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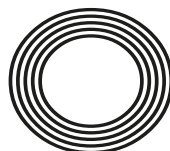
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TORVILL AND DEAN

The story behind the skating sensations

Olivia
COLMAN

A look at the actress' glittering success



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February 2019

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Editor's notes...



Brett Shohet, Editor

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

Love is all around us with Valentine's Day upon us. Yes, it's February already.

Be sure to show your loved one how much they mean to you.

VISION has some great local businesses to help you give that special something. Let's keep our loving £ local.

In this month's **VISION** our cover star is Olivia Colman. We look at her career, including her most recent work, along with her Golden Globe win and BAFTA nomination.

We also look at the history of Valentine's, along with a feature on ice skating sensations Jayne Torvill and Christopher Dean. We report on new gin and beer hotels opening in the UK, how to shuck and eat oysters, along with some pancake recipes with a twist.

In local news, a mental health charity is hosting a half marathon, a fundraising campaign is launched to build a new museum and a man has been awarded a CBE in the Queen's New Year's Honours List.

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

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

Brett



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Breaking THE Ice



To the children of the 1980s, spectacular ice skating duo 1984 Sarajevo Olympics. But are still inspiring today's youth... On Ice. It is a love affair with the

Jayne Torvill and Christopher Dean will always be the who glided and pirouetted their way to gold glory at the 35 years on from their incredible win, the inseparable skaters every Sunday night in fact, as head judges on ITV's *Dancing on Ice* the duo just can't break.

The 11th series of *Dancing on Ice* may have attracted illustrious stars such as Westlife's Bryan McFadden and *Neighbours* icon Mark Little, but few among them can match the achievements of the show's head judges, Jayne Torvill and Christopher Dean, who wowed the world with their stunning Bolero back in 1984.

In an age where it is not uncommon for sports stars to break out from their chosen field and embark on a televised adventure into the ballroom, ice rink or jungle, it may be hard to comprehend just how innovative Torvill and Dean have always been. Indeed, their announcement following the Sarajevo Olympics that they would be turning professional – to remain eligible for the Olympics they were not allowed to earn money from the skating – was seen as a shocking move, and even professional suicide. But as Torvill reveals, the pair had always planned to take their partnership in a more creative direction.

"We always had the idea that we wanted to produce our own shows and tour," says Torvill. "That's what we did initially – we took a year after the Olympics to get that all going together with a really good, strong group of skaters and formed our own company."

Few could have predicted how popular their shows would prove to be – the duo toured the globe tirelessly with their spectacular ice extravaganzas. They even made a return to the amateur arena for the 1994 Olympics in Lillehammer, Norway (following a change in eligibility rules), an exercise that would prove controversial when one of their lifts was deemed to be against the rules, eventually landing the skating heroes in third place.

That Scandinavian adventure would prove to be their final competitive outing, and in 1998 they would hang up their skates professionally, only to be lured back as coaches for the first series of *Dancing on Ice*, in 2006. "Initially we signed up just to coach the celebrities and choreograph," says Torvill, "but then we were asked if we'd like to demonstrate the moves and we said yes, and then they said 'well, can you demonstrate to music?' To that we said 'ah, so that means we're performing.'"

"Although we were nervous we actually really enjoyed it. We realised performing is what we enjoy most, so the performances got longer and more intense as the show progressed."

After all this time, it is clear Torvill feels honoured to be so respected by the British public, and this was backed up by a tremendously well-received biopic screened on Christmas Day. And as icons go, the duo have excelled – successful in their day and inspirational to a whole new generation now. "It's never not been a pleasure doing this, and we are as grateful today as any time before," she adds.





HAPPY Valentines DAY

A HEART-SHAPED HISTORY

February 14 is traditionally the day that flowers and chocolates will be winging their way to loved ones. But how did this annual expression of affection come to occupying a permanent spot on our calendars, and just who was this Valentine in whose name we send cards and presents?

It's a day on the calendar that elicits high emotion. Although not a global phenomenon, in the UK, Valentine's Day is an annual event celebrated via the exchanging of gifts and cards between loved ones.

There are multiple stories about the origins of the mysterious saint to whom the 14th February owes its name. The Catholic Church currently recognises three different saints by the name of Valentine, or Valentinus – all of whom were martyred.

Could Valentine's Day be named after the man who defied the Roman Emperor Claudius' decree that marriage be outlawed for young men and continued to perform marriages in secret? Or could it be the Valentine who allegedly helped capture Christians escape from the Romans, and may have sent handwritten notes signed 'From Your Valentine' to his love interest while he himself was imprisoned? Whatever the truth of the matter, all sources agree that Valentine was a sympathetic and romantic hero.

It was in the Middle Ages, however, when the figure of Valentine became one of the most popular patron saints. The oldest concrete appearance of the relationship between Valentine's Day and romantic love was in Geoffrey Chaucer's 1382 poem *Parlement of Foules*.

Modern Valentine's Day is less about Chaucer and more about cards, with the Greetings Card Association estimating that one billion cards are sent each year, making Valentine's Day the second-largest holiday of the year.

Despite such a patterned history of romantic reverence, just remember, the real question isn't whether you dare send something on Valentine's Day... it's whether you dare not!

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BEAUTY

Get kissable lips

The winter months can play havoc with the condition of your lips, leaving them dry and chapped.

Our DIY lip care treatments are all natural and guaranteed to get your parched pout ready to pucker up.

Passionfruit & Coconut lip Balm

Your significant other will go wild for this passionfruit-infused lip balm which tastes good enough to eat.

Grate 2 tablespoons of beeswax into a glass jug. Add in 2 tablespoons of coconut oil and olive oil. Heat a few centimetres of water in a large pot and place the jug inside to gently melt the wax. Remove and leave to cool and then add 2 tablespoons of passionfruit juice. Pour into pots and leave for 12 hours before applying.

Chocolate & Walnut lip Scrub

A lip scrub is a great way to remove any dry or dead skin from your lips, leaving them feeling soft and smooth. This DIY recipe includes shea butter for moisturising, brown sugar which acts as a natural abrasive and cocoa powder for an instant chocolate hit.

Mix 1 tablespoon of brown sugar with ½ tablespoon of shea butter and then add ½ tablespoon of walnut oil. Finally add 1 teaspoon of cocoa powder and apply to your lips.

Cinnamon & Cayenne Pepper lip Plumper

Spice up your love life this Valentine's Day with this DIY lip plumper that uses these two rich spices to produce a pout to rival Kylie Jenner's.

Simply mix 1 teaspoon of cinnamon oil and a small pinch of cayenne pepper with ½ teaspoon of Vaseline. Gently massage this mixture onto your lips, leave for a few minutes and wipe off.





Flaring Up

They say fashion goes in circles, but can we really be winding back to the 1970s to embrace the return of flared jeans? Some experts believe so. However, before you start dressing up like something out of *The Dukes of Hazzard*, heed a wee bit of fashion advice with these groovy tips on how to wear your flares.

Flare down

Want a casual but stylish day look? Try pairing your flares with converse or white sneakers and a T-shirt for the ultimate dressed-down outfit. When it's chilly out swap the tee for a fitted jumper, or if you want to go full Ali MacGraw in *Love Story*, team your jeans with a roll neck sweater and ankle boots. How romantic.

Flare up

Ever wished you partied it up like Bianca Jagger at New York's infamous Studio 54? Well the disco days may be long gone, but with a decent pair of flares, skin-tight bodysuit and heeled sandals you'll feel like the queen of the Manhattan night scene. Just don't try to ride into your local wine bar on a white horse...

Double denim

Some people wouldn't be seen dead in double denim; but these are the very same people who know diddly squat about fashion. Double denim is not only a bold sartorial statement, it's also a super easy look to pull together. I mean, who hasn't got at least two denim items in their wardrobe? So grab your flares and denim shirt/jacket/vest top and go out into the world knowing you're one of life's winners.

Boho babe

Thanks to the likes of Sienna Miller and Rachel Zoe, the boho look is less associated with freewheeling hippies and more with super-hip fashion goddesses. The trick is to keep your look clean and simple: unembellished jeans, a loose fit white shirt and a brown leather satchel, for example. That means no iron-on patches, no flared sleeves and definitely no crowns of daisies.



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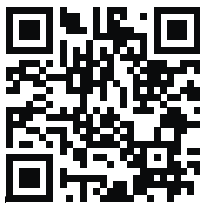
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PANCAKES WITH

Panache

Bored with traditional pancakes served simply with sugar and lemon? Fancy stretching out your culinary muscles and impressing your family with something a bit different this year?

Beer & Bacon Pancakes

YOU WILL NEED:

- > 1 cup all-purpose flour
- > 2 teaspoons baking powder
- > 2 tablespoons sugar
- > 1 egg
- > 2 tablespoons melted butter
- > 3 rashers cooked bacon
- > ½ beer or ale

HOW TO MAKE:

- > Whisk sugar, salt, flour & baking powder together
- > Separately, beat egg with beer and butter
- > Add a small amount of batter to a buttered griddle pan
- > Add a few pieces of bacon
- > Flip after 2-3 minutes and repeat on other side
- > Serve with maple syrup

Vegan Pancakes

YOU WILL NEED:

- > 150g plain flour
- > 2 tablespoons caster sugar
- > ½ teaspoon salt
- > 2 teaspoons baking powder
- > 300ml water
- > 1 tablespoon oil
- > Handful of raisins
- > ¼ teaspoon cinnamon & mixed spice

HOW TO MAKE:

- > Combine flour, sugar, baking powder, salt and spices
- > Whisk water and oil together
- > Make a well in the dry mixture and pour in liquid
- > Mix together
- > Add dried fruit
- > Add a small amount of the mixture to an oiled pan
- > Flip after 2-3 minutes
- > Repeat on the other side

Peanut Butter Pancakes

YOU WILL NEED:

- > 60g flour
- > ½ teaspoon salt
- > 1 egg
- > 175ml milk
- > 2 tablespoons peanut butter
- > 1 teaspoon caster sugar
- > Chocolate or nut toppings

HOW TO MAKE:

- > Mix flour and salt in a bowl
- > Separately beat egg and add milk
- > Gradually add the liquid to the dry mixture and whisk
- > Add a small amount of mixture to a greased griddle pan
- > Cook for 2-3 minutes on each side
- > Combine peanut butter with a drizzle of oil and the sugar
- > Blend into a smooth paste and spread liberally on the pancake
- > Finish with chocolate or nut toppings



FOOD & DRINK





SHUCKING & EATING AN OYSTER

If you're looking to create restaurant quality meals at home then you need two things: decent produce and a few easy-to-master techniques.

How to shuck oysters

Why pay through the roof to eat these oceanic beauties in a seafood restaurant when you can prepare them at home? All you need is a shucking knife, a tea towel and some very fresh oysters (preferably purchased on the day you're eating them).

Begin by inspecting your oyster. If it is open, bin it. Each shell has a flatter and a rounder half, so hold the oyster flat side down with a tea towel around it for better grip and find the hinge. Slide your shucking knife between the shell near the hinge, keeping it along the bottom of the top shell so as not to mangle the treasure within, and lever the knife until it pops – this may take a little elbow grease, but don't be disheartened, it's the sign of a healthy oyster.

Now gently slide the knife all the way around to separate the shells and remove the top shell entirely, while keeping as much juice and meat inside the bottom half as you can. A fresh oyster ought to smell of the seashore (never rancid) and be moist and plump looking. Bottoms up.

Seasoning your oyster

Oysters often come with various accompaniments. Popular ones include salt and pepper, lemon and chilli, cocktail sauce and shallots.

Eating your oyster

When you are ready to eat your oyster, using a fork move the oyster around in the liquid-filled shell to make sure it is free. Pick up the shell and slurp down the oyster. Chew the oyster two or three times before swallowing to get the full flavour.



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A study by the Diet Plate, a portion-controlled weight management system, has shown that a portion-controlled diet can make you six times more likely to lose weight than a standard weight loss diet.

As a nation we are eating portions far bigger than the recommended amount, so it is no wonder that we are suffering from an obesity and diabetes crisis.

So, do you know how much you should be eating?

Breakfast

One serving of cereal should be 30g, which is about half a cup.

The average adult eats nearly 50 per cent more than that, serving themselves 44g per bowl.



Lunch

A cheese sandwich is a quick and easy lunch but with a healthy portion size of bread being one slice and the recommended serving of cheese being around 30g which is the size of a matchbox, most shop-bought varieties contain far too much saturated fat and too many calories.



Dinner

One piece of pizza contains on average 300-400 calories, so a maximum of two pieces should be consumed in one setting.

Fill the rest of your plate up with salad and you can enjoy this treat without piling on the pounds.



Snacks

Unsalted nuts are a healthy and nutritious snack, and a great alternative to crisps,

but they are high in fat and calories so only one tablespoon is recommended per portion.

The average chocolate bar is 45g, yet the serving recommendation is only 25g.

Drinks

A healthy portion of wine is 125ml, but most pubs and restaurants now only serve 175ml or 250ml as standard measures. A 125ml is actually less than one fifth of a bottle.



For more information on the Diet Plate visit www.thedietplate.com





FIRST AID Essentials

Keeping your cool in a medical emergency can be a daunting task but if you know basic first aid and have access to a well-stocked first aid kit, it could mean the difference between life and death.

Performing the 3 Cs in an emergency first aid situation

- ✓ Check for dangers before rushing to help
- ✓ Call for emergency help asap
- ✓ Care for the injured individuals

Knowing the ABCs of CPR

When performing CPR, you must check their Airway – is it un-obstructed? Breathing – are they breathing? and Circulation – do they have a pulse (this can be checked at the wrist, carotid artery or groin)?

The Heimlich manoeuvre

Choking can cause death or permanent brain damage in a matter of minutes. To remove an object from a choking victim, straddle them from behind using a bear hug so that your hands are interlocked tightly beneath their breastbone. Thrust

upwards to remove air from their lungs until you have successfully removed the lodged object.

Identifying concussion

If the victim has suffered a head injury you must check for signs of concussion. The most common symptoms are unconsciousness following the injury, feelings of nausea and/or lethargy, short-term memory loss and disorientation.

Treating a burn

Burns are extremely common, especially in children, but many people still do not know how to treat them correctly. First and second-degree burns should be immediately immersed in cool water (not ice cold) for a minimum of 10 minutes. It is imperative to not use any creams or ointments on the affected area.



FIRST AID KIT CHECK

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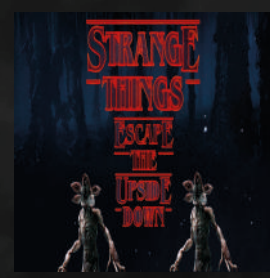


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The advert in **VISION** magazine circulates to 30,000 readers in Hornchurch, Loughton and the surrounding area. The results of this advertising are extremely encouraging and we are now receiving enquiries and business from many new customers.

We would have no hesitation in recommending **VISION** Magazine to any person or company wishing to expand their business by reaching that local community.

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AN INTRODUCTION TO CHILD YOGA



Yoga is a free and inclusive activity that can help children develop body awareness, manage their stress levels, improve their concentration skills, increase their confidence, and most importantly, if you follow the below age appropriate poses, it will be a lot of fun for them.



THE COW POSE

Start by asking your child to kneel on their hands and knees on a mat or soft surface. Then instruct them to drop their belly and raise their head upwards for the cow pose (mooing is optional). This pose is a great introduction to yoga and can help your child learn to control their breathing.



THE PUPPY POSE

The same as the Child's Pose in standard yoga, the puppy pose is great for calming your child and helping to relieve any tension in their muscles. Instruct your child to kneel on their mat and then stretch their arms out flat on the mat so that their upper chest is touching the mat and their bottom is in the air.



THE TALL TREE

Ask your child to stand straight, then get them to lift one leg and bend it so that their heel sits on their inner thigh. They can either raise their arms to the sky or simply place their palms together across their chest. This pose is the ideal opportunity to explain the importance of standing tall and proud.



THE BALANCE BOAT

This hold requires your child to sit on the mat and then raise their legs together while at the same time holding their arms out straight in front of them. Depending on their age, your child may only be able to do this for a few seconds. Good for balance and concentration.

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GARDENING



Ring of Roses

Gifting a bunch of flowers is a gesture in itself. But next time you send a bouquet, tell them how you really feel using this comprehensive guide to their traditional meanings.

Lavender: Not just for tucking into your knicker drawer, the fragrant lavender actually represents devotion.

Anthurium: The ideal flower someone who has been a wonderful host, these brilliant red, exotic beauties symbolise hospitality, happiness and abundance.

Lilac: Think you might be falling for someone? Lilacs symbolise the first emotions of love.

Carnation: These cute and ruffled blooms actually represent pride and beauty, while their different colours have a host of other meanings: white – innocence and pure love; red – admiration, pink – motherly love; yellow – disdain.

Lily: Often thought of as a funeral flower, the fragrant, majestic and ethereal lily actually represents purity of heart, and when displayed at a funeral means that the departed's soul has been restored to innocence.

Chrysanthemum: A bouquet staple, these impressive flowers have a simple meaning – honesty.

Lily-of-the-valley: These buoyant little bells are an ideal token for a recent birth as they symbolise sweetness.

Daffodil: Want to tell someone you love them but don't know how? Daffodils are the flower of unrequited love.

Peony: The ultimate passive-aggressive statement, charming and oft included in a bouquet, Peony actually represents anger.

Forget-Me-Nots: As the name of these delicate blue buds would suggest, forget-me-nots represent true love, longing and memory.

Roses: Red: love, Light Pink: grace, Coral: desire, Dark pink: gratitude, Peach: modesty, Cream: charm and thoughtfulness, White: a heart touched by love, Burgundy: beauty, Purple: enchantment, Yellow: infidelity.

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VINTAGE GLASS




'Flat-pack' is not a word associated with anything in your decadent little boudoir. In fact, to turn the reflective knob into your bedroom feels like a trip back in time, to when champagne was sipped from coupes and cigarettes were the epitome of style. Some might call your taste 'chintzy', but you'd never listen to such philistines.

CHROME LEVER




So, practically perfect and perfectly practical in every way, you call a spade a spade, and call a door handle, well, a door handle.

HAND-PAINTED




You've a flair for bold design, and a personality to match. Your friends call you the 'quirky one' – a title you love – and always invite you to dinner parties to revel in your eccentricities and listen to your tall tales, such as the time you once haggled with a trader in a Moroccan souk for over an hour to obtain a most beautiful painted dome-shaped handle... which got confiscated at customs.

THUMB-TURN



Privacy is king, and you love nothing more than to steal half an hour away to read a book and drink a mug of tea, while the world – namely your kids – rages on behind the other side of a quietly locked door.

BRASS



You're a philosophical sort, and have your mind on the long game. On choosing your bright and brilliant door knobs you thought not just of current gleam, but of the delicate patina that would one day bejewel them.



honey YOUR HOME



The Dulux Colour of the Year 2019 has been revealed as Spiced Honey. This gorgeously rich and warm tone has been chosen to reflect a mood of positivity and optimism for the year ahead.

WHY WE LOVE THIS SHADE

Spiced Honey is a warm amber tone that has been created to express the beauty and richness of natural honey. It is an incredibly versatile colour that can be used to create different ambiances depending on the other colours that you team it with. It is the perfect colour to banish any lingering negativity and start afresh.

WHAT SHADES DOES THIS COLOUR COMPLEMENT?

Pair with soft pastels such as pale pink or muted grey to create feelings of calm and tranquillity; perfect for the bedroom or conservatory. Alternatively, team with bold colours such as rich reds and oranges for a luxurious and vibrant vibe.

HOW TO USE THIS COLOUR IN YOUR HOME DÉCOR

A statement wall feature is a quick and affordable way to add this colour into any room, or if you prefer patterned designs, pick up some Spiced Honey wallpaper. Don't shy away from bold designs as this flexible colour can cope with them.

WHY YOU SHOULD EMBRACE UPHOLSTERY

If you like to keep the colour of your walls neutral, there are more subtle ways to introduce this colour into your home. Why not invest in a Spiced Honey sofa which can act as the focal point of your living room? Crisp white walls work perfectly with this and create an almost Scandinavian feel. Ideal for those wanting a chilled-out vibe. Alternatively, try smaller home accessories such as a Spiced Honey lampshade or rug.



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HOME & DIY

Clean Bandits

We all crave a clean home, but employing a cleaner brings about the uncertainty of inviting in strangers. Here are a few tips to ensuring your home remains clean, not cleaned out.

Word of mouth

Like so many aspects of life, the best recommendations often come from those who have actually sampled products or, in this case, services. When sourcing a cleaner it makes sense to want to use the same ones as friends or family who can vouch for a job well done, but even online groups and communities – where you may not know the homeowners – are better than going in cold.

Your own online research

You can't just rely on the word of others – you need to do your own checks. Review sites can offer useful feedback, but when checking these, consider their date, and judge the tone of each to ensure the reviews left are genuine. If you're happy, ask for references.

Don't favour businesses over individuals

The process of sourcing a good cleaner occupies a category where, for many, there seems to be no preferred option between using a business – which has a number of individual cleaners under its watch – or a sole proprietor who simply works for themselves. Some clients like the reliability of a bigger business and the ability to report a problem to a manager rather than the individual themselves, while others prefer a more personal touch.

Lay a trap

In a move that some regard as controversial, some homeowners might leave a small amount of money on the floor (say, a £5 note). If the note has been picked up and left behind post-clean, you have someone you can trust.

Be clear and inspect work

For many, a satisfactory job will come about when instructions are clear and a post-clean check is done. And being upfront on feedback will mean your relationship flourishes just as much as your home.





Pulling down the shutters

A simple invention that can fulfil so many requirements when it comes to letting the outside in, from filling a room with light to transform a room, to helping preserve sleep, throwing a different type of light on a space, or simply just window decoration.

In recent years, the variety of blinds on the market has provided homeowners a number of new design ideas – here are some of the best:

Venetian blinds: The most popular style; horizontal slats with supporting string or strips.

Vertical blinds: Long slats, often used with patio doors or floor to ceiling windows.

Panel blinds: Large strips of material for large windows and doors.

Pleated shades: Similar to Venetian blinds but offering an accordion-like finish.

Roller blinds: A long, highly economical strip of material on a roll.

Roman blinds: A traditional yet fashionable horizontal blind that forms into a stack of material when raised.

Tie-up shades: A curtain raised in one or two places.

Solar shades: A virtually transparent roller shade that preserves light but keeps out heat.

Blackout blind: A roller blind that blocks out all light; good for kids and nurseries.

Skylight shade: A mini-blind within a Velux window.

Be choosy

To choose a blind that suits your room, consider:

- the style of your existing interiors
- the fabrics already present
- room colours
- environment (a kitchen blind, for instance, may need to be of a more hard-wearing material), and
- the purpose of the blind (decoration, light prevention etc)

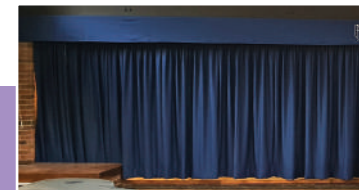
Fit for purpose

When measuring for your blind, consider whether you want it 'top fixed', with the blind and brackets snugly and neatly within the window frame; or 'face fixed', where the blind sits outside the frame, a style that looks less neat but removes the danger of any light creeping in around the edges.

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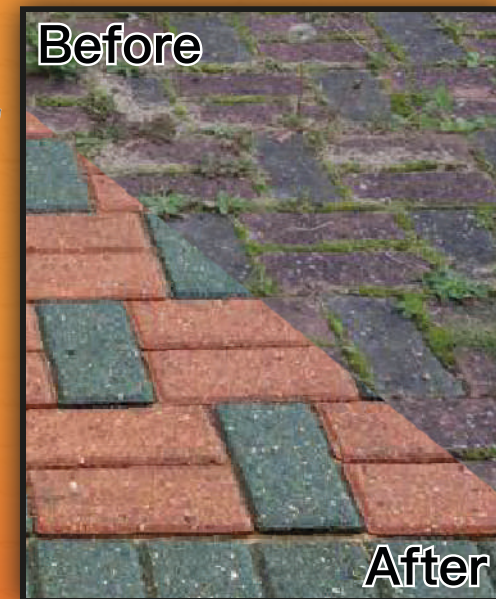
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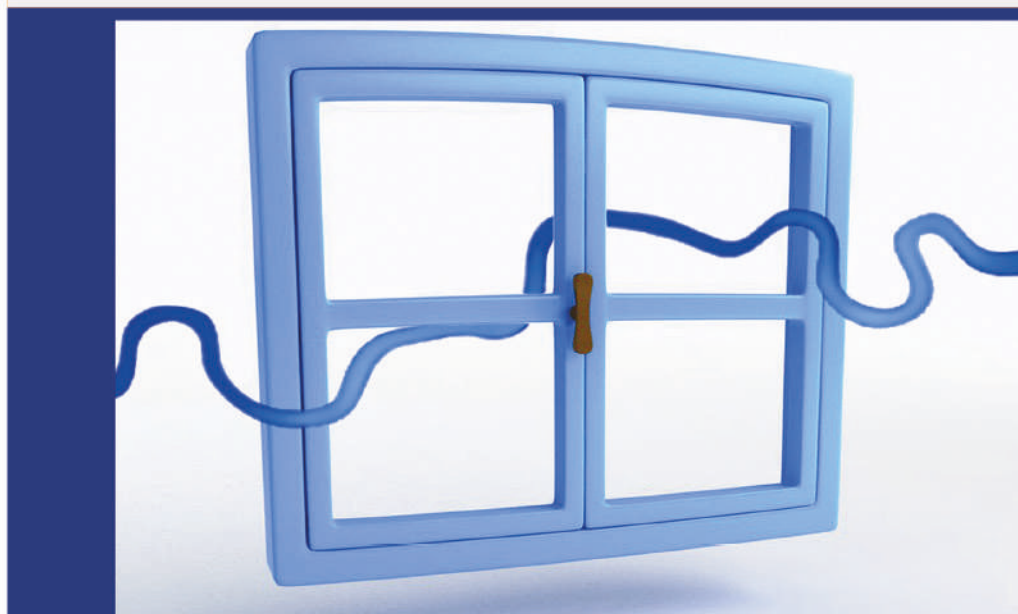
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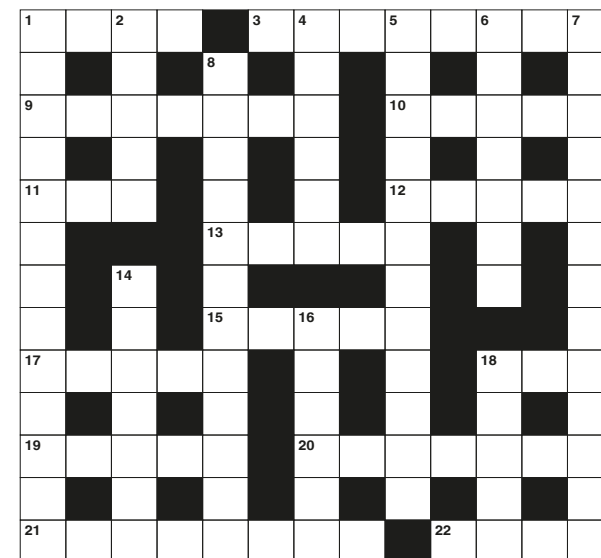
PUZZLES & TRIVIA

ACROSS

1. Become dim (4)
3. Creature that eats both meat and plants (8)
9. Not tense (7)
10. Outdo (5)
11. First woman (3)
12. Rule (5)
13. Leases (5)
15. Frenzied (5)
17. Type of spear (5)
18. Be in debt (3)
19. Kick out (5)
20. Set apart (7)
21. Paying a debt (8)
22. Young woman (4)

DOWN

1. Absent-mindedness (13)
2. Research deeply (5)
4. Maiden (anag) (6)
5. Junction (12)
6. Type of optician (7)
7. Ebullience (13)
8. Based on untested ideas (12)



14. Be made of (7)
16. Concept (6)
18. Barack ____ : 44th US President (5)

DID YOU KNOW?

- ▶ Without saliva, food tastes very different to what you would expect, or in some cases, you might not be able to taste it at all.
- ▶ A lemon contains more sugar than a strawberry. It's estimated a strawberry contains 40 per cent sugar, compared to 70 per cent in a lemon.
- ▶ You can tell if an egg is hard boiled or raw by spinning it. A hard-boiled egg will spin and stop quickly, but a raw one will not due to the liquid inside the egg.
- ▶ It is thought that the pea is the oldest vegetable, dating back to the Stone Age.
- ▶ A cucumber is approximately 95 per cent water.
- ▶ Rice paper isn't actually made using rice.

SUDOKU

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8				1				2
		2	4	7				
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	9				6			

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Queen Colman

Playing the monarch would be a daunting task for most, but surely not BAFTA-winning actress Olivia Colman? As she prepares to succeed Claire Foy in *The Crown*, the talented star reveals how she copes with the pressure of being the nation's latest dynamic doyenne.

Helen Mirren, Julie Walters, Dame Judi Dench... British female actresses who have elevated themselves well beyond the pages of a film or TV script. Their impact in purely dramatic terms is there for all to see, and yet they are so much more than that... warm, funny, down-to-earth and, very often, self-deprecating. Perhaps that's why we have taken them into our hearts... we feel they are 'one of us'.

"I've never taken myself seriously," begins Colman, who is about to return to our screens in series three of *The Crown*. Netflix have kept the release date a closely guarded secret, but while fans will have waited well over a year since the last instalment, season four is expected to follow on closely behind.

Colman, as Queen Elizabeth II is, in many ways, the perfect choice. With her very British face, cool but entirely likeable demeanour and measured clipped accent, there is certainly something very regal about the Cambridge-educated star. "They gave me a great voice coach who made sure I spoke like the Queen," she reveals. "It was just a case of learning the lines and trying to copy exactly what they did. And Claire Foy let me know I could call if I needed to."

Assuming the role of a living icon is never going to be easy, particularly when you are also taking over from an actress who won a Golden Globe for her interpretation of the character. "It's a challenge but that is what this game is about. It's a case of putting you up there with the prospect that you might fail... but I've been taking chances ever since I became an actress, and I'm fine with that. Nervous, but fine," she laughs.

Of course, *The Crown* barely scratches the surface of the Norwich-born actress's achievements. Her prime-time TV mastery includes award-winning shows *Broadchurch* and *The Night Manager*, while current period drama *The Favourite* landed Colman the Golden Globe award for Best Actress in a Motion Picture Comedy or Musical, for her portrayal of Queen Anne.

"I am certainly ticking off as many members of the Royal Family as possible," she jokes. "It's lovely to get the accolades and to hear an appreciation of your work, but really it is the acting first and foremost that gives me the thrill. Everything beyond that is wonderful, but I always want to focus on the product itself."

Colman admits to also spending time focusing on keeping her emotions in check. "I have a sneaking suspicion that audiences have seen me crying a little bit too often in the past couple of years," she admits.

"If something touches me, I cry. That's it. I'm a bit raw, a bit rubbish really," she explains. "Often a director will say to me, 'I don't think this is a scene where your character cries'. And all I can say is, good luck with that."



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LOCAL NEWS



Fundraising bid launched for new museum

A fundraising effort has been launched to turn an old RAF building in Hornchurch into a museum.

Hornchurch Aerodrome Historical Trust has set up a crowd funder to raise £10,000 which will fund the opening of a new RAF museum on the site of the old St George's Hospital.

Believed to have previously been used by RAF Hornchurch as an admin building, or officers' accommodation, the derelict building has been given to the trust by Bellway Homes, that is planning to build more than 300 homes on the old hospital site.

The money raised will help pay for a number of much-needed improvements to the building including new windows, a new security system and display cases for the items that will be on show.

The trust is hoping to open the museum later this year, and will include uniforms, medals, photos and memorabilia from pilots at RAF Hornchurch.

Tony Philpot, chairman of the board of trustees, said on the crowdfunding page that a new museum has

been on the trust's wish list for some time.

He said: "The dream of establishing a permanent home to remember Hornchurch Aerodrome has been something that goes back to the early 1980s.

"Now following the kind generosity of Bellway Homes Limited for gifting Sutton's House to the Hornchurch Aerodrome Historical Trust this dream will now become a reality when the RAF Hornchurch Heritage Centre opens its doors to the public.

"Obviously before we can get to that stage, much work is required with the refurbishment on the house which will not come cheaply and although we are currently awaiting charitable status, we still need to progress the refurbishment.

"So, it is with this thought in mind that we are desperately looking for support through public donations."

To donate go to the Hornchurch Aerodrome Historical Trust GoFundMe page at www.gofundme.com/raf-hornchurch-heritage-centre-refurbishment

Isla Caton to receive new treatment in Barcelona



A young girl battling a rare form of cancer is to be the first person in the world to try a new treatment. Isla Caton, from Hornchurch, is currently in Barcelona undergoing treatment for neuroblastoma.

Her mum, Nicola, said: "Isla had her scans redone in December. The cancer hadn't got any worse, but it hadn't got any better.

"We will be the first in the world to try this new treatment.

"The doctors aren't limited by the government over here and the drug company is supporting it.

"The doctors know it is a stronger combination. Currently the antibody is working and the chemotherapy is letting it down."

The family need to raise a further £450,000 for Isla to be able to continue having the treatment that she needs.

Nicola continued: "Everything has to be paid for. For the next lot alone it will be around £120,000.

"We have enough money to cover the next two things and then we will have to start again."

Isla has been receiving support from all over the world, with people as far as the USA and Australia sending her donations, Christmas presents and cards.

Nicola said: "We are really grateful for everything and all the support we are able to get.

"We get a lot of support from people who have a bad name, for example football fans and the travelling community.

"These people are the ones who have got us the extra six months of treatment.

"I just want everyone to know how wonderful all of these people have been to us.

"Without their money we wouldn't be here and Isla wouldn't get better."

Isla's supporters have organised several fundraising events in the upcoming months. They include a charity football match, a climb up Ben Nevis and bucket collections.

To donate to Isla, visit www.justgiving.com/campaigns/charity/thebradleyloweryfoundation/islacaton

Mental health charity holding half marathon

Hornchurch-based charity Havering Mind will be holding the first half marathon event in Havering in nearly 25 years.

Taking place on Sunday, October 6, the race will start and finish in Harrow Lodge Park, Hornchurch.

Havering Mind is a local mental health charity. It provides services to people living in the area who may be experiencing problems with their mental wellbeing.

Events coordinator at Havering Mind Ciaran White said: "We are so excited to launch this event. We have

been planning it for two years now.

"We want this to be a great feel-good event, which the whole community can get behind and support.

"The run is an ideal way to not only raise important funds for charity but to show how physical activity can have a positive impact on a person's mental health and wellbeing."

All runners will receive a medal and a goody bag.

Entries for the race are now open. To sign up, visit www.haveringhalfmarathon.co.uk

T.E.J

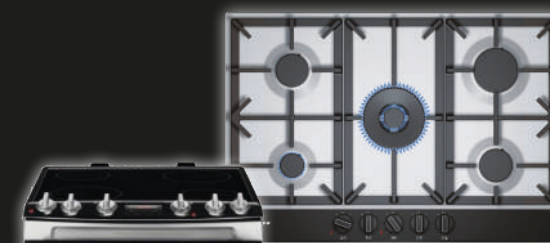
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Road improvements up and running following funding boost

A road in Hornchurch has been one of the beneficiaries of a funding boost to be spent on schemes for roads and improvements, in addition to current and other planned work.

Havering Council has been awarded £895,000 by the Department of Transport.

The funds are part of the government allocation of £420million to be spent in this financial year.

Current resurfacing, including fixing potholes, has recently been taking place in Great Nelmes Chase, in Hornchurch and further works are planned in other roads and pavements in the borough until the end of March, using this funding.

The investment comes in response to residents' concerns around increased congestion, demands to upgrade road surfaces and fix potholes.

Councillor Roger Ramsey, cabinet member for finance, said: "Great Nelmes Chase is an example of a road that was in need of resurfacing as it is often used as a rat-run from the A127 and so was in a poor state.

"We have listened to residents, who have told us that improving the conditions of our roads and pavements is extremely important to them and a top priority.

"This funding is in addition to what the council is set to deliver, a huge investment of £30million over the next three years into our roads and pavements."

Man taking part in marathon to thank charity

A man from Hornchurch is running the London Marathon this year.

Andrew Ghagan will run the marathon in aid of the Sycamore Trust UK, an autistic charity that helps families and individuals with autism in Havering, Redbridge and Barking and Dagenham.

Andrew's nephew Rico was in the first group of children to benefit from the trust's Speak with a Picture programme, which helps pre-school children aged two to four to communicate with their parents.

Rico and his mum Lyndsey were among the first intake of families for the SWAP project in September and the 12-week programme enabled Rico and his family to learn a new way to communicate his wants and needs.

Rico has made great progress as a result of his time with the charity and his uncle is keen to show how much the family appreciates the efforts of the SWAP team.

The 29-year-old said: "The family were so pleased with what the Sycamore Trust were able to do for Rico. We just wanted to show our appreciation in some way."

Fortunately, Andrew is no stranger to the 26-mile distance and has completed marathons before.

If you'd like to donate, visit www.justgiving.com/fundraising/andrew-ghagan



Music school gets funding slashed



Photo credit: @haveringmusic

A former student has started a petition after a Hornchurch music school was told it would lose £117,000 in the council's 2019/20 budget.

Becca Warren has started an online petition calling for the cuts to be stopped.

It is feared the £117,000 budget cut will severely impact the 2,350 young people that take advantage of the service.

Students are able to attend additional classes at the specialist music service and take part in the school's bands, orchestras, choirs and music theory lessons.

The school has been listed for a cut of £117,000 as part of the council's departmental savings in its medium term financial strategy and budget for 2019/20, published on November 29.

Many of the staff members at Havering Music School are former pupils and students from the school have taken part in concerts with the London Symphony Orchestra, The London Chamber Orchestra and The Guards Band.

Councillor Viddy Persaud, cabinet member for culture and leisure, said: "The council recognises how important Havering Music School is to the borough and we continue to support it.

"We are working with the management team at the music school to identify savings which will not adversely affect its ability to continue providing this extremely important education."

Veggie Run players win feast of prizes

Pupils from a school in Hornchurch received prizes recently after they won Veggie Run competitions.

Winning students from Benhurst Primary in Hornchurch and Squirrels Heath School in Romford received either a signed West Ham United football

or West Ham United shirt after eating a healthy school-catered lunch.

Other lucky pupils won new bikes and helmets or a £25 West Ham United Foundation Soccer Schools voucher.

All competitions are aimed to encourage healthy eating in schools or for children to engage in playing Havering Council's devised Veggie Run app.

Councillor Robert Benham, cabinet member for children's services, learning and education, said: "I am proud that through the council's unique partnership with the West Ham United Foundation we can award so many lucky pupils with amazing prizes."

Man receives CBE for services to law and order

A man from Hornchurch has been recognised in the New Year's Honours list.

Tom Dowdall, deputy director of the National Crime Agency (NCA), has been awarded a CBE for services to tackling organised crime.

He said: "Growing up in Brixton in the 1970s and 1980s was about as far removed from this as you can get, so being honoured in this way was never something that entered my mind.

"Leading the Invigor taskforce has been an absolute delight.

"It has been an honour leading a great team of people both in the NCA and partner agencies."

Tom is responsible for the agency's response to organised immigration crime, modern slavery and serious and organised crime at the borders. Since 2015 he has led the internationally respected Project Invigor taskforce.

Agency director Lynne Owens said: "Over his career, Tom has demonstrated that he is a quiet yet determined leader.

"Lives have undoubtedly been saved as a result of his efforts."



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JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS

I was delighted to welcome **VISION** Hornchurch editor Brett Shohet to the House of Commons to hear how he is expanding the local news offer across Essex.

It was Brett's first visit to parliament, but he recalled to me a memorable trip to Downing Street as a school boy when he met Prime Minister, Margaret Thatcher.

Amid fast-moving events over Brexit, I was able to raise with Health Secretary Matt Hancock the pressing need for new healthcare facilities on the former St George's Hospital site in Hornchurch. A bid for capital funding for a new health centre there was rejected by the NHS in January, and I shared the enormous frustration and disappointment of the St George's Hospital Redevelopment Delivery Board.

The site on Suttons Lane has stood empty since 2012 and I asked the Health Secretary to review the bid for a new health centre to convince the local community that they benefit when local NHS assets are sold. He replied that he looks forward to working with me and local commissioners before the spending review, when the next round of the capital allocations will be set. In the meantime, the Delivery Board is seeking feedback on their bid, and continue to explore



all available options to fund the centre and ensure it can be delivered sustainably for the local NHS.

The Health Secretary recently launched a 10-year plan to enable people to live longer, healthier lives and get the most out of the extra £20.5 billion that the government is injecting into the NHS. Given that the plan focuses on prevention and treating people out of hospital, I believe the proposed St George's centre, offering outpatient clinics, GP services and a joint team of health and social care professionals, is just the kind of solution we need. I shall continue to press the NHS to change its mind.

www.julialopez.co.uk

Parade float lands cash for charities

A flag-covered jetliner float built by construction students at Havering College landed second place in London's New Year's Day Parade, winning £9,000 for local charities.

This year's theme 'London Welcomes the World' attracted more than 650,000 spectators and 8,000 participants across 15 London boroughs.

The prize money will go to Havering's Mayoral Charity Appeal, which supports Havering Mind, Lennox Children's Cancer Fund and the Rainbow Trust.

The parade float was accompanied by a performance from Store Room Theatre group.

Mayor of Havering councillor Dilip Patel said: "I would like to express my heartfelt thanks to each and every one of the participants for taking part in the London New Year's Day Parade.

"I would like to thank all who took part to achieve what we have."





News from

Councillor Paul Middleton

for Hornchurch Residents' Association

It is the start of a New Year and this brings both a chance to renew and move forward. Improvement if you will.

I must ask though – why are the Havering Tory administration trying to kill Hornchurch town centre, Elm Park town centre and Rainham town centre?

The Tories have decided to put forward a group of proposals that are hugely detrimental to keeping business running, the town centre humming and attracting visitors.

These proposals include:

- > Removal of the free 30-minute parking allowance
- > Increasing the cost of parking to start at £2 for the first hour (it only goes up from there – do you recall when it was only 20p to cover the cost of the meter?)
- > Increasing penalty fines. On average these will go up £10 or more
- > Imposing a CPZ (Controlled Parking Zones – or permit parking to you and me) within 1km of most train stations and town centres
- > They are also looking to purchase and install

cameras to penalise people who enter box junctions incorrectly

We have been told that the council is short of funds and heading towards a shortfall of around £37million to the budget in three years' time (this was reported by the CEO of the council in November 2018).

The Tories appear to believe that these stealth taxes will help or cover the shortfall.

Why don't they just tell people what the situation is and ask the locals if it is better to raise taxes for all or cut services? Why stealth tax which causes misery and disharmony? This will have a hugely detrimental effect on the town centres.

I am deeply disappointed with their attitude. I know that someone has to make decisions and move things forward, but, to me this is cowardly, short-sighted and underhanded.

I encourage everyone to check out who their councillors are. If they are Conservative, ask them why they are putting these proposals forward and even better, ask them if they will oppose them. Do you want to see the demise of your town?

Personal trainer raises over £350 for charity

A man ran 15 miles in London to raise money for a Hornchurch charity recently. Tim Nokes took on the challenge on Christmas Day to raise money for WaveLength, a charity which gives televisions, radios and tablets to people who can't afford them, to help fight loneliness.

WaveLength support people who are lonely due to age, illness or disability, or by circumstances which make it hard for them to leave the house or meet new people.

Tim, who splits his time between Bournemouth and London, said: "I have always been into fitness and have used it to treat my own mental health problems.

"As this was about fighting my own loneliness, I decided it would be great to find a charity that worked against loneliness and its devastating effects.

"I instantly loved what they stood for, connecting people through technology. This was something I continue to use in my own life, social media is a great tool for connecting with people all over the world and it has certainly helped me form new friendships and support groups."

Tim Leech, CEO of WaveLength, said: "We'd like to extend a huge thank you to Tim Nokes for running 15 miles for WaveLength. We know that Christmas can be a challenging time for people, so it's fantastic to see Tim using his experiences to take positive action. Tim's donations will allow WaveLength to continue giving technology to people who are lonely across the UK."



Photo credit: Tim Nokes

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AFC HORNCHURCH

LOCAL NEWS



Photo credit: Peter Trinder

Urchins progress to semi-final as Saunders signs on

AFC Hornchurch boss Mark Stimson will have been pleased after his side dispatched Whitstable Town to move into the semi-finals of the Velocity Trophy.

The game will have come as a welcome relief after the Urchins suffered a heavy defeat at the hands of Folkestone and Hornchurch didn't have to wait long to take the lead with new signing Ronnie Winn sidefooting Hornchurch in front.

After a spell of pressure from Whitstable, Hornchurch ramped up the pressure and after half an hour Sean Marks converted a George Saunders cross to double the Urchins' lead.

In the second half, it seemed inevitable that Hornchurch would extend their lead and on 54 minutes, Marks added his second and Hornchurch's third before substitute Charlie

Stimson squared the ball to George Purcell who made it 4-0.

The winners will host either Bracknell Town or Folkestone Invicta in the semi-final.

Hornchurch will play their Essex Senior Cup Semi-Final tie at Chelmsford City on February 4. Kick off will be at 7.30pm.

As a result, the Bostik Premier League fixture at home to Wingate & Finchley scheduled for February 5 has been postponed and will have to be re-arranged.

Meanwhile off the field Saunders has put pen to paper and signed a new deal which will keep him at the club until the end of the 2019/20 season.

Saunders signed from Essex Olympian side Kelvedon Hatch in the close season stepping up four divisions to play for Hornchurch. He has had a very successful season so far scoring once and setting up a further 14 goals.



www.afchornchurch.com

ANDREW ROSINDELL



MP for ROMFORD



This will be a significant year in British politics, one beset with many challenges as well as opportunities for our nation.

As the MP for Romford, which includes a large part of Hornchurch, I will fight to deliver the views of local people.

At the time of writing, I am deeply involved in the battle over Brexit which is taking place in Parliament, where some MPs seem to have forgotten that democracy is how we govern our country.

The British people voted to leave the EU, yet much of the political class does not, so they are doing their utmost to derail what people voted for.

As the world's fifth largest economy, we have nothing to fear. The intransigence of EU is the cause of this and we in Britain must now fully prepare for a clean exit for the EU on March 29 under World Trade Organisation rules, saving £39billion.

I was elected on a manifesto which promised to deliver Brexit, and that is what I will fight to deliver.

There is good news in Havering too. Our local council is always aiming to make older residents feel

comfortable and newer residents feel invested in. Havering has always been a place where a strong sense of community is the foundation stone. Our borough has struggled with two challenges with the population, it's very large elderly population and the fastest growing number of children. I am glad to see the progress and promising future that the Conservative-led council have achieved, with new schools, road repairs, major housing regeneration projects and new leisure centres.

In addition to the Sapphire Ice and Leisure Centre which opened one year ago, a new leisure centre and swimming pool is due to open in Hornchurch, at Harrow Lodge in 2020.

I cherish our borough and love the fact that our area is still part of the traditional county of Essex.

We may be under Greater London in terms of regional government, but the spirit of Essex is still very much alive.

I for one, as a Havering MP, will continue to defend the character of our borough and campaign to Keep Havering Special.

www.rosindell.com

Have you lost a son or daughter?

Gone Too Soon is a local bereavement support group for parents who have lost a son or daughter, of all ages, in any circumstances and for however long.

Meetings are held on the third Monday of each month at Reids, 66-68 Laindon Road, Billericay, CM12 9LD from 7pm - 9pm.

Lyn Wilson believes there is not enough support in the local community for parents, so she started the group 18 months ago.

Parents are now travelling from outside the Billericay area, including Hornchurch, to attend.

By coming along to the meeting, parents have the

opportunity to talk to people who can relate and understand how it feels to lose a child and offer support through the grief journey.

Lyn started the group after losing her son. She says it is a very isolating situation and knows how hard it is for families to come to terms with such news.

Parents are given a warm welcome in a friendly safe environment and Lyn is more than happy to meet up with parents prior to the meeting to introduce herself and help them feel more comfortable about coming.

For further details or a chat, please contact Lyn on 07387 805406, email lyn-currie@hotmail.co.uk or visit www.gonetoosoon.online

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COUNCILLOR DILIP PATEL



Mayor of Havering



We are delighted to say that Havering came second place in the event winning £9,000 for the Mayor's charity appeal. This was the highest place that the borough has come since the competition began in 1997.

The theme of the 2019 parade was London Welcomes the World. After much debate about what to do, Havering's entry committee decided to do a theme around a plane ride to London.

The vast majority of people coming to London – tourists and immigrants, travel by air, so it made sense that we had a float with a plane on it. Unfortunately, it couldn't be a real plane. However, the students at Havering College created a fantastic float that really stood out at the parade.

Havering's entry consisted of a range of local

community performance groups including Storeroom Youth theatre, KA Arts, Phoenix Blue Twirlers and local singers.

The performance consisted of over 100 local people – children and adults, local families. It was great to see them come together as a group, give up their time to learn the dance moves, music and sign language and support local charities

Together they created a fantastic performance to musical numbers including *Be Our Guest* and *Consider Yourself At Home* – iconic songs that optimise what we wanted to say – London really does welcome the world.

For more information on how to support the Mayors charity appeal, please contact haveringmayorappeal@outlook.com or call 07540 147327.

www.havering.gov.uk

New Starbucks to open following flood

Popular coffee chain Starbucks has announced it will be reopening a store in Hornchurch.

The original store on the High Street closed in October last year due to a flood.

Posting on their Facebook page shortly after the incident, the store wrote: "We are currently closed due to water leak from the flats above this unit.

"We apologise for any inconvenience caused." Details about the opening of the new coffee shop will be available soon.

Bhopinder Gill, owner of Starbucks franchise partner, GK Coffee, said: "We are excited to announce that we'll be opening a new Starbucks store in Hornchurch later this year – stay tuned for more details coming soon."

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BED & BOOZER

Exploring the new UK trend of gin and beer hotels... fancy a visit?

Little more than a couple of years ago, the craft beer revolution opened up whole new demographics to a range of new flavours – avocado IPA anyone? – and sure enough, it was to follow that the next trend would come along soon after, rumbling around the corner like a barrel out of brewery. But while gin has captured the public's imagination in much the same way as the hoppy beers and ales before it, the notion of specialist, artisan and craft-drinking excursions – and there are many – leaves drinkers with one specific problem... getting home.

That's because unless you're overly keen on public transport, being an allotted driver when a bunch of your mates are getting sozzled on a vat of the Old Grumble Belly isn't fun.

As a result, those boffins at BrewDog (the Scottish brewers who really kickstarted the commercialisation of the craft beer trend, with their industry-leading Punk IPA) have opened the



world's first craft beer hotel. Crowdfunded, to reflect the company's solid community morals, it comes with taps in each room, even mini-fridges in the shower, and even a spa that uses beer-infused products.

Sadly, for us Brits, the hotel is in Ohio, but its overwhelming success in the first few months of operation are already leading the drinks giant to pitch up with the same idea a little closer to home.

And for IPA overnights, consider gin, and a rapid burst of hotels already here in the Home Counties for purveyors of the finest distilled spirits going. Try The Distillery in Portobello Road, the boutique gin hotel above The Princess Victoria in Shepherd's Bush, or perhaps head out of town to sample a number of pop-up sleepovers, such as Hotel du Vin's wildly successful Slingsby Gin takeover in Wimbledon... it's all waiting for you.

Indeed, the fun only stops when waking up the next day with the world's worst hangover...



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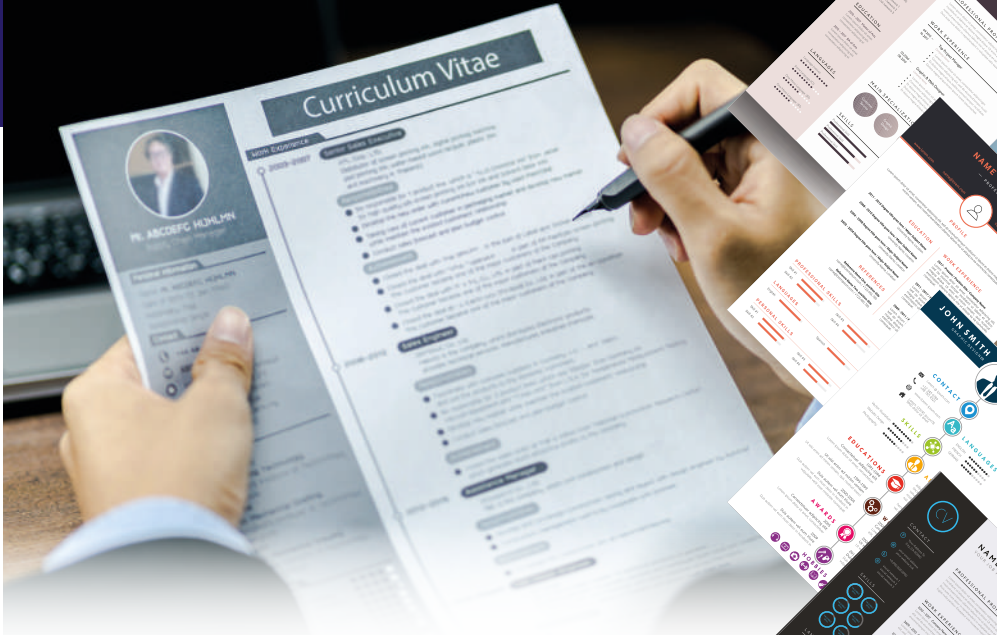
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A TOP-NOTCH CV

A stand-out-from-the-crowd and well-written CV offers a great opportunity for an interviewee to open up, paint a picture of themselves and ensure they're invited through the door for an interview, but getting your curriculum vitae spot-on requires more than just documenting your life story. Here are a few things to consider:

KEY INFO – WHO ARE YOU AND WHAT CAN YOU DO
Wow your potential employer straight away by spelling out who you are and your personal details, skills and achievements. Use the first 50 words to sell yourself before going into a bit more detail later on.

THE DIFFERENCE BETWEEN EXPERIENCE AND LIFE HISTORY
Focus most on recent achievements, and outline briefly the key points. After all, an employer isn't interested in the C you got for GCSE home economics. Remember, your CV is an introduction to who you are, so keep it to two pages and no more than that. The real 'you' will get a chance to impress face-to-face.

PERSONALITY
The design and tone of your CV is important.

When you consider how many bland black and white applications an employer will get, if yours uses colour, perhaps with sprinkles of style, professionalism, humour and honesty, you could find yourself fast-tracked straight onto the shortlist.

INTERESTS
Giving someone a job is about the work they'll do but also their ability to fit in socially, so ensure you list interests, passions and any pursuits you like to undertake away from the office.

REFEREES AND A GOOD PROOFREAD
List appropriate names for references, but check with them first that they're happy to be listed. And always ensure your CV is proofread – a misspelt word or sloppy grammatical error alone may lose you the opportunity to impress face-to-face

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Stephen would like to personally thank Brett & all his team at VISION for their attentive and excellent service.

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*Stephen
James*



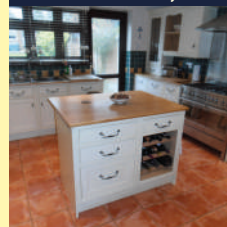
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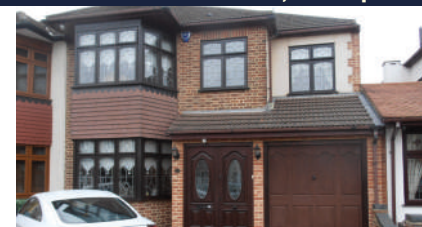
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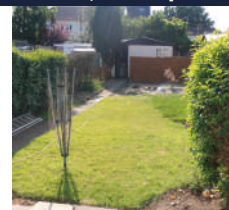


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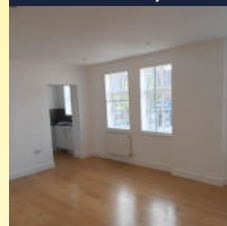


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Angela Sharma
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(SUPER) BOWLED OVER



SPORT

THE POPULARITY OF THE SUPER BOWL HAS NEVER BEEN GREATER – HERE'S WHY

There will be a lot of bleary-eyed people at work across the UK on Monday, February 4, because these days the NFL Super Bowl is not just a huge event on the American sports calendar, it's a truly global entity.

At the start of February, the \$1.6bn Mercedes-Benz Stadium in Atlanta will host the NFL's biggest event, the Super Bowl, in its 53rd year. The venue is the revolutionary home of the 2017 runners-up Atlanta Falcons and its Major League Soccer sister-team, Atlanta United, who won the MLS Cup this year, and the show will be big.

Such is the warm embrace of the NFL over the past decade – with matches being played in iconic stadia not just in the US but on these shores too – that the UK has taken the sport to its heart. Since 2007, London has hosted at least one NFL match each year, with the first five being played at the new Wembley Stadium.

The Miami Dolphins operated as the home team when they were defeated by the New York Giants in October 2007, and 29 of the 31 franchised teams have ended up in the UK.

In 2017, 300,000 fans attended the four sold-out games at Wembley and Twickenham, and the unfinished New White Hart Lane ground of Tottenham Hotspur should add another venue in 2019. And the popularity? Well, the latest figures show that both Sky Sports and the BBC viewing figures for the sport increased by 80 per cent between 2015 and 2016.

It's fitting that this year's semi-finals pitched together four of the NFL's most respected sides – five-times winners the New England Patriots, and number one seeds in the AFC, the Kansas City Chiefs. Meanwhile, the other semi-final showcased 2010 winners New Orleans Saints and 1999 victors the Los Angeles Rams.

With all vying for glory at the start of February, there's a lot to play for and even more for UK viewers to watch. Hotdogs at the ready.

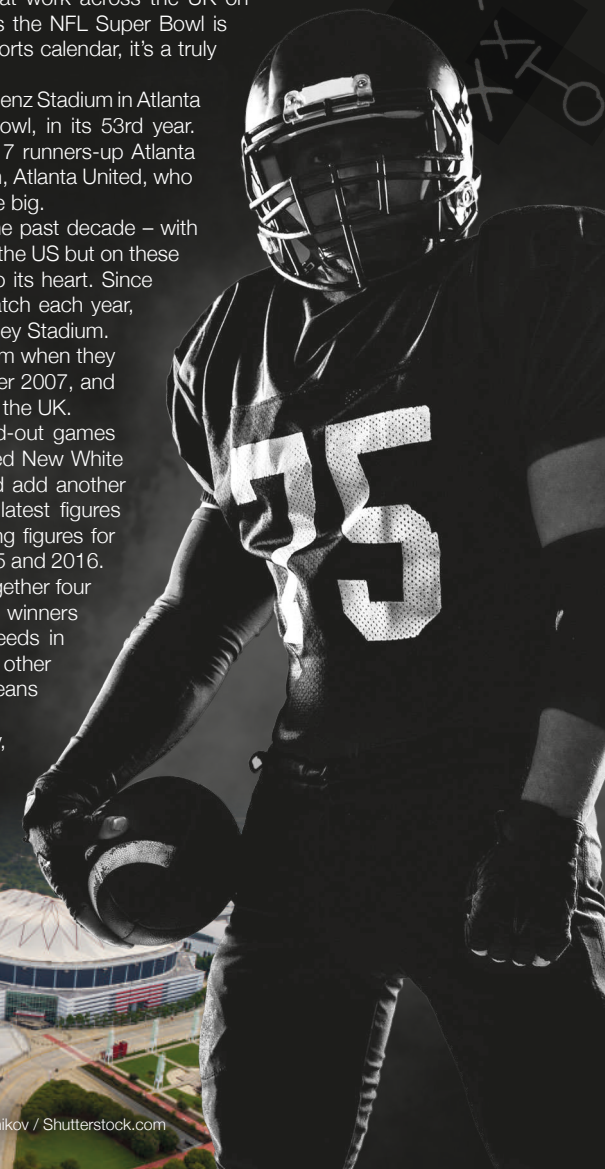


Photo credit: Felix Mizionnikov / Shutterstock.com

MOURINHO:

HE HAD TO GO

A LOOK AT THE SPECIAL ONE'S FALL FROM POWER AT MAN UTD

In the end, the conclusion was swift and decisive, yet for a club which enjoyed over a quarter of a century with one man at the helm, Manchester United's recent propensity to burn through managers has been nothing short of remarkable.

When José Mourinho was sacked on December 18 – two-and-a-half years into a project that was supposed to take the Red Devils back to the top – he became the third manager to depart in the last four seasons, with David Moyes and Louis van Gaal sent packing before him.

The Portuguese's time in charge was little short of disastrous. At the conclusion of a torrid 2018, the Special One had lost the dressing room, diluted so much of 'the United way' – fast-paced, powerful, attacking football – and José had assumed the demeanour of someone utterly disenchanted with the game.

Mourinho gambled with the likes of £50million defender Fred, and blew a combined £130m on Eric Bailly, Henrikh Mkhitaryan, Nemanja Matic and Victor Lindelof; all to no avail. As for key signings Romelu Lukaku and Paul Pogba (at £75m and £89m), when he lost the support of his biggest names, he lost the dressing room – proof enough that the power in the modern game really is with the players.

As replacements go, former United great and Champions League winning goalscorer Ole Gunnar Solskjaer couldn't be any more different. Positive, spritely, modest, and for so long the Peter Pan of United's side, the Norwegian looks barely half of his 45 years, yet his youthful, bright-eyed, perennially enthusiastic approach has already galvanised the Old Trafford outfit to their best sequence of results this season.

Of course, the rebuilding job at United remains a big one, and Solskjaer's early promise will be severely put to the test when it comes to refreshing a side who, despite recent performances, are still a country mile short of Liverpool and 'noisy neighbours' City.

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MOTORING

SCUFF

AND READY

How clever DIY touch-ups can get rid of those bodywork scrapes, restoring your car to its former glory.

We've all felt that horrible scraping, crunching, grinding sound as our usually impeccable spatial awareness temporarily gives way, or wondered what lasting damage that loose chipping has made on the outside of the car as it bounces off its bodywork.

In many cases you're not able to head to a specialist car bodyshop straight away but in this case acting quickly in repairing abrasions can see your gleaming paintwork temporarily restored.

STEP ONE:

Identify the area and clean it

Reacting quickly to a prang is essential. The longer you leave a paint scrape, the more chance rust can start to set in on any exposed metal. Therefore, give the area a good clean and check for damage. If it's surface marks, the chances are you can sort it yourself.

STEP TWO:

The nail test

Any scratch or abrasion you can run your nail over without it sinking into the bodywork should be good for a bit of DIY fixing.

STEP THREE:

Scratching the surface

Grab yourself a good scratch remover — T-Cut is the market leader. As a universal clear paste or colour-matched liquid for main car colours, apply a small amount to a soft cloth and run it gently over the affected area in a circular motion.

STEP FOUR:

Everything in moderation

Go easy with the amount of T-Cut (or equivalent) you use. If when using the paste, the cloth starts to turn the colour of your vehicle, you are pressing too hard or applying too much product.

STEP FIVE:

Polish to perfection

Scratch repairs come as a dull, matt finish, so you'll need to buff the area then potentially add a layer of wax to bring your car back up to showroom mode.

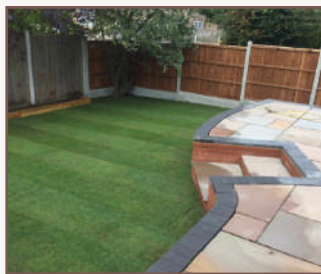
Follow these steps, ensuring a good quality scratch remover is applied sensibly, and you can keep your motor a healthy distance away from its demolition derby.

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SUGAR GLIDER

Apparently, hamsters are so passé these days. Instead, people have switched their attentions to sugar gliders, for their incredible affection, curiosity and ability to win over everyone in the family, from adults and children to other pets. This marsupial even has a cool name, a reference to their preference for sweet tastes (such as sap and nectar) and their ability to glide through the air. What's not to like?!

HEDGEHOG

Having an outdoor pet such as a hedgehog is a great idea. You are keeping it in its natural habitat, and this marvellous, charming creature is friendly, inquisitive and often in need of protection, as his prickly exterior will tell you.

SCORPION

For the more adventurous, a pet scorpion can be fascinating to have around, but remember, watch and don't touch... ever. And for goodness sake, make sure that tank lid is firmly closed.

BEARDED DRAGON

This friendly reptile (real name Pogona) is a lizard whose marvellous livery will amaze and inspire younger mind; but be warned, he'll go missing for months on end without even a goodbye (and no noisy anti-hibernation protests will stop him).

CAPYBARA

A much bigger, slightly uglier guinea pig, who is friendly, harmless and full of life, but these animals require a lot of space to move around in... oh, and a swimming pool.

CHINCHILLA

Cute, clean, timid, small and completely odourless, the chinchilla takes a fair bit of maintenance, but is surely the most adorable of the rodent family.



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WHAT'S ON

WHAT'S ON

in your area

S.E.N.D. Night
Fairkytes Arts Centre, Billet Lane,
Hornchurch, RM11 1AX
February 8, Doors open 6.30pm



Caged Arts were brought together by local group TIME (Therapy in Musical Expression), which works with disabled residents.

Since then Caged Arts have established themselves as regulars on the local music scene and have released a single *Screaming Roar Inside* available on CD and via iTunes

Supporting Caged Arts will be singer Ellie Mason and youthful drummer Matthew Jerwood. Additional acts, to be confirmed, will be added to the bill later.

S.E.N.D. Night is open to all. For tickets, visit www.seetickets.com

Hornchurch Jazz Club
Hornchurch Conservative Club, 25 North Street, Hornchurch, RM11 1RS
February 10

Ollie Benson's Hot Club of Hornchurch. A return visit of a popular band back because they were liked so much.

It features Ollie Benson, guitar, Peter Sellars, violin and Tim Huskisson, clarinet. The group plays jazz in the style of Django Reinhardt and Stephane Grappelli reminiscent of The Hot Club of France.

The Hornchurch Conservative Club is an air-conditioned venue with comfortable seating, a dance floor, drinks at club prices, wheelchair access and car parking.

Call Laurie on 07913 558616 for more details.

Mayor of Havering Variety Show
Queen's Theatre Hornchurch, Billet Lane,
Hornchurch, RM11 1QT
February 13, 7pm - 10pm

The Mayor of Havering councillor Dilip Patel is honoured to present a special charity Variety Show.

Join him and his wife and consort councillor Nisha Patel for a great evening of entertainment and variety, featuring energetic performances from a range of local groups and acts.

All money raised goes to the Havering Mayoral Appeal which is supporting local charities; Havering Mind, Lennox Children's Cancer Fund and the Rainbow Trust.

For tickets please see www.queens-theatre.co.uk/whats-on/show/the-mayor-of-haverings-variety-show or call the box office on 01708 443333.



The Blue Cheese Wednesday Night Jam
The Crown Inn (Romford Rodeo Corner), 360 Hornchurch Road, Hornchurch, RM12 4TW
February 20, 8.30pm - 11pm

Free and easy, relaxed Jam Night.

Free Entry for both audience and jammers.

Mostly blues, rhythm and blues, blues rock, soul, and rock that rolls but they'll truly try anything. If the band don't know it, they'll sort it out by the end of the song.

Both Jammers and audience represent a wide age-range from bright young things to hoary old veterans. There are no special facilities for children but they are welcome in the pub.

Check out the Blue Cheesers Facebook page at www.facebook.com/bluecheesers

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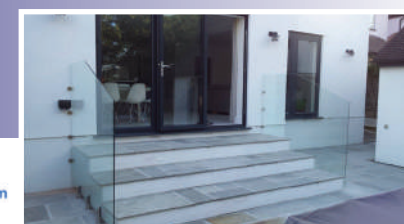
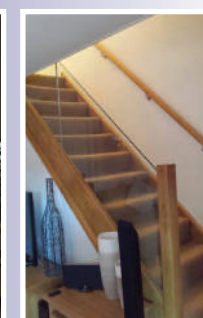
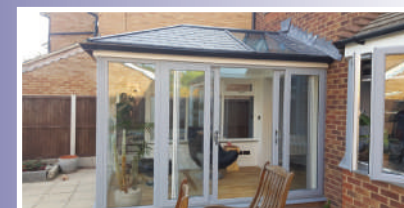


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TYLE GREEN, EMERSON PARK £995,000

Located in one of the best positions on this development fronting onto a large open greensward area with duck pond is this detached family home which has undergone a full program of modernisation. Spacious reception hall, lounge, study/TV room, custom fitted kitchen/dining/family room 24' x 22' overall, g/f cloakroom, 4 bedrooms, en suite shower room & luxury bathroom/WC. OSP, double width gge, south facing rear garden 67' X 50'. P/P given to extend. EPC D.