



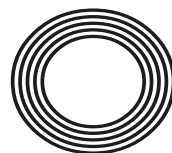
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DIVE DEEP

See the Titanic with
your own eyes

ASHLEY BANJO

Behind the success of Diversity



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Editor's notes...



Brett Shohet, Editor

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

I hope you all have a lovely Easter with friends and family.

It is the month when we can hopefully say that spring has sprung with sunny days to come.

Although that is not a certainty, **VISION** can certainly say that two new magazines are about to be sprung into Essex. Watch this space.

This will increase our distribution to at least 40,000 homes and businesses every month.

Thank you to our readers and clients for the support in getting us there. Get in touch if you want some more information.

In this month's magazine, we cover Ed Sheeran's Global Success Award, his marriage to his childhood sweetheart and his journey from sleeping on friends' couches to where he is now.

April is the anniversary of the Titanic sinking, and this year marks the first time people can dive down to the wreck for \$100,000 or more.

In local news, a charity could close next year following funding cuts, Isla Caton is in remission following cancer treatment and tributes are paid to a teenager who died after being stabbed in Harold Hill.

VISION IS your magazine for your town.

I hope you all enjoy the April 2019 edition of **VISION**Hornchurch.

Brett

CONTACT US

www.visionmagessex.co.uk

hornchurch@visionmag.co.uk | 01708 578049



@visionmagessex



@visionmagessex



Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry

CO-ORDINATORS | Rebecca Fryer, Amy Pollard, Tim Green

CONTRIBUTORS | Andrew Wilkin, Tabatha Fabray, Dean Shaw, Jake Levison, Charlie Reynolds, Alex Pearson



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THE DIVE

OF YOUR LIFE

Save up now for a truly titanic trip into the deep...

For over a hundred years, the sinking of the Titanic has fascinated, terrified and, dare we say it, even entertained the world.

A ship made famous by its demise, as it carried 1,517 poor souls to their watery deaths, has become a tearjerker, a milestone for flawed engineering and even a beacon for hope. And that's because, this April, as 'The Unsinkable' boat prepares to mark the 107th anniversary of its plummet to the floor of the ocean, everyday folk are being invited to dive down to the forlorn wreck and sample for themselves the rusted, barnacled vessel.

There are, of course, a few conditions. Firstly, only registered scientists can apply to make the trip to

the depths of the Atlantic Ocean, so best get out those study books. Secondly, you'll need to pay OceanGate or Bluefish, two companies who have developed a state-of-the-art submersible capable of the 90-minute descent, up to \$100,000 for the trip. And thirdly, you'll need the courage and confidence to believe you're not adding to the great ship's list of RIPs in what is surely an uncomfortable adventure into the deep.

The two craft that takes people down to the wreckage descend the full 13,000ft, with OceanGate's submersible (handily named Titan) having been extensively tested off the coast of the Bahamas. The company's CEO and founder Stockton Rush believes the venture marks a pivotal moment in our exploration of the seas.

He said: "This is a really important thing to come to fruition and it shows what we are capable of now. I can't express what achieving this means to me, and what it means to imagine the great things we're going to explore and find in the oceans in years to come."

And while the development of this level of diving technology creates incredible opportunities for ocean tourism, it can also help sub aqua conservation projects, helping us to look after and protect our oceans and all that live in them.

That we now have the opportunity to see the Titanic with our own eyes is also thanks to a man named Robert Ballard. When the oceanographer found the wreckage on a US Navy mission in 1985, it was the first time anyone had caught glimpse of the great ship since 2.20am on April 15, 1912, and

its discovery allowed a new generation to fall for her all over again.

The reality though, is venturing deep into the abyss in a submersible is the only way we will ever view the Titanic first-hand. Raising the wreckage has long been fantasised, but the crumbling mass would never make it back up to the surface. What's more, bacteria on the sea bed eat around 400lb of the ship every day – in fact there are so many bacteria down there that the rusted mass is surrounded by more life now than at any other point in her history.

The speed at which she is being eaten, however, means that within 50 years the wreck will be almost unrecognisable, so those keen to sample this iconic piece of maritime history should probably start saving up now.



HISTORY

LETTING HIS FOOT do the talking

Diversity by name, diverse by nature

It's 10 years since dance troupe Diversity leapt, spun and pirouetted into our collective consciousnesses in clinching the 2009 *Britain's Got Talent* title.

While the collective initially embarked on a global trail of sell-out performances and media adulation, the last dance usually comes around rather quickly, with these talented street dancers frequently tipped to be ready to go back to rather more normal existences.

And yet, nobody has told Diversity, it seems. Across multiple tours, holiday park residences, one-off shows, TV specials and special appearances, the strength of the group's talent has kept them in demand.

Perhaps it's the style, energy and passion with which they undertake their craft, perhaps it's the Simon Cowell effect; or perhaps the credit should go to Ashley Banjo, Diversity's lead-out man whose charisma, charm and personality has enabled him to forge his own career whilst sustaining the group's.

The 30-year-old has just enjoyed another memorable stint on hit ITV show *Dancing on Ice*, as a judge working alongside Jason Gardiner, Jayne Torvill and Christopher Dean. That follows his commitment to Sky1's talent show *Got To Dance*, plus appearances on everything from *Flirty Dancing* to *The Apprentice*, *The Cube*, *The Real Hustle* and *Catchphrase*.

While panel and game shows show Banjo is as comfortable with light entertainment as he is reality TV, the performer, who is an official ambassador for the United Dance Organisation, knows where his heart is.

He said: "Everything I do is there for me to bring my passion and enthusiasm for dance to the fore, and to get others to really appreciate the value of it.

"We're in an era where creative freedom can come in any form, so combining that sort of expression with exercise and energy remains, in my mind, the best possible way to blow away the cobwebs of everyday life. It's a performance that never ends."

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BEAUTY

Colour me...

You've probably already started shopping for your Spring/Summer wardrobe, but did you know that the easiest way to update your look for a new season is with a different hair colour?

Blonde Bombshells

WOMEN: If you toned down your platinum blonde locks in favour of a more golden-honey tone over the winter months, then now is the time for a refresh. Baby blonde is the on-trend colour for light haired lasses this summer.

MEN: For a slightly subtler look for men, ash blonde highlights are the way to go.

Brilliant Brunettes

WOMEN: Subtle golden highlights are ideal for those with chestnut coloured hair.

MEN: Rusty copper is perfect for men who want to brighten up their look for the warmer months. This shade suits those with pale skin tones the best.

Go Bold on Go Home

WOMEN: If you are daring when it comes to your hair colour and you have previously rocked the silver trend, then you will love this season's must-have hair colour – inky black. Be warned, it is not for the faint hearted.

MEN: On the other end of the colour spectrum, men who want the wow factor should embrace an all-over ice-white bleach. Although we recommend having this done by a professional to avoid any unwanted orange or green.

Let's Get Colourful

WOMEN: We know pink hair has been doing the rounds for a few years now, but this time it is cotton-candy pink as opposed to a more rose gold hue. Other colours seen on the runway include lavender and bright orange.

MEN: Now this is exciting, a bright blue denim shade has been seen on male models all over Instagram and is the perfect colour for those wanting a cutting-edge style.

...beautiful



FACE YOGA...

Do you long for a youthful and glowing complexion? Forget expensive potions and lotions and instead try these simple at home anti-ageing facial exercises, which will naturally stimulate the production of collagen and elastin in your skin.

*The Eye Bag Eliminator***Best for crow's feet, drooping eyelids and bags**

Place your two middle fingers gently on your inner eyelids
| Place your index finger gently on your outer eyelids
| Look upwards and lift your lower eyelids, creating a squinting effect | Relax your facial muscles and then repeat 10 times.

*The Big 'O'***Best for sagging skin, particularly jowls**

Make an 'O' shape with your mouth, tucking your lips over your teeth | Smile as widely as you can, ensuring your teeth remain hidden by your lips | Repeat five times | Make the 'O' shape again and this time place one finger on your chin | Move your jaw up and down | Relax your facial muscles and then repeat five times.

*The Backup Botex***Best for stubborn forehead lines**

Place both your hands on your forehead with your fingers facing inwards | Spread your fingers out between your hairline and your eyebrows | Firmly sweep your fingers outwards across your forehead | Repeat 10 times.

*The Face Firmer***Best for tightening your neck and jaw, and the prevention of double chins**

Pucker your lips from one side of your face to the other (try and stretch them as widely as you can) | Turn your head sideways and lift it to a 45 degree angle | You should feel your neck muscles stretching | Hold for five seconds | Relax your mouth and repeat five times on each side.

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Mirror Man

The sad passing of visionary designer Karl Lagerfeld in February left both the fashion houses and the high street wondering where to go next.

Lagerfeld – born in Hamburg but a self-confessed Parisian from the age of 14 – solved the fashion equation better than anyone else.

“It is a language that creates itself in clothes to interpret reality,” he said, with typical mystique, “and to understand that is to understand how we work as people.”

From the 1960s onwards, Lagerfeld’s flourishing, daring and dynamic designs courted a truly global audience. Freelancing for fashion house Chloe, he eventually went on to oversee the label’s entire collection, including the famous ‘surprise skirt’, which gave the illusion of a skirt but was actually culottes.

And in 1965 came about the most iconic and longest-lasting collaboration the fashion industry has ever seen, and one that, even in his death, will continue on. Initially employed on just the fur line at Fendi – a label run by women for women – Lagerfeld’s rebellious chic won over the five sisters, reinventing both the concept and the collection, in expanding across clothes, bags, coats, interiors and more.

And when a desperate Chanel came knocking in the 1980s, there was only one man for the job. The death of the iconic Coco Chanel over a decade before had left the house in a state of limbo, and Lagerfeld’s decisive approach was not to reinvigorate and revive, rather reinvent... to incredible success.

With a personal image that was just as iconic as his designs, Lagerfeld’s impact on modern culture was nothing short of miraculous, with stars Vanessa Paradis, Keira Knightley, Kate Moss and Cara Delevingne desperate to be associated with the brand and the man.

Never too brave to try out new things – such as his collaboration with H&M in 2004 – Lagerfeld always believed the clothes should speak for themselves.

He said: “Chic is a kind of mayonnaise, either it tastes or it doesn’t.”



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WHAT GOES ON TOUR...

Whether your passion is booze, bungee-jumping or the Bible, there is an organised tour holiday for you.

In an era where our power of choice has never been greater, there is a strange revolution taking hold – a return to the package holiday... except, with a difference.

The package holiday of the 1980s was your flight, a 3-star hotel in Tenerife and enough booze to sink the Titanic. These days, the appetite is more for food excursions, sports event tours, cycling or walking weeks, or in pursuit of extreme sports thrills. In short, whatever your passion, this new type of break is in fashion.

Travel experts believe our busy lives have made us more structured, even when we're meant to be kicking back. In 2019, people actually enjoy planning, and more than ever before a holiday is a chance for new activities rather than the repetition of the office.

As long as we don't feel we're being herded around like sheep on a tourist trail, we have confidence in holiday providers – aided and assisted by the immediate availability of online reviews – to give us a taste of something new, and in all the right doses.

What's more, it's believed the increased reliance of social media as a method of communicating means we're beginning to crave genuine human contact more than we did before, so rather than avoid the Watson's or the Winterbottom's on holiday, we want to ski down a mountain with them.

There's also the choice factor. The internet has made even the very smallest Highlands canoe club globally searchable, and travel agents are now as switched on to the smaller, more bespoke experience providers as they are the big operators.

All that means the possibilities for adventure on our holidays stretches far beyond whether to choose the Piquol or the Pinot... although that decision must still come into it at some point.



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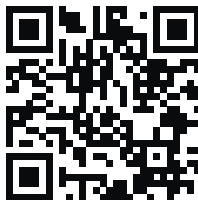


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Nothing beats a HOMEMADE HOT CROSS BUN at Easter

Most of us love a hot cross bun or two over the Easter holidays, but how many of us actually go to the trouble of making our own? Probably not many. But why not? The recipe is fairly simple, all the family can get involved and the results are amazing.

So, let's get baking...

You will need:

- 500g strong white bread flour
- 1/2 tsp salt
- 50g caster sugar
- 50g butter
- 7g sachet yeast

- 200ml milk
- 2 eggs
- 200g dried fruit
- 2 tsp mixed spice
- 3 tbsp plain flour
- Honey for glazing

How to make:

- Mix together the flour, salt and mixed spice
- Using your fingers, rub in the butter
- Stir in the dried fruit
- Sprinkle over the yeast and stir
- Warm the milk and mix with two beaten eggs
- Pour the liquid into the dry mixture
- Mix together until you have a moist dough
- Leave for five minutes
- Remove from the bowl and cut into eight equal portions
- Flour your surface and shape your dough into buns
- Place on a baking sheet, cover with clingfilm and leave to rise in a warm place
- Leave your buns to double in size
- Heat your oven to 220 degrees
- Mix 3 tbsp plain flour with 2 tbsp water to make a paste
- Pour into a plastic food bag and cut a small hole in one corner
- Pipe a cross shape onto each individual bun
- Bake in the oven for 12-15 minutes until the buns have risen and are golden brown
- Once they have slightly cooled, brush with honey and allow to dry

Try something new...

Cut your bun in half, soak in a whisked egg and then fry on a low heat with butter. Once crisp, top with bacon and maple syrup.





Photo credit: Cristian Barnet &
www.tomkerridge.com

TOM TOM CLUB

Tom Kerridge is dishing up another helping of his unique brand of rustic continental, as the popular chef continues to impress.

If anyone can dumb down the craft, ingenuity and plain arrogance of the much-vaunted Michelin star, it's Kerridge.

At the likeable chef's Hand and Flowers establishment, he has two stars hanging gloriously behind the bar between the pork scratchings and the scampi fries... probably.

Yet Kerridge has never subscribed to the pomposity of fine dining, and his rebellion against nosh nonsense continues at a pace with the launch of his new restaurant, Kerridge's Bar and Grill, in Westminster. While à la carte dishes are northward of the £30 mark in his glorious new base, which sits below the 300-room Corinthia Hotel, set menus for pre and post-theatre evenings offer three courses for £29, and the Gloucester-raised chef hopes a return to more salient values is around the corner.

"For me it's good food, a warm welcome and, more than that, great ambience," he says, partly referencing the choice to pay his PRS budget to rock, indie and dance music artists rather than drown the space in classical and panpipe moods.

The 45-year-old's latest move is another smart step for someone who has always extracted the earthy, honest values out of food and drink. It's another logical progression for the *Proper Pub Food* author and *Food & Drink* host who, whilst undergoing considerable weight loss in the promotion of projects such as *Fresh Start* and *Lose Weight For Good*, has never lost sight of what dining is all about.

He explained: "The smells and the flavours of the kitchen can brighten up even the dullest of winter days, and cooking is a gift we can all explore. It's not difficult – just choose imaginatively, cook with care and invite great people to the table."

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National STOP SNORING Week: April 22 - 29

Thirty four per cent of Brits have a snoring problem, which can be a living (definitely not sleeping) nightmare for the partners of sufferers. But fear not, follow these simple snoring remedies and you'll be snoozing softly in no time.

Z. AVOID ALCOHOL

Although many people think that alcohol helps you nod off, it actually disrupts your sleep cycle significantly. Specifically relating to snoring, it reduces the resting tone of the muscles in your throat making you more likely to snore.

Zz. STOP SMOKING

Cigarette smoke can irritate the lining of both your throat and nose causing swelling. This, in turn, decreases your airflow making snoring more likely.

Zzz. CHANGE YOUR SLEEPING POSITION

Sleeping on your back is the worst position for snorers as it can make the base of your tongue collapse onto the back of your throat, creating a loud, vibrating sound as you sleep. Instead, aim to sleep on your side.

Zzzz. LOSE WEIGHT

Snoring can affect both heavy and lighter individuals, however if your snoring problem only started when you gained weight, or it has got worse since you piled on the pounds, then the extra fat around your neck could be squeezing your throat, resulting in snoring.

Zzzzz. ALLEVIATE ALLERGIES

Even if you are not aware that you have a particular allergy, many people are irritated by dust on their pillowcases. Make sure you change your pillows regularly and dust your ceiling fan if you have one. Pets who sleep on the bed can also aggravate the problem.

Zzzzzz. PRACTICE GOOD SLEEPING HABITS

Working long hours, being glued to technical devices before bed and not prioritising rest properly can cause over-tiredness. This makes you sleep more deeply causing your muscles to become floppy, increasing your likelihood of snoring.



The MEAL DEAL

If your busy schedule is constantly thwarting 'healthy eating' ambitions, it may be time to invest in a little meal prep.

You can't outrun a bad diet, so it's vital to fuel your body with nutritious food. And yet despite our best intentions, modern life will often lead us down the wrong aisle in the supermarket. That's why meal prepping – getting a week's worth of dinner table activity done in one go using the same main food – is helpful not just for reaching your health goals, but also in terms of staying on budget and generally finding peace of mind in a chaotic world.

Like all good habits, meal prepping requires a little effort at first, but gets easier with practice. You will need to spend time making a meal plan, writing your shopping list, sticking to the items listed on it in the supermarket, as well as setting aside a big chunk of time to do all the prep – though obviously you'll get this back later on.

The idea of cooking a week's worth of meals may seem daunting at first, but there are ways to make it easy and simple. First, buy decent meal prep containers which will help keep your food fresh and wholesome. Next, don't be afraid to take shortcuts: buy rotisserie chicken, utilise your slow cooker and choose canned beans over dried. And lastly, choose food that is not just healthy, but also full of flavour, because if you're having it on repeat, it had better taste good.

Meal Prep Chicken Salad Bowl (four servings)

- > Marinade four chicken breasts in your favourite seasoning. Grill or bake and cut into bitesize pieces.
- > Meanwhile, cook one cup of quinoa.
- > Chop up your favourite salad.
- > Prepare any other additions, such as jalapeños, croutons, seeds or dressings.
- > Spoon your cooled food into containers.
- > Refrigerate immediately and reheat the chicken and quinoa if you prefer.



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KIDS

Egg-cellent Easter Crafts

Struggling with ideas to keep the kids entertained? Then you'll be Egg-cited to try these easy Easter activities.

Paint your own Easter egg

You will need:

- Hard boiled eggs
- Food colouring
- 1 tsp white vinegar
- Paints

How to make:

- Fill a plastic container with $\frac{1}{2}$ cup of water, vinegar and 20 drops of food colouring
- Place the egg on a spoon and submerge in the water making sure all is covered
- Soak for five minutes
- Alternatively, for a two-tone egg, soak one half in one colour and the other in another.
- Leave to dry and then decorate further with paints.

For a stripey design, place rubber bands around your egg before dipping in dye, or use a white crayon to draw an image or message that will stay visible after dipping.

Design your own felt Easter egg

You will need:

- Coloured felt
- Embroidery floss
- Poly-fill
- Ribbon

How to make:

- Cut out two identical egg shapes in your chosen felt colour
- Stitch the two pieces together leaving one end open
- Fill with poly-fill and sew together
 - Using a different colour of felt, cut out some Easter-themed shapes such as flowers or bunnies
 - Sew on to your egg.



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PET POWER



V
PETS

April is National Pet Month so what better time to celebrate the benefits of having an animal companion?

Pets can help you stay active

Adult dog owners have on average lower body mass indexes than non-owners, they make less trips to the doctors and, somewhat unsurprisingly, they get more exercise. Even those who own more sedentary pets can still benefit physically from their animals; they still need feeding, cleaning up after, playing with; all of which require movement of some sort.

Pets help prevent social isolation

As people get older, often their social circle diminishes, and they can find themselves feeling isolated from the outside world. A dog is a great conversation starter and all you need to do is head to the local park to meet other dog owners.

Pets can help combat loneliness

Even from the comfort of your own home, a pet can help you feel less alone. They need a routine which can

give you a sense of purpose and most pets make great companions, even if all they can offer is a cuddle.

Pets can reduce your stress levels

If you suffer from high blood pressure or work in a stressful environment, a pet could really help you. Even just talking to your pet after a hard day can reduce your stress levels and help you recover from a particular period of stress quicker.

Pets can help a child overcome anxiety

Children who suffer with anxiety or have confidence issues can really benefit from having a pet. It can give them a sense of responsibility and help them move out of their comfort zone.

Pets offer unconditional love

And of course, a pet will never leave you for a young, better-looking owner.



April

S	M	T	W	Th	F	Sa
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



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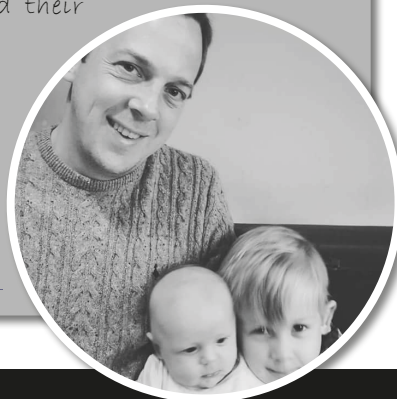
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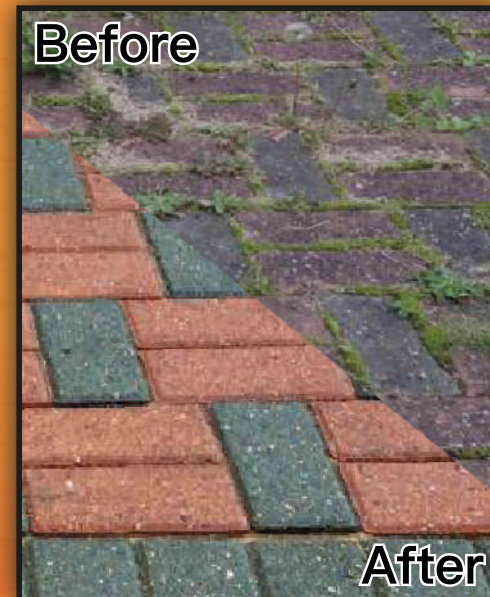
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Basil

Basil loves the light so a warm, sunny spot, (preferably inside), is a must. Place either a seed or starter plant in well-drained, moist soil and give additional water when the surrounding soil is dry to touch. If you plant basil outside, make sure you shelter it from harsh winds.

Best for aiding stomach aches, loss of appetite and fluid retention.

Coriander

This fragrant herb, most known for use in curries, is extremely easy to grow and very difficult to kill. A winning combination for those new to the herb-growing business. Sow between August and September if possible, in either a small pot or directly into the ground.

Use to help combat nausea, diarrhoea, wind and other digestion problems.

Sage

You can grow this classic herb from a seed either in a small pot on the windowsill or in the garden in as sunny a spot as possible. A sage plant can go without water for quite some time without dying so it is a good option if you are prone to forgetfulness.

Sage has been used to help delay Alzheimer's disease, aid a restful night's sleep and help strengthen weak bones.

Mint

Mint is a great starter herb that will thrive in a container on your kitchen windowsill. Simply take a few tip cuttings of about five to six inches from an established plant. It doesn't need too much sunlight, but likes a lot of water and needs to be picked regularly.

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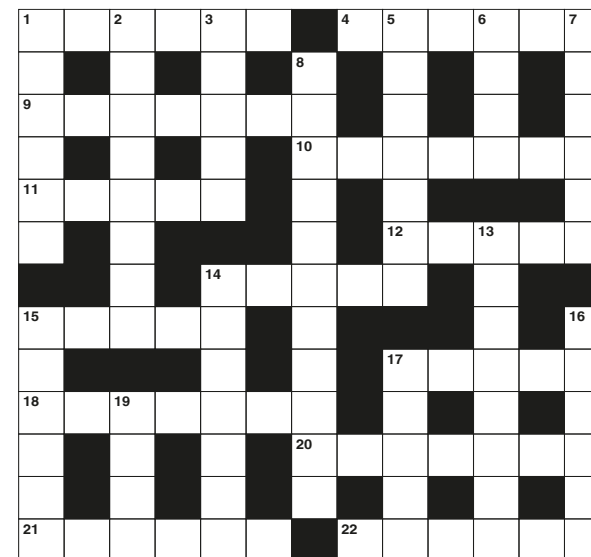
PUZZLES & TRIVIA

ACROSS

1. Reach (6)
4. Goes round the edge of (6)
9. Language spoken in Rome (7)
10. People who rent property (7)
11. Domineering (5)
12. Humble (5)
14. Lewis (anag) (5)
15. Exceed (5)
17. Firearm (5)
18. Envisage (7)
20. Small rounded lumps (7)
21. Soaks in liquid (6)
22. Stick of coloured wax (6)

DOWN

1. With hands on the hips (6)
2. Conduct business (8)
3. Coldly (5)
5. Dog shelters (7)
6. ___ Giggs: former footballer (4)
7. Sloppy (6)
8. Clever (11)
13. Deplorably (8)
14. Pay homage to (7)



15. Makes available for sale (6)

19. Scarce (4)

16. Diminish (6)

17. Traveller on horseback (5)

DID YOU KNOW?

- ▶ A male ostrich can roar like a lion
- ▶ Bats are the only mammal that can fly
- ▶ If you leave a goldfish in the dark, it will become pale
- ▶ The sentence 'The quick brown fox jumps over a lazy dog' uses every letter of the alphabet
- ▶ On average, an alligator will live for 30 to 50 years
- ▶ Flamingos eat with their heads upside down
- ▶ A group of owls is called a parliament
- ▶ If you lift a kangaroo's tail off the ground it can't hop. They use them for balance

SUDOKU

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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.

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Get PACKING

How to move home without losing your mind



HOME & DIY

They say it's one of the most stressful things you can do... and they're right. As well as the emotional stress of upping sticks, you've got bags, boxes and bins filling every conceivable space. But separate the tasks at hand and things start to look a little more manageable.

1 GET HELP

We are a DIY nation, but with everything else that goes into moving house, getting the pros in, paying a 'man with a van', or even just rallying round mates, is better than going it alone.

2 START EARLY

No, not start early on the day of the move... start moving early! Your packing should begin as soon as you know you're going to be relocating.

3 THROW IT, DON'T TAKE IT

If time allows for a proper sort-out of your worldly possessions in the time before you move, do it. If you didn't need those Dr Martens boots in 2003 when they last saw the light of day, the chances are you won't need them in your new gaff.

4 BUY BOXES

For the sake of a few quid it's much easier to load all your stuff into standardised cardboard boxes than a combination of suitcases, bin bags and tents. You can reuse, recycle or even resell them later down the line.

5 GOTTA LOVE A LABEL

Label boxes as you go, marking clearly on them the intended room and whether the contents are for unpacking or storage.

6 UNPACK IN PEACE

Allocate one 'storage room' in your new home and unpack one box at a time. This means all items can have a designated home and won't just be thrown into an available space. It will also ensure your rooms feel free of clutter and happy places to be while you sort out the other 'new home' problems... like where the hell is the boiler?



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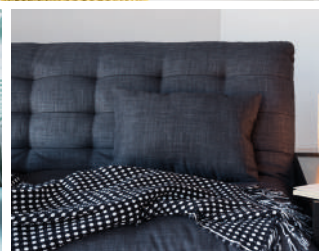
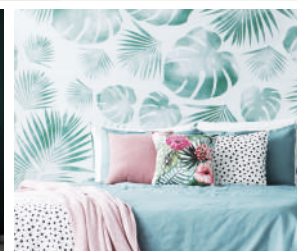
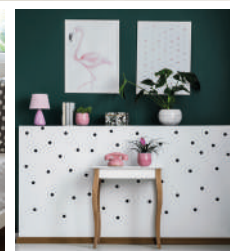
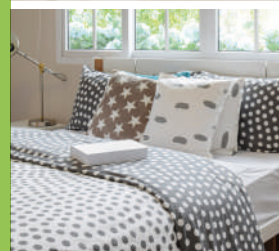
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DOTTY DESIGNS



HOME & DIY



Look up the term 'polka' and you'll be greeted with something along the lines of: 'a number of round dots repeated to form a design or regular pattern, usually on fabric'. Gosh - never did a dictionary definition fail to capture the spirit, energy, versatility and style of a design go-to that has circumnavigated generations so badly. But how can you make your home feel chic, over circus freak?

VARIETY

Don't get stuck doing the same thing. Mix a black polka dot lampshade with another showcasing green; use small dots on a bedsheet with big dots on a rug. Your ability to mix it up will lessen the threat of too many similar dots sending you... well, dotty.

DIVERSION

Perhaps you have a front room with a garish fireplace, or bedroom whose carpet is something out of the 1970s. Use polka dots in unusual places to distract attention – the ceiling could be a great place to start. By taking the eyeline away from offending articles, the polka dot can really be a game/room changer.

MATCHING (OR NOT)

You'll need to brave the unknown by using dots with stripes, dots with flowers, dots around or as additions to single-colour walls. The less you notice them, and the more you embed them with what's there, the better the overall effect.

MODERATION

While the polka dot is one of the style trends for 2019, don't overdo it. Your vision will take a battering if you're cementing circles all over the place, so use them for standout walls, subtle furnishings and little splashes of fun, rather than a platform for a redesign.

A DOT, IT'S NOT

And finally, don't get stuck on the idea that it's a circle and nothing else. These days, the polka dot represents more a repetition or splash of a solid shape; so elongate, stretch and pebble-dash to your dotty heart's content.

ELLIE'S FINISHING TOUCHES

Home 'Suite' Home

The Tiffany Suite at De Rougemont Manor

designed by Ellie at Ellie's Finishing Touches

So here it is, the brand new Tiffany Suite at De Rougemont Manor – probably my biggest achievement to date. For the past couple of months I have worked with the lovely owners of the hotel to completely revamp one of the suites they have there. The room was completely gutted and then redesigned, supplied and installed by Ellie's Finishing Touches.

Back in December I was first contacted out of the blue by the directors, who explained they were looking for an interior designer to help with renovating some of the suites. I have worked on many projects but nothing of this scale before, and being 22 it's not an opportunity you come by very often.

After meeting with the directors it became apparent that some of them had come across one of my adverts in *Vision Hornchurch* magazine, so it was great to know that the advertising doesn't go unnoticed and I'm very thankful to Brett and the team at *Vision Hornchurch*.

After discussing some design ideas I had put together, we then had the go-ahead with room 119 – now known as the Tiffany Suite. I decided to give



the room a name, as I plan to do with the others, as I feel branding each one individually makes it seem inviting and more intriguing, rather than just booking a number.

As the hotel has been around for many years it still has a very traditional look and feel to it so the usual contemporary style I would go for wouldn't work in this case. I tried to keep the same style that flows through the hotel but also added a modern twist to create a wow factor. In this room I used a neutral colour pallet that wouldn't date, but also added in pops of colour with the teal soft furnishings and lots of gold metallic finishes for that added luxury.

For me, when staying at a hotel, that first moment when you walk into a room is make or break.



After

I wanted to create a design where guests feel as if they are on holiday – for the Tiffany suite this would be a trip away to Paris staying in a luxury French boutique hotel. It's always great to have a talking point or something that a guest would remember from their stay 'do you remember that hotel we stayed in that had the most stunning chandeliers' or 'the bed in our suite was amazing I'd never seen anything like it'. Little things like that would definitely persuade me to go back.

Although Ellie's Finishing Touches (EFT) is based in store and online, it's the interior design projects that I enjoy most. I love to work one on one with clients and help to completely transform a room which I feel we have done really well with this one. EFT is only a small family run business and although I take care of all the design work I couldn't have done it without the help of my dad, mum and sister who always get roped into helping me somehow – I'm sure I'll repay them all one day.

Before



I'm currently working on the next room 'The Manor House Suite' with more info and photos to follow. Please check out my Instagram @ellies_finishing_touches or the hotel @derougehotel to see how we get on.

I really would recommend booking to stay at De Rougemont Manor if you haven't already. There's such a lovely atmosphere and everyone is so welcoming from the moment you walk in. If you would like to book a stay in the Tiffany Suite quote 'EFT' and you can get two mini bottles of Prosecco for free in the room... you're welcome.

A DESIGN FOR (ROYAL) LIFE



PRIVATE RESIDENCE, DUBLIN

PRIVATE RESIDENCE, LOS ANGELES

The inside track behind the interior designer who has been chosen to transform Harry and Meghan's new Cotswolds home.

There are very few people able to rifle through the personal belongings of the rich and famous – legally, at least – but interior designer Vicky James has been afforded that honour as she plots a 'floor to ceiling' makeover of Harry and Meghan's new Cotswolds cottage.

Vicky is known to the couple through some very salubrious showbiz connections – think the Beckhams', the Clooneys' and others – and has become renowned for her design expertise as one half of the (appropriately named) Charles & Co. Famously, she insists on needing two years to get to know a couple before laying down firm design ideas... so it seems an afternoon in B&Q simply won't cut it.

She was Global Head of Design at the Soho House clubs in London, and her eye for everything from minimalist chic to rustic homely furnishings has had her work celebrated and replicated all over the world.

It's that sort of diversity of

design that will be invaluable where the Sussexes are concerned. Meghan comes from a rather sleek and slick American life, where shine and shimmer in the reflection of the flashbulbs is the order of the day. For Harry, his heritage is more tweed than Twitter, so a sensitive and subtle combination of two very different style sensibilities will test the interior designer to her limits in what is a characterful million-pound farmhouse, untouched since the 1960s.

The rewards are simple – for the Cotswolds (The Great Tew Estate, in Chipping Norton, to be precise), another truly A-list import, and this time with a bit of regal acclaim; for Vicky, a blank cheque book on style and arguably the best entry to date on an already overcrowded curriculum vitae.

Photo credit: charlesandco.com



Vicky James

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Kintsugi

THE JAPANESE ART OF MENDING

Do you always throw a possession away the moment it becomes worn out or broken? Our throwaway culture could learn a lot from the Japanese, who choose instead to repair and restore their belongings.

What does Kintsugi mean?

Kintsugi literally translates as 'golden scar', which brings about images of both beauty and flaws. And this is pretty much the perfect description of what this Japanese tradition is really about. Kintsugi is a revered art form in which broken ceramics are repaired using a lacquer resin mixed with powdered gold, silver or platinum. The appearance of the scar acts as a reminder of experience which actually makes the item more valuable in their culture.

Why is it so important in Japanese culture?

Another Japanese philosophy is 'mottainai' which is their strong belief that things should not go to waste. This is in stark contrast to our consumerist society, where new is nearly always better. Instead, Japanese believe that objects should be celebrated for their history and restored so that they can continue to be revered and enjoyed.

Can anyone practice Kintsugi?

Traditionally, Kintsugi masters use urushi lacquer and rice flour to bind the ceramics together, but you can use a standard ceramic adhesive and liquid gold leaf to create the same effect.

But there are other ways to incorporate Kintsugi into your life.

Upcycling an item that you no longer want, or need is a great way to embrace this Japanese tradition.

- > Instead of throwing away unwanted plates, why not turn them into a decorative photo frame or a wall clock?
- > Too many tea cups? Use them to grow herbs or other plants on your kitchen windowsill.
- > A simple wooden bowl or even a colander can be made into an innovative lampshade.

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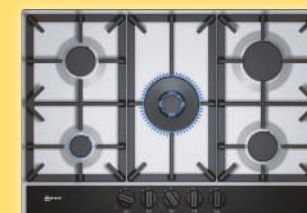


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EURONICS

There's a simple innocence about Ed Sheeran that, right from the word go, made him instantly likeable. At a time when the male singer/songwriter concept was in danger of eating itself whole, along came a ginger, slightly chubby, badly dressed and lazily tattooed bloke with a guitar; ready to change the way we viewed this somewhat overplayed commodity.

Indeed, to list all the things he wasn't – such as polished, punctuated, preened and painfully predictable, like so many of his peers – is to miss the point, since it's the absence of all those things that made (and continues to make) Sheeran interesting.

His early songs spoke of the usual romantic rollercoaster material, but around all those warbling odes of emotional angst are references to drinking, sex and nights out. While guitar-strum chords flicker through tracks, they often give way to hiphop-esque drops, booming, shouty interludes and the overall impression that Sheeran is genuinely an artist doing this for himself, not for the plaudits or the considerable financial bounty.

Speaking of earnings, though, we shouldn't ignore the fact that the 28-year-old, who attended the National Youth Theatre before nailing his colours to making music, is said to be worth a cool £85million. But while there are enough modern musicians made rich by the machine, Sheeran's explosive talent has always been the driver, and this was no better referenced than in his attempts to break America – something even the very best have failed to do.

Julie Greenwald, CEO of Atlantic Records, said upon hearing Sheeran for the first time: "There was this slightly awkward guy, with a guitar, sat on a stage he'd placed in the centre of a music venue here in LA, surrounded by rap artists and hip-hop producers. I was ready for him to die on stage, yet within two songs he had everyone up. It was a frenzy and I've never seen anything before or since."

Greenwald signed him the next day.

His popularity Stateside is now on a par with here, but it has only come about as a result of hard work, tenacity, personality and almost non-stop touring.

When the Suffolk-raised star – who in February picked up the Global Success Brit Award for the second year in a row – allows himself a return to home comforts, the press are largely respectful of his privacy, even if in recent weeks he has found himself defending the addition of a new duckpond to his sprawling property. The suggestion has been that he is planning a succession of late-night watersports parties.

"It's just a pond... to feed ducks in," came the witty retort.

At least he has found time away from the spotlight to marry childhood sweetheart Cherry Seaborn. The pair wed before Christmas in a private ceremony at his Suffolk estate attended by only 40 people. There were no celebrities invited, no *Hello!* magazine photoshoots, and barely a smattering of confetti.

That Sheeran is finding time to pull himself back from the limelight is a good thing, and he does it so well. Towards the end of 2015 he began to withdraw totally from view, freezing his social media accounts and refusing interviews.

He returned in 2017 with the album *Divide*, his most successful yet. It sold 672,000 copies in its first week, making it the fastest-selling album by a male artist in the United Kingdom. It also topped the charts in 14 countries.

Divide won a Grammy Award for Best Pop Vocal Album, meaning that this most recent two-year lull, means (a) his return is inevitable, and (b) when it comes, it will be worthwhile.

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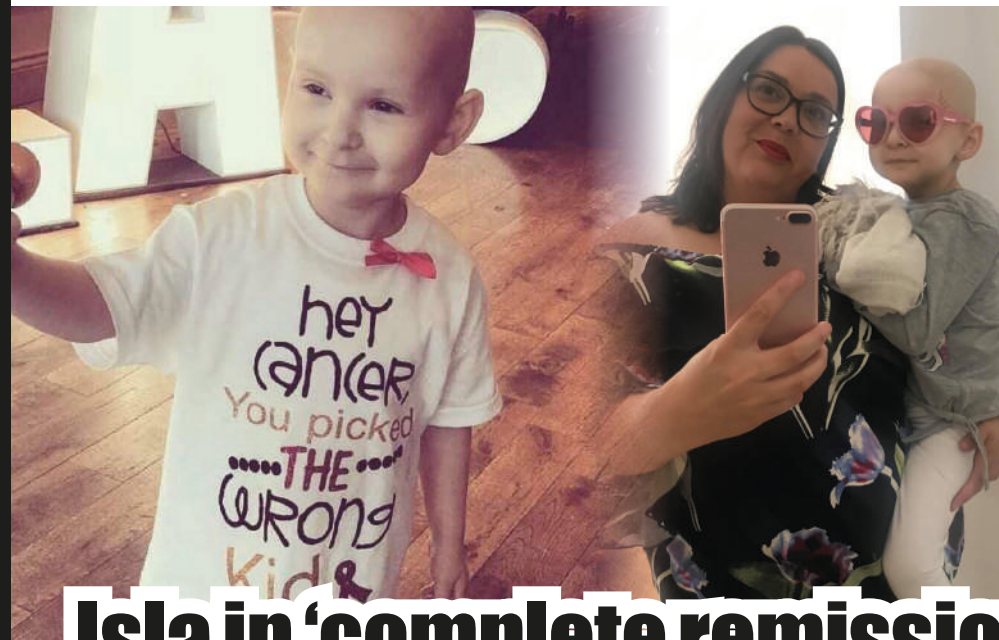
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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Isla in 'complete remission' following new cancer treatment

A girl from Hornchurch is cancer-free despite only being given three months to live by doctors.

Isla Caton, who had neuroblastoma, was the first person to try a new form of cancer treatment in Barcelona.

She had a scan last month which confirmed that she was in complete remission.

Nicola Caton, Isla's mum, explained: "This chemotherapy is very strong so it's like a bomb going off in your body.

"We agreed to do it and Isla ended up in hospital for over a month because she couldn't recover. It was really harsh and really horrible to watch.

"We went for the scan and the next day we were due to come back into hospital for bone marrow to be taken. Our doctor came through and said Isla was in complete remission.

"I burst into tears in the middle of the waiting room."

Even though Isla is now cancer-free, she still has around 12 months of treatment left.

Her family and friends are continuing to fundraise, as all this treatment must be paid for and is extremely expensive.

Nicola continued: "I'd like to say thank you to every single person who's donated because without them we wouldn't have got here. They've helped to save Isla's life. We'll never be able to express how grateful we are for that.

"We're still fundraising and we need donations more than ever now.

"We have to pay a huge amount in the next couple of months and we have almost run out of funds."

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

Exhibition remembers the greatest of all escapes

An exhibition commemorating the wartime Great Escape 75 years ago took place in Hornchurch recently.

The exhibition on March 24 was hosted by local historian Richard Smith and remembered the Great Escape 75 years on from the day that it happened.

The Great Escape exhibition told the story of the daring escape from Stalag Luft III on March 24, 1944. It was held at Valley Visitors Centre in Hornchurch Country Park.

Of the 76 prisoners of war (POWs) who escaped, 50 were re-captured and executed.

Historian Richard Smith said: "I decided to organise an exhibition on the 75th anniversary of the Great Escape and to remember the sacrifice of the 50 Allied prisoners of war who were murdered by the Nazis following their recapture on the orders of Adolf Hitler as an example for further escapes - this

did not succeed.

"Some of the POWs at the camp have a connection with RAF Hornchurch. Squadron leader Roger Bushell, who led the Great Escape and was known as Big X, was operating with his squadron from Hornchurch when he was shot down over France during the Dunkirk operations in May 1940, and was captured.

"Other pilots like wing commander Joe Kayll, who was flying at Hornchurch, was shot down in 1941.

"He became head of intelligence for the escape committee at Stalag Luft III."

The exhibition highlighted the role played by Hornchurch POWs and told the story through photographs and memorabilia.

Displays featured items from the classic 1963 film starring Steve McQueen, Richard Attenborough, James Garner and Charles Bronson.



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Charity in danger of closure following funding cuts

A Hornchurch charity could be forced to close by March next year due to funding cuts.

First Step, on Tangmere Crescent, has maintained its service to families of children with special needs and/or disabilities by using its reserves.

Sadly, the situation is now critical and, if it continues, it will have to close within the year.

Families who use the charity are devastated that it may be forced to close.

Emma Crampton's son Carter began using the charity just after he was born.

Emma explained: "First Step has been a ray of sunshine. It's devastating news.

"There's so little support for disabled people in the borough. It's going to be really bleak for disabled people in the future if it does close."

Lisa Barnard's son attended First Step from 2011 to 2014.

She said: "This nursery/charity changed my son's life for the better. Without them I don't believe my son would be where he is today.

"I can't get my head around the funding cuts."

Jayne Stump's daughter attended the charity's

nursery 19 years ago.

She explained: "I can quite honestly say they saved my life as I was going through a major breakdown at the time and they helped me get through it.

"They helped me realise that I wasn't alone and introduced me to a whole new family of parents going through the same hell as myself, and friends who I continue to be in touch with today.

"I owe my life to that nursery."

Councillor Robert Benham, cabinet member for education at Havering Council, said: "We are aware of the concerns raised by First Step and the residents they support.

"I recently visited First Step and met with the director and trustees of the charity, along with members of staff, children and parents to learn more about the issues. Talks are also taking place between the council and the charity to explore possible solutions.

"We recognise the valuable contribution First Step makes to the local community and we will do all we can within the resources available to continue to support the charity."



LOCAL NEWS



Photo credit: Tough Mudder

Friends to take on Tough Mudder and raise money for First Step

A group of friends will be taking part in a Tough Mudder event to raise money for First Step.

Paul Veitch, from Hornchurch, will take part in the 10-mile event on May 18 alongside Andy Harris, Joe Hilson and Scott Mason.

First Step, who support children with special needs, recently announced it is in danger of closing due to lack of funding.

Paul hopes to raise over £500.

He said: "We have chosen to run in aid of First Step as my wife is a session leader there and works closely with all of the children and families. I see first-hand the amazing work and support they give the community.

"They are all very passionate about their work, and the help they provide the kids who attend their sessions is invaluable.

"To see them have to close due to funding cuts will be disastrous, nowhere in the borough provides the

care they give. We just wanted to do anything we could to help.

"We have set a target of £500, but we would love to go way beyond that if possible."

Members of the team, known as Mud, Sweat and Beers, wanted to push themselves to complete a 10-mile race.

Paul explained: "The event itself will be a big challenge. We're just four regular guys in our 40s, but wanted to be a part of an event where we push each other, and help each other navigate the course and its obstacles.

"The camaraderie between all of the runners on the day is amazing. Everyone is on your team and gives each other that boost when you need it most.

"We can't wait. It will be a lot of fun. Dirty, but fun."

To donate to Team Mud, Sweat and Tears, visit www.justgiving.com/fundraising/paul-veitch3

High Street Post Office under threat of closure

Hornchurch High Street Post Office could be set to close in June following public consultation.

The company believes the three other post offices located within a mile of Hornchurch; in North Street, Station Lane and Station Road, can cover the High Street branch's business.

A consultation on the plans opened on March 13.

Post Office Ltd asks: "How easy is it to get to the alternative branches? Are the alternative branches easy for you to get into and are they easily accessible once inside? Are there any local community issues you

think we should know about that might be affected by the change? Do you have any suggestions that could help make the change better?"

Roger Gale, network and sales director for Post Office Ltd, said: "I can reassure customers that every effort will be made to redeploy our staff where possible and they will be fully supported throughout this process."

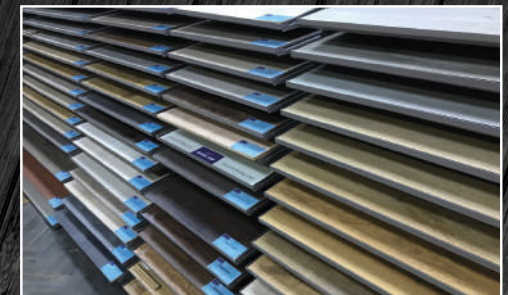
The consultation, which is open until April 24, can be viewed at www.postofficeviews.co.uk. Alternatively, email your views to comments@postoffice.co.uk

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JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS



Policing and crime have always been top concerns among constituents who write to me, but since the untimely and despicable murder of Jodie Chesney in our constituency, further questions have understandably been raised about sentencing for knife crime, resources at police and council level and the best methods to keep control of the streets.

I have written in **VISION** before about the work I have been doing on these issues, including meetings with the Prime Minister and Home Secretary to secure up to £172million extra for the Met this year. Further to specific representations I have made following the tragic events in our constituency, the Chancellor has now allocated an additional £100 million to bearing down on knife crime that will be available to police forces immediately, focused on the Serious Violence Unit.

New sentencing guidelines brought in over the summer are expected to lead to more people going to jail for carrying knives although average sentences for such crimes have already been going up, with more people going to prison for such offences. However, there will soon be a Parliamentary debate on this to which I shall contribute constituents' thoughts. Meanwhile, my team and I had an extensive one-to-

one meeting with Commander Gwillim, our Borough Police Commander, at which we discussed an increase in deploy stop and search locally and the use of facial recognition technology in town centre hot spots. I continue to work at school, council and charity level to bring together initiatives to support young people vulnerable to crime, and my team and I shall keep pushing on all these fronts as we try to prevent future tragedies.

Regular readers will be aware of my ongoing campaign for a new health centre on the former St George's Hospital site on Suttons Lane. I have now had my meeting with Health Secretary, Matt Hancock, which was very positive, and I am hopeful that changes he is bringing in to help health authorities retain NHS land will lead to a breakthrough.

I have also visited Suttons Primary in my programme to get around all schools in the constituency. My team is now helping them with traffic management issues and we were delighted to hear of their recent award for mental health support to students.

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.

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News from

Councillor Paul Middleton

for Hornchurch Residents' Association

First off, I would like to thank everyone who has shown support for the young lady stabbed to death in Romford. It is sad that so many young people appear to be carrying knives, and what reason can you have to randomly stab someone? Our thoughts and prayers are with the family and friends of The Chesneys. The purple bows you see everywhere are a sign of solidarity and respect.

Since last month the Tories have managed to vote through a new budget which will have an effect in Hornchurch, Upminster and Elm Park.

Although the residents' associations (the independent groups) offered an alternative budget which did not include everyone losing the free half hour of parking, the Tories forced through the changes regardless.

They claimed to listen to the residents and quoted from a survey that had 2,000 respondents saying that they 'value clean and well-kept streets'. Hence, they needed to charge more for parking to enable this wish.

There were two petitions running to save the free half hour parking, one on-line and the other physically collecting signatures, between the two petitions we had over 11,000 signatures. The Tories (and the three 'independent councillors' from the North Havering Group) all ignored this and voted for the budget that removed the free half hour. Congrats guys – well listened.

It might not sound much a free half hour, however, now when you pop into town to collect that cup of coffee, newspaper, medicine from the pharmacy, you will need to pay £1.50.

If you park in a car park after 6PM, you will need to pay £1.50 and be back before they start charging again otherwise you may well receive a ticket.

Not forgetting Sundays – that will be a further £1.50 to park.

I must add, presently, Elm Park has retained its free half hour, but for how long?

"I can park in Sainsburys for free" I hear you say. Everyone else will be trying to do the same. Best of luck with that.

I know that many of the small business owners in Hornchurch are furious about this, they fear (as do we) that this could put them out of business as



Photo credit: Matt Pollock

people decide to drive elsewhere if they are forced pay to park in Hornchurch and Upminster why not go to Lakeside where it is free?

We will be monitoring the situation and if we find that this has the expected negative effect, we fight to get the free half hour back.

Next thing to watch out for is the further money grabbing scheme from the Tories of CPZ (permit parking) across Hornchurch, Elm Park and Upminster – this will be carried out under the guise of stopping commuter parking. Most of this is already dealt with single one-hour parking restrictions around the train stations and near roads – yet the Tories see you as cash cows and are pushing hard.

We will know more when the Tories make their official announcement in early April.

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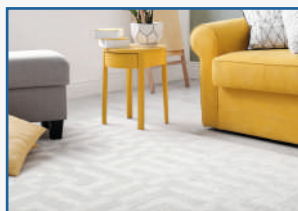
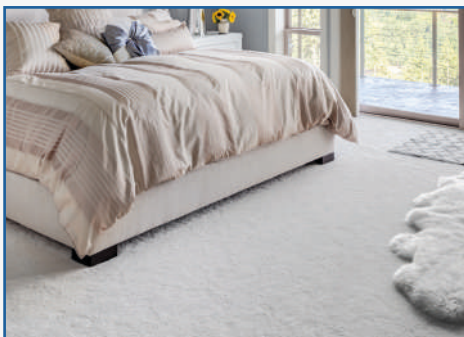
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LOCAL NEWS



Racing driver handed boost ahead of new season

A Hornchurch racing driver has been handed a boost ahead of the new season by signing a partnership with a vehicle solutions company.

Bobby Thompson signed the deal with AMT Group ahead of the 2019 Kwik Fit MSA British Touring Car Championship (BTCC) season.

The 2017 VW Cup Series champion produced some notable displays during his BTCC rookie campaign last year, earning two top-10 finishes along the way.

Bobby says he hopes to be more successful with the backing of AMT.

He said: "The team has been working tirelessly all winter to make the improvements we all know we need to make.

"We have already conducted the first full test run at Brands Hatch and I could instantly feel a major difference in the car.

"I'm confident I can challenge for regular top-10 finishes and more this year.

"I'm delighted to be able to welcome the AMT Group into the Kwik Fit MSA British Tour Car Championship

as part of the team.

"AMT are a prestigious brand and are joining the most prestigious championship in the country. Having them as a crucial part of our team this year will be a major boost as I look for my first BTCC podium.

"I was invited to the AMT Group headquarters to meet the team and was amazed at the range of vehicles available and options they have for customers.

"Everyone likes to drive in style and thanks to AMT I will be on and off the track."

Ian Dunn, commercial director at AMT, added: "On a business and personal level I'm delighted to be able to partner with Bobby.

"I've been a huge fan of British Touring Cars for years, like many colleagues, but this also provides AMT with a great opportunity to reach an audience that is a perfect fit for our business.

"We look forward to seeing Bobby become an established and successful competitor through the 2019 season."

ANDREW ROSINDELL



MP for ROMFORD



A part from Brexit, violent crime is the biggest concern constituents raise with me now. The fatal stabbing of Jodie Chesney, which took place in Harold Hill on Friday, March 1 was shocking for our community, yet the unity everyone showed in the aftermath was heart-warming to see. The purple ribbons displayed all over Havering showed a united stand by local people against violence. At the time of writing the police have three suspects in custody and if found guilty, I hope they are locked up for a very, very long time for this wicked act against an innocent young person.

Our borough has always been a 'low crime area' and I will do everything in my power to keep it that way, but lately it has hasn't felt like crime is low at all. The Offensive Weapons Bill is now being pushed through by the government. The bill forms part of the government's wider £40 million Serious Violence Strategy to tackle the recent rise in serious crime. However, it is no longer sufficient to merely request the public to be more vigilant, more work must be done to tackle these criminals, who simply have no respect for the law.

The police need to take action to stamp out the root causes of gangs and ensure the punishment fits the crime, no more soft sentencing. At Prime Minister's Questions, I pointed out the glaring fact that the fight against knife crime is undermined by inconsistent and lenient sentences. We must get

tough on offenders and stop pussy footing around.

In addition, I am requesting frequent updates from Operation Venice and Operation Sceptre from the police, the operations launched to tackle moped enabled crime and knife crime respectively. There is good news on the moped front, as it was confirmed in my recent meeting with Sophie Linden, the deputy mayor for policing and crime, that the ramming tactics introduced by the Metropolitan Police Service have helped reduce type of crime by 50 per cent from 2017 levels.

I also endorse the use of the Met's deployment of live facial recognition technology in Romford town centre, which resulted in several arrests and I hope this technology will be effective and used more in the future.

We know that the threat from crime is changing, that is why I stand fully behind stop and search and see it as a vital tool for the police. We must remove obstacles which stop the police from doing their job properly. I made all of these issues clear to the Prime Minister when I last met with her and hope to see a much more robust response to violent criminals. I am pleased that the Met's Violent Crime Taskforce is now coming to Havering, we need it to stem the rise in crime in Romford and Hornchurch.

Please attend your police safer neighbourhood team meetings and let me know if you would like me to raise issues, as your local MP.



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Man dies after he collapsed in street



Police are appealing for the public's help after a pensioner was found collapsed in Hornchurch. Alan Powell, 80, from Hornchurch, was found collapsed by a member of the public at around 9.40pm in South End Road at the junction with Coronation Road on February 20.

Mr Powell was taken to hospital with back and facial injuries, where he later died on February 22.

A post-mortem examination was carried out which revealed that Mr Powell had suffered several injuries.

Detective Inspector Andy Fay of the East Area Command Unit, said: "We urgently need the public's help to find out what exactly happened

to Alan Powell. In particular we want to speak to anyone who was in the area in the hours leading up to Alan being found collapsed.

"If you saw anything that may help our understanding of what happened on the night please do not hesitate in contacting us. Your information could be vital in helping Mr Powell's family understand the circumstances of this death."

Any witnesses or anyone with any information is asked to call police on 101 or contact via Twitter @MetCC. Quote CAS 3036/26FEB.

To give information anonymously contact Crimestoppers on 0800 555 111 or online at crimestoppers-uk.org

Pupil wins tickets to West Ham game

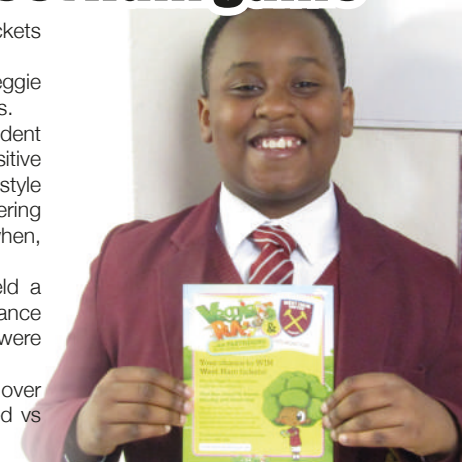
A pupil from Raphael Independent School in Hornchurch won tickets to a West Ham United game after winning a competition.

Temidayo Fatai achieved a score of over one million on the Veggie Run app, which encourages children to make healthy food choices.

A spokesperson from the school said: "At Raphael Independent School we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

"In conjunction with Havering Catering Service (HCS), we held a primary assembly where it was explained to the children the importance of healthy eating. To reinforce this understanding the children were given an opportunity to win an array of prizes.

"We are pleased to say that Temidayo Fatai achieved a score of over one million and was lucky to win tickets to the West Ham United vs Everton match on March 30. Well done Temidayo."



COUNCILLOR DILIP PATEL



Mayor of Havering



The Mayor Councillor, Dillip Patel, held his annual Civic Dinner recently. This was in celebration of Burns Night and the Mayor dressed for the occasion in full Scottish attire. The event was very well attended with guests coming far and wide with mayors and dignitaries travelling from other boroughs as well as local councillors and our Andrew Rosindell MP attending.

The Mayor and Mayoress would like to thank everyone who attended and helped make this event a great success.

In February the Mayor hosted a variety show at Queen's Theatre with local talent taking part which included Romford Drum and Trumpet Corp opening and closing the show with a splendid orchestra of well performed music. Romford Drum and Trumpet Corp are one of the oldest independent marching youth bands in the country.

Thank you to Storeroom Youth Theatre, KA Arts, Phoenix Blue Twirlers, The Studio Romford Ballet, Razzmatazz Group, Newtons Primary School Ballroom dancing, Mark Walker Singing and Graham Walker Comedian. Without all these people, Queen's Theatre and volunteers, we would not have been able to make this possible so thank you everyone.

Also in February, the Tandoori Lounge in Hornchurch hosted a charity quiz night in aid of the Mayor of Havering's charities. The evening was a great success and raised lots of money. Thank you Honey and Sukh for hosting this amazing event.

Upcoming events include:

- > April 18 - Romford Snooker Club. Special Exhibition Evening with Mark King
- > April 27 - Danceathon in Romford Market. Come along and take part all welcome.
- > April 28 - Comedy Night Queens Theatre.
- > April 30 - Charity Quiz night Tandoori Lounge Hornchurch
- > May 5 - Mayor's Garden Party at Rainham Hall.

For any information or to book tickets for upcoming events please visit the Havering Mayoral Charity Appeal 2018 Facebook page.



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Hospice team set for London Marathon

A Hornchurch man is preparing to take part in the London Marathon in aid of a local hospice charity.

Darren Radford, 55, is part of a team of 12 who will be running in aid of St Clare Hospice in Harlow. Five of the runners, including Darren, received Gold Bond places for this year's race and were chosen by St Clare from a host of applicants all vying to run for Team St Clare.

Six additional runners chose to run in aid of the hospice after securing their own place through the ballot, with one wheelchair racer who also qualified for a place. The charity is still encouraging those lucky enough to secure a ballot place of their own to get in touch and collect sponsorship for St Clare.

The group is aiming to raise a combined total of more than £15,000 of much-needed funding for the West Essex hospice charity.

Darren has raised £1,317.40 at the time of going to press in memory of his "bestie" Brian Green who was cared for by the hospice.

He said on his fundraising page: "Brian was cared for by St Clare Hospice towards the end of his life, so I witnessed closely how big a difference they made for Brian, his family and loved ones to the quality of his

remaining time with us.

"All the words and deeds in the world couldn't bring Brian back, but generous donations from people like yourself helped to ease his journey to the next realm with compassion, grace and dignity.

"Your kind donations will help St Clare Hospice continue to provide this essential care for people with life limiting illnesses."

St Clare Hospice's challenges and events fundraiser, Emma Broadbent, said: "The sheer commitment of Team St Clare makes us swell with pride each and every year – they are so brave, and so dedicated to helping raise vital funding to go towards the hospice's care for local people and their families.

"Competing in the London Marathon, a world-famous race renowned for its atmosphere and prestige, is such a special way to support St Clare, as well as being a once-in-a-lifetime opportunity. The fact that our twelve participants have chosen to dedicate this experience to raising funds for St Clare means the world to us. We wish them the absolute best of luck. Thank you, Team St Clare."

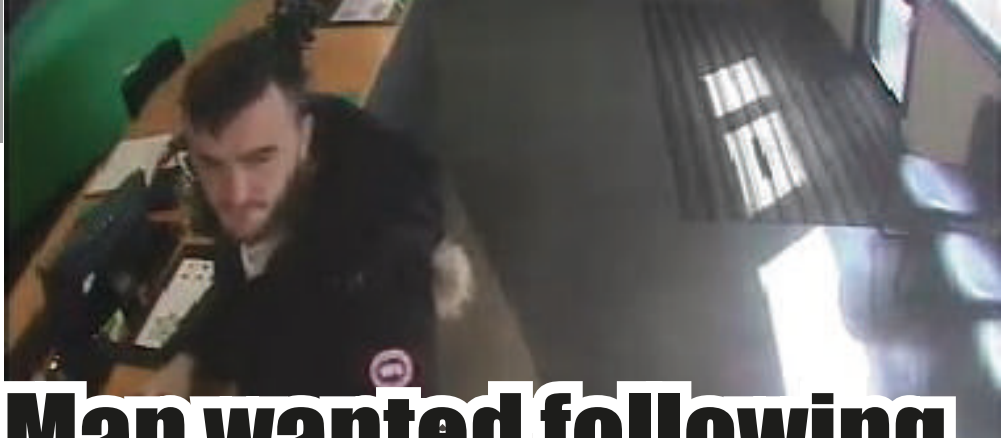
To donate, visit uk.virginmoneygiving.com/DarrenRadford1

Copperbox win for basketball team

Having Sixth Form College's women's basketball team secured a victory at the historic Copperbox Arena recently. The team secured a 51-26 win against Epping Forest College at the venue that has previously

been used for the London 2012 Olympics.

The winning team consisted of Latoya Raphael, Maria Ruano Delgado, Tasnim Mishu, Yasmin Chekkour, Maryam Benhmouch and Corina Birca.



Man wanted following crash which left two injured

A 21-year-old man from Hornchurch was arrested on suspicion of assisting an offender following a crash which left two people seriously injured.

The man was released under investigation while enquiries continue.

Police now want to speak to a man about the incident which led to one person being put into an induced coma for several days.

The Audi driver, a man aged in his 40s, and his passenger, a woman in her 70s, were taken to hospital after their car collided with a Vauxhall Astra.

The man was later discharged, while the woman has been left with a broken neck and fractures to her back, ribs, sternum and ankle. She also had serious internal injuries that required surgery and as a result was placed in a medically-induced coma for several days.

An Audi A8 and a Vauxhall Astra were involved in the crash in Mascalls Lane, Warley, Brentwood, on April 26 last year.

The driver of the Astra left the scene before emergency services arrived.

Thirty-year-old Flavio Tortore is wanted by Essex Police in connection to the crash.

Unconfirmed reports suggest that the victim in her 70s is the mother of Russell Brand, the comedian.

In a statement from Essex Police, the woman said: "I am very grateful to the emergency services for everything they have been doing - to the police for making every effort to track down the other driver, and to the NHS for the wonderful care I had.

"As time goes on, I realise that recovering from my injuries and the trauma is a slower process than I first anticipated, but with the help of my family and friends I am doing my best to put this all behind me."

Tortore is last known to have been living in Romford and has links to Ilford.

Anyone who knows of his whereabouts is asked to call the Serious Collision Investigation Unit on 101, or email CollisionAppeal@essex.pnn.police.uk

Alternatively, contact the Crimestoppers charity anonymously on 0800 555 111 or use the anonymous online form at Crimestoppers-uk.org

Care home helps to aid parent conversation

A Hornchurch care home is releasing a number of videos to help people open up about potentially awkward issues with their parents as they grow older.

Radfield Care Home's Havering and Brentwood branch, located on Butts Green Road, is releasing 10 videos in partnership with Chris Daems, from Cervello Financial Planning.

The videos, which will be released weekly in spring, were worked on by Jennie Bardrick from the care home and Chris, and will seek to help people open up

to parents in the later stages of their lives.

The full list of topics is: Getting organised financially | Lasting power of attorney | Working out how care costs have an impact on wealth | Fraud prevention/scamming | Inheritance tax | Getting some support in the home | Home care v care home | Keeping fit and healthy | Funding/budgeting for care | What a typical care visit is like.

To view the videos, search Cervello Financial Planning on YouTube.

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Supporters walk to away game to raise vital funds

AFC Hornchurch's fans put in a marathon effort ahead of their recent away game at Tonbridge Angels.

The fans walked the 33 miles to the away fixture to raise funds for Project Urchin which aims to build a new classroom.

With buckets and blister plasters in hand they walked 25 miles on the Friday before the game and the remaining eight miles on Saturday morning arriving at the ground just after lunch and in good time for a well-earned drink.

The club's faithful fans have now raised more than £10,000 for the project.

On their website AFC Hornchurch said: "In total the

group raised a staggering £2,703 so a fantastic effort by all concerned and a huge thank you to everyone who sponsored our walkers."

Jordan Newman, chairman of the supporters association, said: "The walk was the hardest one we've done to date after Maidstone and Witham a few years back.

"The walk from Gravesend to our hotel in Wrotham Heath was extremely tough and the elements were against us on the long and hilly road.

"The next day was a pleasant walk through the Kent countryside although we were aching.

"We got to the ground about 1.45pm and was well received from both sets of fans who clapped us."

Rainham Foodbank offers new activities

Rainham Foodbank provides an all-inclusive service for all ages.

Starting on April 2, they will be holding a weekly social club of recreational activities for the elderly.

The new initiative runs in partnership with Silver Link Projects, led by Marti van Deventer. People who attend will be able to take part in activities such as card making, knitting, sewing, music, arts and crafts and storytelling.

The aim of this partnership is to reduce isolation and loneliness among the elderly in the community. Havering has the highest age profile in all of the London boroughs.

Pastor Peter, who founded the Rainham Foodbank in 2011, said: "We are trying to bring them out of isolation and befriend them as this will invariably reduce the associated health challenges.

"This encourages people to talk and at the same time we provide them lunch."

The sessions will be held from 10.00am to 1.30pm. Rainham Foodbank, on New Road, recently started supporting people develop their basic skills, such as literacy.

Pastor Peter continued: "We're starting with English lessons because many of the people that visit us have little English proficiency.

"We felt it would be a way forward because in a working environment you have to have a certain level of literacy.

"Our aim is to help them integrate into the community with greater ease and independence."

These sessions are held on Saturdays from 10am to noon. To find out more about Rainham Foodbank, visit rainham.foodbank.org.uk or call 01708 397484.

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AFC HORNCHURCH

Urchins have a rocky period



It was a mixed bag of results for AFC Hornchurch in March, as they struggled to find consistency in their league fixtures.

The Urchins started the month by ending their impressive home run of seven wins in a row with a 1-2 defeat to Margate on March 3.

It was the second game in a row that Hornchurch had to play with 10 men, as Sean Marks saw red early on.

It was a case of hero to villain as Marks scored a goal in the fourth minute before being controversially sent off in the 30th for his reaction after Tom Mills scythed him down.

Hornchurch made a point of bouncing back by beating Wingate & Finchley comfortably at home, winning 3-0.

The win moved them eight points clear of the relegation zone, with Charlie Stimson, Joe

Christou and Ronnie Winn amongst the goals.

Next up was a challenging away encounter against top-three side, Tonbridge Angels. Impressively, The Urchins stood their ground and kept Tonbridge's players at bay up until the 86th minute, but a swift move saw Beere thread the ball through to Turner, whose pinpoint cross was sidefooted home by Derry to gift the Angels with all three points.

In a yo-yo month, Hornchurch bounced back yet again to move up to 15th in the table, beating Potters Bar Town 1-0 at home, with Sean Marks again getting on the scoresheet.

Off the field, a number of officials, supporters and AFC Hornchurch Supporters' Association members embarked on the 33.6 mile sponsored walk to Tonbridge Angels, with all money raised going towards the cost of building the new Academy classroom.

In total, the group raised a staggering £2,703.



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Tributes paid to teen stabbed to death in park

Havering Sixth Form College in Hornchurch was a sea of purple recently to remember Jodie Chesney. Jodie, a student at the college, was killed on Friday, March 1 after being stabbed in a park in Harold Hill while she was socialising with friends.

Staff and students at the college came together for Purple Friday, Jodie's favourite colour, to remember the 17-year-old a week after her death.

Members of Jodie's family and her friends attended, alongside headteachers from local schools and Havering Council representatives.

Principal Paul Wakeling spoke of Jodie's beautiful

soul and infectious personality.

He said: "To those that knew her, Jodie was amazingly weird, the light of their lives, smiling, passionate and never judging. We are all going to miss her terribly."

After his address, the crowds joined in a minute's applause and then reflected upon their loss as Jodie's favourite song *Riptide* by Vance Joy was played.

A Go Fund Me page has been set up to help Jodie's family towards the cost of her funeral.

Contributions can be made by visiting www.gofundme.com/6yw8seg

Students selected as UK ambassadors

A trip to the USA this summer awaits two Havering Sixth Form students who have been selected to be ambassadors for the UK.

Tedy Sam and James Stockwell were chosen for the Hummer Tuttle Foundation and Windsor Fellowship's UK-US Youth Dialogue Programme and, as part of the scheme, they will stay in Virginia and then in Chicago with an American family.

James, from Hornchurch, said: "It's a chance to do

something different and on my UCAS form it will make me stand out from other university applicants, I hope."

The UK-US Youth Dialogue Programme has been designed to educate and develop young Londoners to grow into well-rounded, informed young adults.

It aims to improve leadership, confidence and communication skills and many students who have been on the programme in the past have called it an "experience of a lifetime".

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Athlete sets sights on making it to 2020 Olympics

A Havering Sixth Form student has just become the U20 England 800 metre champion.

Yusuf Bizimana, who attends the Hornchurch sixth form, is now training hard to fulfil his dream of competing at the 2020 Tokyo Olympics next year.

The 18-year-old said: "I am aiming to be at the Tokyo games next summer – that's my dream.

"I am training really hard. I am at the gym at 6am most days and then I come to college. Every weekend I am competing and travelling, I'm just trying to fit it all in.

"There is a lot of discipline involved. It's eat, sleep,

and train for me at the moment."

Yusuf will go to Ghana this month for some training with the England squad and he will then prepare for trials for the European Championships being held in Sweden in July.

Yusuf said: "My priority is the Olympics but I am still studying hard to get good grades and I'm really excited about the scholarship offers to the USA.

"My parents were elated when I won in Sheffield to become the U20 champion and they are really happy that I could have a chance of going to Tokyo."

School praised for 'culture of high aspirations'

Hornchurch High School has passed its first Ofsted inspection since its renaming.

The school has been recognised for "establishing a culture of high aspirations for pupils" and that staff share the belief that "pupils come first".

The report also outlined "pupils are treated as individuals and are well prepared for the next stage of their education".

A statement posted on the school's website revealed over the two-day inspection, Ofsted staff saw spurts of excellence across the school but there wasn't enough evidence overall to award the school 'Outstanding'.

The statement by headteacher, Val Mason, revealed she was proud of staff and pupils for their efforts.

It read: "The report is excellent, and I am so proud of our students and teachers. The written report is really great reading and there is much to celebrate. We are well on our journey now and are firmly a GOOD school in all categories.

"In the verbal feedback, it was mentioned several times by the inspectors that there are 'green shoots of excellence' all over the school and that much of the practice they observed over the two days could be categorised as outstanding. However, there just wasn't enough evidence overall for them to award the Ofsted grade 'Outstanding', next time.

"I am extremely proud to be the Head Teacher at Hornchurch High School and I want to take this opportunity to thank you all for your continued support as we make our way to 'Outstanding'."

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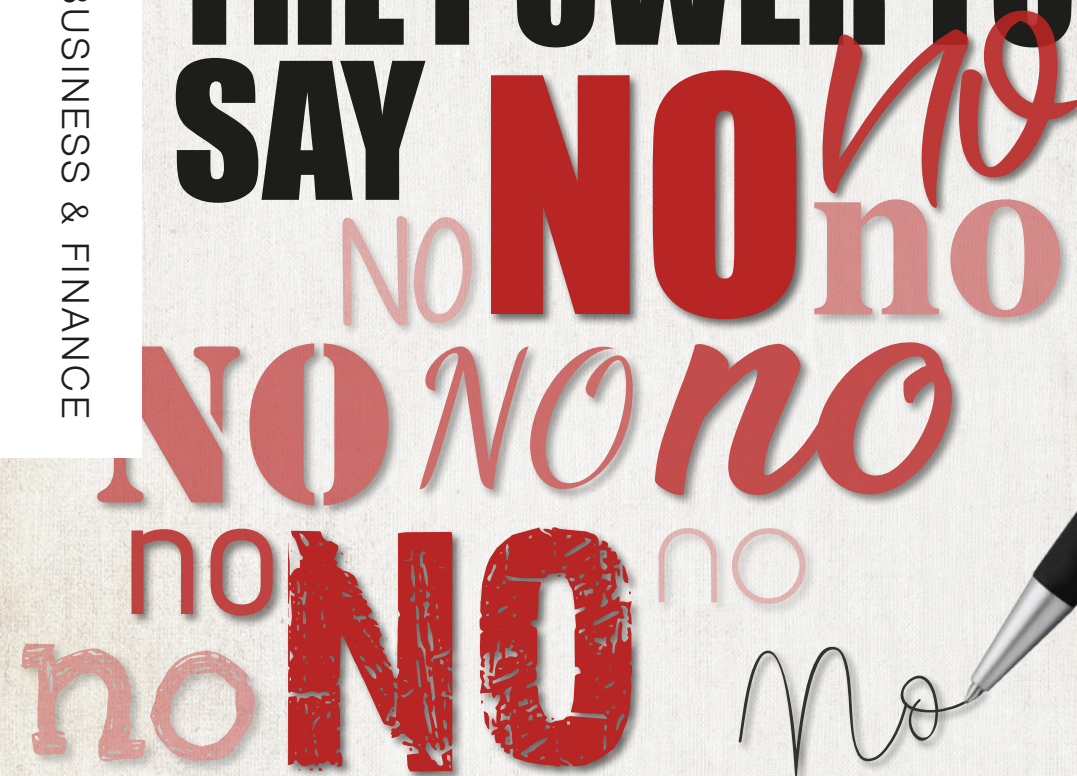
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Why do we struggle to say no?

In a nutshell, because saying yes is easier. Saying no can make us feel uncomfortable and many are worried about not appearing to be a team player. This is especially the case in today's competitive job market where many employees do not feel safe in their jobs and are constantly fearing that someone better or more committed will come along and replace them.

How can we learn to say no without feeling guilty?

This can be a little bit tricky for those who are so used to always giving in to other's demands, but the key is in prioritising your own wellbeing and quality of work. It is important to remember that your employer will predominantly be concerned with how you fulfil your

allocated tasks, rather than in how much you have helped a co-worker. And if you are overworked and stressed, both your work and your health will suffer.

What are the benefits of saying no?

- It allows you to set healthy boundaries between yourself and your colleagues.
- It prevents you from being taken advantage of by any negative people.
- If you have more time to focus on your specific tasks, it shows commitment to your role within the company.

How to make the process of saying no easier

- Offer the person an alternative solution. Perhaps suggest a way that they can achieve the task quicker themselves.
- Always say no in person rather than by email. A computerised message can come across as blunt or dismissive, whereas a face-to-face conversation allows no room for the tone to be misconstrued.

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MEGHAN MARKLE IS UNVEILED AS THE ROYAL PATRON FOR SMART WORKS

As if the Duchess of Sussex Meghan Markle isn't busy enough as it is, at the start of this year she was announced as the Royal Patron for Smart Works, a charitable initiative that aims to help women in the UK back into work.

Smart Works has been operating in six UK cities since 2013, helping back into employment thousands of women who have found themselves out of the loop in terms of work opportunities and confidence. Often this comes about because of enforced parenting breaks, but Smart Works has quickly become an inspirational force, on-hand to offer tools, resources and the encouragement to



Photo credit: Alan Fraser Images/Shutterstock.com

get back out into the workplace.

"It is very easy to get side-tracked," says Smart Works founder Juliet Hughes-Hallett. "Getting back into work isn't just a financial thing; it's something women crave as a way of restoring a sense of 'self' again."

On a practical level, Smart Works looks to help women finetune interview skills, but beyond that also provides interview clothes, advice on education and support for the various challenges of home life.

A registered charity, a third of people who go to Smart Works have already endured over



50 interview rejections, and in many ways, the directive is perfect for Meghan. A self-professed feminist, supporter of women's rights and passionate advocate for personal ambition and work ethic, the 37-year-old undertook a similar initiative back at Northwestern University in Chicago when offering prom dresses to those who couldn't afford to buy their own.

When joining the royal family, Meghan may have landed herself the most unconventional of jobs, but as this latest project proves, her compassion for these sorts of projects sees her still wonderfully rooted and connected to the person in the street.



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ALLOYS

How to protect your alloys

We've all had that sinking feeling as the car crunches down the edge of the curb. You know your precious alloys have taken a battering, and the next stop is a potentially costly repair job.

And yet, driving with greater care, whilst maintaining a protection plan for your alloys, can see them as sparkling (and unscuffed) as the day the car left the forecourt.

MAINTENANCE

- ⌚ Try to clean your wheels at least once a fortnight
- ⌚ In the winter, remove wheels and clean inside and out using a brush with soft bristles
- ⌚ Avoid using steel wool and any acid-based cleaners. They will damage the chrome
- ⌚ Remove any loose dirt and chemicals with a hose before applying wheel cleaner
- ⌚ Soap and water are your friends. You don't always need to pay for top-of-the-range wheel cleaners
- ⌚ If dirt and brake dust are proving stubborn unwelcome guests, consider a clay bar with some lubricant

DRIVING

- ⌚ Recent figures show that around two thirds of wheel damage is caused by parking
- ⌚ Never mount curbs, allowing the car to slide down into the space
- ⌚ Always aim to be at least two inches from the curb to ensure a decent margin of error for parking
- ⌚ Some tyres – the Bridgestone S02-PP, for example – have a pronounced square shoulder to protect the rim from curbing
- ⌚ Consider adjusting the passenger door mirror when parking so you can see how close your left rear wheel is to the curb
- ⌚ Mostly, don't rush parking, even if other motorists are waiting to pass. Chances are you'll never see them again, unlike those abrasions on your expensive alloys.



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WHY THE ROGER FEDERER MACHINE JUST KEEPS ON DELIVERING

In early March, Roger Federer's forehand smashed yet another milestone in a long and illustrious tennis career by picking up his milestone 100th ATP Tour title. The Dubai Tennis Championship gong made him only the second player in the open era to reach that golden century. His opponent was up and coming Greek starlet and reigning Next Gen ATP Finals champion Stefanos Tsitsipas, and it took just a break in either set to see the Swiss home 6-4, 6-4.

Federer now has only one player in front of him in the all-time winners list, American Jimmy Connors, who has 109 titles to his name. Without even factoring in the supreme talent he has had to overcome in this fiercely competitive generation of

tennis, some of the statistics that make up Federer's 100 titles are already unparalleled.

For example, two-thirds of his final wins have been by straight-sets, and he has won 20 of those tournaments without dropping a set. In addition, the 37-year-old has won four competitions without being broken on his own serve, defended a title 35 times, and played 50 different opponents across finals.

Belying age has helped Federer stay competitive and that feat is demonstrated by the fact that 68 of his final wins have been against younger players, with Spanish left-hander Rafael Nadal the man he has overcome the most (with 10 victories).

Nine of his century of championships have, maybe aptly, been in Basel, yet he can move Wimbledon up alongside his birthplace this year when he looks to add to his eight titles in SW19, including five consecutive wins from 2003 to 2007.

Federer shows no sign of slowing down, but surely the 109 of Connors is out of reach? Isn't it?

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OLE GUNNAR SOLSKJÆR AT THE WHEEL

Did it ever cross the mind of Ole Gunnar Solskjær that in taking up the offer of becoming manager at Manchester United, it could ruin his legacy as a player at Old Trafford? Almost certainly.

However, as in his playing days, the Norwegian 'baby-faced assassin' – as he was known by the United faithful – is treating this opportunity with ruthless endeavour.

Following his unbeaten Premier League run ending recently at Arsenal, it came as no surprise that the 46-year-old was announced as the permanent successor to José Mourinho.

His reputation as 'super sub' under boss Sir Alex Ferguson was never better demonstrated than in that famous European Cup final cameo during the treble-winning campaign in 1998/99 when his goal beat Bayern Munich, and he still holds the record for his four strikes from the bench in the 8-1 away demolition of Nottingham Forest in the same season.

Now, exactly two decades later, Manchester United have again called upon Solskjær to turn their fortunes around after finally cutting loose Mourinho's disastrous tenure. And the new manager's ability to get the best out of a rudderless, underperforming squad has rocketed him to recognition beyond what he received as a player.

As if setting a new club record of eight consecutive away league wins wasn't enough, Solskjær masterminded the most unlikely of comebacks against Paris Saint Germain in the Champions League. After a disastrous first match against the French champions, Marcus Rashford's 94th minute penalty at the Parc de Princes saw United become the first team in history to advance after being defeated by a two-goal margin or more in the first leg.

Can Solskjær ensure the Red Devils are back at European football's top table again next season?



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Sound Company's Easter Concert

St George's Church, Kenilworth
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April 6, 7pm

Join Sound Company at our Easter Concert, featuring Palestrina's Missa Brevis, as well as a range of other favourites.

Tickets are £7 per person (pay on the door) and the concert begins at 7pm.

Tell all your family and friends and join us for an evening of wonderful music

Eugene Ionesco's Shorts

Havering Sixth Form College, Wingletye Lane,
Hornchurch, RM11 3TB

April 10, 2pm – 4pm



Havering Sixth Form College presents Eugene Ionesco's *Shorts*.

Ionesco is the leading figure of absurdist theatre. He wrote his first play *The Bald Prima Donna* in 1950.

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Indoor meeting – Birds, Bears and Whales

Upstairs meeting room, Hornchurch Library,
44 North Street, Hornchurch, RM11 1TB

April 12, 6pm – 8.45pm

Richard Pople presents his illustrated talk, "Birds, Bears and Whales".

We travel from Vancouver to Alaska to Vancouver Island in search of black and grizzly bears and humpback whales, finding exceptional new birds and experiencing fantastic scenery including crashing glaciers.

There is a £3 entry fee per person.

Hornchurch Jazz Club

Hornchurch Conservative Club, 25 North
Street, Hornchurch, RM11 1RS

April 14, 8pm – 10.30pm

Paula Jackman blowing clarinet leads her Jazzmen.

The six-piece jazz band with the usual front line of trumpet, clarinet and trombone play their very own brand of Dixieland jazz as well as traditional jazz.

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

Members £9 and guests £10.

Charity Quiz Night

Tandoori Lounge, 185 High Street, Hornchurch,
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April 30, 7pm

It's £22.50 for a three-course seated buffet.

Also, £5 per person will be donated to charity.

For more information, call 01708 564767 or visit www.tandoorilounge.com



Liberty of Havering Outdoor Bowls Club

Open Day

99 Birch Crescent, Hornchurch, RM11 2NQ

May 4, 10am – 4pm

Our club is looking for members, especially ladies, and we invite you to come and have a go at our Open Day.

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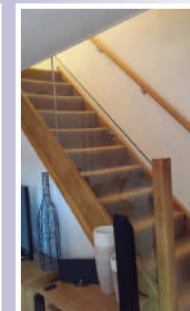
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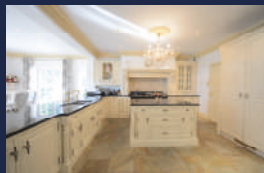
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