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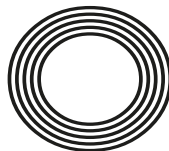
Top tips from the clean queen

MARGARET THATCHER

40 years since entering N° 10

Prince CHARLES

The Royal winning public support



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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Hornchurch.
I'm writing this just a few hours after witnessing one of the greatest sporting comebacks of all time. Tiger Woods winning his 15th major golf title

11 years after his last.
Woods' story shows what can be achieved with hard work, resilience and the support of the right people.
The life lessons that have come out of Tiger's comeback are profound and I'm feeling fired up just writing this. I'll be taking that feeling of enthusiasm, belief and a willingness to work as we grow the **VISION** publications into even more parts of Essex this year. Did you know this month we launched another two **VISION** titles in the Essex area? That's six in total to 40,000 homes EVERY month.
Our continued success is down to our readers and advertisers. We cannot thank you enough for this support.

In just the same way Woods was spurred on by his legions of fans I am driven and loving what I do by you, the readers and our army of local advertisers.

VISION is your magazine for your town.
I hope you all enjoy the May 2019 edition of **VISION**Hornchurch.

Brett



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THATCHER'S BIG ENTRANCE

40 years on

MAY 4 MARKS 40 YEARS SINCE MARGARET THATCHER BECAME THE UK'S FIRST FEMALE PRIME MINISTER.

While the current disillusionment over the role of politics in our lives requires little debate, at least we are united in what has become a mutual collective sigh of discontent.

In the past, we didn't even have that, notably when the incoming Conservative government of 1979 left a nation severely divided.

The context of Margaret Thatcher's promotion to Prime Minister is vital in the sense of understanding her actions and bullish approach thereafter.

It's fair to say the UK had been in economic and social turmoil for quite some time leading up to the infamous Winter of Discontent strikes across late 1978 and early 1979. In the years before, the country's economy had been so weak that Labour's Foreign Secretary James Callaghan warned his fellow Cabinet members of a complete breakdown in democracy, brazenly stating "If I were a young man, I would emigrate".

Despite the green shoots of recovery forming, the Conservatives won a 44-seat majority at the 1979 General Election, and in the process Margaret Thatcher became the country's first female Prime Minister.

When arriving at Downing Street for the first time as Prime Minister on May 4, 1979, Thatcher paraphrased the misattributed Prayer of Saint Francis, in saying: "Where there is discord, may we bring harmony; Where there is error, may we bring truth; Where there is doubt, may we bring faith; And where there is despair, may we bring hope."

Whether she and Thatcherism succeeded in those goals really depends what side of the political divide you sit, but what can certainly be said without any conjecture is British politics, and British life, would never be the same again.

While the Iron Lady's devastating tourniquet-like grip on the economics of government was designed to ease high levels of unemployment, one of her greater legacies turned out to be deregulation. She saw private ownership making labour markets more flexible, whilst at the same time diminishing the power of the trade unions.

And while recession in the early 80s saw her popularity wane, victory in the Falklands Conflict lifted the mood, and subsequent election victories in 1983 and 1987 saw the country begin to emerge as one of the world's service and financial sector giants.

But there was always a cost, and few forgave Thatcher for the way she cut a swathe through the manufacturing and mining industries, destroying not just job prospects but entire communities.

And it was one controversial economic policy too far – the Poll Tax – that eventually saw the Grantham girl hoisted by her own petard. After being ousted as leader in 1990, she quit the House of Commons entirely in 1992, accepting a life peerage as Baroness Thatcher.

Thatcher died of a stroke in 2013, aged 87, and while she left behind mixed feelings amongst the electorate, it remains important to mark the 40th anniversary of her entering Downing Street.

At the time a landmark event for women in politics, Thatcher drove a stake through a male-driven institution that reflected its staid values on an entire nation; and it's fair to say the promotion of strong women thereafter came through in all sectors, all avenues, and all corners of everyday life.

Photo credit: David Fowler/Shutterstock.com



Fuelling the fires *of restoration*

Photo credit: Thierry MALLET/SIPA/Shutterstock

Why the fire at Notre-Dame means this iconic building will return even more significant than before.

When fire ripped through Notre-Dame Cathedral on the night of Monday, April 15, it not only threatened to destroy a structure that had stood for 850 years, but tried to take with it into the Paris sky some of the most treasured artefacts and relics from an iconic city's incredible past.

That fire crews were able to limit damage at the 13th century building to just the central cathedral and spire is a miracle in itself, and as folk all around the world woke to the news that the rebuilding process was already several hundred million euros in – thanks to pledges from those of all backgrounds – people could begin to come to terms with what was yet another devastating night for a city that has endured so much in recent times.

The trouble with Notre-Dame is it represents so many different things to so many different people. For the fiercely religious it is a spiritual place of

worship, for others a symbol of historical excellence, while those passionate about architecture or just French culture will all lay claim to it.

Yet as one reporter said, events such as these are what make cathedrals, castles, buildings, boats and more, living, evolving objects. They are constantly on the move, constantly living in the present, not in history, and have enveloped and endured life around them since the day they were made.

From a similar fire at Windsor Castle in 1992 – which led to a £40million, five-year repair process – to seeing the Cutty Sark reduced to a mass of smouldering cinders in 2007, we are in an era where sympathetic restoration can actually not just repair, but breathe new life into these behemoths of culture.

As the French President Emmanuel Macron said, "She will return more beautiful than ever" – and with yet another story to tell.

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FREEZE FACTOR

Demi Moore swears by this extreme beauty treatment for keeping her looking youthful. But what exactly does it entail?

WHAT IS CRYOTHERAPY?

Cryotherapy is a technique that involves exposing the body to extremely cold temperatures for several minutes. Whole body cryotherapy is particularly popular and uses liquid nitrogen to plunge your body into -200 degree temperatures.

WHAT ARE THE BENEFITS?

- Increases your metabolism aiding weight loss

The extreme lowering of your body temperature causes your body to work harder to keep warm. Therefore, your metabolism is raised and you burn more calories. In fact, a single full body cryotherapy session can burn up to 800 calories.

- Boosts circulation and stimulates collagen production

The sudden cool temperature on your skin's surface results in your body boosting its natural healing and rejuvenation processes resulting in increased circulation and collagen production; both of which help you achieve firmer, younger-looking skin.

- It's anti-inflammatory

If you suffer from an inflammatory condition such as arthritis or fibromyalgia, cryotherapy can help by improving your body's natural healing mechanisms.

- Reduce chronic pain and muscle spasms.

As with a cold compress, cold therapy helps to increase your pain thresholds and in turn, reduce pain. It also reduces the sensitivity of your muscles.

- Can help reduce the feelings of depression and anxiety

The incredibly cold air used in the treatment floods the body with feel-good chemicals such as endorphins which helps improve your mood and energy levels.

IS IT DANGEROUS?

No, this treatment is completely safe as long as it is carried out by a trained medical professional. It is likely to be unpleasant the first time you try it as your body gets used to the cold temperatures.

It is important that whole body cryotherapy is never undertaken for more than 5 minutes as your body will then start to shut down.

...cryotherapy



BEAUTY





Splurge or Save... ON SKINCARE ESSENTIALS

We love trying a new skincare product as much as the next person but surely it shouldn't cost so much to look and feel good about ourselves? So when should we splurge and when should we try and save some of our pennies?

Splurge on Serum

Serums contain lots of highly concentrated ingredients that target different skin problems such as fine lines, wrinkles and redness. Unfortunately, these ingredients do not come cheap. Spend more now and save your skin in the long term.

Splurge on Moisturiser

Probably one of your most used skincare products, moisturiser stays on your face all day, so you should choose a good one. Cheaper versions can contain poorer quality ingredients such as alcohol, mineral oil and synthetic fragrances which can all aggravate your skin.

Splurge on Exfoliator

A budget exfoliator runs the risk of breaking or irritating your skin, especially if it is sensitive or hypoallergenic. Instead invest in a higher quality brand that is known for being gentle to your face.



SAVE ON CLEANSER

Cleansing is very important and should be done twice a day to clear your face of make-up, dirt and impurities. However, your cleanser does not need to be expensive. Choose a budget-friendly brand that is gentle on your skin.

SAVE ON TONER

Similar to cleanser, using a toner as part of your daily routine is definitely beneficial but as it spends very little time on your skin, a cheaper version is fine to use. Try and find one that also has hydrating properties if you suffer from dry skin.

SAVE ON FACE MASKS

Most masks contain very similar ingredients but can vary massively in price; opt for a cheaper version but one that is suited to your skin type. Clay ones are good for oily skin whereas aloe vera is beneficial to dry skin types.



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MONOCHROME

mayhem

Where do we even start with the beauty of the monochromatic trend? It's versatile, chic and is probably the easiest way to appear both taller and thinner. And who doesn't want that?

WHAT IS MONOCHROMATIC DRESSING?

Monochromatic dressing means wearing separate items but all in the same colour. It often refers to black and white ensembles but can also refer to other neutrals and even bold colours such as blue, red or yellow.

WHAT ARE THE BENEFITS OF THIS TREND?

Well to start it makes outfit planning so much easier. No worries about clashing colours or prints; just choose one colour that you love and that suits your colouring and you're away. Picking the right colours ahead of the summer season is so much less complicated than choosing the latest styles which may or may not compliment your shape.

HOW TO WEAR THIS TREND

It is very simple. All you have to do is pick your colour

and then make sure that your key wardrobe pieces are in the exact same shade. Accessories must be in the same colour but can be a different shade to your actual outfit. To stop your look from appearing boring, try embracing different textures.

KEY COLOURS FOR THIS SUMMER

Head-to-toe monochromatic neutrals are set to be massive this season; look out for smart tailored trousers, a loose-fitting shirt and a matching trench coat for a cool office vibe that can easily be worn late into the night.

Navy is also a great colour for summer as it looks great against tanned skin. For a sporty look, why not team a sleeveless cropped shirt with matching wide legged trousers.

And of course, you can't go wrong with the classic and super chic black and white combo.



Photo credit: ASOS



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TRAVEL

A CENTURY *in the air*



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BRITISH AIRWAYS CELEBRATES ITS 100TH BIRTHDAY THIS YEAR

It may not have started life with the most glamorous of titles, but as the British Overseas Airways Corporation (BOAC) celebrates 100 years in the air in 2019 we should all look to the skies and be proud of this incredible airborne institution.

Celebrations are already well underway - in February, BA gave a graceful retro makeover to one of its Boeing 747s by painting on it some classic 1970s livery. And as current chairman and CEO Alex Cruz confirmed, that iconic model will continue to be at the heart of events marking the brand's contribution to the aviation industry.

"Since reaching out in looking to mark this special year, we have received countless messages from our customers right across the world who have shared their memories of BA, and the various liveries come up in conversation more than perhaps anything else," said Cruz. "That made it all the more exciting when we re-introduced the classic BOAC design.

"Beyond that, of course, who we are and how we operate has been shaped hugely by our history, and

how we move forward is now vitally important in what is a rapidly changing industry."

British Airways was so-named in 1974, but it was on August 25th 1919 when minor airline Aircraft Transport and Travel (AT&T) (a forerunner to BA) launched the world's first scheduled passenger flight from London to Paris.

AT&T went through various difference mergers and guises before it finally landed as BA, and its humble beginnings are perhaps more in line with the cost-aware conditions that confront operators in the current market.

Celebrations of this landmark year are set to continue throughout 2019 - check out the current TV advert that embraces some of Britain's best-loved personalities (and, no doubt, their bountiful collections of air miles).



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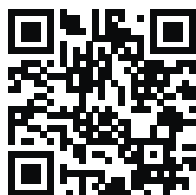


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HATTINGLEY VALLEY CLASSIC RESERVE

Situated in Hampshire, Hattingley Valley family-run vineyard is eco-friendly and uses the traditional method of oak barrels to ferment a small proportion of their wines each year as well as using stainless steel tanks.

This particular sparkling wine is pale gold in colour and has notes of baked apple, creamy nougat and brioche as well as subtle hints of fresh red fruit.

A definite celebratory drink. No food needed.

EXTON PARK BRUT RESERVE NV

Made in another Hampshire vineyard, this elegant sparkling wine is made from a combination of Pinot Noir and Chardonnay wines and has noticeable white pepper notes.

Serve with either salmon or white meat such as chicken or turkey.

CHAPEL DOWN THREE GRACES BRUT

This complex wine comes from the well-known Chapel Down vineyard and was the sparkling wine served at the Duke and Duchess of Cambridge's wedding. It is a very well-rounded wine that is lively and bubbly on the tongue.

A blend of Chardonnay, Pinot Noir and Pinot Meunier, this wine is ideal for pairing with grilled fish or a risotto.

RIDGEVIEW BLOOMSBURY 2014

Favoured by Her Majesty the Queen herself, this light sparkling wine has vibrant, citrus aromas combined with a hint of honey and melon.

Perfect served as an aperitif or with a simple seafood or light pasta dish.



FOOD & DRINK



10 VEGAN FOODS

that pack a protein punch

Veganism has been steadily increasing in popularity over the last few years with an estimated 540,000 vegans in the UK.

But can you follow this diet and still get your recommended daily protein intake?

1. TOFU: This plant-based protein contains 22 grams of protein per half cup and can be added to stir-fries and salads.

2. BEANS: Beans are packed with fibre and offer 21 grams of protein per cooked cup. They are filling and help aid muscle growth.

3. PUMPKIN SEEDS: Pumpkin seeds contain 12 grams of protein per cup and also contain lots of bowel-friendly fibre. They can be enjoyed roasted as a handy snack or sprinkled over salads, soups and curries.

4. CHICKPEAS: With 9 grams of protein per $\frac{3}{4}$ cup, these versatile sources of protein are especially yummy when roasted with your preferred spices.

5. EDAMAME: Popular with sushi lovers, edamame beans are an excellent source of

protein with one cup containing 17 grams. They can be added to salads, pasta, soups or eaten as a tasty snack.

6. LENTILS: Not only are lentils extremely budget friendly, they offer 18 grams of protein per cooked cup. Lentils are great at bulking out meals or as an alternative to mince in dishes like spaghetti Bolognese and shepherds pie.

7. OATS: A popular breakfast staple, oats offer 6 grams of protein per $\frac{1}{2}$ cup.

8. POTATOES: Who doesn't love a chip? One large baked potato contains roughly 8 grams of protein.

9. BROCCOLI: Providing 2.6 grams of protein per one cup serving of raw broccoli, this is not the highest plant-based protein offering available, but it does contain all the essential amino acids.

10. QUINOA: The quinoa seed contains 8 grams of protein per cup and is considered a complete protein.



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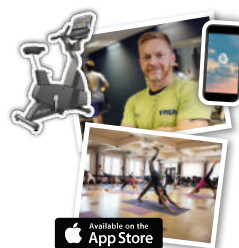
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HEALTH & FITNESS

Did you know that May is National Walking Month? So, what better time to put your best foot forward and reap the benefits, both physical and mental, of a daily brisk walk.

1. Helps maintain a healthy heart

If you work in a sedentary job or have a fairly sedentary lifestyle in general, a daily walk can work wonders on reducing your risk of both heart and cardiovascular disease.

2. Aids weight loss

Wanting to shift a few pounds without pounding away on the treadmill? Simply start getting off the bus a few stops early or walking to the local shops rather than driving. Even small changes can make a noticeable difference.

3. It can actually make you smarter

Really? Yes, the simple act of going for a daily walk can actually make you more intelligent. This is because walking helps to supply more oxygen and glucose to the brain which in turn, helps it to perform better.

4. Reduces your stress levels

Walking helps to improve your circulation which means your cells are provided with more nutrients and oxygen. It also decreases the amount of cortisol, the stress hormone, that is produced.

5. Improves your mood and your memory

Physical activity, especially in the open air, is known to help prevent depression, plus you will get a much-needed injection of vitamin D. And specifically, for older people, a daily walk can help improve their memory and even help prevent dementia.

6. Helps to maintain a healthy digestive system

Although you may not feel like it, a quick walk after a meal is actually a really good idea. Not only can it help keep your weight down, but it also helps support your digestive system, meaning you are less likely to suffer from bloating, constipation or diarrhoea.





How to go ALCOHOL FREE for a whole year



VISION spoke with freelance journalist Jerry Lyons following his attempt to go alcohol free for a year. Here's his account of what happened...

April 2, 2019 was a special day in my life. It marked 365 days since I've had a drink of alcohol. Which, given I was a big social drinker for 30 years prior to my year of abstinence, was a huge achievement for me.

To me it was the equivalent of climbing Ben Nevis in the winter wearing flip-flops and while battling man-flu.

But here's five tips on how I went alcohol-free (AF):

CHALLENGE – I set the 365 challenge with the help of an organisation called One Year No Beer (no wine, no spirits either) which helps people embarking on the booze-free challenge.

ENTHUSIASM – I attacked the first 60 days of abstinence with enthusiasm. I listened to dozens of podcasts about health and living alcohol-free. I

also read a great book by a writer called Catherine Gray - *The Unexpected Joy of Being Sober*.

SWAPPING BUZZES – I swapped Friday night beers for going to the gym. The endorphin high from a good workout or gym class is unbeatable for me and there is no hangover.

REWARD – Another big help was something I thought was ridiculous before going AF. Alcohol-free beers. I'd always considered alcohol-free beers as pointless. A bit like going into a barber's but not getting your haircut. However, the AF alternatives seem to have the same trigger for the sense that you're rewarding yourself.

SUPPORT – I used the One Year No Beer Facebook group to lean on in the first 90 days. After that I had the best support anyone could ask for – my partner who, seeing the benefits being booze free brought me, decided to take on the challenge herself.

I've never felt lighter, brighter and clearer so I'm going to keep the dry run going for as long as possible and I'll raise a glass of cold (alcohol-free) beer to that.

Cheers



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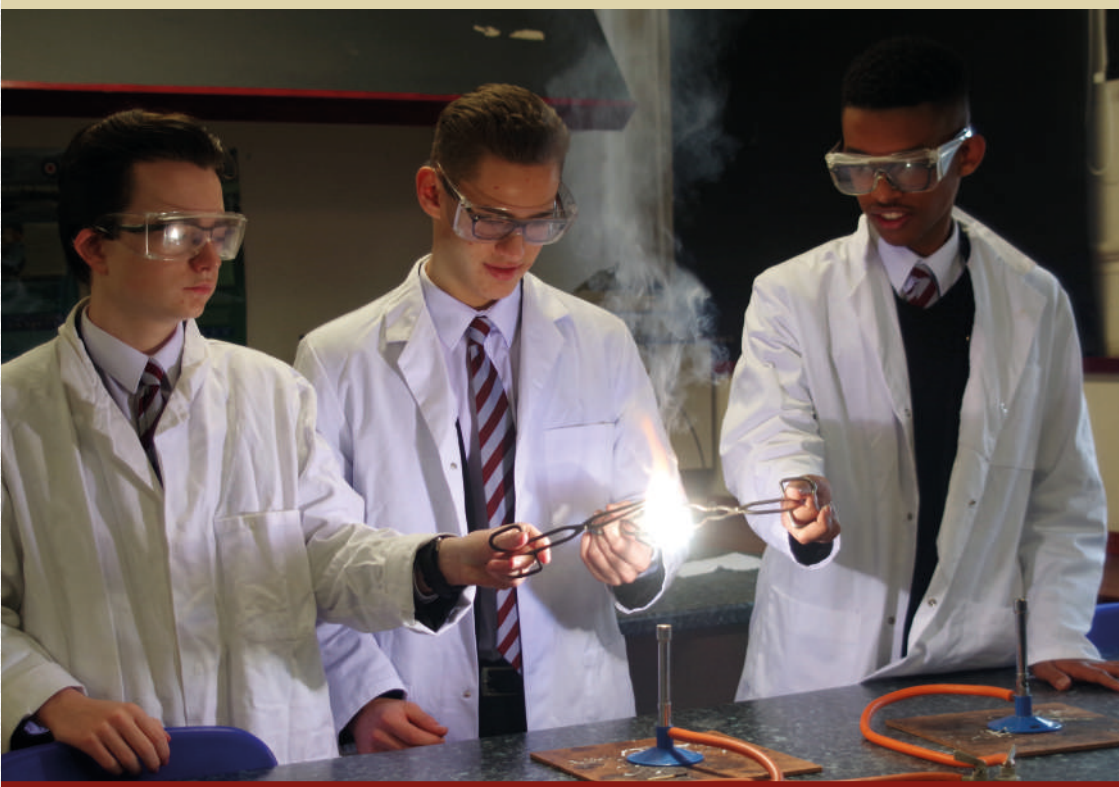


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Top tips to ace your exams

Exam season is almost here and while some already have their heads in their revision books, others find it difficult to find the motivation to revise. Dr Lisette Johnston, head of school at ScreenSpace, gives her top tips for effective revision.

1. Make fact or note cards

Check out Quizlet.com, you have to register but it's an amazing free resource, that's really easy to use

2. Draw mind maps

Do this after each chunk of intense study, write down what you can remember then revisit your notes, see what you missed and write those bits down in a different colour.

3. Highlight notes

Highlighting one key point or fact for each topic area can effectively breakdown the volume of information you need to remember. Sometimes colour can help text 'stick'.

4. Make lists

Find the exam board's specification (this lists what you need to know), break down those topics into smaller topics, order them into priority of what you need to learn and revise from there. Breaking it down into these smaller sections makes the task seem more manageable and less overwhelming.

5. Write essay plans

Look at the question, break it down into chunks and then plan each section to include point, evidence, explanation (PEE) and make sure to include a conclusion and be evaluative throughout.

6. Answer past questions

Try to self-mark and get a someone else to mark your work too - this helps you learn as you go, and also ensures that you are being realistic with your marking - you need to know that you're not being too harsh or too generous.

It's important to not work hours without a break, or memory and recall become less and less effective. Plan your sessions of up to one hour and take a short break in between. Keep yourself interested by changing topics and make the time spent revising really count.

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PETS

A dog isn't just for Christmas... and nor is a terrapin for that matter, but did you know you're perfectly entitled to keep both in your home.

We're a nation of pet-lovers, but as with any bunch of fanatics, there are always some who like to take things a step further. In fact, when compiling a list of the pets you're legally permitted to keep at home, it might-just-be quicker to state those you aren't allowed on private land.

Here's a selection of unusual pets ready to move in to your abode:



TERRAPIN

As daring pets go, not many people venture beyond first base – a terrapin. A snapping, biting version of the turtle, these little creatures can be a curious addition as long as you've a decent-sized tank... that's because they can grow to up to nine inches long!

SIDEWINDER SNAKE

The sidewinder gets its name from the side to side motion it moves in, and while keeping these desert snakes at home is nothing new, this particular reptile is highly venomous. There are currently over 300 living with owners in the UK.



EMU

Surprisingly, the emu isn't on the Dangerous Wild Animals list so doesn't even require a licence, but you will need at least an acre of space, some woodland, and some protection from the inevitable pecking!



WILD CATS

A number of wild cats have found their way to the UK, and pending all the regular checks you'd expect, have been allowed to stay here. Space is a obviously prerequisite with various species that must be well fenced-in and unable to roam freely.

WILD BOAR

Finally, if you've got land, a pest problem and some pretty decent fencing, why not invest in some wild boar. Presently over 2,000 have made the UK their home

It seems where it comes to enjoying the comfort of furry, slimy or skeletal creatures, anything goes... and go they will if you don't keep cages and fences properly maintained.



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Grow your own TOMATOES

Last year's British Tomato Week was so successful that this year the British Tomato Growers Association has announced that they will be paying tribute to the tasty tomato for a whole fortnight! And it couldn't have happened to a nicer fruit. And yes, a tomato is technically a fruit.

ARE TOMATOES EASY TO GROW?

Yes, they are, mainly due to the fact that they are suitable for any garden size as they can be grown in containers or hanging baskets. All that they really need is lots of sun.

For beginners, we recommend buying a starter plant from your local gardening centre.

WHEN SHOULD TOMATOES BE PLANTED?

If you are growing your plants from seeds, then it is advised that you sow your seeds either indoors or in a greenhouse six to eight weeks before the last frost date.

HOW SHOULD I SOW TOMATO SEEDS?

Sprinkle the seed thinly onto a high quality seed compost within a small pot and then cover with around 1.5mm of the compost. Once two leaves have appeared, you can move the seedlings into bigger pots and once flowers have appeared you should transfer each plant into a grow bag or larger pot (roughly 23cm).

WHAT VARIETY OF TOMATO SHOULD I CHOOSE?

Gardener's Delight: A small, sweet variety that likes grow bags or pots.

Tumbler: Best for growing in hanging baskets.

Ferline: A beefsteak tomato that is resistant to tomato plight. Grow in bags or pots.

Sweet Million AGM: Cherry-sized, sweet tomatoes that are perfect for kids to grow and pick.

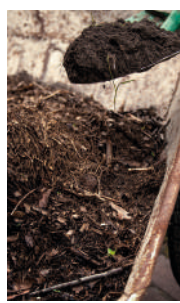
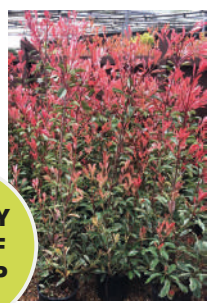
Fun fact: If all British tomato plants were lined up, they would wrap around the equator eight times.



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ANIMAL & INSECT FRIENDLY



Want to turn your garden into a bona fide wildlife wonderland? Here are some tips and tricks on attracting a wide variety of animals and insects to your green space...

Although it may seem an odd concept, the best way to attract animals to your garden is to leave it a little untamed. When you leave part of your garden untouched, with good access to other gardens or wild spaces, you are creating a safe area for wildlife away from human influences.

By inviting the littlest of critters into your garden, you then create an entire mini-ecosystem. For example, an undisturbed pile of logs makes an excellent hideaway for an incredible number of insects which, in turn, can attract birds and mammals.

But if you are more of an orderly gardener than an untouched space curator, here are some things to keep in mind if you want to end up with a green space positively brimming with animal and insect life:

- ✦ Trees not only give birds somewhere to nest but can provide fruit for foxes, badgers and even deer

- ✦ Hedgerows, such as holly, provide essential cover and corridors that join up green spaces for small mammals

- ✦ A range of shrubs that flower at different times will improve the diversity of visitors to your garden

- ✦ Longer grass is essential for egg-laying insects such as butterflies, so leave a bit of lawn untrimmed to give these birthing bugs shelter

- ✦ Taller flowers will attract flying friends from bees to dragonflies

- ✦ Night-scented plants such as buddleia and evening primrose are great for moths which in turn are a feast for bats

- ✦ Wall-climbers can provide links between gardens for pollinators

- ✦ Don't forget your water feature – ponds are essential for amphibians and offer a bath and beverage for birds

- ✦ Choose your own compost over peat – compost heaps are a warm home to reptiles as well as a great source of nutrients for your garden.

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HOME & DIY

Simple, stunning and easy to achieve, industrial-inspired interiors are a fantastic way to modernise a space in a unique and impressive way.

Old factories and warehouses are rarely associated with style and glamour, but as the industrial-style trend proves, decor inspired by these buildings can be both timeless and effortlessly modern. The combination of exposed brickwork, oversized metal light fittings and elements of natural wood create the kind of space that is open, but also warm and welcoming.

This is often thanks to the open plan design, a look that comes from the presence of trendy lofts and characterful workshops in cities that have been converted to homes. But you don't have to live in an old shoe factory to achieve this look, as adding just a few elements can really transform a space, large or small.

So how do you achieve industrial style in your home? Firstly consider your colour palette, which ought to be neutral. Not white, but more of an earthy,

natural colour scheme with plenty of browns, tans and greys. If you're lucky enough to have exposed brickwork, make this the centrepiece.

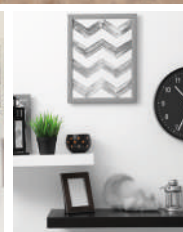
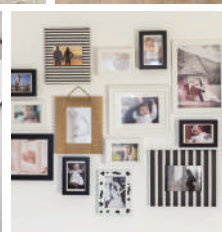
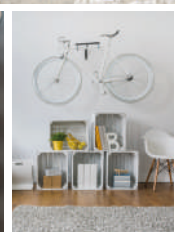
When selecting furniture, go for raw materials, the more rugged the better. A large dining table for example, made from reclaimed wood; armchairs upholstered in buttery tanned leather; stainless steel cabinets and antique hanging lighting features with Edison bulbs that bathe the space in a warm, golden glow.

Those who have money to burn can buy expensive reproductions of vintage pieces, but anyone wanting to create something that is truly unique must be prepared for the treasure hunt, because the industrial style by its very name requires pieces to have history and a certain amount of wear and tear.

So no, you don't need to actually live in an old factory to obtain this look, but were you to chance upon some chairs or light fittings recently expelled from one, they would be a valuable contribution to your aesthetic.



Decorate...



to your taste

If you find yourself at home on a Friday night staring at the four walls, there are one of two things happening. One - you're bored out of your mind; two - you've already embraced some of the brilliant design ideas below.

Whether you're decorating the smallest of spaces, or perhaps a room akin to *Downton Abbey*, getting your walls working with your surroundings is imperative for an inspirational home. Here are seven sumptuous design dalliances:

One: ART

Either hung from the wall or propped against it, art is a great method for matching wall colours to that of furniture. A single-piece painting or perhaps collection of record covers can immediately give a room personality and a theme, and at low cost.

Two: SIMPLE SHELVES

Practical and decorative, shelves can be thick, thin, bracketed or suspended, but they add interest and busyness to a space that needs livening up.

Three: YOU'VE BEEN FRAMED

A collection of different picture styles in a variety of

frames can speak so many moods and really create a mixed identity to a wall. Never dull, it offers small stories within one main visual.

Four: STRING IT UP

Hanging string or suspending plants across a wall can draw the eye from one side to the other, with the gentle sag of material taking away what can sometimes be stark, sharp angles, particularly in new-builds.

Five: EFFORTLESS ENTERTAINMENT

Go ultra-modern with your ultimate entertainment wall, housing widescreen telly, gadgets, computer console screens, LED signs and anything else that screams 'tech'.

Six: MIRROR MIRROR

If you're lacking surface area, a mirror is the best cheat going for reflecting, adding to and intimating space and light.

Seven: ASTOUNDING STORAGE

If you're really clever you can make a design feature out of storage – suspend a bike, create a hat montage or show off your shoes!

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HOME & DIY

DIFFERENT WAYS *to use a ladder* IN THE HOME

Think that a ladder is just for accessing hard to reach places? Think again. This essential DIY tool can be used in so many inventive ways; from storage to decoration to a kid's climbing wall. The possibilities are endless.

HANGING BLANKET STORAGE

You can never have enough blankets, but they certainly take up a lot of space underneath the bed. The solution? Use a leaning ladder as a vertical blanket storage unit. Simply strip and varnish your ladder or paint in your desired colour and attach to the wall.

Trendy outdoor bar display

It can be tricky to find space to put out all the drinks when you have a few friends over for a BBQ, but this handy ladder drinks display unit is the ideal solution. All you need is a ladder and a few wooden boards placed across the rungs and hey presto.

QUIRKY BOOK SHELF

If you are an avid reader but have minimal space, then a ladder book shelf is the ideal invention for you. All you need to do is mount your ladder horizontally on a spare wall, high enough to avoid appearing cluttered but not so high that you cannot reach your treasured books and job done.

Child's climbing wall

We don't know many children who would object to having a climbing wall in their bedrooms so why not make their day and save yourself a few pennies by creating one with just a basic ladder. And if you have another spare, why not create some indoor monkey bars too?

UPLIFTING LIGHT FIXTURE

For a rustic ceiling light fixture that would work perfectly in a country-style kitchen, hang a ladder from the ceiling and attach as many bulb string lights as you wish.



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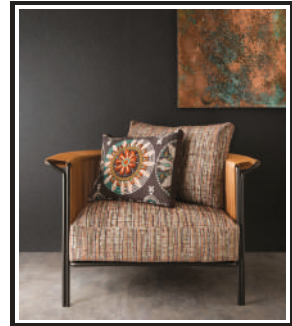
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Mrs Hinch
HINCH YOURSELF HAPPY
All the Best Cleaning Tips to Shine Your Sink and Soothe Your Soul

Hinchhikers

GUIDE TO SANITY

She's got over two million followers, has just released a book which became the second fastest-selling title ever on the Bookseller's non-fiction chart, and even made a guest appearance on *This Morning*, so what is it that makes Mrs Hinch so popular? Quite simply, she makes cleaning a cinch.

Anyone who has ever stared hopelessly down a filthy toilet bowl or spent hours trying to successfully restore limescale-encrusted taps back to their former shine, can appreciate that any hack is gratefully received when it comes to the thankless task of cleaning.

That's why even the most begrudging scrubber can enjoy the daily tips, tales and musings of Instagram's hottest 'cleanfluencer' Mrs Hinch – AKA former hairdresser and Essex housewife Sophie Hinchliffe.

The 28-year-old social media star openly admits that cleaning provides a positive outlet for her various anxiety issues, revealing that a thorough scrubbing session can even ward off an impending panic attack.

This notion that a clean house can help create a clean mind is not a new one, but her fuss-free and fun approach – Mrs Hinch even names her favourite cleaning tools: Pinkie the sponge, Dave the fluffy duster – makes the experience enjoyable. And anyone feeling overwhelmed by housework might find her debut book, *Mrs Hinch – Hinch Yourself Happy*, just the ticket for creating calm in a chaotic home.

And following her Christmas Day announcement that she and husband Jamie are expecting their first child, exhausted mums everywhere will be excitedly anticipating tips on how to 'Hinch' their way through motherhood.

Mrs Hinch's top tips:

- > Rid yourself of plughole smells by pouring in soda crystals, followed by white vinegar spray, neat disinfectant and a kettle of boiling water.
- > Make mattress stains disappear by sprinkling on bicarbonate of soda which can be hoovered off once dry.
- > Use tumble dryer sheets to remove dust from blinds - the anti-static sheet attracts dust.
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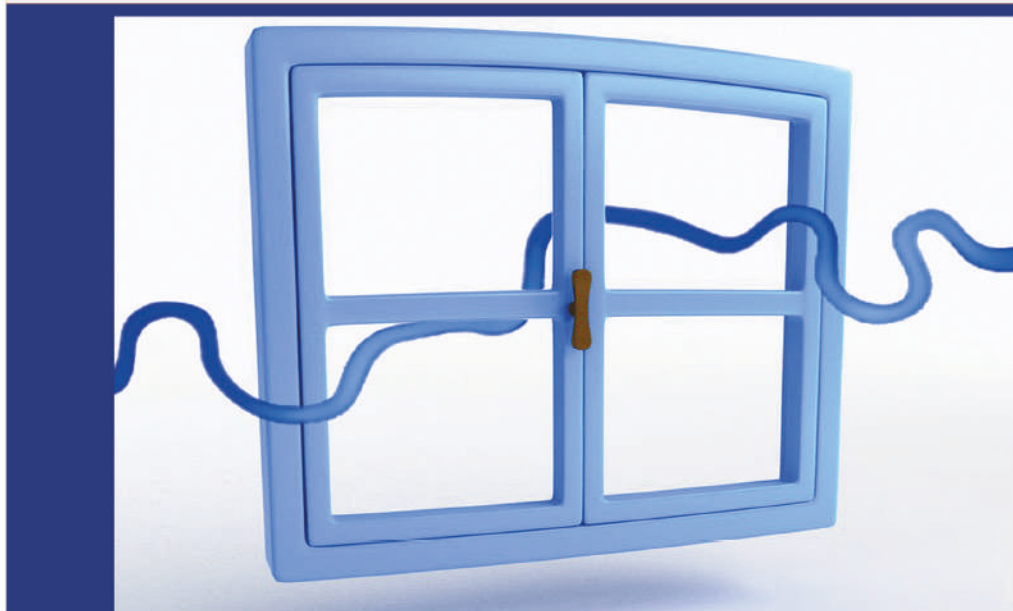
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A Prince *for the people*

If ever there was someone on the inside perfectly placed to lead forward the Royal Family's often haphazard PR machine, it's surely Prince Charles.

As celebrations begin to mark 50 years since the Prince of Wales was given his investiture at Caernarfon Castle in 1969, we have to sit back and admire the strength, resilience and patience of a character who has spent a lifetime winning round public opinion.

Of course, much of that negative feeling stemmed from his apparent treatment of Princess Diana – a failed marriage and ensuing feud that ripped apart the Royals, with Camilla waiting in the wings. And upon Diana's tragic death in Paris in 1996, it was supposed Charles would never again win the hearts of the nation.

But his dedication to sons William and Harry, a passion for the environment and art, plus a head for business and entrepreneurial spirit have seen a positive perception restored. Certainly, where The Prince's Trust is concerned, Charles has sparked tremendous belief and potential in the next generation of commercial minds. An organisation he founded way back in 1976, its support for vulnerable and needy 11- to 30-year-olds makes it our greatest ever force for championing people, and is a project that remains very close to Charles' heart, all these years on.

While the Royals held their own 50th anniversary celebration for Charles at Buckingham Palace in a gathering on March 5, a separate bash is set to take place on July 19, to mark the exact date. Back then, Charles was Duke of Cornwall,

Duke of Rothesay, Earl of Carrick, Baron of Renfrew, Lord of the Isles and Prince and Great Steward of Scotland, and actually assumed the title he craved on July 26 1958, but it would be almost another year before his investiture.

He served in the Royal Air Force and Royal Navy and in his youth was linked to a number of women, at one point pursuing 16-year-old Amanda Knatchbull, who four years later he proposed to, only to have his offer rebuffed.

Marrying Lady Diana Spencer in 1977 was set to present the flagging royals with a fairytale marriage, but the couple's incompatibility and near 13-year age difference were perennial issues, and many thought Camilla Parker Bowles was more suited to Charles, and so it proved when the pair married in 2005.

Charles has certainly worked hard to repair the damage of some turbulent years, both in his philanthropic work and in an awareness that, for the royal family to survive, they would need to modernise. A hard worker, Charles – who has voluntarily paid tax since 1993 – carries out hundreds of official engagements every year as a light-hearted, jovial and humorous exemplar that many around him would do well to mirror.

Mostly though, Charles may well be regarded as the prince who has now waited half a century to assume the greatest title of them all – King of England. Some wonder if he will ever get his chance, and when he does, how long will he be sat on the throne?

What is certain is when he does make that final step, it will be as a result of a lifetime of admirable service to his country.

50 years for Charles – the patience of a saint or the poise of a Prince?



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Photo credit: Lucy Wildheart Professional Boxer Facebook

Boxer "tactically spot on" to claim first professional title

A boxer based in Hornchurch is an international champion after beating a French fighter to claim the IBO intercontinental lightweight title.

Lucy Wildheart saw off Anissa Benyoub from Toulouse in a gruelling 10-round contest at Bracknell Leisure Centre.

Lucy, who is originally from Sweden, is trained in Hornchurch by former boxer Colin Lynes who described Lucy's success as "tactically spot on" after she battled through some tough early rounds before gradually taking control.

The early rounds were evenly matched as Lucy followed her trainer's advice to nullify Benyoub's attack before taking control of the contest from round four onwards.

After 10 rounds, two of the judges awarded the match in Lucy's favour whilst a French judge went with his compatriot to award the bout to Benyoub. However, it wasn't enough and Lucy was crowned

IBO intercontinental lightweight champion.

It means the Hornchurch fighter now has five wins from as many fights and claimed her first as a professional.

Speaking to Grassroots Boxing after the fight, trainer Colin Lynes said: "It was tactically spot on."

"It was important Lucy didn't get carried away early on and gradually took over."

"For the neutral it was a very entertaining fight, very tactical and our homework on the French girl paid off."

"Lucy deservedly won although I'm not surprised the French judge backed someone from their own country. Lucy was clearly the winner."

Overjoyed after the fight, Lucy was quick to thank her fans for their support.

On Twitter she said: "I want to thank you all for your wonderful comments and kind words you have been sending me. It truly warms my heart and fuels me with good energy."

Woman found guilty of killing man 150 metres from his work

A woman has been found guilty of killing a cyclist after her 4x4 rammed his bike into the kerb on a busy Hornchurch road.

Joan Martino, 71, hit 58-year-old Christopher Holt in her blue Toyota Rav 4 on the busy Rainham Road, in Hornchurch, during the morning rush hour on May 11, 2016.

Mr Holt, who was wearing a high-vis jacket, survived the initial collision with severe injuries, but died four days later in hospital from a blocked artery in his lung.

Jurors took just three hours to convict Martino of causing death by careless driving.

Martino, of Denmark Road, Lowestoft, Suffolk, denied the charge.

Giving evidence at the Old Bailey, Martino said: "I was going straight down that road. All I can remember is that a car or van in front pulled to the right and that was it."

"I did not even see the man come on to the bonnet. I had not slept I was just in a state."

"I was going over and over it. I did not see him. I did not know what happened and that is what hurt me all the more."

Martino said she had woken up at 4am and had a coffee with her breakfast, before heading onto the road and driving without a break for nearly three hours.

She was driving to her aunt's house to go through her possessions after she had died, the court heard.

Sentencing her, Judge Sarah Munro, QC, said: "Nothing but memories can fill the gap left in the lives of those who loved him and those he loved so much."

"He was only 150 metres away from work when your actions caused him to lose his life. He had even taken the precaution of wearing a high-visibility jacket."

"That morning you had been driving since about 4am. You had driven a car which was new to you. You, either through tiredness or some momentary distraction, failed to see Mr Holt."

Mr Holt suffered deep vein thrombosis in the leg which moved from the leg to the arteries of the lung causing heart attacks.

Judge Munro added: "That caused his death the day before his operation was due to take place. They (the family) were denied the chance to give him a proper goodbye."

The judge noted Martino's flawless character and exemplary driving record spanning over 50 years, adding: "You have given a home to around 35 foster children as well as your own."

Martino was sentenced to an 18-month community order and told to perform 120 hours of unpaid work. She was also disqualified from driving for a year.

Photo credit: Google Maps



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LOCAL NEWS



Charity makes plea for support to mark 80th anniversary

A charity based in Hornchurch which supports lonely people challenged their supporters to raise £80 last month.

WaveLength is celebrating its 80th anniversary this year and to mark the occasion they wanted people to fundraise £80.

The charity gives televisions, radios and tablets to people who can't afford them and are lonely because of age, illness, disability or by circumstances which makes it hard for them to leave the house or meet new people.

The charity began in 1939 as the Greater London Society For Providing Wireless for the Bedridden and was set up to provide those in need with radios.

As technology has developed so has the charity and the way it operates. In 2010 it changed its name to WaveLength to encompass the range of technology which the charity now provides.

Tim Leech, chief executive of the charity, said: "For our 80th Anniversary, we are celebrating all the hard work the charity has achieved fighting loneliness and asking our supporters, both old and new, to help raise £80 for 80 years.

"The work we do is vital for those in need and not only relieves loneliness but also improves people's health and wellbeing, this is something we must continue."

Visit Wavelength.org.uk/donate, call 01708 621101 or contact info@wavelength.uk

Schools set to receive cash boost

More than £18million is to be invested in Hornchurch and across Havering over the next four years to open new schools and improve and expand existing schools to meet demand for places.

Havering Council is developing a new programme of projects to meet the need for places from early years through to post-16 and special education.

Births in Havering rose from 2,257 in 2002 to 3,423 in 2016, and additional places will need to be created.

The options are being finalised and will be presented to the council's cabinet for approval later this year.

Councillor Robert Benham, Havering's cabinet member for education, children and families, said:

"The next few years will be an exciting and challenging time as we continue a programme of delivering additional places. At the heart of this programme is our commitment to ensure that we continue to meet local needs and secure high-quality education for all Havering children and young people.

"Our vision for education and learning is to ensure that every child goes to a school that is rated as 'good' or better and that they will achieve outcomes that are above the national average.

"Havering already has an excellent track record as a place for learning and we want to ensure pupils of all abilities achieve their aspirations."



Charity hits the jackpot as National Lottery funds new initiative

A charity based in Hornchurch is celebrating after receiving a financial windfall thanks to the National Lottery.

Attention Deficit Disorders Uniting Parents (Add+Up) in Billet Lane, is a charity that supports those suffering with ADHD (Attention Deficit Hyperactivity Disorder) as well as the family members who support them.

It has been running for more than two decades and in that time it has constantly battled to raise the funding needed to support as many families as possible.

Now the charity is celebrating after being awarded more than £330,000 by the National Lottery which will be spread over the next five years.

The funding means the charity can continue to run and will help fund the project, Children's Voices, which involves young people living with ADHD making videos to explain more about the condition and what it is like in everyday situations.

Once created, the videos will be used to educate the wider community about ADHD.

The funding allows Add+up to continue to follow its aim which it says is: "We support, nurture and educate families living with and professionals working with ADHD. We do this by recognising and celebrating the uniqueness of each person with passion, commitment and a smile – whilst keeping the family at the heart of everything."

Add+Up was one of 2,250 charities that received money in the National Lottery's last round of funding.

James Harcourt, England grant-making director at The National Lottery Community Fund, said: "National Lottery money continues to change the lives of thousands of people across the UK."

"This quarter's funding has one thing in common – it's all been awarded to groups with the ideas, knowledge and passion to make the changes they want to see in their local area."

"Thanks to National Lottery players, people all over the country are able to take action on what matters most to them and their community."

Aspiring doctors take part in medical day

Havering Sixth Form College students hoping to become doctors took part in a special medical day recently.

Held at the Hornchurch college, the day challenged the students with workshops on diagnostics, emergency resuscitation, anatomy and medical ethics.

The day was organised by MCS Projects and the sessions were run by university students from Barts Hospital and UCL.

Students were also given a presentation on successful applications to medical school.

One student said: "I liked that it was taught by medical students who are still studying, and I also liked all the interactive activities."

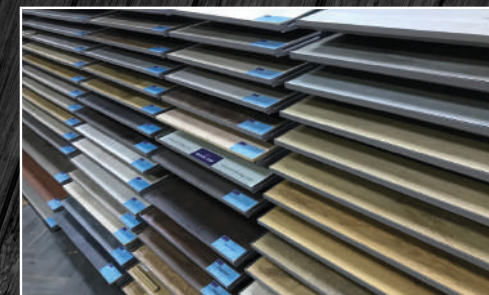
Another added: "The event gave great insight into the daily life of a medical student and doctor with very useful information about a career in medicine. It has helped me decide my career path."

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JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS



a Cabinet-level ministerial champion and a whole host of other initiatives on skills, jobs, and revived green spaces like the planned Great Thames Park. If we can weave our educators into that plan, we will be giving our young people a true stake in the future of our area.

Meanwhile, I am very pleased to report that eight schools in our constituency have been successful in bids to the Department for Education for facilities improvement cash. They include Sanders School in Hornchurch, whose buildings facilities problems I saw on a recent visit, as well as Emerson Park Academy and Campion School.

Separately, my team are making representations on constituents' behalf to Post Office Ltd about the proposed closure of the Hornchurch High Street branch. My Conservative association and I ran a campaign on this when the closure was first mooted in summer 2017. We collected about 1000 signatures and I arranged to present the petition to the Post Office and we had a wider discussion about how to prevent any closure and at least keep any services in a town centre location. Unfortunately, they wish now to press ahead with the closure, so we are contributing to their consultation to make sure residents' voices are heard.

I had the pleasure recently of attending Havering Association for People with Disabilities' (H.A.D.) 50th anniversary celebration on Woodhall Crescent. H.A.D. provides a broad range of services and activities for people with physical disabilities and carers in the borough to improve quality of life and promote independence. I have had the support of H.A.D. in our C2C funding application to make Upminster Station completely step-free. I know that Hornchurch and Upminster Bridge station users would like to see platform lifts too but unfortunately the Mayor of London says they are not priority stations.

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.

Every young person in our borough has access to a place at Havering Sixth Form College on Wingletye Lane, and I recently attended a packed Parliamentary debate about the funding of further education colleges to highlight the challenges facing stand-alone sixth forms like the College. Funding per student aged 16 to 18 has seen the biggest squeeze of all stages of education in recent years, and we are keen to get that rectified at the forthcoming Spending Review so that the college can better gear students for the next stage of their careers or education.

Post-16 education will also be increasingly important as we expand our mission to improve the skills of UK jobseekers and address the workforce needs of businesses and public services. As Havering Sixth Form seeks to merge with Havering College, there is an opportunity to better plug our education system into the new jobs coming down the line in our region.

Big things are happening in the Thames Estuary area with expanding ports, more homes and new transport infrastructure. Despite its strengths, however, the region has been consistently unable to deliver the same level of economic growth as other parts of the UK for the last few decades. Two years ago the Thames Estuary 2050 Growth Commission was formed to rectify that and I have been campaigning for the commission's recommendations to be acted upon. I am delighted that the government has now given them the green light with a new regional industrial strategy,

www.julialopez.co.uk


News from

Councillor Paul Middleton

for Hornchurch Residents' Association


stock image

Spring is definitely here. If, like me, you are a summer person, life is just slightly better for the next six months.

In the news this month, Lidl has been granted a removal of the no right turn restriction in and out of its car park.

Before you start making this turn, it will not be legal to do so until Lidl has made changes to the entrance/exit. It may take a while for this change to be made, it should be clear when it is.

Please be aware of this restriction and do not make the same mistake more than 4,000 people have made and received a fine.

In a recent council meeting, they voted to remove the free half hour you were allowed for parking – this was essential for an Argos pickup, a coffee run, that morning newspaper or collecting a prescription without incurring a charge.

On top of this, they are also introducing an overnight charge in all car parks of £1.50. This starts at 6.30pm until 7am the next morning.

The free Sunday parking is also being scrapped. Be aware that if you come into Hornchurch, park up overnight on Saturday (and pay the £1.50), you will need to return to your vehicle before 7am on Sunday to collect your car or risk getting a fine for overstaying.

The council stated, “We listen to the people”, and quoted a response from a consultation that had 1,200 responses saying that people want good roads and clean pavements. That is why we had to lose our free 30 minutes parking (to pay for the roads

and pavements).

When we supplied a joint online and handwritten petition with over 12,000 responses saying the people who use Hornchurch and Upminster did not want to lose the free half hour, this was ignored.

The next sting in the tail is a roll out of CPZs across the borough. A CPZ is a controlled parking zone. Simply put, permit parking.

If you want to park in the street in your CPZ, you will have to pay for a parking permit. If you want to park in a neighbouring CPZ, you will require a ticket that your friend or relative will have paid for.

We will be consulted with regards to whether we want this or not. They will either run from Monday to Friday or Monday to Saturday.

Please respond to the consultation, the more response we get the better we can judge your thoughts and feelings on this matter.

Currently the fees are first car £35, second car £60 and third car £85 per year. Visitor permits cost £13 for a book of 10 four-hour permits. The permit you get for a car is not transferable.

Please do not believe it is all doom and gloom. Hornchurch is still a wonderful place to live, enjoy the facilities we have and visit all the fetes and fayres that will take place over summer.

I am an independent councillor for the St Andrews Ward. I work with the Hornchurch Residents' Association.

If you would like to know more about what we do, and you live in either Hornchurch or Elm Park, please email me at Paul.Middleton@standrewsward.org.uk

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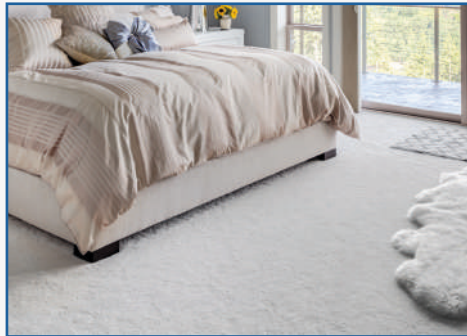
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Photo credit: Don Barrett



LOCAL NEWS

Residents take on snooker professional at charity event

Professional snooker player Mark King was invited to an exhibition match at Romford Snooker Club last month to raise money for charity.

The event, held on April 18, was to raise money for the Mayor of Havering, councillor Dilip Patel's, chosen charities.

Around £1,200 was made from the price of tickets and a raffle.

Richard Willis, owner of the snooker club, said: "We would say there was around 100 members and their guests.

"I think it was good. Mark King lost two frames to

John Parkin and Emma Parker.

"All in all the reception was good and the people enjoyed it.

"I was pleased and it was a nice evening.

"All the money goes off to the mayor's charity and it will be given to various charities."

VISIONHornchurch editor Brett Shohet was one of the sponsors for the event.

He said: "It was great to be part of the evening and support our mayors local charities. It was a wonderful evening and a great opportunity to connect with old friends and local businesses."

Man jailed for harassing and threatening woman

A Hornchurch man who harassed and threatened violence towards a woman has been jailed.

Troy White, 31, admitted harassment with fear of violence at Basildon Crown Court on April 4 and was jailed for 592 days. He was also given a restraining order for 10 years.

Essex Police started an investigation into White after a woman received numerous threats from him, including threats of rape.

During the investigation, the woman received numerous phone calls and voicemails from withheld and unknown numbers. Sometimes, White would put on various accents to try and hide his identity, while harassing her.

A voice recognition expert established that all the voice mails were from him. White was arrested in August 2018 and charged.

Investigating officer PC Rachel Elwell, of Grays Domestic Abuse Investigation's Team, said: "White went to extreme lengths to harass her, including impersonating other people and putting on accents.

"We supported the victim and worked closely with a voice recognition expert who identified the caller as White.

"I would praise the victim for her support and bravery throughout this case and I hope the outcome with White jailed brings her some closure."

Photo credit: Essex Police





Mayor meets pupils praising their community spirit

Pupils from Hornchurch High School were praised by the Mayor of Havering recently for their community spirit when they turned into local volunteers for the day.

Students from year groups seven to 10 stepped out in the community in a Drop Down Day, where students dropped their timetables for the day to focus on Physical, Social and Health Education (PSHE) and citizenship topics.

They decided to litter pick, pack bags for a local charity at Tesco supermarket, plant bulbs and shrubs for London Borough of Hillingdon Hostels, tidy green spaces at Langton Gardens and Raphael's Park and sort and clean items at a Rainbow Trust charity shop.

The day was arranged by their school and Havering Volunteer Centre. More than 90 pupils signed up to get more involved.

Their efforts were rewarded with a trip to Havering

Town Hall where they met the mayor, councillor Dilip Patel, and were presented with certificates to acknowledge their efforts.

The mayor said: "The young people are a real credit to the borough and have learnt so much about what a difference it can make to a community when we come together and work with the same purpose. They have been learning valuable life skills which will help them in the future."

Shelley Hart, CEO of Havering Volunteer Centre, added: "Young people are often getting bad publicity and blamed for anti-social behaviour. These students were a real credit and each and every one of them should feel proud of the achievements they made that day. We are proud to have been part of this Drop Down Day."

"The organisations that the students supported said they were amazing and felt that the day was really worthwhile."

Author releases his eleventh book

An author who was born in Hornchurch has released a book titled *A Round of Boxing: A Trip Through Time*.

Ralph Oates, a former amateur boxer and leading boxing historian, is the author of eleven books on boxing.

A Round of Boxing: A Trip Through Time looks at the many astonishing feats which have taken place inside the square ring over the years under the Marquess of Queensberry rules.

Ralph said: "My inspiration for writing the book is

based on the interest which I have had in the sport for a number of years. I always like to give a great deal of information to readers which I have done in my previous publications. This will be my eleventh book.

"I feel that people should read the book since it provides a number of interesting facts in an easy to read way thus you can dip into the book at any page. I feel that the book would be of interest to both boxing and casual fans of the sport."

The book is available to buy from WHSmith, Waterstones and Amazon.



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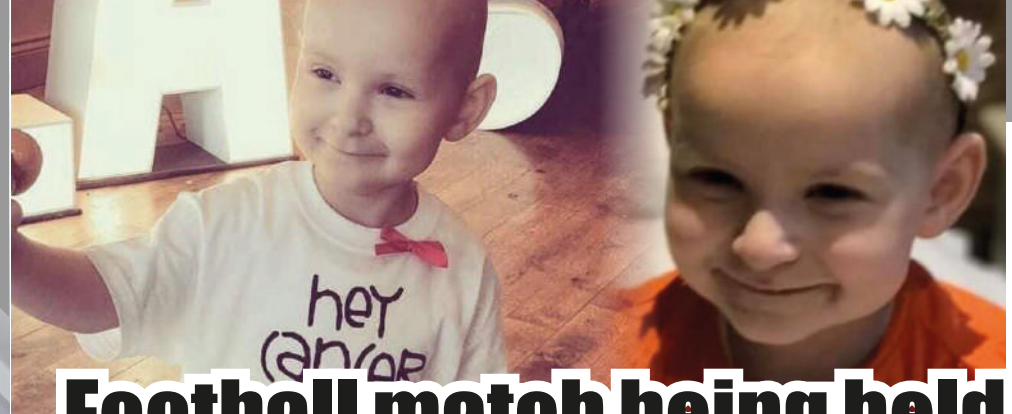


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LOCAL NEWS



Football match being held to raise money for Isla Caton

The community are being invited to a charity football match to raise money for Isla Caton.

Isla, from Hornchurch, is currently in remission following her battle with neuroblastoma.

Her family and friends are continuing to fundraise, as although she is now cancer free, she still has around 12 months of treatment left.

Her mum, Nicola, said: "Isla's money has now all gone. We've just paid for all her new treatment.

"We now need to fundraise hard for the money for the vaccine which is around £150,000.

"We are hoping to raise about £20,000 at the football match.

"We haven't had a fundraiser for a long time, so we are hoping to get a lot of people there."

The charity football match is being held on May 11 at The Aveley Football Club in South Ockendon.

Team Isla will once again be taking on ex-West Ham United and celebrity players, including Danny Dyer, Danny Jones and Chez Chesterman.

There will also be a number of inflatables and a face painter making this a great day out for all the family.

Nicola continued: "We have a really good line up of celebrities and ex-West Ham players. There will be lots going on.

"Last year was brilliant and this year will be even better. It will be worth every penny."

Tickets are priced at £10 for adults, £5 for under 16s and are available to buy by emailing events@islacaton.co.uk or on the door.

Students awarded for making a difference

Three students received Jack Petchey Achievement Awards for their achievements, despite facing difficulties in their own lives.

Samantha Rogers, Caragh Scurr and Ashleigh Christie, from Havering Sixth Form College in Hornchurch, were selected by the college council from several worthy nominations.

Samantha was nominated by Waseeuddin Rafid for overcoming adversity and for helping others to feel more confident in their sexuality. He said because of Samantha, many students now felt less isolated and a valid part of the college and wider society, which has helped greatly with their mental wellbeing.

Caragh was nominated by Lorraine Barnett for her contribution to a staff presentation on autism. She stood up in front of over 70 people to speak

about what it is like for someone to be autistic and as a result, college staff are now better equipped to support learners with autism.

Caragh also works in the local community as a young ambassador for The Sycamore Trust to encourage a more autism friendly environment.

Ashleigh, nominated by Ian Budge, has coped with some extremely difficult circumstances in her personal life but has got through very hard times with her resilient and determined attitude. While she was dealing with these issues, her attendance at college was excellent, along with her application, engagement, and progress.

The winning students all received a framed certificate and £250 to be spent on a project of their choice which will benefit a group of young people.



Students visit prestigious Fearless Girl statue in London

In celebration of International Women's Day, a group of Havering Sixth Form College students attended the *Fearless Girl* event at the London Stock Exchange in the City of London.

The event was specifically aimed at young women, encouraging them to break barriers and enter the world of financial and professional services in the city.

Fearless Girl is a statue placed in the heart of New York's Financial District on the eve of International Women's Day 2017 to raise awareness about the importance of gender diversity in corporate leadership.

The *Fearless Girl* statue was moved to Paternoster Square outside the London Stock Exchange for

International Women's Day 2019.

To mark the move, the *Fearless Girl* event was organised and it proved an inspiring afternoon of careers advice and guidance for students.

Kay Williamson, the college's world of work adviser, said: "This was a fantastic opportunity for our students - the speakers really inspired them to believe that with hard work, they could achieve great success in future careers in finance and broking in the City."

A few days after the *Fearless Girl* event, a group of students also attended the Women in Tech event in London to find out about job opportunities for women in technology and also listen to guest speakers.

School raises funds for Red Nose Day

Raphael Independent School in Hornchurch raised £250 for charity recently.

For Red Nose Day, students took part in a Great Raphael Bake Off competition and sold sweet and savoury treats throughout the day.

Students also had a non-uniform day wearing something red and donating £2, and selling red noses.

The school council held a special assembly where students highlighted how the funds raised will change lives both abroad and here in the UK.

A spokesperson from the school said: "The pupils learnt that just £3 pays for crayons, pencils, paint and paper for children living in a Serbian refugee camp and £10 covers the cost of 10 hot meals for a homeless person in the UK.

"Red Nose Day was a great learning opportunity.

It helped the students to explore the issues young people face across the world, and how the money they raised, addressed such issues."

The school also took part in World Book Day where the student council held an assembly to launch Book Week.

Some of the events that took place were a book swap, book reviews and a poster competition of the children's favourite books.

The spokesperson continued: "Some of the older students read stories to the younger children.

"Students were also able to dress up as a book character from their favourite book. There were prizes for best costume, best poster and best book review.

"We are pleased to announce that Raphael Independent School made a whopping £250."

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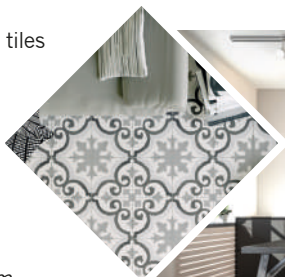


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Charity ball raises over £8k to fund cancer treatment machine

A woman from Hornchurch has raised over £8,000 following the success of her charity ball.

Jaye North organised the event after she visited Queen's Hospital to cut hair to help her raise money for a new PICC Line machine.

A PICC line is used to give patients chemotherapy and other medicines and can be inserted without having to go to theatre.

The hairdresser explained: "Going down to theatre was causing patients distress, but having it fitted by a nurse who they are able to build relationships with puts them at ease.

"They still needed another £5,000 on top of what she had raised.

"My mum is being treated by the oncology department as she has secondary breast cancer so I wanted to help."

The charity ball was held at Orsett Hall on April 6 where guests enjoyed a three-course meal, an auction, raffle and DJ.

Jaye hoped to raise the £5,000 needed, however managed to raise just over £8,300.

She continued: "The ball was amazing and everyone had a great time. The auction and raffle were very successful.

"We had a toast master Melvyn Zeff who was great and made the evening. We also had a great response from local businesses and Carthy's Plumbing and Heating sponsored the event which was great."

Jaye is keen to do more fundraising in the future.

She concluded: "I would be more than happy to help a charity if I could make a difference.

"Seeing the community come together to raise money for the machine was amazing."

Author delivers thought-provoking talk

Workshops and talks by visiting authors as well as a Creative Writing Competition were held in the Havering Sixth Form College Library in celebration of Reading Week.

Author Lydia Syson, a young adult fiction novelist, held an informative session, giving students tips on how to write a story using her MEAL plan.

Philosopher and author Dr Stephen Law visited the college to hold an Aiming Higher drop-in session and also gave a philosophical talk on free will and whether we learn and are enriched through suffering.

On World Book Day, the library gave out free book tokens to students and launched a Creative Writing Competition with the theme of Freedom.

The winning student will receive a £25 book token prize as well as the opportunity to become a published author in the College's own Writeous Magazine.

Librarian Jennifer Cooper said: "The authors' talks were well received by our students and complemented their courses well. The Aiming Higher drop-in session with Dr Stephen Law gave students some good advice about Oxbridge and Russell Group universities."



LOCAL NEWS



Havering Show back in town

The line-up for this year's Havering Show in Hornchurch has been revealed, with two of this country's best-known bands set to headline.

Returning on the Bank Holiday weekend, reggae band Aswad will be headlining the main stage on Sunday when they'll be performing their hits including *Don't Turn Around* and *Shine*.

Other Sunday acts include singer Alison Limerick, known for her club anthem hit *Where Love Lives*, beloved soul and Motown singer Mr Soul, as well as tribute acts, Tina Turner and Oye Santana who were voted UK No.1 Winner at the 2018 National Tribute Music Awards.

The following day, iconic band Toploader will play. They'll be talking the audience back to the feel-good vibe of the 00s with their hits *Dancing in the Moonlight* and *Achilles Heel*.

Joining Toploader on Monday is Eban Brown, former lead singer of the world renowned Stylistics, Italian

Eurodance group Livin' Joy, number one Essex covers band Expose and a Robbie Williams tribute act.

Tickets to the show will cost £3 per day for adults and be free for children under 10.

They are on sale from www.havering.gov.uk/haveringshow. Tickets on the door will cost £4 per adult, subject to availability.

Councillor Damian White, leader of Havering Council, said: "I am delighted to announce the Havering Show is back for 2019 with one of the best line-ups we have ever had.

"There's a great range of acts on this year and a whole host of other talent, as well as attractions that will appeal to everyone in our borough.

"Like every council there has been a decrease in budget, so we've had to put in a small charge for adults to continue putting on a show that is loved by all. The small fee is lower than lots of other comparable events and is the only fair way to keep the show going.

Cleaner Havering campaign launched

Hornchurch and Havering should be noticeably cleaner after a new campaign was launched, together with the help of residents.

Councillor Damian White, leader of Havering Council, was joined by councillor Robert Benham, deputy leader of Havering Council, and councillor Osman Dervish, cabinet member for environment, to launch the Cleaner Havering campaign

The Cleaner Havering campaign sees an extra £400,000 invested by the council into street cleaning which will see the frequency of cleaning in residential streets increased to fortnightly.

In addition, the campaign will see the council supporting and encouraging residents to join in community clean-ups, encourage more reporting

of fly-tipping and littering and increase enforcement action around the disposal of dog mess. Officers will also take action against those dropping chewing gum in the streets and increase action to keep local rivers and parks clean and healthy. Havering Council will also continue as one of the councils in the country that offers a weekly rubbish and recycling collection.

Cllr White said: "We need residents to do their part and work with us, to change people's behaviours by reporting fly tipping and littering, so we can take the strongest action against those who act irresponsibly.

"We also want help in getting the message out to those people who think it is ok to spoil our beautiful borough. They should know that they can't mess with Havering."

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ANDREW ROSINDELL



MP for ROMFORD



It has been a long-term goal of mine to see England celebrate St. George's Day, by making the April 23 a national holiday. The reason is simple: the people of England deserve a day to demonstrate their pride in their country, just as so many other countries in the world have their special day to celebrate. So why not England?

I always celebrate St. Patrick's Day, as a mark of respect for our friendship with our cousins from Ireland - as well as being my birthday - but it does not seem right that the English fail to celebrate St. George's Day with the same degree of fervour as the Irish do for St. Patrick's Day, the Scots for St. Andrew's Day and the Welsh for St. David's Day.

We need the same patriotism and love for England that is demonstrated at sporting events to be spread throughout villages, towns and cities across the land. I strongly believe that patriotism is the best approach to achieving social cohesion across what has become a broadly diverse nation. This will not happen if the English feel they are unable to express their love for their country, as so many other nationalities do theirs.

Like most people, I get pretty angry when I read of stories where people have been intimidated into removing the English flag on the alter of political correctness. Yet, throughout my travels up and down the country, I meet people from a wide range of backgrounds, who came to England, or are descendants of immigrants who came to England and

are deeply proud to become part of the English and indeed, British family.

So why shouldn't England stand shoulder to shoulder with our friends in almost every country around the world, who take a day off a year to celebrate their love of country? We need street parties, festivals, flexibility from local councils and recognition in the education system too.

That's why I believe every school should fly the Cross of St. George flag for England, alongside the Union Jack outside their school and in assembly halls.

Aside from the patriotic benefits of wide spread celebration, a national holiday would be a tremendous benefit for businesses who would serve the millions of families eager for entertainment; food and drink. Business, community groups, charities and organisations would also be able to help promote St. George's Day through their own unique brand and events.

As chairman of the St. George's Day All Parliamentary Group, a Branch of the Royal Society of St. George, I have led the campaign in the House of Commons to make St. George's Day a national holiday with national celebrations and I will continue the battle!

I'm proud that in Havering we always celebrate St. George's Day and our English heritage with great enthusiasm, especially in Romford Market and by flying the Cross of St. George from our Town Hall all year round. Let the whole country follow our lead.

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AFC HORNCHURCH

LOCAL NEWS



Photo credit: Phil Davison

Brave Urchins fall at the final hurdle

Although neither side were in particularly good form, AFC Hornchurch came into the game with a psychological advantage over their opponents from North London.

That's because Mark Stimson's men beat their opponents 2-0 in February when goals from Ronnie Winn and Charlie Stimson gave Hornchurch a valuable three points. As the higher placed out of the two teams though, it was arguably Enfield who were the favourites for the game and both sets of fans travelled to Aveley Town FC's ground to find out.

After a tight first half, Enfield got their noses in front just after the hour mark. Sean Marks spurned a glorious chance to equalise but it was Enfield who doubled their advantage when Sam Chaney fired home.

To their credit, Hornchurch battled to get back into the

game with Sean Marks and Charlie Stimson going close. Enfield Town could have gone further ahead and Callum Chaffer showed good reactions to keep Hornchurch in the game.

Elsewhere following a meeting last month, the FA Council approved the club's application for a change of playing name from AFC Hornchurch to Hornchurch.

The change comes into force from the start of the 2019/20 season and heralds a new era for the club.

A statement on the club website backed everyone who supported the change.

It read: "We'd like to thank the supporters who were overwhelmingly in favour of the change, our local MP, Julia Lopez for her support and the FA Membership and Sanctions Committee who received the initial club application and recommended its approval to the FA Council."



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Charity football match part of 50th anniversary celebrations

A charity football match is taking place next month as part of Havering Association for People with Disabilities (H.A.D.) 50th anniversary celebrations.

Throughout this time, H.A.D. has supported thousands of adults with disabilities and their carers, enabling them to be involved in a wide range of activities.

On June 23 at Aveley Football Club, a H.A.D. team, made up of supporters of the charity, will take on Spurs Legends.

Doors will open at 12pm where there will be lots of fun stalls, Havering Classic Car Club, Time 107.5FM playing music throughout the day, a raffle, tombola and special auction prize.

The football club also has a large bar area where food and drink will be served throughout the day.

A spokesperson from H.A.D. said: "We are hoping that this event will attract lots of people and families, those who remember the players such as Justin Edinburgh, Mark Flaco, Tony Galvin, Ramon Vega and David Howells, and all those that just want to have a fun day out.

"We hope to raise vital funds to keep the services we offer going, and also to raise awareness for Havering Association for People with Disabilities."

For more information, contact Cheryl Cable on cherylcable@hadhaverning.co.uk

Tickets are available from Eventbrite.

Staff cut hair for Little Princess Trust

Staff from a solicitors firm, with offices in Brentwood and Romford, have cut their hair for charity.

On April 1, Esther Marshall, Joanne Wood and Rebecca Haynes from Mullis & Peake LLP Solicitors each cut off a minimum of seven inches from their hair to send off to the Little Princess Trust.

The charity takes donations and creates real hair wigs for children and young women with cancer. The donations will have a huge impact on those girls who have lost their hair through harsh cancer treatments.

A spokesperson from Mullis & Peake LLP Solicitors said: "Mullis & Peake LLP would like to say a massive thank you to Enzo Papandrea at Toni & Guy Brentwood who went above and beyond to make sure that our three volunteers were comfortable and happy with their new hair.

"As well as this amazing gesture, the three ladies managed to raise over £500 for the charity on their JustGiving page, which will go a long way to helping the organisation."

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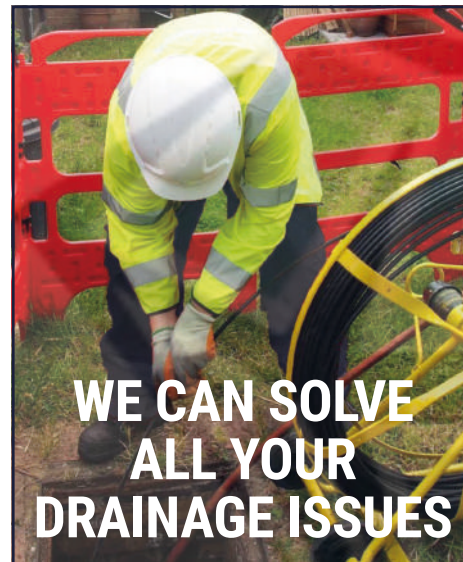
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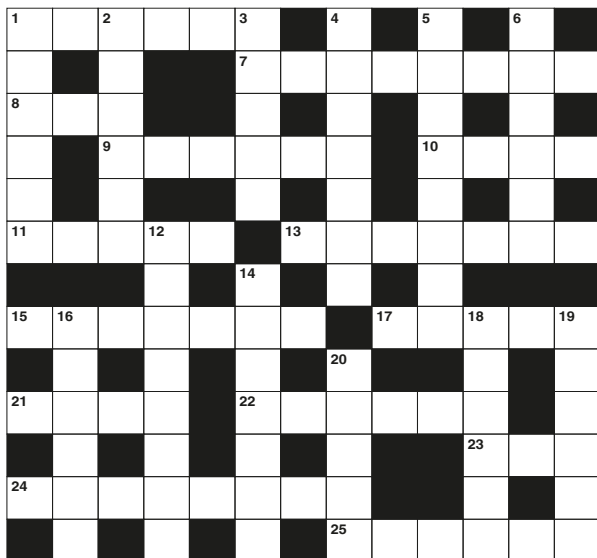
Answers can be found on the Contents Page 4

ACROSS

1. Red-breasted birds (6)
7. Dry biscuits (8)
8. Flat-topped cap with a tassel (3)
9. Domestic assistant (2,4)
10. Fleet of ships (4)
11. Ethical (5)
13. Tall tower (7)
15. In the middle (7)
17. Relating to vision (5)
21. Smile broadly (4)
22. Shrub with glossy leaves (6)
23. Particle that is electrically charged (3)
24. Relating to a topic (8)
25. Fences made of bushes (6)

DOWN

1. Make changes to improve something (6)
2. Type of market (6)
3. Discard (5)
4. Noisy colourful birds (7)
5. Superficial (4-4)
6. Small stones (6)
12. Right to self-government (8)
14. Hammers (7)
16. Hearts (anag) (6)
18. Covering a roof with thin slabs (6)
19. Solid pieces; blocks (6)
20. Cage for small pets (5)



DID YOU KNOW?

- Brazil is the largest country in South America
- The capital city of India is New Delhi, while Mumbai is the most populated city
- French is the second most studied language in the world after English
- Australia hosted the 1956 and 2000 Summer Olympics
- The three colours of Iceland's flag represent elements that make up the island; red represents the island's volcanic fires, white is for the snow and ice fields, and blue the ocean.
- The famous giant panda is found near the Yangtze River in China.

SUDOKU

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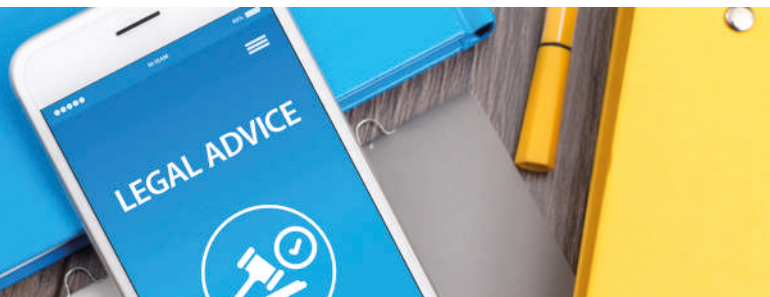
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Blue sky thinking or
clouded judgement?

HOW TO COPE WITH BUSINESS JARGON

With reputation, ego and image counting for so much in the world of modern business, it's perhaps understandable how we've arrived at a point where even the savviest of business minds can find themselves completely baffled by corporate speak.

In 2019 the commercial world has moved well beyond 'thinking outside the box' – it's now deconstructed the box entirely. That means that while the box still exists, it doesn't have any properties of a box, yet people still need to recognise it as a box. Put another way, there is no escaping the muddling madness of business terminology, so go along with it, enjoy it, but feel free to cringe as frequently as you feel you need to.

The worst offenders:

"I'm a Quark Express guru" – any form of self-congratulation, even on CVs, is horrible to witness, but labelling oneself an authority of 'guru' standing is embarrassing.

"It's Woolworths all over again" – 'clique' comparisons based on past events are not only alienating and lazy, but often poor reflections on reality given that no two business entities are the same.

"Grasp the nettle" – phrases designed to quickly motivate and stimulate often become worn out and tired, having the exact opposite effect than what they were intended for.

"AIMITA" – acronyms are great in theory, but staff too easily forget meanings and often don't agree with them anyway. (This one means 'attitude is more important than ability', in case you wondered).

"What did the SWOT analysis show?" – business is great at inventing research to try to prove its own theories, when the best solutions come from the heart.

The secret when it comes to business jargon is to try not to use it. Actions speak louder than words, and clear descriptions will most likely set yourself and your teammates on the path to success much quicker. Rely more on intelligence and confidence, and chances are you'll flourish.



BUSINESS & FINANCE



ACCESS DENIED

It is estimated that around 100 billion emails are sent by people in the world, every single day.

Have a proper look at your inbox, particularly the spam and junk folders, and the chances are you'll find one there from your bank, from a 'friend' sending you some holiday snaps, perhaps some discount offers from retail companies; or in a recent case that made it into UK newspapers, from none other than Cliff Richard. All are fake; all want to steal from you.

These days, our email systems are pretty adept at detecting spam mail, but what if something slips through? The best ways to protect yourself is to ask the following questions:

- ✉ Do you even have a bank account/store account with the sending company?
- ✉ Is the person a stranger looking to strike up a business partnership or casual conversation?
- ✉ Are there typos in the email body?

- ✉ Is the email from a bank claiming there has been a security issue, and that you will be required to go to enter in your password and personal data through a link provided in the email?
- ✉ Does a link in the email go through to a different 'phished' website, or one with a name that doesn't match the typical web address format of your bank's?

If you can answer 'yes' to any of these, the chances are you're looking at an email being sent to intentionally glean data and log-in information, and from that, defraud you.

We are at least in an era now where companies invest billions in keeping their customers safe, but the threat – to ourselves and loved ones, particularly the elderly – remains severe, so be smart, be vigilant and approach any unsolicited email with the caution it deserves.

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for the love OF POD

Podcasts are now the audio equivalent of coffee shops. They're everywhere.

For a medium which has its roots in the 1980s, it was Apple introducing it to iTunes in 2005 that sparked a wave which has become a tsunami in recent years.

When done well they are simply a recorded conversation between people, where you find out things about a topic you're interested in and which can be downloaded to your phone or computer to listen to anywhere.

The subjects the millions of podcasts out there cover, cross the kaleidoscope of life on earth – as well as outer space, aliens and moon-landing conspiracies.

Here are three (out of a choice of millions) worth a listen:

THE JOE ROGAN EXPERIENCE - A **VISION** favourite. American comedian and media star Rogan invites interesting guests from the world of comedy, sports, science and business to his studio for lengthy and often fascinating chats.

SHGED MARRIED ANNOYED** - Comedian Chris Ramsey and his wife Rosie podcast regularly about the truth behind marital life. The pair received praise pre-podcasting for their openness in discussing a miscarriage they suffered in 2018.

FOUND FOR POUND - Great boxing podcast featuring former fighter turned pundit Spencer Oliver and Jake Wood – better known to millions as *Eastenders*' Max Branning. Funny, friendly and insightful.

Another notable mention goes to *Blank* which features the likes of Gary Lineker, Louis Theroux and Michael Rosen. It revolves around how high-profile people deal with going 'blank' whether it's writer's block, a poor run of form or just feeling out of sorts.

Read next month's **VISION** for a rundown on some of the most popular podcasts aimed at a female audience.





Photo credit: www.jaguar.co.uk



The SUV setting THE PACE

EXPLORING & ADMIRING JAGUAR'S UPDATED SUV, THE F-PACE

It is a brand that has enjoyed its fair share of ups and downs, but Jaguar's spectacular re-emergence as a genuine player in the luxury car market is a British success story we should all take time to celebrate.

The manufacturer's latest powerplay is its 2019 F-Pace, a beefed up Sport Utility Vehicle (SUV) that works as the punchier option to the top-selling sportier E-Pace.

As for the technical specs, there's the option of rear-wheel or four-wheel-drive, plus petrol or diesel engines; while four-and six-cylinder set-ups can see power moving anywhere from a basic 161bhp right up to a punchy 375bhp in the AWD automatic petrol.

The great thing about the F-Pace is it's a crossover sports vehicle that genuinely succeeds as a family car, with room enough for three adults in the back. And while it's more expensive than its predecessor, the E-Pace, handling is exact and

weight similar, despite its larger size.

As for gadgets, how about spending £300 for a wristband that allows you to lock and unlock, thus resolving any lost key worries...

Not interested? Okay, perhaps the stripped-back interior will help, or the 650-litre boot space. And did we mention this beast is two metres wide?

With prices starting at around £35,000, this is an upgrade worth much more than simply the kudos of a 2019 plate. It's a model that has the potential of replicating the success of the original F-Pace, which in 2016 was the manufacturer's fastest-selling car ever.

Understandably, the F-Pace has provoked comparisons to models produced by Jaguar's sister company Land Rover, but this fast-paced feline has always taken pride in its own identity, and if it can translate even some of the shimmer from its elegant saloon brands, then we have a new beast fully primed for the SUV market.

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SPORT

The Schumacher family name is due a new addition at the top level of motorsport, as the son of F1 legend Michael takes his seat.

In March 2019, Ferrari rolled back the years as they gave the son of their most-successful-ever Formula One team driver a test run. Mick Schumacher would have made his father, Michael, extremely proud as he retraced the familiar footsteps of the seven-time world champion, five with the 'Prancing Horse' team.

And the 20-year-old was nothing but impressive on the Bahrain circuit as he finished the testing session just six tenths of a second behind Red Bull Racing's Dutch superstar, Max Verstappen. Schumacher's fellow German Sebastian Vettel had this to say about the youngster:

"Understandably with his name, not to mention who he is in his own right, there are expectations of Mick.

"The way he has established himself over the last few years is all about him – he is doing it himself and I hope people give him the privacy and the time to do his job... to follow in his father's footsteps."

Schumacher Junior, the current European F3 champion, will also test for Alfa Romeo, but his mind is presently set on the new F2 season, which, like its F1 big brother, began in Bahrain at the end of March. Mick represents Prema Racing and has big ambitions for the season ahead.

"I need to prove myself at every level – that's the challenge. I believe I will get there."

His father – the most successful F1 driver of all-time – has not been seen in public since that well-publicised skiing accident in 2013..

"What my dad did in the sport is something I look up to and am extremely proud of," says Mick.

"I guess I have been afforded the time and the opportunity to grow into that."



Photo credit: Valdrin Xhemaj/epaefe/Shutterstock, cristiano barni/Shutterstock.com

MASTER WOODS



It's a sporting comeback right up there with the greatest of all time. A man beset, besieged and broken by personal demons, who had dropped to 1,199th in the world, roaring back to the peak of his sport and proving to the world that true greats are not just those who win, but those who recover from adversity.

Woods had undergone four back surgeries; it was 11 years since his last Major, and 14 since his last Masters title. He thought he'd never play again and at the very pit of sporting slumber was diagnosed with depression.

At this lowest point, he wasn't just someone who walked away from the game – he was still playing it back in 2015, averaged a tournament per month and still couldn't get into the world's best 250 golfers.

But just a year after being found passed out in his car, incoherent, unable even to blow into a breathalyser and ultimately charted with 'Driving under the Influence', Tiger clinched the TOUR Championship. That September 2018 victory was his first in five years, and it set him on his way back to the Masters.

Sure enough, six months later, and at Augusta of all places, Woods carded 70, 68, 67 and 70 to beat fellow American Dustin Johnson by a single shot.

Tiger Woods' victory was one romanticised about by sports fans across the globe. For most people, his indiscretions were forgotten and forgiven. Whether anyone actually believed the Californian could climb one of the greatest sporting mountains is another thing, but in conquering his own demons as well as one of the strongest Masters fields in recent memory, Woods has restored himself back to true icon status.

What's more, take a look at his year of birth – 1975. The reality is this... at the age of 43, there is still a lot more to come.

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WHAT'S ON

in your area

YMCA Open Day

Rush Green Road, Romford, RM7 0PH
May 11, 9am – 3pm



You're invited to our open day which includes fun, food and fitness for you and all the family.

Activities on the day include DJ supported fitness classes, BBQ, bouncy castle, bowling, relaxation and mindfulness sessions and face painting.

Flag Raising Day

Romford Golf Club, Heath Drive, Romford,
RM2 5QB
May 12, 2.30pm

This will be our flag raising day when we are holding an 18-hole Texas Scramble Competition when the winning four-ball will have the honour of raising the flag at 2.30pm to celebrate the actual day and date when the very first round of golf was played at Romford Golf Course.

You won't be surprised to know that the members are delighted that on this day, between 1.25pm and 5.21pm, all drinks will be on sale at, you've guessed it, £1.25 each.

Following the golf and flag raising ceremony, our caterer Anis is offering a BBQ, where any individual item is priced at £1.25.

Illustrated Talk: The London Dragonfly Survey Results

Hornchurch Library (hall above), 44 North Street, Hornchurch, RM11 1TB
May 13, 8pm – 9.45pm

Illustrated talk with Alice Wickman from the London Wildlife Trust and how to get involved with the trust.

A £3 donation is requested to cover the cost of the hall.

Suitable for adults.

For more details, contact 01708 440297

Bilingual talk on Venice

Tarantino, 51, High Street, Hornchurch,
RM11 1TP

May 13, 6.30pm

Passione Italiana, an Italian language tuition company based in Havering, hosts regular evenings full of fun, food and Italian culture at Tarantino's in Hornchurch, and would love for you to come along to the next one.

Passione Italiana founder, Alex Dunitz, will be delivering a bilingual talk (in Italian and English) on an Italian city, its customs and culture while you tuck into authentic cuisine linked to the city and enjoy a glass of vino – a truly unique experience.

RSVP by Monday, May 6.

Forest school fun for under fives

Essex Wildlife Trust Ingrebourne Valley Visitor Centre, Hornchurch Country Park, Squadrons Approach, Hornchurch, RM12 6DF
May 28



Go bug hunting, build dens, balance on rope walks, create wild art, play woodland games and learn how to light fires.

Great fun for all. £6 per child.

Essex Amateur Championship

Romford Golf Club, Heath Drive, Romford,
RM2 5QB
June 8 – June 9

For the first time in 24 years, we are hosting the Essex Amateur Championship, when the very best players in the county will be fighting it out to put themselves 'on the map' with the hope of gaining sponsorship on the road to becoming a top flight golf professional.

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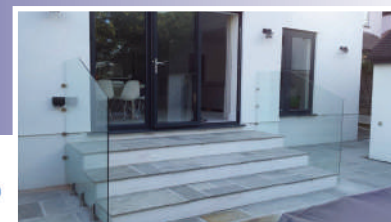
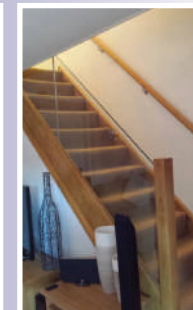
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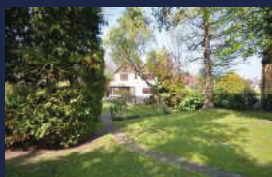
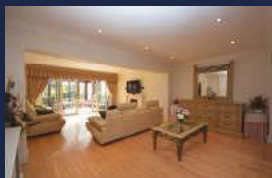


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BROOKSIDE, EMERSON PARK £1,250,000

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