGHT

From jammy red to deep mauves, berry colours are a brilliant way to brighten up your home. If your home decor is getting you down with its ponderous palate of beiges and greys, then consider adding a little flavour with some delicious berry colours.

"But how do I decorate my home in these sumptuous ruby tones without making one's house look like the scene of bloody crime?", you cry.

Well, simply by combining the right shades with sensible application in each room, you can achieve mulberry bliss over murder mystery madness.

**CHERRY RED:** Bold and bright, cherry is ideal for helping your kitchen come to life. Contrast wooden cabinets with the shiniest most daring red tiles you can find, and then accessorise with kitchen gadgets (toaster, kettle etc.) in the same shade to create an energising and inspiring space.

**CRIMSON:** There is something particularly elegant about crimson, making it an ideal tone for hallways and entrance areas. Both invigorating and luxurious, a crimson carpet or wallpaper makes your home feel cosy and welcoming without being gloomy, particularly when set-off with royal blue accents.

**BURGUNDY:** Creating a cosy living room is a fine art. Too many rich colours and it can feel stuffy and old fashioned, but too much white and it becomes cold. Find the balance then by choosing a statement wall or two to cover in a particularly decadent burgundy wallpaper (felted or fabric) while leaving the rest of the room to breathe in rather more neutral hues.

**PURPLES:** Like lips stained with blackberries, purple is a particularly sumptuous shade, making it perfect for the boudoir. Go all out with thick-pile mauve carpets, lilac linens and walls splashed with mulberry. You'll never want to leave.

**SCARLET:** Playful and exuberant, scarlet really is a glorious colour. However, use too much around your home and it can start to feel a little gaudy. So keep this orange-tinged red specifically for accents: a rug here, a lampshade there, and anywhere else you feel needs a little lifting.



HOME & DIY



Photo credit: www.hobbycraft.co.uk



# DIY Stocking or Box?

Whether you decide to embrace tradition or try the new trend, homemade is always better. And there's no excuse not to with our easy-to-follow DIY guides...

## CHRISTMAS STOCKING:

You will need:

- ★ ½ yard of two different fabrics such as felt or cotton for the outside and fur or fleece for the inside
- ★ Stocking pattern template (available online)
- ★ Optional extras for decorating including coloured felt and wool

How to make:

- ★ Fold your outer fabric in half and using the template, cut around so you have two mirror images of your stocking shape
- ★ Repeat with inside fabric
- ★ Sew around the bottom and sides of your outer fabric
- ★ Repeat with your inner fabric (inside out)
- ★ Now turn your inner fabric right side out and your outer fabric inside out
- ★ Place the inner within the outer and sew around the top, leaving a 2-3 inch opening
- ★ Turn it all out and fill

You can personalise your stocking with felt letters, a homemade Santa or a snowman with a bobbly knitted hat.

## CHRISTMAS EVE BOX:

You will need:

- ★ A wooden crate
- ★ Wooden letters in your child's name
- ★ "Christmas Eve Box" template (available online)
- ★ Acrylic paint in your chosen Christmas colours
- ★ Festive wrapping paper
- ★ Optional further decorations

How to make:

- ★ Paint your wooden letters in red, green or gold
- ★ Leave to dry and then stick onto the crate
- ★ Using a soft pencil outline the "Christmas Eve Box" template onto the side of the box
- ★ Paint in the stencil in your chosen Christmassy colours
- ★ Add any glitter, sequins or stars
- ★ Line your crate with festive wrapping paper
- ★ You are ready to fill

## IDEAS FOR FILLING:

Festive pyjamas, a Christmas film, hot chocolate and marshmallows, satsumas, chocolate coins and homemade food for Santa's reindeer.

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# Rug IT UP



HOME & DIY

As 'the Dude' once observed, "a rug can really tie a room together". And yet, you don't need to be a fan of hit 1990s bowling comedy *The Big Lebowski* to understand the transformative power of a bit of old carpet.

A mismatched collection of furniture can suddenly feel immaculately curated, a cold and cavernous lounge becomes a snug bolt hole, and that horrendous red wine stain on your white carpet fades to nothing but a distant memory... and it's all thanks to the power of the humble rug.

So now that you've decided you need a bit of floor decoration in your life, here are the styles, shapes and designs to bear in mind:

## Texturised

Considering the fact our feet contain hundreds of nerve endings, it makes sense to choose a rug that not only looks good, but feels good too. From plush velvety fabric to bobbles of natural wool, the texturised trend is really about utilising all of your senses.

## Graphic design

Geometric patterns have long been a popular carpet trend, but the modern styles are even more lust-worthy, as simple designs meet a fresh colour palate to create a minimalist but classic look. Think chevrons in mint green or breezy yellow, or diamond shaped in eggshell blue and a blush pink. These designs are bang up-to-date with just a little art deco chic.

## Less hassle, more tassel

Tassels are a big design trend in both fashion and the home right now, and what's not to love about them? Simultaneously fun and stylish, tassels are great for adding a little pizzazz in an uninspiring room.

## Bohemian chic

Rugs bring a certain careless decadence to a room, which is why the bohemian trend makes perfect sense. Think casual, flowing fabrics in a faded mass of colours, or in music terms, Stevie Nicks strewn seductively across your floor.





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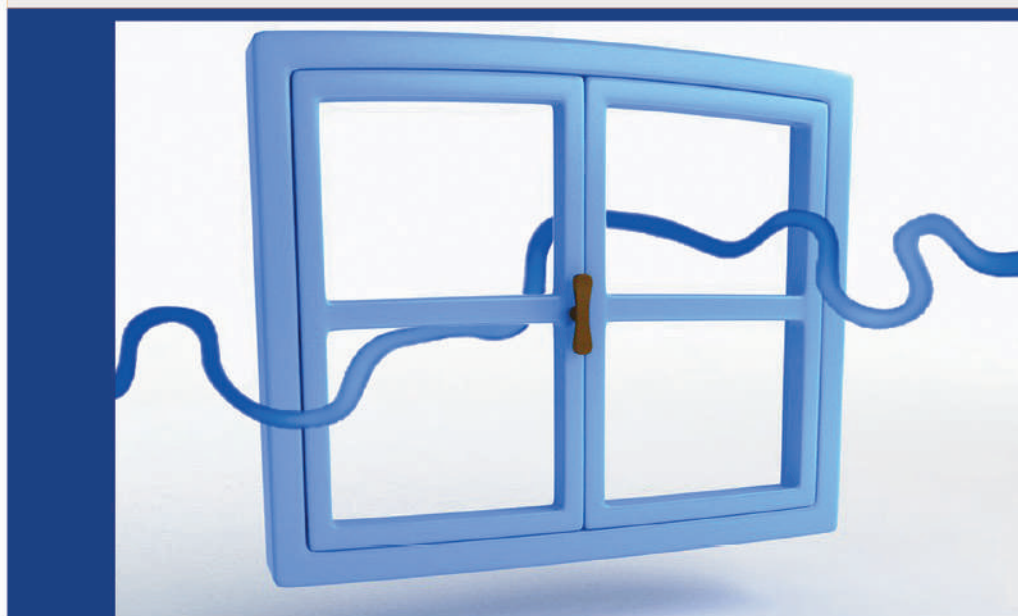
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Even though he's been a constant of the natural world for well over six decades, Sir David Attenborough admits to being more enchanted now by the flora and fauna of our incredible planet than at any time in the past.

Since his TV debut way back in 1954, Attenborough has been a name synonymous with the natural world. He has spent his 92 years on planet Earth, and in that time explored almost every corner of it, documenting nature's rich array, from the polar icecaps to the tropics, in doing so endearing himself to audiences the world over.

In remarkably good shape given his age, Attenborough scoffs at the suggestion that he is superhuman. "Nonsense," he exclaims. "I'm moving much slower than I used to; I'm definitely feeling my age. But I'm still upright so one can't complain too much about that."

If he is feeling his age, he certainly isn't showing it. The evidence? Well, over the past year, Attenborough has been busier than ever, producing and preparing a plethora of documentaries for what many consider to be his spiritual home, the BBC, having spent time hosting series for other networks. His newest project, *Dynasties*, sees a return to the Beeb, in following five endangered species fighting for their future survival.

---

*"You see in the Sunday papers, all these advertisements, 'Go to the Galapagos', 'Go to Timbuktu' or wherever, and I get to do that. And people pay me to go there, so why would I even want to give it up?"*

---

The show is an example of Attenborough's ability and willingness to evolve at the same rate as his audience's watching habits. In a sense he has had to embrace our changing tastes for wildlife and the way we consume it.

"I'm glad to say the new series is different to a lot of what I've done before because we are focusing on specific animals – chimpanzee, lion, emperor penguin, tiger and the painted wolf – as a family group, rather than taking a broad sweep of an environment," he says.

"In a sense, the natural world is about every individual animal and species, and the fight for survival and longevity, so to come back to a series that really is about the smallest of groups feels right."

Over time – through *Wildlife on One* to *Frozen Planet*, *Life in the Freezer* to *Planet Earth* – Attenborough's ability to paint the most vivid of pictures through his incredible narrative has certainly been aided by technology.

"The cameras have got smaller, the lenses sharper, and our ability now to view without intruding has never been better. This all adds up the greatest understanding of the natural environment we have ever had," he says.

Attenborough can also lay claim to advancing our understanding of the literature world too – the term 'single-use' was recently named 'Word of the Year' by the Collins Dictionary, notably for its reference to plastics in the *Planet Earth II* series when referencing society's throwaway culture and the damage it does to the natural world.

We should also be grateful that the seemingly ageless Attenborough shows no signs of letting up, with retirement something of a dirty word for him. "You see in the Sunday papers, all these advertisements, 'Go to the Galapagos', 'Go to Timbuktu' or wherever, and I get to do that. And people pay me to go there, so why would I ever want to give it up?" he laughs. "And I've been so, so lucky. My knees are shot, and I'm creaky and groaning in certain places, but otherwise I've been very lucky."





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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



## Volunteers awarded London Ambulance Service trophy

Two youth leaders were presented with the London Ambulance Service (LAS) trophy for youth work, at St John Ambulance's regional awards ceremony.

Laura Reilly and Devon Cressy, from the Upminster and Hornchurch Unit, were presented the award by LAS director Lorraine Bewes at the event held at The Priory Church, Clerkenwell.

Last year, the Upminster and Hornchurch Young People's Service Unit team were contacted by some parents of children with extra educational and physical needs who wanted to learn first aid and join the organisation as Cadets (aged between 11 to 17).

Laura, the unit manager, and Devon, one of the youth leaders, work in a school for children with special educational needs. This meant that they had the specialist knowledge needed to really drive this idea forward.

The pair created a plan to open a unit for children with special educational needs, including a training

plan and risk assessments for each child to allow the unit to run a programme of traditional Grand Prior subjects adapted to their needs.

The scheme has now been running for nearly a year and they currently have six young people attending. All of them have attained above average knowledge of CPR and other lifesaving skills and are a credit to themselves and St John Ambulance.

Devon is using scrap books to record the progress of the young people for families to see what their children are achieving, some have disabilities which have previously prevented them from being able to do various activities.

Eve Wright, district manager, said: "The initiative shown by the team at Upminster & Hornchurch demonstrates what St John Ambulance can give to those in their communities who need extra specialised help to succeed and achieve. This award is well-deserved and they are a credit to the charity."





# Refurbished library is at the heart of college

A fully refurbished and modernised library was unveiled at Havering Sixth Form College in Hornchurch recently.

It was officially opened by the Mayor of Havering, councillor Dilip Patel.

The ceremony was attended by college staff, colleagues from the Havering College of Further and Higher Education, Havering libraries and Patricia Metham from the Havering Learning Partnership.

The new library incorporates an IT study centre

where students can work independently, a group study centre, traditional silent working areas and a reading area.

It houses a wide selection of books, magazines and newspapers and students can take advantage of a self-service facility to borrow and return books as well as accessing high quality advice from the library staff.

There is a weekly book club open to all students and the library hosts many events, including workshops with authors.

## Charity celebrates milestone and vows to help

Hornchurch charity is celebrating 30 years of supporting local children and families and have ambitions of helping even more local people.

First Step, based at Tangmere Crescent, helps children with physical and mental issues from pre-birth through to pre-school age and provide support and guidance to parents.

First Step began in October 1988 in response to a plea from some parents of young children with special needs and or disabilities.

They felt they, and others in similar situations, could benefit from a group where they would be able to talk, share experiences, and provide support for each other in a non-judgmental environment.

Since that time, the charity has evolved to provide a range of sessions and services. First Step currently works with over 100 pre-school children, and

their families, offering education services, support, information and encouragement.

First Step's mission is to provide the best possible environment to support each family and to enable their very young children with special needs and/or disabilities to maximise their individual potential.

However, their challenge has become more difficult in recent years with local authority funding cuts meaning they have to fund the £400,000 needed to run.

First Step chief executive, Mark Halls, said: "It's phenomenal the changes we see in children and we are still in touch with our first intake 30 years ago. Recently we have also had our first former member graduate.

"We are proud of what we do but there is so much more that we could do if we had more funding. We would like to hit a wider area and reach those children we currently can't help."



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# Hornchurch pipped to the post in new healthy high street report

Hornchurch has the second healthiest high street in London, according to a new report.

The research, from the Royal Society for Public Health, analysed the healthiness of high streets across the capital based on the impact of different outlets on the public's health and wellbeing. In 2015, researchers looked at outlets they determined were bad for health – payday lenders, bookmakers, tanning salon and fast food outlets. They also looked at those that were good for health – pubs and bars, libraries, pharmacies, dentists, opticians and leisure centres.

They have now reassessed the outlets included and have added to their number to reflect the changing face of the town's high street.

Hornchurch has moved up eight places after it was rated London's ninth healthiest high street in 2015.

Celebrity make-up artist Danielle Everitt and founder of Final Checks in Hornchurch was delighted.

She said: "It's good for us as a small business. It's good advertisement for all the shops on our high street. It's made the difference more so in the last 18 months as people and looking around at different shops and trying to source locally."

Shirley Cramer CBE, chief executive, Royal Society for Public Health, said: "While the face of the British high street continues to change, the environmental and economic factors that influence inequalities in health outcomes across the country remain stubbornly intractable.

"Our health on the high street rankings illustrate how unhealthy businesses concentrate in areas which already experience higher levels of deprivation, obesity and lower life expectancy.

"Reshaping these high streets to be more health-promoting could serve as a tool to help redress this imbalance."

## Children Bag a Smile for the less fortunate

Three children from Hornchurch are on a mission to share a smile with those who are less fortunate. It was during a visit to London with their parents that Tilli, Beau and Zane spotted several people that seemed to be living and sleeping on the street.

They began asking their parents questions such as "Why don't they go home to sleep?", "Why don't they have home?" and "Where are their parents?"

The children wanted to find a way to help them so they created Bag a Smile.

This simple idea encourages people to fill a bag with items to give to those less fortunate.

At present, Bag a Smile bags are totally funded

by the children. They save as much of their pocket money and money earned from household chores as they can to fund the production of the bags. However, their dream is to take the cause to the next level.

Tilli, Beau and Zane would like to find as many people, companies and organisations that are willing to offer their services for free.

They need people to supply the bags, organise the print and somewhere to distribute the information. They also need people to spread their appeal on social media.

If you would like to help, please contact Lee on 07966 000871 or visit [www.bagsmilecharity.org](http://www.bagsmilecharity.org)

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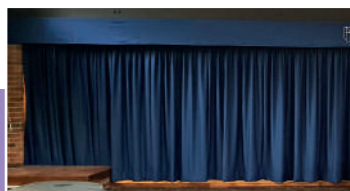
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# Est. 1920



## Student learns from expert hair stylist



Photo credit: BDC

A hairdressing student from Hornchurch proved to be a cut above after she showcased her talents at an international hair show.

Merita Spahiu, 37, who studies at Barking and Dagenham College (BDC), helped expert stylist Patrick Cameron at the Salon International 2018 show at London ExCeL last month after winning a competition.

Merita, who studies at the Technical Skills Academy, part of BDC, was one of hundreds of college students who entered Patrick's hairdressing competition. Each student had to send their ideas for a 'hair up' design to Patrick himself with Merita winning.

Her prize was the opportunity to work alongside Patrick as he prepared for his show at Salon International. Patrick premiered his new collection, Heritage, to the audience assisted by Merita live on stage.

Patrick praised Merita for her precision and creativity in her design and spoke highly of her achievements.

When asked about her experience, Merita said: "I have been truly inspired by Patrick. He's shown me so much. I have felt like Cinderella working with him at the show, being in a world of the top professionals, people that I thought I would never meet."

Merita has already been named Student of the Year 2018 at her college and came first in the hair and beauty departments 'Inspiration Day' competition where she designed a bridal hairstyle.

## Law firm rated one of the best in Essex

A law firm which has an office in Hornchurch has been rated one of the best firms in Essex by legal industry rankings.

Pinney Talfourd recently announced their services were yet again recommended as some of the best in the region by Legal 500 UK.

Managing partner, Philip Cockram, said: "We are delighted that our hard work has been acknowledged yet again in such a prestigious listing. I am very proud of all the teams here and the fact that individuals have been singled out for their excellent work just goes to show that we are achieving our goal of providing our clients with a first-class service with first-class results."

## Cadets inspired by commemorative trail

A Hornchurch Sea and Marine Cadets group were invited to the launch of a remembrance trail through Canary Wharf last month.

Hornchurch and Upminster Sea and Marine Cadets (HUSMC) were part of the launch celebrations of artist, Mark Humphrey, who created a train through Canary Wharf.

The exhibition, which started on Monday, October 29, saw 11 pieces of art strewn across the Canary Wharf site to commemorate 100 years since the end of the First World War.

The Remembrance Art Trail in association with the Royal British Legion, and along with members of the armed forces were able to meet Mark, the artist behind the project.

All of the works at the exhibition drew on inspiration from Mark's own family upbringing and explore the nature of service, sacrifice and remembrance to create a moving and inspiring journey.

A spokeswoman for HUSMC said: "The cadets were inspired by what they saw and enjoyed speaking with the artist Mark Humphrey their favourite pieces were the Jutland window and the brothers in arms piece which reminded them of pieces of an Airfix model."

If you are interested in joining the Sea Cadets please contact them on 01708 555184.



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# ANDREW ROSINDELL



MP for ROMFORD



LOCAL NEWS



The name of my constituency, for which I serve as Member of Parliament is "Romford", the constituency includes the whole of Gidea Park, but also a large part of Hornchurch. So I am delighted to contribute my first column to **VISION** Hornchurch as an MP for the Hornchurch area.

In the run-up to Christmas, few of us will be thinking about the economic affairs of our country, but we should celebrate the good news which led to such a positive 2018 Autumn Budget. This government's fiscal management means we are taking a balanced approach in getting the debt down.

Due to the buoyancy in our economy, the

government is collecting more tax revenue than ever which also means billions extra for our public services. This means an extra £650million funding for social care in 2019/20, something we desperately need in Havering, due to our older population. In addition our borough is receiving £1,005,683 of direct extra funding, part of a fund aimed at reducing delayed transfers of care and getting patients home quicker to free up hospital beds. Overall, funding for our NHS will go up by £20.5billion a year, without any rise in personal tax.

Meanwhile, I recently had the pleasure of visiting the excellent new Hornchurch High School, formerly Albany School. I know that the headteacher and staff are dedicated to providing a great start in life for the children who attend the school and I was very impressed by the enthusiasm of the pupils.

A very Happy Christmas to everyone and let us look forward to 2019 with confidence and pride, as our nation regains our right to choose our own destiny and make its own way in the world once again.

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

## Woman sky dives to raise money for cancer charity



A woman celebrated her salon's 25th anniversary by sky diving for a cancer charity. Joanna Sayer from The Beauty Room in Gidea Park, Romford, took on the challenge for her dad and uncle, who are currently undergoing treatment for prostate cancer.

So far, she has raised £1,400 for Prostate Cancer UK.

Joanna amazed her family and friends by jumping out of the plane, which was 13,000ft high, in Norfolk on Sunday, November 4. She was supported by 14 family members and friends who went to watch her sky dive.

Joanna said: "It was a great and emotional day but I probably wouldn't do it again.

"I am chuffed to have raised so much money and there's still time to donate."

You can donate by visiting [www.justgiving.com/fundraising/joanna-sayer2](http://www.justgiving.com/fundraising/joanna-sayer2) or pop in to the salon where Joanna has sponsor sheets.

Joanna concluded: "I would encourage all men to get checked as prostate cancer is something that can be treated and sometimes cured if caught in time."

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# COUNCILLOR DILIP PATEL



Mayor of Havering



The mayor of Havering councillor Dilip Patel has been busy in his role as the first citizen of the borough.

In the past month he has taken part in dozens of engagements across Havering. He led the borough in the annual Remembrance Sunday commutations at Romford War memorial and also lit the beacon of remembrance in Havering-atte-bower.

The mayor held a special business reception event at the town hall recently where Havering businesses could come together and find out about the mayor's civic role and responsibilities. It was also a great chance for them to network with one another.

The mayor has been supported by a number of local businesses who have generously donated to his appeal fund. These include Chigwell construction group, Harold wood funeral directors, Brook Ellis Construction, McDonald's, Ardleigh Green cleaners and A13 Steel.

The next business reception will be held on Friday, December 14 at Havering Town Hall from 6.30pm.

If you are a local business and would like to attend, please email [haveringmayorappeal@outlook.com](mailto:haveringmayorappeal@outlook.com)

In late September the mayor's committee organised an outdoor cinema showing of *The Greatest Showman* which was attended by around 400 people, raising thousands of pounds for his charity appeal.

He will also be holding a Christmas themed dancing on ice show at the Sapphire Ice and Leisure centre, Romford on Friday, December 21 – a perfect event to get all the family in the mood for Christmas.

The committee has also been busy planning Havering's entry in the London New Year's Day parade. Our top-secret plans will include a unique float, designed and built by students from Havering college, and will feature a performance from a number of local performing arts groups including Storeroom Youth Theatre and KA Arts who have created a dynamic and energetic routine which is sure to wow the judges, the live audience of thousands and the millions watching on TV around the world. Remember to look out for us on New Year's Day.



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News from

## Councillor Paul Middleton

for Hornchurch Residents' Association

### Homeless and beggars

We have a number of homeless and beggars in Hornchurch. Some of these are truly in need, but many are fake, they are not homeless, they are working in a team and are using the money you give them to buy alcohol and drugs.

Please avoid giving money and food to these people, you might think you are helping. Unfortunately, when you give money, in many instances you are assisting the drugs trade.

We have had reports of open drug dealing around Iceland and Sainsbury's and the 'homeless' getting drunk and abusive.

The Hornchurch Residents' Association councillors and Focus Team have been talking to the police, the council, shop keepers and the homeless to help identify who needs help and who are just using your compassion against you.



stock image

Please help us keep Hornchurch special. Do not give to the homeless. Leave it to the charities who are set up to help them.

## Tandoori for Tapestry raises money for charity



Law firm Pinney Talfourd, which has an office in Hornchurch, held a charity curry night at Uraswamys in Hornchurch recently to raise money for their Charity of the Year Tapestry.

Staff, business clients, friends and families met up at the restaurant for a welcome drink before listening to a short speech from Catherine Loadman, a partner at Pinney Talfourd and chairman of the charity committee.

Tapestry marketing manager Lucy Patrick and trustee Mark Burton also said a few words of thanks with Lucy commenting on how pleased she was that so many people had joined them and that the funds raised would be going towards their sensory garden and revamp of facilities at HOPWA House.

Catherine stated: "Our charity committee have been busy raising funds in various ways, but this curry night was an opportunity to bring a wide range of people together in a social environment.

"Thank you to the staff at Uraswamys who served some delicious food with impeccable service. I will be going back again soon."

Ticket sales, dinner party games and a raffle raised over £550.

Stephen James

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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.

For many self-employed people, we have gone out on viewings until 10 pm at night so no one loses a day's pay.

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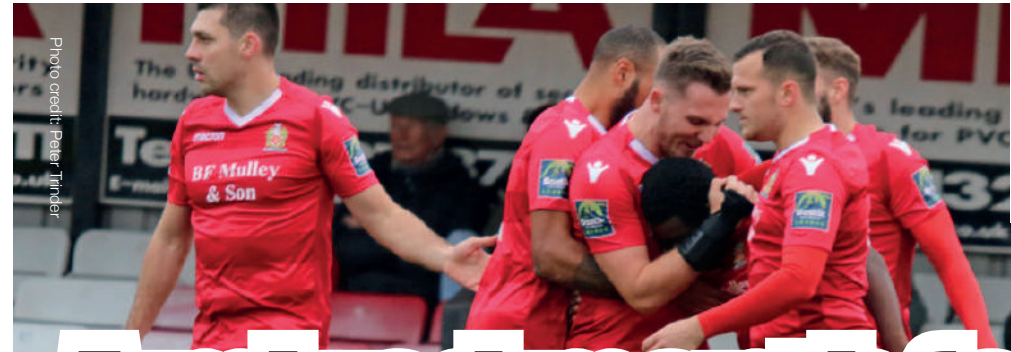
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# AFC HORNCHURCH

LOCAL NEWS



## A mixed month for AFC Hornchurch

AFC Hornchurch are working as hard off the pitch as its players are on it this Christmas period.

That's because the club will be collecting contributions to donate to Rainham Foodbank.

As part of the Supporters Association's aim to become more engaged in the local community, the club have agreed to partner with the foodbank in the run-up to Christmas.

Hornchurch have been collecting donations of non-perishable in-date food that they can then pass onto the foodbank to be given to people in need. Contributions can be handed in at the Supporters Stall outside the clubhouse before kick-off until mid-December.

On the pitch, Hornchurch finally turned their luck around, ending a run of five successive defeats with a 6-0 thumping of Ramsgate FC in the FA Trophy 1st Qualifying Round.

The team failed to take this momentum into The Bostik Smart Adhesives League

though, drawing their seventh match so far this season against Merstham after a George Purcell goal was cancelled out by a Leon Smith own-goal three minutes from time.

The club started November positively, with the signing of Bode Anidugbe from Thamesmead Town.

However, their poor league form continued as they lost away to Bishop's Stortford 1-0.

The team's cup games were where fans could find joy, as Hornchurch put on another fleeting performance, beating Benfleet 5-1 in the third round of the Essex Senior Cup, lining up a fourth round encounter against Woking Rovers on December 8.

Hornchurch's prior cup performances were perhaps overshadowed by a frustrating 2-1 loss at Brightlingsea Regent, knocking them out of the FA Trophy competition. Despite controlling much of the game, the Urchins were defeated by two poorly-conceded goals, one in both halves of the match.

At the time of writing, AFC Hornchurch sit in 15th place in the league table, having earned 16 points.



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



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# PUZZLES & TRIVIA



PUZZLES

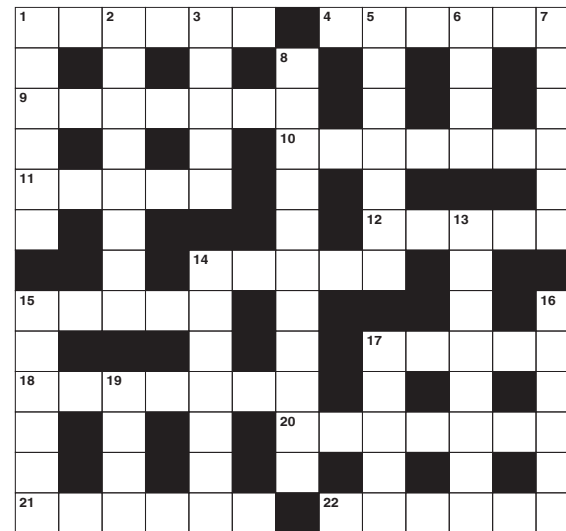
Answers can be found on the Contents Page 4

### ACROSS

1. Measure of how strongly an object reflects light (6)
4. Narrow sea inlets (6)
9. Patio area (7)
10. Container releasing a fine spray (7)
11. Private room on a ship (5)
12. Stood up (5)
14. In the area (5)
15. Small antelope (5)
17. Assumed proposition (5)
18. Move; agitate (7)
20. Exertions (7)
21. Wanders off; drifts (6)
22. Dog-like mammals (6)

### DOWN

1. Lofts (6)
2. Disease (8)
3. Draw off liquid from (5)
5. Periodical (7)
6. Raised edges (4)
7. Elegant and slender (6)
8. Seaside scavenger (11)
13. Conjoining contradictory terms (8)
14. Form of public worship (7)



15. Large quantity (6)
16. Overtakes (6)
17. Towering (5)
19. Raps (anag) (4)

### DID YOU KNOW

► In total, there are 1,665 steps from the esplanade up to the top of the Eiffel Tower, but the stairway from the 2nd floor to the top is not open to the public.

► Buckingham Palace has over 775 rooms, 19 of these are state rooms along with 52 official royal bedrooms and guest rooms.

► In 1886, the Statue of Liberty was given to the United States by France to celebrate the friendship they endured during the American Revolution.

► President George Washington selected the site for the White House in 1791. Every president since John Adams had occupied the building.

► The construction of the Leaning Tower of Pisa began in 1173 and was completed in 1399.

### SUDOKU

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			6	1	4			
	7	8		5				2
	6				1			9
	9	2						
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It is the beautiful botanical garden that houses the largest and most diverse botanical and mycological collections in the world, but despite its scientific leanings, Kew Gardens actually has a rich royal heritage.

It all began in the early 18th century when aristocrats keen to escape the bustling city escaped to Kew, a burgeoning enclave for the wealthy, and home to Kew Palace, the summer residence of the Royal Family. Keen to make the most of the vast greenery, in 1759 Prince Frederick and Princess Augusta enlisted Scottish botanist William Aiton to tend to their small 'Physick garden', which would eventually attract talented gardeners and scientists, all keen to experiment in the blossoming landscape.

By 1769 the garden contained more than 3,400 plant species, but it was under the direction of the great botanist Sir William Jackson Hooker that Kew became the bastion of botany that it is today.

During his tenure from 1841 through to his death in 1865 – when he was succeeded by his son Joseph Dalton – Hooker expanded the gardens from 10 to 75 acres, with an arboretum of 270 acres. He also created a number of specialist museums, which still exist today, albeit in different forms (The Orangery is a restaurant and Cambridge Cottage is now used as a gallery).

Kew's modern presentation showcases 8.5 million items from all across the planet, with leading scientific research drilling right down to plant DNA, plus extensive herb, seed, fungus and spirit collections (including over 76,000 jars of preserved plant specimens).

It all combines to make the site one of London's best and most cherished tourist attractions, enabling over 2,000 years of knowledge to be condensed; and green minds, young and old, to immerse themselves in the flora and fauna of this incredible world.



**GARDENING**





There are several examples where society finds itself fighting back against the corporate monsters, but perhaps one of the strangest revivals in recent years has been the re-emergence of vinyl records.

At a time when the digital music revolution made listening to our favourite tunes cheaper, instantaneous and effortlessly mobile, we threw value and convenience out the window to reacquaint ourselves with bulky, immobile, dusty, scratch-happy records... but why?

Researchers and scientists believe our connection with music actually hooks into our desire to have physical objects around us, and digital music only ever satisfies one of those emotions. Vinyl records – and the sleeves they come in – offer something to hold, to read, to savour; while collecting records and building our own ‘project’ through music is said to satisfy our human desire to anchor and look after.

From a low-point in 2008 to last year giving the

industry its biggest annual vinyl sales since the early 1990s, vinyl records now account for over three per cent of all music sales (including streaming and downloads); or, put another way, over four million albums sold in the UK in 2017.

And it's not just new music sales that are flourishing, with the second-hand market also proving our desire for physical music continues on its upward shift (thanks in no small part to sites such as eBay and Discogs). Perhaps it's time to have a look in the attic at some of your forgotten classics, particularly if your collection includes any of the artists below:

#### The 10 most collectable vinyl artists:

- |                  |                  |
|------------------|------------------|
| 1. Elvis Presley | 6. Miles Davis   |
| 2. Bob Dylan     | 7. Led Zeppelin  |
| 3. The Beatles   | 8. Beach Boys    |
| 4. Nirvana       | 9. Metallica     |
| 5. Jimi Hendrix  | 10. Depeche Mode |

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### MALCOLM IN THE MIDDLE

Hogging the middle lane on a motorway is one of the most common driving bugbears, and this inconsiderate act can cost a driver £100 and three points.

### APPLE PAY? KEEP ON DRIVING

It's illegal to use your phone to pay for food at a drive-through under new laws passed in 2018. Keep searching for that loose change in the glove compartment.

### SNOW HOPE

While there is no law stating it is illegal to drive with snow on your roof, if it falls off your car when driving or into the path of another car you can be penalised for several offences including driving without due consideration or using a motor vehicle in a dangerous condition.

### SLEEP IT OFF?

If you've had a few and want to sleep it off in your car, think again. Even with the key tucked safely in your pocket, napping in a motor when over the legal limit can still see you get a whopping 10 points on your licence.

### SAT NAV, NOT LAP NAV

A mobile phone must be fixed in place if being used as a sat nav. Fail to do so and you're risking a £100 fine and up to nine penalty points on your licence.

### A PUDDLE MUDDLE

It may be fun to see the spray come up from a puddle, but if you (accidentally or, ahem, otherwise) end up soaking a pedestrian, you could find yourself on a 'due care or consideration' charge, and that's a fine and points.

### ICE ICE BABY

Failure to properly clear your windows before you drive off could result in a £60 fine and three points on your licence. Simply removing a square from the driver's side is not enough. You must de-ice the entire windscreen.







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# The Great GADGET Gift Guide

When present-buying for the more tech-minded family member, Christmas can be a confusing and risky venture, so here are a few gift categories that should get your loved ones lit up.

## FOR GRANDAD

Make grandad's day by gifting him a USB record player. Not only will he be able to play all his classic records through top-notch speakers, he can download them as digital files to listen to on the go, perhaps even on a pair of wireless headphones.

Best brands: Sony, Audio-Technica, Ion

## FOR NAN

What better way to propel your nan into the 21st century than with an e-book reader, stocked with a selection of her favourite books? Whether she's into Stephen King or King Lear, she'll be wowed by the magnified font and backlight.

Best brands: Amazon, Kobo, Onyx

## FOR MUM

Let mum calm down from festive stress with a shiatsu massage pillow. Easy to use and with the added luxury of a heating function, these modern masseurs use rotating rollers to banish tension for good.

Best brands: MemoryStar, Homedics, Comfort

## FOR DAD

If your old man has been determined to get in shape, delight him with a fitness watch. These mini-computers help keep track of steps, heart rate and even calories, meaning next year's Santa suit may need to be taken in at the waist.

Best brands: Garmin, Fitbit, Moov

## FOR THE TEENAGE GIRL

Whether it's your daughter or kid sister, most teenage girls love make-up, but hate the way it upsets their fragile complexion. That's why an electric face cleanser is brilliant for removing every last trace after a night out.

Best brands: Clarisonic, Foreo, Clinique

## FOR THE TEENAGE BOY

Steer the young man in your family out into the great outdoors by gifting him a drone. Fantastic fun and surprisingly inexpensive, a flying drone will bring some mid-air magic to Christmas Day.

Best brands: DJI, Parrot, Zerotech



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# ROONEY BOWS OUT IN USA VICTORY



SPORT

**T**hunderous applause greeted England legend Wayne Rooney as he stepped onto the pitch in an England shirt for the 120th and last time.

England's all-time top scorer came out of his two-year retirement for a final display in a friendly against USA on Thursday, November 15, at Wembley Stadium.

Rooney's shock inclusion in the England squad was announced at the beginning of November, in order to raise funds for his charity, the Wayne Rooney Foundation, and to give him closure on his international career.

England won the encounter 3-0, with impressive goals from Jesse Lingard and Trent Alexander-Arnold in the first half, before debutant Callum Wilson added a third in the 77th minute.

A crowd of 68,155 had to wait patiently until the 57th minute to watch Rooney come on, slipping the captain's armband on as he did.

Rooney rolled back the years with some impressive passes in the final third, and even had a couple of half-chances to grab a goal towards the end of the match.

While the 33-year-old's fairytale final goal alluded him, he told Sky Sports News that he would savour the moment.

He said: "Tonight, being back at Wembley, in front of the home fans, the fans were great and gave me a great reception. It's just a moment you'll savour.

"Tonight was great, a great way to finish off my international career. I thought the lads played brilliant, it was a great game, unfortunately I couldn't get a goal, but it was something I'll remember for a long time."







# A PREMIER MAN

THE LEICESTER CITY TRAGEDY AND HOW THE CLUB IS SHAPING THE FUTURE

Mention the name Vichai Srivaddhanaprabha anywhere outside of East Midlands before that fateful night of October 27 and even the most knowledgeable of football fans might have struggled to correctly identify the Leicester City owner.

Yet, as is so often the case, only in death does the respect and recognition people deserve truly come to the fore, and that was certainly the case with the Thai billionaire.

After all, his efforts in transforming Leicester City Football Club from relegation favourites to Premier League title winners – in less than a year, and without splashing hundreds of millions of pounds – brought together the purists of football and, of course, those who like to think that, even in the modern age of the sport, fairy-tales do still occur.

It wasn't all plain sailing for the 60-year-old, who bought the club in 2010. When he disposed of the services of popular manager Claudio Ranieri in February 2017, some felt the owner had thrown away an incredible union, yet his donations to the local

community and 'one of the people' mentality meant he quickly won supporters round again. Leicester rallied, first under manager Craig Shakespeare, then Claude Puel. Although they will most likely never repeat that incredible league title triumph, they're at least now clearly established as a top-half Premier League side, having spent much of the last 25 years yo-yoing between divisions, even finding themselves in the third tier in 2008/09.

While the outpouring of emotion across the football world has been incredibly touching, the Foxes must now move on, with Srivaddhanaprabha's son Aiyawatt taking over the reins at the club. Himself a businessman, the 33-year-old is a Buddhist, a former monk and a polo player, who looks set to create his own legacy at the King Power Stadium, but always with his brilliant father in mind.

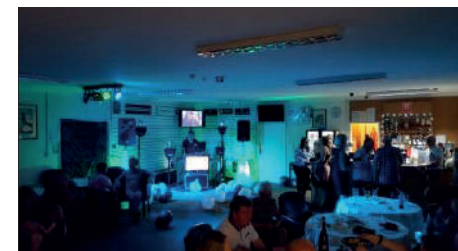


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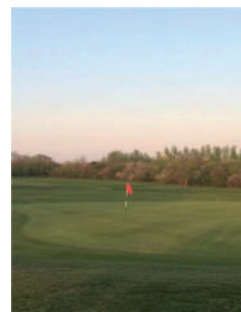
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WHAT'S ON

# WHAT'S ON

*in your area*

## Messy Church

North Street Hall, 22 North Street,  
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December 6, 4.30pm – 6.30pm

Come along to North Street Halls, Hornchurch with your family and friends dressed up as a character from the Nativity Story and join in with free activities, carols, drama, prayers

and a two-course meal.

There is an opportunity to give a donation at the end of the session if you are able.

Please contact the parish office to book your place by calling 01708 441571.



## A Christmas Carol The Musical

Brookside Theatre, 21a Eastern Road,  
Romford, RM1 3NH

December 12 – December 22



Ready for Christmas? Neither is Scrooge. But it can take just one night to change your life forever.

This holiday season, rediscover the true joy of Christmas 'spirit' as the Brookside Theatre takes you on an unforgettable and magical journey with this exciting musical adaptation of one of Charles Dickens' best-loved tales.

## Christmas Concert

First Step, Tangmere Crescent, Hornchurch,  
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December 14, 10am – 12.30pm

First Step's Christmas Concert is a free event open to the public.

The Fairlytes Singers will be attending.

Cakes will be sold by the Hornchurch Harmonies WI with money donated to the charity.

## Christmas Craft Fayre

Ardleigh Green Family Centre, 165 Ardleigh  
Road, Hornchurch, RM11 2LF

December 15, 10am – 3pm

Celebrating our sixth year of this annual event, come and see Father Christmas for free.

For children who are booked in, you will receive a special present and for those not booked in, they will receive a free gift.

You can book in store by December 7 to ensure your child receives a special gift.

All proceeds will be donated to the Ardleigh Green Family Centre.

## Christmas at the Queen's

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

December 7, 11am – 1pm

Join Pinney Talfourd for this popular festive sing along in aid of Tapestry and Queen's Theatre Charitable Trust.

Tickets are available from the box office for a small donation.

Donations are welcome on the day.

There will be a charity raffle, refreshments and more.

## Learn, Laugh and Live

St Michael's Church Hall, Main Road,  
Gidea Park

December 12, 2.30pm

It's beginning to look a lot like Christmas by Eve Regelous.

Havering U3A meets on the second Wednesday of the month.

Doors open at 2.15pm. For more information come along or visit [www.u3asites.org.uk/havering](http://www.u3asites.org.uk/havering)

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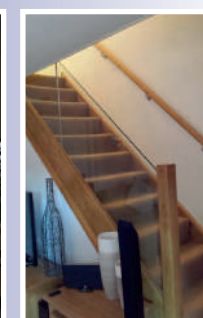
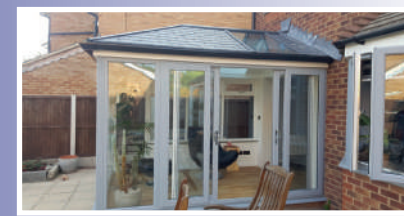


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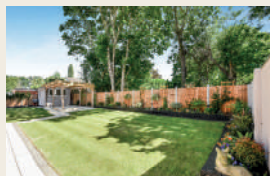
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