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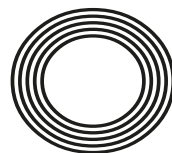
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APRIL FOOLS

How the day came to be

DANI DYER

Shooting to fame after Love Island



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Editor's notes...



Brett Shohet, Editor

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

That also welcomes new readers in the Gidea Park area. I hope you enjoy our monthly publication.

Thankfully spring

is just around the corner and I'll be looking forward to the lighter mornings and longer days. One of the things I like about this time of year is that it feels like we all get out and about a bit more.

Come spring time there seems much more to do in the community. More events, opportunities to socialise and from a magazine point of view, more to publicise.

One of the best things about running this magazine is the role I get to play in promoting things that are happening in the community. Be that a school fete, charity event or outdoor concert. And of course, in our local news section we get to highlight all sorts of people doing great things in the community.

We thrive off the news and stories you share with us – it's what makes the local aspect of our **VISION** magazines so popular.

So, if you have any news you want to share with us please don't hesitate to drop me an email.

I can't guarantee it'll go in the magazine, but I can guarantee everything that we receive is considered and greatly appreciated.

Brett



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“The charity’s work stretches well beyond putting a lump of foam on the end of your nozzle”

Photo credit: Jonathan Hordle/REX/Shutterstock

£1BILLION

RAISED OVER THE LAST 30 YEARS

You think you nose quite a lot about Red Nose Day? Here’s a potted history of a modern fundraising institution.

The 1980s were a dark, crusty, sometimes snuffly period where noses were concerned. Despite being accompanied by the radiant Princess Diana, Prince Charles’s hooter was seemingly on the front of every newspaper, Barbara Streisand’s snorter was helping her to the top of the charts, and even the striking coal miners found themselves at the septum of nostril-led nastiness... ‘What do you do if the government gets up your nose? Picket.’

But then, in 1988, something changed. Richard Curtis – for so long sticking his finger up the schnozzle of the establishment courtesy of his iconic *Blackadder* character – paired up with occasional funnyman Lenny Henry to start a new fundraising concept that had comedy at its heart.

It was called Comic Relief. It invited celebrities to challenge, entertain and host; it offered schoolkids and community leaders the chance to get their creative juices flowing; it implored TV watchers to dig deep for the less fortunate in society; and rallied around TV editors to free up screen time and resources for a total tee-hee takeover.

It’s now a project that runs every two years, with merchandise, one-off specials (such as *Comic Relief does The Apprentice*) and outward-bound pursuits (notably this year it’s a wealth of celebrities, including Jade Thirlwall and Leigh-Anne Pinnoch from Little Mix, *Strictly* judge Shirley Ballas, former MP Ed Balls, and TV presenters Dan Walker, Anita Rani and Alexander Armstrong, climbing the 19,000ft peak of Mount Kilimanjaro). There’s also a showpiece event at Wembley Arena, with 2019 welcoming heavyweights from the comedy world: Jimmy Carr, Rob Beckett, John Bishop, Romesh Ranganathan, Alan Carr and others.

And let’s not forget the noses themselves – 11 new stonkers such as Sir Schnoz III, The Abominable Snoseman and Hairy Nostroll, all of which can be brought to life with augmented reality on your smartphone through the Red Nose Day app.

Since Red Nose Day 2017, nearly 15 million people across the UK and some of the world’s poorest communities have been helped, and an estimated two-and-a-half million of those are children and vulnerable adults.

While the project uses Red Nose Day as its centrepiece – and in the past 30 years has raised over £1billion for charitable causes – the charity’s work stretches well beyond putting a lump of foam on the end of your nozzle. Right now, the organisers are reaching out to anyone who wants to get involved ahead of the big day on March 15. A mobile phone Red Nose Day giving page is a simple and hassle-free platform for raising funds – past that it’s just a case of how far your imagination will take you in dressing up, performing, baking, physical challenges, parties, apple-bobbing... anything goes for the red nose.

From raising £15million in its first year, to a record high of £108million in 2011, the growth in Red Nose Day’s popularity has been Pinocchio-esque. Can it reach new heights – or is it lengths – this year?

With your help, perhaps.

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NO MORE THE



A look at the history of April fools, and how to get one over on your friends or family.
 April 1 – April Fool's Day. It's one date on the calendar the practical jokers all come out in force for, and avoiding the traps can be tricky.

The provenance of April Fool's Day – it's not really a day as you only have until noon to construct your web of deceit – is sketchy to say the least, but some believe it originates in 16th Century France. Previously, the 'New Year' began on April 1, but once the Gregorian calendar was introduced, that annual event went back to January 1.

This calendar change was met with some resistance, leading those who took up the change to mock and play tricks on people who didn't, thus referring to them as 'April Fools'.

The first recorded reference to the day was in 1686 when the writer John Aubrey called it 'Fool's Holy Day'; and 12 years later, newsletter printer Ichabod Dawks wrote: "Yesterday being the first of April, several persons were sent to the tower ditch to see the lions washed."

That particular prank continued into the 18th and 19th centuries where those easily-led were invited to view this supposed annual ceremony... only to find that they been sent on a fool's errand.

Since the invention of the TV, the BBC have tested out a number of 'ideas' on the nation, including their famous spaghetti plants – which was so successful, viewers wanted to know where they could obtain one of their own – and 'Smell-o-Vision', where smells were to be broadcast alongside programmes!

For a simple prank of your own this year, buy a packet of a sandwich biscuits, such as Oreos or custard creams, and replace the filling with toothpaste. Offer them around your friends, family, or even work colleagues and wait for their reaction.



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Mineral make-up is known for being chemical-free, and some brands are also perfume-free which results in less irritated skin. This is especially important for people with sensitive or hypoallergenic skin.

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Mineral make-up products contain a natural sunscreen which helps protect your face from damaging sun rays. It also helps give your face a healthy glow without the need for fake or gradual tanners.

BANISH BREAKOUTS

Mineral make-up is specifically designed to let your skin breathe by blending in perfectly with your skin's natural oils. The lack of preservative ingredients also helps prevent irritation and spots.

VERSATILITY

Mineral cosmetics can be used by women with all skin types, from dry to oily to combination skin. It can also be mixed with your current moisturisers or creams to create different levels of coverage.

LONG-LASTING

Both in terms of shelf life and coverage on the face, mineral make-up comes up tops. Due to its pure ingredients, no bacteria will grow on your products, meaning they will last longer, and the natural pigmentation of the make-up means it will stay put longer.

SHEER COVERAGE

Probably the number one factor to many women, how does this make-up make me look? In a nutshell, you on your best day. Mineral make-up creates a beautiful sheen that is lightweight in both touch and appearance.

If you are craving a cosmetic that makes you look naturally gorgeous, does not harm your skin and adapts to your changing complexion through the month, then give mineral make-up a try.



MEN'S

Fashion Trends SS19

With a combination of classic and rule-breaking trends, this season's offerings are anything but boring. If you are guilty of living in the standard dude combo of dark jeans, white tee and branded hoodie, then why not dare to be different this year and embrace one of the below fashion-forward styles?

STATEMENT SWEATERS

Forget slogan T-shirts, this spring it's all about the statement sweater. In particular, cartoon-like images and messages preaching positivity and unity in the face of adversity will be popular and have dominated the catwalks.

DAD JEANS

Say goodbye to intricate designs and embellished denim and embrace a simpler look. Dad jeans are medium or light wash and come in either a straight leg or a boot cut. Team with neutral blazer for a smarter look or with a vibrant shirt to stand out from the crowd.

CLASHING COLOURS & PATTERNS

If you think bold and bright as the weather improves then you can't go far wrong. Everyone from Dolce & Gabbana to Valentino to Donatella were showcasing their new neons and clashing imagery on the runway.

SHORT SHORTS

When we say short, we mean super-short. If you would struggle to bend over without flashing the flesh, then you've got it right. Not for the bashful, this trend would probably work best for weekend beach break or impromptu BBQ. Team with whiter than white sneakers (another SS19 trend) for a casual vibe.

SLACK SUITS

As the weather gets warmer, it can be a struggle to look sharp in a suit without feeling like you are melting. The solution? This year's trend for baggy and relaxed style suits. Look out for styles in lightweight materials for an ever more laidback look.



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VOLUNTOURISM

According to a recent survey, 84 per cent of millennials said they would like to travel abroad for a volunteering holiday. Brought on by a combination of wanting to truly experience a new culture and the desire to break free from the confines of excessive consumerism; voluntourism has never been more popular.

Experience full cultural immersion

You may think that you explore the local culture when you go abroad but do you really? Most volunteering holidays require you to stay with a host family; eating their home-cooked meals, taking part in their day to day lives and learning about their traditions.

Learn a language

Worried about the language barrier? Don't be. The easiest and most effective way to learn a new language is to be surrounded by local people whose English may be limited. Forced out of your comfort zone, you will be surprised at how quickly you pick up common words and phrases.

Gain a new perspective on life

Sometimes we can all get stuck in a rut, professionally and personally. Volunteering will open your eyes to the problems and difficulties that people less fortunate than yourselves face daily. You will come home with a fresh and positive outlook on life.

Making a difference

When choosing a volunteering holiday, don't be afraid to ask questions about sustainability and the impact your work will have on the local community.

Opportunities available

If you are an animal lover, why not volunteer to help the monkeys in South Africa or the orangutans in the Borneo Jungle? Alternatively, you could sign up for the rebuilding programme in Nepal if you don't mind getting your hands dirty. And for those who want to give something back to the younger generation, volunteering as a teaching assistant in Kerala would be ideal.

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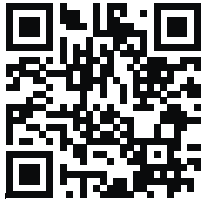
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Food Mysteries REVEALED



Why do onions make you cry?
Why does chilli make your mouth burn? We expose the food mysteries that have long since plagued your mind.

Why do onions make you cry?
We have all experienced the burning sensation, followed by the uncontrollably flowing tears when we slice this seemingly innocuous staple ingredient. But why does this happen? It is actually very simple, cutting an onion causes its enzymes to release a pungent gas which causes irritation when it comes into contact with your eyes.
Top tip: Refrigerate your onions prior to cutting.

Why does chilli make your mouth burn?
We are a nation of curry lovers but not all of us can stand the heat. Chilli contains the chemical capsaicin which binds to the receptors in our nose and mouth causing a burning sensation.
Top tip: Water is not effective against capsaicin, instead try olive oil or milk, or even whiskey.

Why is it that once you pop you can't stop?
Pringles and other salted potato snacks are very hard to eat in only minimal amounts. Have you ever managed to eat just one or two crisps? Or is the temptation to go back too strong to resist? This is because our bodies are designed to crave sugar, fat and salt, stemming from our caveman days when we needed to store as many calories as possible.
Top tip: Only buy individual packets or better still, snack on unsalted nuts.

Why are you hungry so soon after a Chinese takeaway?
Many Chinese dishes contain MSG, Monosodium Glutamate, which triggers your pancreas to release insulin making you feel hungry. This popular cuisine is also high in carbohydrates such as noodles and rice which cause your blood sugar levels to crash quicker, resulting in overeating.
Top tip: Choose soups and protein-rich dishes with vegetables on the side.

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SUPERFOODS

You've heard of them, and chances are you eat some of them every day... but what exactly are superfoods? And why should you be interested in them?

Anyone who has even the vaguest interest in protecting their long-term health will love the notion that one single food item can have profound positive effects on their body, and that's precisely the logic behind the superfood label. Whether packed with antioxidants which are thought to protect against the harmful effects of free radicals – chemicals which all our cells naturally produce that cause damage – or brain-boosting, heart-protecting Omega-3 fatty acids, these superior dietary choices supposedly

have the power to boost your mood, slow down the ageing process, improve physical ability and generally transform you into a super human.

The trouble with superfoods, however, is that there is not an abundance of scientific evidence to back up these claims. Mostly this is down to the fact that research is based on high concentrations of the extracts, meaning that in some cases you would have to eat an awful lot to get any real benefits. On the bright side though, it's indisputable that a diet high in foods such as berries, garlic, broccoli and oily fish, is going to reduce the risk of chronic illnesses such as heart disease and cancer, and generally help you lead a longer and happier life.

- **Garlic** – has antibacterial properties and helps reduce cholesterol

- **Broccoli** – loaded with magnesium and vitamin C

- **Goji berries** – powerful antioxidants

- **Wild salmon** – packed with potassium and zinc along with precious Omega-3s

- **Quinoa** – high in amino acids and protein

- **Eggs** – a perfect combination of essential vitamins and minerals including vitamin K

- **Matcha** – a potent green tea powder that's high in antioxidants

- **Nuts** – high in antioxidants such as vitamin E

- **Dark chocolate** – full of flavanols that increase blood flow

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HEALTH & FITNESS



It's one of our body's greatest enemies, with age increasing your chances of encountering arthritic symptoms, from seven per cent up to the age of 45, to over 50 per cent of people in retirement. The symptoms are common and often unrelenting – joint pain, tenderness, stiffness, inflammation, weakness and muscle wasting.

But while doctor-prescribed medication can alleviate some symptoms, there are simpler, more natural ways we can help ease the pain.

Eat – Fatty fish such as salmon, mackerel, sardines and trout are high in Omega-3 fatty acids and are proven to decrease joint pain and morning stiffness.

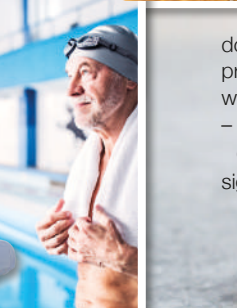
If fruit and veg is more your thing, garlic, broccoli, spinach and grapes should be sought out.

Ginger is also known for its ability to block the production of substances that promote inflammation, while berries and walnuts will offer you instant improvement.

Drink – In recent years, tart cherry juice has really come to the fore as a rapid healing drink against the ills of arthritis. In a recent US study, participants who drank around 250ml of tart cherry juice a day significantly decreased symptoms of osteoarthritis and inflammation, compared to those who took a placebo.

Exercise – As with any sort of whole-body improvement, exercise must play a part alongside diet and hydration. Movement plans for arthritis are many and varied, but you need to focus on low-impact aerobics, strength training, regular stretching and subtle building of muscle mass.

The good news is many of these exercises are subtle and discreet – consider an office chair as apparatus to do seated push-ups against, take short walks, practise Pilates, yoga and Tai Chi. Also consider water-based exercises, low impact movements – such as in cycling – and suspension training. Combined, these natural remedies can significantly lessen the impact of arthritis.





Constant CRAVINGS

Is your fast-food addiction getting you down? Here are some great tips to help transform the foods you crave, from horribly bad for you to healthy.

EAT PROTEIN WITH EVERY MEAL

If you find yourself starting off the day with a big bowl of porridge, assuming this hearty, healthy meal will fend off hunger pangs, think again. It is protein that helps you feel fuller for longer. So add a handful of nuts and seeds to your bowl, or choose eggs instead, in order to avoid that 11am sugar slump.

DRINK MORE WATER

Quite often we can mistake dehydration for hunger, so next time you feel those pangs, have a glass of water and wait five minutes before reaching for the snacks.

LISTEN TO YOUR BODY

Forcing yourself to eat a salad in December is never going to end well, so try to be aware of what your body is craving. In the summer, choose fruit over ice cream while in winter months make yourself some satisfying soups and stews, in preference to stodgy chips and pies.

MAKE SMART SWAPS

Craving a bag of crisps? Try having a handful of plain nuts instead. Desperate for a slice of cake? Make a big box of date protein balls. With both of these alternatives, you'll be amazed at how much more satisfied and energised you feel. Remember, when it comes to change it is many small steps that make the distance.

CHECK YOUR MOTIVE

Quite often, snacking is done out of sheer boredom over an actual need for food. If you think you might be doing this, find some handy distractions such as a crossword puzzle, or better still, a brisk walk.

PLAN AS MUCH AS POSSIBLE

It's well known that entering a supermarket when you're hungry always ends in disaster, so do as much planning as possible. Whether this means preparing a whole week of lunchtime meals to take to work in advance, or simply stocking your cupboards with healthier treats, foresight is your friend.



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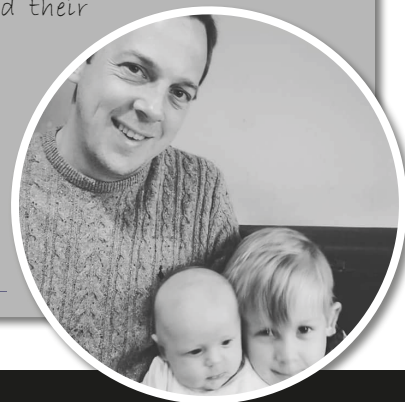
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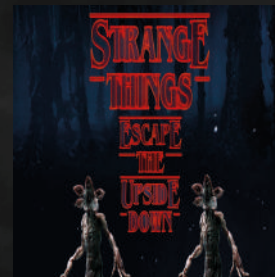
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Mulching beverages

Rather than buying expensive pesticides which can cause more harm than good, why not try mulching beverages instead.

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Slugs can be a real nuisance in the garden; munching on flowers, plants and vegetables alike. Luckily there is a common household object that can easily deter them from your prized plants.

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CLUTTERED HOME?

SOLVE IT MARIE KONDO STYLE



HOME & DIY



Okay, so Chinese stole a march with their adoration for fengshui, but look sharp and get tidying, because Marie Kondo is here to change all that.

Marie Kondo is the clean queen wowing homeowners with a message that is as full-on as it is reserved. Is it her slight frame, her softly-spoken voice, or perhaps just a persona that almost effortlessly pushes homeowners towards minimalist magnificence? However she does it, the impact of her KonMari method – inspired by the spiritual practice of Shintoism and built on the premise of surrounding oneself with things that bring joy and satisfaction fairness... plus a little help from Netflix – represents a genuine cleaning revolution.

"It comes down to making home a warm, joyful place," she says, attempting to crystallise what, for some, is a seething, simmering mass of mental and physical torment, all brought about by a failure to be able to stay on top of housework.

"There are many different strands to what we do,

but to condense it, we represent what is contained in a house in five distinct sections: clothing, books, paper, komono (kitchen, bathroom, garage, miscellaneous) and finally sentimental."

Kondo, 34, who originates from Tokyo but now lives in LA with her husband and two children, asks people to decide if an item sparks joy or not. If it doesn't, it should be thrown away.

She also believes the house has its own part to play. A petite woman with an abundance of energy – the Mary Poppins of cleaning as she has become known in some quarters – will always thank a house for allowing people to exist and flourish in it... that is, before binning its contents in a whirlwind of cleaning expertise.

Subsequently, Kondo has been embraced by an ever-increasing global gathering of home junkies, spreading warmth, homeliness and a joyful Japanese aesthetic across the Western world.

And as for that language barrier... "Let the cleaning do the talking," she says... and it does.



HOME & DIY

PANTONE COLOUR OF THE YEAR



Living Coral has been chosen as the Pantone Colour of 2019; but how can this cheery tone be incorporated into the home, and what mood does it create?

So, it's that time of the year when one team of boffins, situated in the otherwise nondescript town Carlstadt, New Jersey, begin a global influencing campaign that affects our lives more than we might imagine.

Yes, the Pantone Colour Institute has chosen Living Coral (16-1546) as shade tone to represent 2019. It's said it conveys a calm feeling of warmth, with its marine qualities offering freshness, invigoration and femininity.

Executive director at the institute, Leatrice Eiseman, had this to say about the panel's selection: "Colour is an equalising lens through which we experience our natural and digital realities, and this is particularly true for Living Coral."

"With consumers craving human interaction and social connection, the humanising and heartening qualities displayed by the convivial Living Coral hit a responsive chord."

With our oceans and wildlife under constant threat of pollution, and a hot topic of discussion that will play itself out across the year, it is perhaps fitting that this colour has been chosen.

And in terms of how this choice will influence our daily lives? Consider everything from interior furnishings, phone designs, wallpapers, nail varnishes and, especially, the fashion market, whose job it is to be continually responsive to emerging trends.

And for those who think this year's tone is perhaps a bit, well, pink, consider Pantone's final observation: "Living Coral is evocative of how coral reefs provide shelter to a diverse kaleidoscope of colour."

So, basically, if you don't like it, just use it as a base for other colours.

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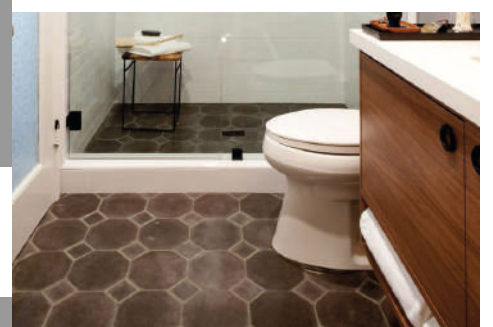
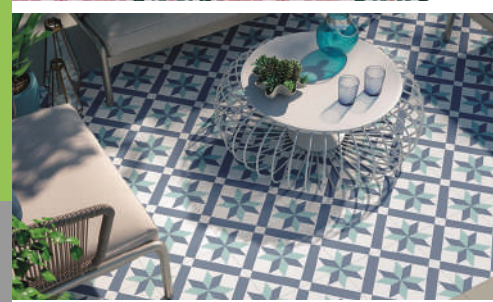
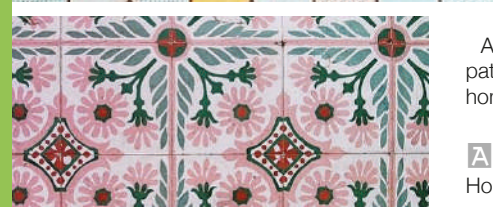
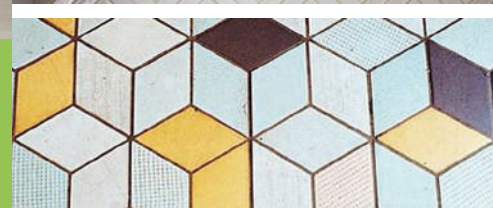


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Trendy TILES



HOME & DIY

From kitchen flooring to bathroom walling, tiles can transform a room from dull to decadent. And this year sees the emergence of tiles featuring in every room in the house; from being used as a feature wall, to a chimney breast, even as a headboard in the bedroom.

Let's check out this year's top trends.

Patterned Tiles

Moving away from last year's preference for monochrome and neutral greys, 2019 sees bright and bold patterned tiles dominating the showrooms. Tribal patterns are bang on trend and work well in primal shapes and rich, earthy colours.

As well as individual patterned tiles, creating your own patterns using a selection of tiles will also be popular and allows homeowners to put their own stamp on their interiors.

Artisan Tiles

Homemade style tiles are ideal for use in period properties or for those wanting to create more character in a modern home. Use this trend in your kitchen to create a more rustic feel or in the bedroom for a relaxed, sensual vibe. Vintage patterns are a popular choice and are ideal for lovers of all things retro.

Geometric Tiles

By introducing different shaped tiles into your home, you can maximise or minimise space depending what you want from a particular room. Geometric tiles can be used in a small bathroom to make the space appear bigger and hexagonal tiles work brilliantly on the floor to create a unique focal point.

Textured Tiles

3D tiles are set to be massive this year, especially with those wanting a more futuristic feeling in their home. Use sparingly as a feature in the chosen room and team with a neutral décor to avoid overcomplicating the overall look. Alternatively, sculpted surface or embossed tiles can completely transform a space.

Photo credit: www.tilemountain.co.uk and bocadolobo.com



HOME & DIY

Colourful KITCHENS

The kitchen is the heart of the family home, and yet because it is an entirely practical space, cabinets and counters often have a uniform feel, leaving little room for embellishments or personal touches. But that doesn't mean you can't brighten up your kitchen, you just need to know how.

ADD A SPLASH OF COLOUR

Turn something mundane – such as a row of hanging utensils – into a feature by painting the wall behind them, or simply choose a statement wall to paint in your favourite hue.

CHOOSE BRIGHT ACCESSORIES

A bright red kettle or mint green fridge is a great way to perk up your cooking space, particularly if you're mired in a sea of oak.

AS ABOVE, SO BELOW

Kill two birds with one stone and cover up those chilly kitchen tiles with a vibrant rug (select one with durable fibre to sustain spills), or if that's not your style, paint the ceiling instead.

LIGHT IT UP

Get yourself a gorgeous pendant light, or vintage lamps with coloured cords and exposed bulbs; or even just some colour-changing fairy lights.

GET EDGY

Sideboards, door frames and windowsills are the perfect way to add colour when your choices are limited.

COLOURFUL CROCKERY

Dishes, serving plates and even cooking utensils are a brilliant way to bring the colour – just try to stick to similar shades to stop it from feeling messy and chaotic.

TILES FOR MILES

Fill in small spaces between units with hand-painted tiles for a unique and quirky feel.

BECOME THE ATTRACTION

You know what they say: if you want a job done, do it yourself. In which case, don your most bombastic kitchen apron and brightest pair of marigolds and become the star of the breakfast bar.



T.E.J

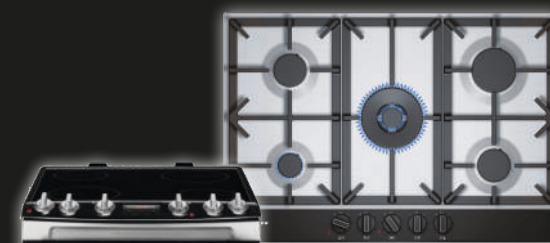
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Dani in Demand

As father/daughter partnerships go, this one is pretty unique – they both have the same name, for starters... kind of.

Danny and Dani Dyer have constructed between them a rather old-school assault on the senses, with the latter even looking to usurp her West Ham-supporting dad in terms of column inches and social media followers.

While Danny Dyer has evolved from terrace casual chav to Queen Vic landlord, Mick Carter's daughter, Dani, the diminutive model, has ascended slowly into the public's consciousness. And it was last year's appearance on *Love Island* that saw the Essex starlet gain equal footing alongside her illustrious father.

Along the way, the 22-year-old has become regarded as one of the leading faces for Generation Z, and has found herself a spokesperson for modern feminism.

"I don't like to take all that stuff too seriously, but I am on the side of the girls, certainly," she says. "I've always grown up with very strong role models, and I feel I have inherited that for myself. Gender doesn't really come into it – it's about who you are and what you do with it."

Speaking about her winning stint on *Love Island* – during which time she met and fell for fellow contestant Jack Fincham – Dani admits it was a positive learning experience.

She said: "Relationships in the villa are probably always going to be perfect because you're in a surreal situation. That's all you have, each other. There is nothing outside to affect that. You come out of the villa and then have to re-learn about each other."

Sure enough, she and boyfriend Jack have had their fair share of ups and downs, but embracing her father's dogged spirit has, thus far, ensured the couple have moved mountains in terms of surviving a permanently high-profile existence. That time in the spotlight was lengthened further by reality spin-off *Jack and Dani: Life After Love Island*.

Speaking of mountains, her next challenge is exactly that... climbing Mount Kilimanjaro for Sport Relief. "I'm not going to lie – I am bricking it," she says. "All I know is that it's a really big mountain and it takes ages to climb. I've never climbed anything before."

To follow, Dani has a book release set for April. Her self-improvement guide *What Would Dani do?: My Guide to Living Your Best Life* is an optimistic, positive slab of advice and experience. There's also the maintaining of her record-breaking clothing range – her collection for In The Style drove half a million visitors on its day of launch, with over 70 per cent of stock sold in just 24 hours. Add in a constant demand for media work, and Dani's worth has never been greater.

She said: "It's lovely to be appreciated and have the responsibility. Actually, I'm scared of my followers – I don't know what to do with them. It's been overwhelming, having people being kind and supportive... and I will make sure I am kind and supportive back."

Photo credit: James Veysey/REX/Shutterstock



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Work begins on new sports centre for town

Hornchurch will soon be home to a new sports centre, as work on the building has officially begun.

The start of construction on the new centre in Harrow Lodge Park saw a silver spade ground breaking event take place on-site to mark the first milestone of the development.

The new facilities are being delivered by Havering Council, working in partnership with Everyone Active, who manage the council's leisure centres.

It is part of a huge investment in leisure and sport facilities by the council, including Sapphire Ice & Leisure in Romford, which has just celebrated its first anniversary.

While construction takes place on the new complex in Hornchurch, the current centre will be open as usual to residents and visitors, right up until the grand opening of the new centre in 2020.

At the new centre, residents will be able to enjoy a 25-metre eight-lane swimming pool, a 20-metre

wide learning and diving pool with movable floor to change the depth, a 100+ station health and fitness suite, three exercise studios and top-class changing facilities.

Councillor Damian White, leader of Havering Council, said: "This event marks the first step in a very exciting journey that will see a new leisure facility for our residents.

"We are committed to investing and improving leisure and sport facilities in the borough. With the recently opened Sapphire Ice and Leisure and now this new centre in Hornchurch, we're providing the facilities residents need to live healthy and happy lives."

Tom Fletcher, Everyone Active area contract manager, said: "We're pleased to be working alongside Havering Council, Paragon and Metnor to bring such an exciting facility to the people of Havering.

"It's great to get started on this project and I want to take the opportunity to thank the community for their patience during the project."

Man launches campaign to teach sign language



A man from Hornchurch has launched a campaign to teach British sign language to the masses.

Bobby Izzard, 27, of Rockingham Avenue, has set up Project BSLUK (British Sign Language UK) which provides daily lessons on Facebook and Instagram.

The lessons come in short videos and provide basic hand gestures needed to start learning the skill.

Bobby first noticed the issue when he was working at the Shepherd and Dog in Harold Wood last year.

He would often have groups of deaf people attend the pub and after he and other colleagues learned basic skills he could see the benefit of masses learning how to use British Sign Language.

After setting up a Go Fund Me page asking for donations to help create the videos, along with help from a British Sign Language specialist, he already has more than 1,000 followers and says he is determined to try and make the skill accessible to everyone.

Speaking to **VISION** he said: "My inspiration was coming into contact with the deaf community and not

being able to communicate effectively and wishing there was more options available to learn.

"It's so important for more people to learn British Sign Language and sign language because apart from it being just a beautiful language it can be used to communicate in an array of different situations from being to far away to hear someone to needing help without being able to speak.

"The support so far for Project BSLUK has left me speechless, from both celebrity's and just local people. It's great to know the fundraising and all the time and effort I have put into this is being used and appreciated.

"The feedback has also been one of the best parts of this project, I currently work a full time job and run this off my own back in my free time so to hear people's stories of how it's helping them or inspiring them makes it all worthwhile."

Visit Project BSLUK on Facebook or @projectbsluk on Instagram.

Sea Cadets raise money to fund mini bus

Hornchurch and Upminster Sea Cadets are aiming to raise £15,000 to fund a new mini bus.

A parent, who works closely with the staff at the unit, has set up a JustGiving page.

On it, they wrote: "Due to upcoming emission regulations in London, the current mini buses will be too old next year to transport cadets to the Royal Docks sailing centre and events within the boundaries of the zone.

"I see what the availability of transport does for the children that attend the unit and opportunities that arise from the use of the buses.

"It's a massive expense as I'm sure you all agree

but would really appreciate any amount that you can spare.

"We would gladly consider sponsorship as well and will have it sign written on the mini bus for the right amount of course and if you feel you would consider sponsorship please contact myself and I will pass on your offer to the chairman of the committee.

"Once again I really appreciate all the donations offered. Being a parent and an outsider, I see all the wonderful work this unit does for the children and the enjoyment they get out of it."

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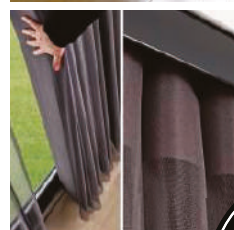


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LOCAL NEWS

Roses laid in tribute to victims of the Holocaust

Holocaust Memorial Day was marked at Havering Sixth Form College in Hornchurch by two students. Megan Wren, 18, and Rehab Hussain, 17, organised a tribute for the six million Jewish people who were murdered more than 70 years ago.

The two history students set up a table and tape on the floor to represent railway tracks. They gave out information about the atrocities of the Holocaust and asked students and staff to lay a rose on the tracks in remembrance of those who suffered.

They had recently been selected as ambassadors for the Holocaust Educational Trust and as ambassadors, they took part in the trust's Lessons from Auschwitz

project, visiting Poland where they were given a talk by a Holocaust survivor, among other things.

Rehab said: "We learnt and experienced so much on the trip and we wanted to get the same experience across to the people in our college. We were inspired by what we heard and saw and wanted our tribute to be simple but memorable."

Megan added: "As the theme this year is 'Torn from Home' the tape we laid on the floor represented railway tracks and the horrible journeys that millions of Jewish people and other minorities had to make. We also asked students and staff to lay a rose in remembrance."

New family race coming to town

A new race is coming to Hornchurch in June.

The mystery adventure race, known as XRACE, is for two-person parent-and-child teams that has been described by participants as "an amazing authentic family bonding experience".

Duos race together side-by-side against other family teams to complete 10 mystery challenges.

The race will be held at Harrow Lodge Park at 2pm on Sunday, June 30.

XRACE director Tamara Hermans said: "It's sort of like The Amazing Race but for 250 teams at once. They can choose their pace and go as slow or fast as they want. Completing the course is the goal.

"It's a 100 per cent Kiwi concept that gives kids, aged between six and 14, and their parents a chance to work together with times and transponders, in a competitive and co-operative environment."

XRACE offers the opportunity for a memorable shared big race experience.

Families can enter at www.xrace.co.uk



Photo credit: Teah Goossan

Gym goers use their thousands for charity



Fitness fanatics at a Hornchurch gym put themselves through their paces as they took part in a series of exercises to raise money for charity.

Members at Squad Fitness, in Abbs Cross Gardens, raised £3,000 for Cancer Research UK.

A group of around 20 members and personal trainers from the gym took on the challenge that lasted just over two hours on Saturday, January 19.

In total fundraisers took part in five successive Metafit HIT (high intensity training) classes, consisting of burpees, squats, press ups, sprint punches as well as a number of other exercises.

Gym manager, Mandy Snead, set up the challenge after member, Sean Acton, asked if they could help to raise money for Cancer Research UK.

Subsequently a raffle, cake sale and gruelling sponsored sessions have all together raised more than £2,000 online and around £800 in cash.

Gym manager Mandy said: "It was tough work for everyone but it was all for a worthy cause.

"Cancer is something that everyone's lives are touched by, and when Sean came to me and asked if we could do something to raise money we were more than happy to help.

"It was originally only going to be four sessions in a row, but I dropped the fifth one in last minute as a surprise."

To donate visit www.justgiving.com/fundraising/sean-acton

Meze restaurant shortlisted for national award

A restaurant has been shortlisted in the British Kebab Awards.

Shish Meze Restaurant, in Hornchurch, has been shortlisted in the Fine Dining Restaurant category.

This year's ceremony will take place on March 18 in London.

Shish Meze opened its doors back in 2013 and the restaurant quickly gained a reputation for bringing some of the best Turkish cuisine to the town.

Terminal decision on health centre as funding denied

Plans for a new medical centre on the former St George's Hospital site in Hornchurch have been shelved after government declined to fund it.

Since March 2017 the former hospital on Sutton's Lane has been earmarked for development as Bellway Homes planned to build 365 new homes with provision for a medical centre should the government fund it.

However, government has now said it won't fund the medical centre as bids for other projects were deemed stronger.

A Department of Health and Social Care spokesman said: "The latest round of funding applications were highly competitive and the funding was prioritised on the strength of bids received from local NHS teams who know their patients' needs best."

This has caused frustration for Julia Lopez MP for Hornchurch and Upminster who raised the issues with the health secretary, Matt Hancock, in the House of Commons on Tuesday, January 15.

She said: "The board still hopes to bring health services back to the St George's Hospital site.

"They are now seeking feedback on both the process and some specific elements of their bid to understand how this outcome was reached.

"In the meantime they continue to explore all available options to fund the centre and ensure it can be delivered and be sustainable for the local NHS going forward."

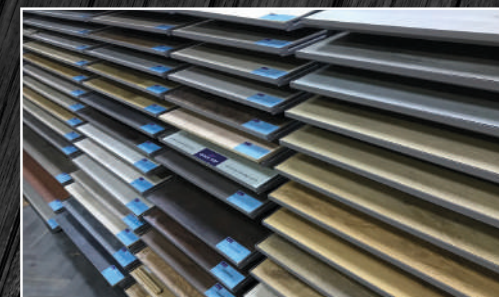
Mr Hancock responded to Mrs Lopez MP's query by saying that he looks forward to working with her and local commissioners before the spending review, when the next round of the capital allocations will be set.



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JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS



In my last column, I highlighted my campaign for a new health centre on the former St George's Hospital site on Suttons Lane – a facility I believe is vital in delivering expanded GP services, an integrated local health and social care system, improved mental health services and a less-pressured Queen's Hospital. Unfortunately, the centre's bid for NHS capital funding was not successful, and I have now secured a private meeting with Health Secretary, Matt Hancock, to see if the bid can be reviewed. In the meantime, I have met the executive team at Queen's and our regional NHS team to talk about how we strengthen our case and I shall keep constituents up to date with progress.

I also had the chance to talk to the Queen's team about how to ensure we have enough GPs, nurses and consultants to serve our growing population. These discussions form part of a wider skills agenda that my team and I are pursuing to ensure residents can access a broader range of employment opportunities. In Havering, 53 per cent of adults do not have A-level equivalent qualifications – a higher percentage than any other London borough – and I believe we can do

more to match the needs of employers to the talents of people in our community.

Last month I brought big East London employers together to see how we might turn the Beam Reach site in the south of the borough into a centre for training so local people can work on big projects like the Lower Thames Crossing or Havering's estate regeneration programme. I have also brought Google's Digital Garage Bus to the constituency to give parents free digital skills and CV-building courses while their children are in school.

In policing news, I am meeting the Borough Commander and neighbouring MP to discuss how to bear down on street crime. I am also campaigning for a tightening up of taxi regulations to improve passenger safety, and supporting government moves to strengthen laws on criminal trespass and help police and councils deal with unauthorised encampments.

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

www.julialopez.co.uk



News from

Councillor Paul Middleton

for Hornchurch Residents' Association

Having Council has proposed the following (which in my mind will kill off the small shops in Hornchurch, Elm Park and Upminster).

> From Hornchurch and Upminster – remove the free 30-minute parking (Elm Park get to keep this small but important favour)

> Increase parking charges to start at £1.50 for the first hour and then increase the fee by £1 each hour (2 hours £2.50, 3 hours £3.50 etc)

> Remove the free Sunday parking and introduce a £1.50 charge (will this also affect parks?)

> Implement a CPZ (permit parking) within 1KM of Elm Park Station, Emerson Park Station, Hornchurch Station, Upminster Station, Upminster Bridge Station and Hornchurch Town Centre – these CPZs cover Monday to Saturday 8am till 6pm.

The parking is self-explanatory, now when you need to pop into town or down to the local shops you will need to pay £1.50 – unless you are lucky enough to get into one of the supermarket car parks.

The CPZ will mean that (if you do not have off street

parking) you will have to pay for a parking permit not just for yourself, but also for any visitors. The Permits currently cost £35 for the first car, £65 for the second car £85 for any additional cars (each year). Then there are the parking permits for visitors which are sold in books of 10 covering either four or eight hours. If someone pops in for 30 minutes you use a four-hour ticket (currently about £1.30 each).

Can you imagine the congestion around the edges of these CPZs where everyone will be wanting to park for free?

I urge you – please check who your local councillors are for your ward – use Google and type 'Havering Councillors', click on councillors by ward. If they are Conservative or from Harold Wood contact them and ask how they will vote when these proposals are voted on?

If you feel inclined please tell them that if they vote this in, you will not vote for them at the next elections – it might be the only way to stop them killing your town.

Hopefully there will be better and more upbeat news next month.

Former prisoners give insightful sessions

Having Sixth Form College students heard from former prisoners at a Criminology conference titled *Behind Bars – are prisons a place for Retribution, Rehabilitation or Punishment?*

The four speakers, who had all been in prison themselves discussed different types of crime in interactive lectures which gave students an insight into how crime and violence infiltrate people's lives and what it is like to be in prison in the UK.

Hearing about the real life experiences brought the subject alive for the students.

Criminology tutor Alistair Hook, who organised the conferences, said: "Through the discussions and interaction with the speakers, students have developed a deeper understanding of the Penal System and the question: Does prison work and what happens after prisoners are released back into society?"

"Many of the sessions were powerful and enriching,



and challenged students' thoughts and stereotypes. The conference was a valuable opportunity for the students and it has highlighted some of the issues we have explored in the classroom."

One student said: "I found the conference and the speakers' stories fascinating. It made me question whether everyone who had been to prison deserved to be there. Everyone should have a chance to change, we shouldn't judge."

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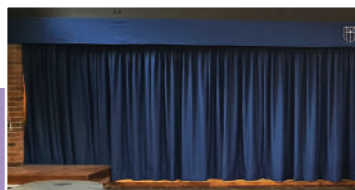
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Comings and goings for the Urchins



LOCAL NEWS

Photo credit: Peter Trinder/TGS Photo

Hornchurch manager Mark Stimson strengthened his squad recently when he secured full back Remi Sutton.

Sutton made over 100 appearances for Thurrock and had a brief spell at Greenwich Borough before he signed for Enfield Town.

Two players moving in the opposite direction last month were Jamie Hursit and Lee Prescott. Hursit had two spells over four years at Hornchurch, making his debut in October 2014 against East Thurrock Utd. He made 78 appearances, nearly a third of them coming this season.

Prescott moved to East London from Margate in December and made nine appearances for the Urchins, scoring the opening goal in the Bostik Premier match at home to Burgess Hill Town.

The Urchins also said goodbye to Jay Porter after two years with the Urchins. Porter made his debut at full-back in August 2017 as the Urchins saw off Soham Town Rangers 3-0. Porter had a memorable first season making over 50 appearances and being part

of a defence that only conceded 35 goals in 46 league games. His fine form continued this season and he scored his first goal in the opening fixture at home to Leatherhead.

Finally Taylor Miles has returned to Chelmsford City after his loan spell came to an end. Taylor joined Hornchurch in December and made his debut in the 0-0 draw at Margate. During his time with the Urchins, Taylor cemented a midfield berth, making 12 appearances and setting up two goals.

On the pitch this month, Hornchurch could finish the season with some silverware after they moved into the final of the Velocity Trophy with a hard-fought 3-2 win over Bracknell Town. Goals from Alex Bentley, Charlie Stimson and George Purcell mean the Urchins will take on Enfield Town on April 10. The game will be played at Aveley. The two sides met in a dress rehearsal for the showpiece game on February 16 with goals from Ronnie Winn and Charlie Stimson securing an important 2-0 win. The result moves Hornchurch to 18th in the table and moves the Urchins clear of the relegation zone.



www.afchornchurch.com



Lawyer crowned Individual of the Year at awards ceremony

A corporate lawyer from a law firm which has an office in Hornchurch has been named Individual of the Year.

Edward Garston, senior associate and head of company and commercial at Pinney Talfourd, has been named Individual of the Year 2019 (Outer London) in the Company and Commercial category of the Legal 500 UK Awards 2019.

Edward was given the award for his outstanding results over the course of 2018 at a glittering ceremony at London Guildhall on February 6.

He was recognised for his dedication to assisting businesses with their corporate and commercial legal requirements, and providing specialist advice to company shareholders.

Commenting on the award, Pinney Talfourd's managing partner Philip Cockram said: "With such a high entry standard, we are immensely proud of Edward's achievement. His growing team are well known throughout the local area as the 'go-to' company and commercial specialists, and this award recognises his strength in this specialist field."

Edward said: "I was absolutely delighted to receive this award. It is such a huge honour to be recognised for my work helping businesses through some often difficult and strategic business developments. Even though this is an individual award, I'm extremely fortunate to work with an equally talented and professional team who regularly deliver results for our clients."

Confectionery shop supports charity event



A confectionery shop is helping to raise money for charity. Barfia, which serves macarons, chocolates, cakes and Indian sweets, will support a cake sale supporting Cardiac Risk in the Young on May 18.

The event will be held at Christ Eternal High Priest Church, 410 Brentwood Road, in Gidea Park.

A spokesperson from the shop said: "Doing these charity events encourages my creative ideas and I love planning for events like weddings or that special event."

Barfia have previously sponsored The Ladies of Laughter at the Queen's Theatre and supported the Charity Heart Ball to raise money for British Heart Foundation and Cardiac Risk in the Young.

All sweets are vegetarian, so any religious activity is easy to supply for.

To donate towards the Charity Heart Ball, visit <https://bit.ly/2DJ1ybr>

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Photo credit: @rosinapurnell

Author explains impact of persecution generations

An author from Hornchurch has released a new book as she explains the impact of Jewish persecution in the 20th century several generations on.

Rosina Purnell recently gave a talk about her book *The Past Was a Foreign Country – They Did Things Differently There* at a special reception at the Romford and District Synagogue on Holocaust Memorial Day.

Residents, alongside the borough's dignitaries marked Holocaust Memorial Day at a special service in Romford on Sunday, January 27.

The service led by Rabbi Lee Sunderland, Rabbi of Romford and District Synagogue, focused on this year's Holocaust Memorial Day theme Torn From Home.

Following the service, a reception took place at Romford and District Affiliated Synagogue where Andrew Rosindell MP and Julia Lopez MP gave a short speech.

The reception was closed with a talk by Rosina

Purnell to discuss her book.

The book, which is about the early 1900s as well as the Holocaust follows the story of her family's struggles in Poland and their journey to east London as they fled persecution of Jews in Eastern Europe.

Rosina, wanted to give in her book a snapshot view of how the Holocaust has affected her family for three generations.

Talking about her book, Rosina said: "My latest book covers various acts of heroism by both Jews and non-Jews during and after the Second World War.

"The book is also a tribute to my father who wrote a moving and detailed narrative of his childhood visit to Poland in 1923 with my grandfather.

"Because of his detailed account of the visit we have a unique and detailed record of Jewish family life in the early 1920s."

The book is now on sale at Swan Books in Corbets Tey Road, Upminster.

Charity holds International Women's Day event

Hornchurch charity has announced details of their sixth event to mark International Women's Day.

First Step will hold the event on March 9 from noon to 4pm at First Step, in Tangmere Crescent.

It will be an inspiring and enjoyable afternoon to celebrate women, including guest speakers.

Tickets cost £4 each, which includes entrance to the event, speakers, a tea/coffee voucher and a prize bingo card.

Traditional afternoon tea will also be available to

purchase for £5, or add prosecco for just £8.

Michelle Mitchell, fundraising manager at First Step, said: "We are very much looking forward to marking International Women's Day.

"The events are always enjoyable, inspiring and an opportunity to make time to celebrate women in our lives and our community."

First Step supports families of children with special needs and/or disabilities.

For more information, visit firststep.org.uk

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Golf club members celebrate 125 years



Romford Golf Club members past and present attended the Golden Lion Pub in Romford to celebrate 125 years to the day and exact time the club was formed.

On this day back in 1894, several local dignitaries including members of parliament and members of the Whitehall Golf Society met at the Golden Lion Pub, Romford to agree and sign a document stating the terms and conditions and funds needed to build the golf club one mile away at Gidea Park.

A toast was raised at exactly 8pm when the original document was signed.

The club has various celebrations planned throughout the year including a special Club Texas Scramble on the day the course actually opened May 12, 1894. Also, a top pro-am as well as hosting the English Champion Club Finals a prestigious England Golf Championship in September.

Rainham Foodbank is a one-stop shop for life's issues

Rainham Foodbank does more than just provide food to those in need – they also run a More Than Food Program.

This means that they provide additional support to help people address the underlying issues behind their problems.

These include budgeting and money management, advocacy and counselling services, a sewing project, back-to-work support, life coaching, clothes bank etc.

Pastor Peter founded the Rainham Foodbank, on New Road, in 2011 and it has gone from strength to strength.

He said: "When we started the church, in the process of trying to engage with the people of the community we uncovered that some people were living in serious poverty, isolation and needed help.

"We started to ensure that people were supported. It is a demonstration of God unconditional love. That's what drives Rainham Foodbank."

Since it started, the foodbank has supported over 18,000 people.

Pastor Peter continued: "The foodbank has moved from the provision of food to projects that enable and empower people to become self-sustaining.

"There are three key initiatives designed to break dependency and to bring people out of their situation.

"These are preventative, restorative and recovery."

Rainham Foodbank held a seminar for the youth and young adults of the community on February 23.

Pastor Peter said: "From our experience with our clients, there are a lot of people in the community who need to realise their full potential and purpose and this seminar is targeted to reveal the gaps. We're assisting them on how to live their purpose.

"The seminar will be led by a leadership consultant.

"We are teaching people how to fish, instead of giving them the fish.

"Rainham Foodbank has become a resource centre, a community hub. It's open to all – everyone is welcome. Together we can make a difference."

To find out more about Rainham Foodbank, visit rainham.foodbank.org.uk or call 01708 397484.

so many lucky pupils with amazing prizes."

Industry placements prove valuable to students

A new initiative that links Havering Sixth Form College to employers in the local and wider area has been a huge success in securing work experience placements for more than 40 students.

Government funding for the Industry Placements scheme has enabled the college, in Hornchurch, to establish business contacts where employers offer extended work experience opportunities for a minimum of 45 days over the academic year.

Ciaran Ivie, who has been working at a care home, said: "I have learned a lot of skills and been able to use them for lessons and assessments at college. Working in this field has made me more mature."







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Why do you want a pet?

If you want companionship, then a cat or a smaller breed of dog is the best option.

Or if you are looking for a family pet, pick a friendly dog such as a Labrador or Cocker Spaniel. Or for a smaller option, rats make great pets for kids as they are, contrary to belief, clean, intelligent and love human contact.

How active are you?

If you are an avid runner you need a dog who can keep up with you such as a Dalmatian or Greyhound.

However, if you prefer the indoors, you are more suited to a pet such as a domestic bird or a selection of tropical fish.

How much space do you have?

If you live in a small flat with little outdoor space, then a dog is pretty much out of the question. Instead opt for a smaller pet such as a hamster which only requires a small cage. Be warned, they are not afraid to bite. Or for something a bit different, sea monkeys only require a clean, salt water-filled container to thrive.

Do you travel often?

It goes without saying that if you travel a lot you need to pick a pet that is happy to be left alone for long periods of time or who can be easily cared for by others. The African Pygmy hedgehog, a domestic variety, is quiet and prefers its own company so makes the ideal pet for someone who works away or long hours.



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The world's most prolific giver, 63-year-old Gates regularly donates to healthcare, education and IT sectors, as well as generously supporting developing world projects, particularly in attempting to eradicate poverty in Africa. And at the end of November he gave £727,000 to Dundee University to help male contraceptive research.

2 Warren Buffet (\$31billion)

Warren Buffet's contributions towards healthcare, education, AIDS prevention and sanitation in underprivileged areas make the business brain the world's second biggest philanthropist.

3 Li Ka-shing (\$10billion)

Education and healthcare are subjects close to Li Ka-shing's heart, with the 90-year-old Hong Kong business magnate the owner of a portfolio that includes transportation, real estate, financial services, retail, energy and utilities.

4 Andrew Carnegie (\$10billion)

Peace through education is a concept that was particularly dear to the long deceased industrialist Andrew Carnegie, whose legacy of business trumps even Gates's, and saw him give away his entire fortune (closer to \$100billion if factoring in inflation) to charitable causes across the globe.

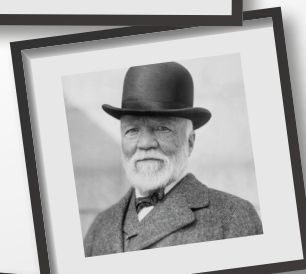
5 Azim Premji (\$8billion)

The software entrepreneur is a passionate and loyal supporter of education and healthcare projects and has so far given away over half his estimated £15billion fortune.

The Giving Pledge

A number of billionaires, including our very own Sir Richard Branson, are part of an exclusive club put together by Bill Gates, who have all signed up to giving more than half their fortune away.

Others involved in the pledge include Vladimir Potanin, a Russian mining oligarch, tech entrepreneur Elon Musk, Facebook founder Mark Zuckerberg, and Hasso Plattner, another software genius, from Germany. Over 180 individuals have now pledged to hand over more than \$500billion in total. As Virgin chief Branson stated: "Stuff really is not what brings happiness. Family, friends, good health and the satisfaction that comes from making a positive difference are what really matter."



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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.

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.

These are a few highlights of our giving back. Just call us and let us show you our first class service.



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roisinmccorry@mplaw.co.uk



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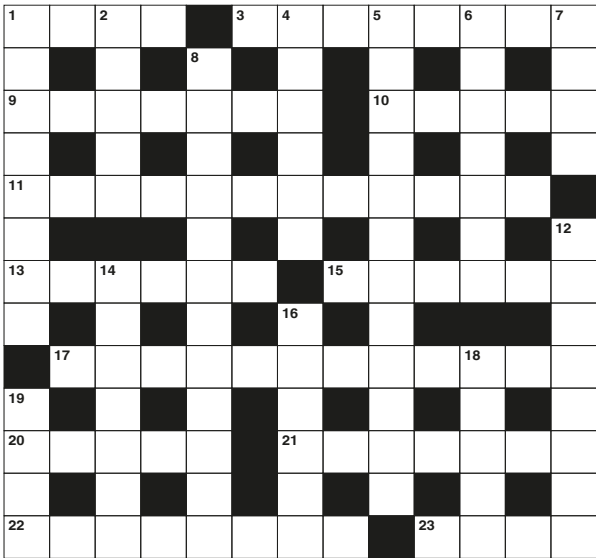
PUZZLES & TRIVIA

ACROSS

1. After the beginning of (4)
3. Allocated (8)
9. Mythical being (7)
10. Gaped (anag) (5)
11. Style of blues (6-6)
13. Embody (6)
15. Measure of heaviness (6)
17. Unhappy (12)
20. Imitative of the past (5)
21. Organic nutrient (7)
22. Moving at speed (8)
23. Sums together (4)

DOWN

1. Sit on eggs (of a bird) (8)
2. Ballroom dance (5)
4. Narrow drinking tubes (6)
5. Enhancements (12)
6. Pesterer constantly (7)
7. Fathers (4)
8. Adequate (12)
12. School pupils (8)
14. Artist (7)
16. Not level (6)



18. Shy (5)
19. Curved shape (4)

DID YOU KNOW?

- ▶ The largest bone in the body is the femur
- ▶ Your nose and ears will continue to grow for your entire life
- ▶ Over 700 strains of bacteria have been detected in the human mouth
- ▶ More than 10 muscles are working at the same time when walking
- ▶ Like finger prints, tongues also have their own unique print
- ▶ The average speed of a sneeze is around 100mph
- ▶ Fingernails grow around twice as fast as toenails
- ▶ Your skull is made up of 22 bones

SUDOKU

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



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Email: admin@raphaelschool.com



FALLING

with style



SPORT

Be it careening down cascading waterfalls or leaping into rapids from a helicopter, Tao Berman has consistently pushed the boundaries when it comes to extreme sports.

When it comes to white water, there's extreme... and then there's Tao Berman. The Washington State native, who turns 40 this year, made his name as one of the most fearless kayakers known to the sport, capable of descending near-vertical waterfalls and performing incredible stunts.

"I never had the objective of doing the extreme stunts," he admits. "As I progressed I was just constantly looking for new ways to push against my abilities, and as I got better at it I needed to take greater and greater risks to push my skill set to continue to get better."

This is the man who, as a 15-year-old amateur kayaker, was already starting to "run waterfalls and things of that nature". In 1997, Berman ran an 83ft descent on the El Tomata River in Mexico; by 1999, at age 19, he'd conquered the Upper Johnston Falls in Banff National Forest – all 98 feet of its thundering vertical drop – and landed a coveted place in the Guinness Book of World Records.

At the turn of the decade, however, Berman decided to hang up his paddle and retire from the world of extreme kayaking, having "accomplished every goal" he had set for himself.

"When I first got into it, I was pushing and progressing into the extreme end of the sport and after setting several world records in the extreme end, including the highest waterfall ever kayaked, I then got into freestyle kayaking," he explains. "After being ranked number one in the world, by winning the three world championships, I was looking for a new challenge so I got into extreme racing – which is racing down white water for a time – and after doing a couple of undefeated seasons doing that, there wasn't much left in the sport to excite me."



Photo credit: Richard Hallman/Red Bull Content Pool

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SPORT

Photo credit: Colorsport/REX/Shutterstock

AN ORIGINAL ENGLAND ICON

The passing of Gordon Banks in the middle of February offered the nation a chance to reflect and admire arguably the most iconic keeper the England football team has ever had.

Across two World Cups the Sheffield-born stopper wrote his name into Three Lions folklore – first, repelling West Germany at Wembley in 1966 as Sir Alf Ramsey's men lifted the Jules Rimet Trophy; then four years later, in Mexico, making a seemingly impossible save to thwart the great Pele.

In truth, England's World Cup win on July 30, 1966, was built around 10 other footballers, and as for the best save ever, it's doubtful... and these are facts the impossibly modest Banks reminded people of regularly in what is half a century since.

His humility was only one part of his character. Banks was a dominant, strapping, resilient, battling keeper from an altogether different era, where footballers were everyday folk, and retirement often led to opening a pub rather than going after the much-vaunted 'media work'.

He starred for Leicester City at the time of England's greatest game, and despite surprisingly being allowed to leave the Foxes little more than a year after that Wembley win, went on to make almost 200 appearances for Stoke City, prolonging his international career until the age of 35.

His retirement from the game was ultimately forced on him after a car crash in October 1972. He lost the sight in his right eye, and with it, the ability to perform fully as a keeper, despite stints thereafter in the US and Ireland.

Although he took up coaching and management roles, his experiences were never going to match those as a player and he left the game, returning later as an ambassador for Stoke City and regular member of the Pools Panel.

Banks passed peacefully away in his sleep on February 12, 2019.

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One: TYRES

Check there's a spare tyre, a jack, its handle and the wheel brace for your vehicle. Remember too, the minimum legal tyre tread is 3mm. Make sure tyre pressures are correct – this will help handling and avoid you using excess fuel. It may also keep you on the road.

Two: LIGHTS

Check all of the lights, indicator, brake, dip, full beam and fog individually. Ask someone to stand out in front to help you make sure there are no faulty bulbs. Alternatively park by a clear wall or shop window in the night to see for yourself.

Three: WINDSCREEN

Make sure windows are washed and clear, and top the water for the windscreen wipers. Also check the wipers for any wear and tear... a smear on the window is the clearest sign your wiper blade needs replacing.

Four: OIL

Check engine oil or things may overheat. Do this

by checking the dipstick when the car has been dormant, and ensure you're on a level surface. Top oil up via the cap and don't overfill.

Five: FAN BELT

Check the fan belt for any cracks or slippage.

Six: RADIATOR

If your car has been bought within the last decade, it should have the overflow bottle marked with a minimum and a maximum water level. Older vehicles will have a radiator cap. Make sure the engine is switched off and cool, then top up with an equal mix of water and antifreeze coolant.

Seven: EQUIPMENT

Always have emergency equipment in the car – so, torch, screwdrivers, pliers and adjustable spanner. Fire extinguishers are always useful, and your car should contain a medical kit and reflective jacket if you breakdown, plus bottles of (unopened) water.

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WHAT'S ON

in your area

Junior Parkrun

Warren Drive Car Park, Harrow Lodge
Park, Hornchurch, RM12 4QU
Every Sunday, 9am – 9.30am



Junior Parkrun is a free weekly 2km timed run aimed at children age four-14. Children can run by themselves or with an adult.

Junior Parkrun takes place at Harrow Lodge every Sunday morning and is aimed at encouraging children to get active and enjoy running whilst also providing them with a time for their run allowing them to monitor their progress.

All you need to do to get involved is register with parkrun, print off your barcode and bring it along every Sunday. Visit www.parkrun.org.uk

School Open Day

Raphael Independent School, Park Lane,
Hornchurch, RM11 1XY
March 6, 10am – noon, 1pm – 3.30pm

We are holding our Open Day on March 6 for the whole school from 10am until noon and again from 1pm to 3pm, no appointment necessary.

If you are looking for a place for your child in any year group for September 2019 or midterm, and cannot make the above date you are most welcome to telephone the office to book an appointment to come and visit our school.

You will be able to see the classes in their setting. We look forward to meeting you.

Contact Ms A Hargrove, office manager on telephone number 01708 744735 or email Mhowland@raphaelschool.com to book an appointment.

The Blue Cheese Wednesday Night Jam

The Crown Inn, 360 Hornchurch Road,
Hornchurch, RM12 4TW
March 6, 8.30pm

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.

Bingo Night

First Step, Tangmere Crescent, Hornchurch
RM12 5PP

March 21, 7pm – 9.30pm

First Step will be holding a Bingo Night. Come along, play seven games of bingo and meet friends.

Please bring your own drinks and nibbles.

Cost is £7 for seven games of bingo.

Pre-booking is required. Email michelle.mitchell@firststep.org.uk

Saint Francis Hospice Big Orange Quiz with BBC Eggheads

The City Pavilion, Collier Row Road, Collier
Row, Romford, RM5 2BH
March 22, doors 6.30pm



The Saint Francis Hospice Big Orange Quiz with BBC Eggheads will be at the City Pavilion, in Collier Row on Friday, March 22.

Doors open at 6.30pm and the quiz starts at 7.15pm.

For more information and to book visit www.sfh.org.uk/big-orange-quiz

Tasty Treats Coffee Morning

First Step, Tangmere Crescent, Hornchurch
RM12 5PP

March 29, 10am – 12.30pm

Pop in for refreshments and cakes. Guest speaker to be announced.

Come and meet friends over a cup of tea or coffee. Fundraising to support the work of First Step. Old and new friends welcome.

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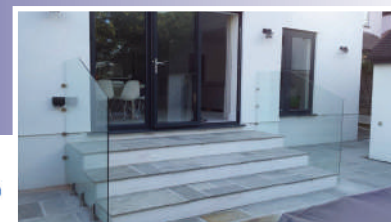
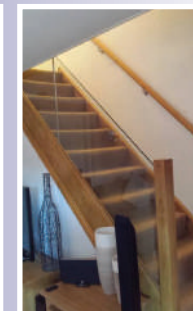
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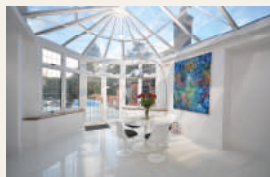
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