

A close-up portrait of actress Emilia Clarke, smiling and looking slightly to the side. She has dark brown hair pulled back and is wearing a red strapless dress and a small red earring.

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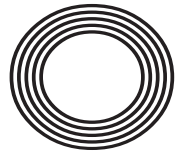
*How to stay safe in the sun*

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*Emilia*  
**CLARKE**

The rising star's life after Game of Thrones



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June 2019

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# Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Hornchurch. At last the sunshine is here and the knitwear and jackets can be stored away for the upcoming months. Is this wishful thinking on my part?

Emilia Clarke is our cover star this month speaking about filming the *Final Game of Thrones* instalment, battling with her health and her future plans.

This month's magazine includes how to holiday for just £100, how to reduce food wastage at home and fun bakes to make, as well as some great ideas for the home and garden.

You can also read about a little-known fact about Coca-Cola, history-making Premier League champions Manchester City and England's chances ahead of the ICC Cricket World Cup.

In local news this month, a Hornchurch councillor has been elected as mayor, a charity football match raises over £25k and students strike a pose for Fashion taster day.

We welcome any of your stories for our local news pages.

So, if you have a story to share please send it to hornchurch@visionmag.co.uk

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

*Brett*



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# THE CITY SLICKERS

Those who felt Manchester City's relentless dominance couldn't surpass the 100 points they achieved at the end of the previous campaign have just been made to reclassify things again... not just the best Premier League team ever, but the world's best too?

In a sense, winning is something Pep Guardiola takes as 'the norm'. In his time as player and manager at Barcelona, at Bayern Munich, at City, and perhaps elsewhere in future if rumours of Juventus coming calling are to be believed, the 48-year-old expects and delivers.

Even when being asked to exceed those dramatic heights of the 2017/18 season, the mercurial boss had an answer – how about a clean sweep of domestic trophies?

The task was never going to be easy, particularly when main rivals, Liverpool, were a revitalised side looking to get back to the top table of British football for the first time in 30 years.

Pep Guardiola's men lost four times across the 38 games, but crucially, drew only two of the other 32, and while only a solitary defeat blemished Liverpool's season record (to Manchester City in January), it was the Blues' ability to turn draws into wins that saw them home.

Even when 10 points adrift of Liverpool, ice-cool Pep continued to let his side's ability do the talking. "Football matches can be won in the changing room, in the tunnel, on the pitch," he said at Christmas. "The good sides make sure it is on the pitch, and I think we will prove that."

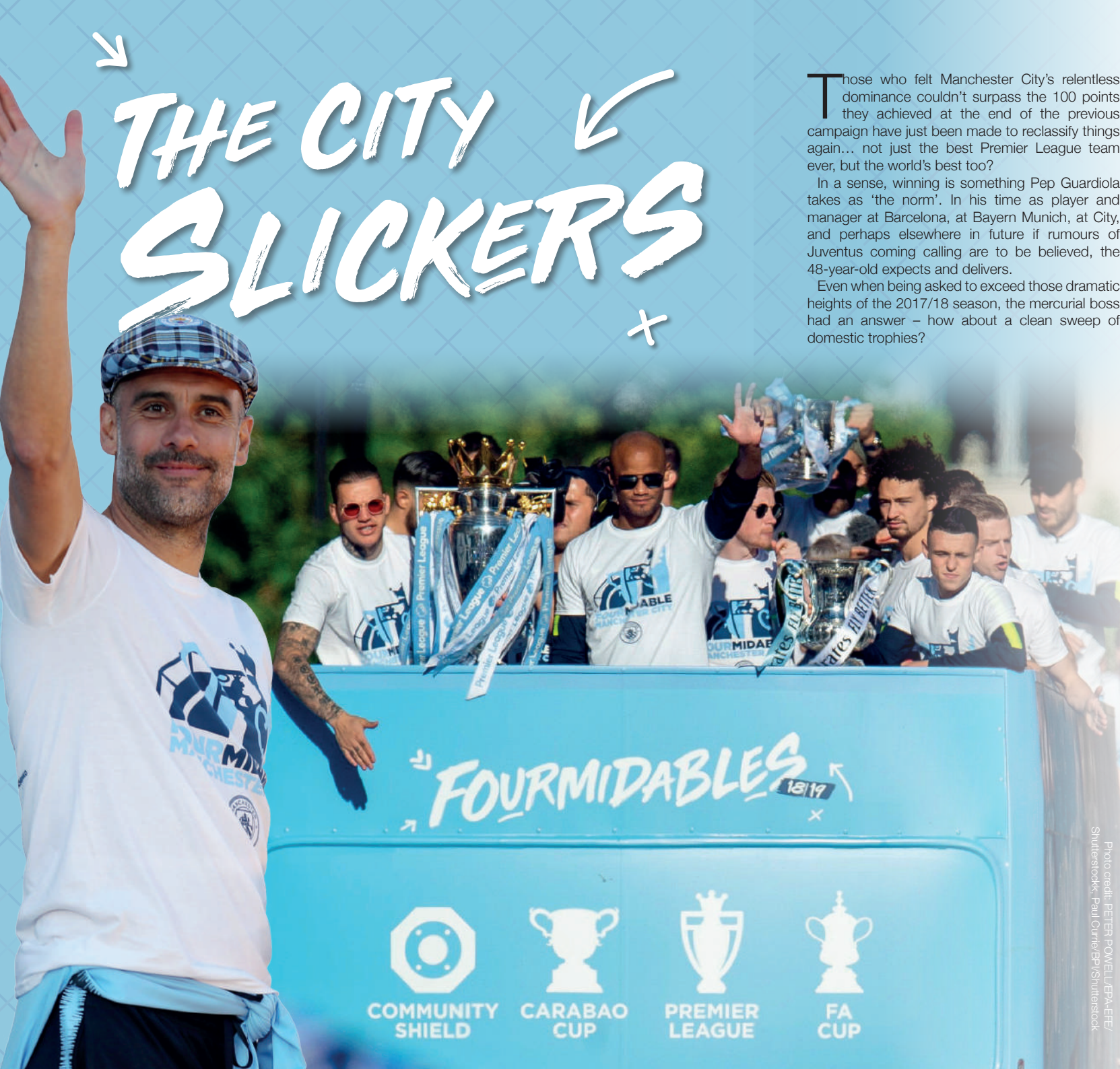
Sure enough, in 2019, the Cityzens failed to win only three of 31 matches in 90 minutes, in all competitions. The exceptions were the 0-0 draw in the League Cup final – which mattered not as they beat Chelsea 4-3 on penalties anyway – an under-par 2-1 defeat at Newcastle United, and that 1-0 loss in the first leg of their Champions League quarter-final match against Spurs (in which they missed an early penalty).

In almost every other game they breezed past opponents with an air of fiery football finesse. It is a method of match mindfulness that only Liverpool under Jurgen Klopp can rival, and winning their final 14 league matches saw them take the Premier League crown by a solitary point.

And when the pressure was off, the prowess of Sterling, Aguero, Kompany and the Silvas (David and Bernardo) shone greater than ever – no better witnessed in that destructive 6-0 Wembley win against Watford, the match which sealed the 'treble' with the addition of the FA Cup to the season's silverware.

While some will point to City's failure to make their mark in the Champions League, did they actually do any worse than the supposed 'big two', Real Madrid and Barcelona? Both achieved catastrophic capitulations when it mattered, whereas Guardiola's men bowed out in a titanic battle against Tottenham, and were a VAR decision away from qualifying.

If the last two seasons are anything to go by, Manchester City will again be the team to beat next year. Rivals will be encouraged to see inspirational captain Vincent Kompany return to his native Belgium, but the club's pitch riches run embarrassingly deep, and in Phil Foden, Oleksandr Zinchenko and Lukas Nmecha, a new breed of youngster is emerging to make the challenge for others even greater.





# Royal baby BOOM



As Archie Harrison Mountbatten-Windsor enters his second month, the world's fascination for the newest royal appears to have lessened very little.

Despite what must seem a full-on flourish of night feeds, nappy changes and calls from Nan (otherwise known as HM Queen Elizabeth II), it's only actually a few weeks since, on Wednesday May 8, the Duke and Duchess of Sussex revealed the name of their baby, that coming two days after his birth at the Portland Hospital in Westminster.

Archie is the Queen and Duke of Edinburgh's eighth great-grandchild, with Harry and Meghan breaking somewhat with convention – some would say predictably – in opting against a traditional royal name for their son.

Archie – short for 'Archibald' – was actually the 18th most popular boys name in the UK in 2018. Meaning 'genuine', 'bold' or 'brave', it has been gaining popularity in its shortened form and will no doubt creep ever closer to the likes of Oliver, Harry, Noah and George, now it references a royal owner.

Seventh in line to the throne may not be something currently on the mind of the newest member of the royal family – he will have to see off the Queen, Prince Charles, William, Harry, Princes George and Louis and Princess Charlotte first. He may instead enquire why it took his dad 11 days to register his birth.

When that task was finally completed, down-to-earth Harry didn't request any special treatment. Always keen to steer away from unnecessary pomp, the birth certificate was signed by only the duty registrar, Dexsha Mevada. That said, as has been the case with past royal babies, it is thought Harry was able to wait for a knock at the door – the civil servant on duty travelled to the couple's Frogmore Cottage home to complete the papers... proving that breaking with convention only goes so far.

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BEAUTY

# HAIR MYTHS *revealed*

## THE MOST COMMON HAIR MYTHS REVEALED

**Myth 1:** You should condition before you shampoo.

**Truth:** If you condition and then shampoo, the effects of the conditioner will simply be washed off by the cleansing agents within the shampoo. However, if you have thick hair, it can be beneficial to condition, shampoo and then condition again.

**Myth 2:** Unwashed hair will eventually clean itself.

**Truth:** Hair can never really self-clean, but many people do often over wash their hair and therefore it can become dependent on regular shampoos to appear clean. If you go several weeks or even months without cleaning your hair, it will adapt to this and in turn produce less oil so it will appear as though it has cleaned itself.

**Myth 3:** Plucking out one grey hair will make two more appear.

**Truth:** This is purely an old wives' tale. Each one of your hair follicles only has one strand of hair so it is impossible for two to grow back in one hair's place. However, once you find one grey hair, you are likely to go looking specifically for more and you may well find some.

**Myth 4:** Washing your hair with beer will make it grow.

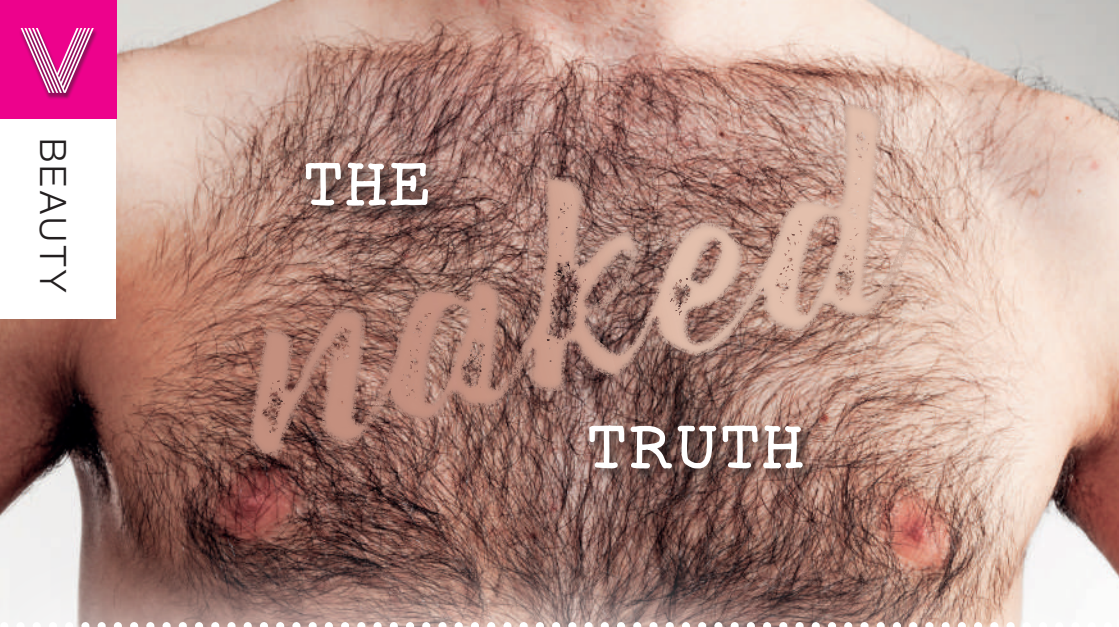
**Truth:** Hops in beer are said to contain silica which may help strength your hair follicles and possibly promote growth, but the effects will be negligible. However, the sucrose and maltose can help your hair to appear shinier and less flat.

**Myth 5:** Cutting your hair regularly will make it grow faster.

**Truth:** Although having your hair trimmed regularly is good for your hair as it will make it stronger by getting rid of any split ends meaning it will be less likely to snap; it does not actually make your hair grow any faster.







These days there's absolutely no shame in a man taking care of his physical appearance, whether that means dying greys, investing in a good moisturiser or indulging in a little manscaping - AKA body hair management. In fact, when it comes to male grooming, business is booming, be it chest rug, back mane or those rather more intimate areas. All that is left to be decided is which treatment is best for you...

#### SHAVING

Shaving is ideal for the fella who doesn't feel ready to share his hair removal endeavours with anyone else. It's also cheap, requiring nothing more than a decent razor and shaving foam and can be completed in the same time it takes to have long shower. However, this is definitely not recommended for those delicate areas and can also leave you more prone to ingrown hairs. It's also a case of easy come, easy go, as the hair makes a swift return.

#### WAXING

Waxing may not be for the faint-hearted, but it is a very good solution for the man who wants a really clean look for more than just one day. Unlike with shaving, waxing is generally only needed every four to six weeks. The hair follicle is often weakened through the process making it easier (ahem, 'less painful') as time goes on. It's particularly effective on larger areas and those hard to reach spots, explaining why the 'back, sack and crack' treatment remains so popular.

#### IPL (INTENSE PULSE LIGHT)

If you've got body hair which is becoming a genuine problem for you, IPL might just be the solution. Using intense heat and light, IPL permanently damages the hair follicle, theoretically meaning that hair never grows back. Not surprisingly, this is the most expensive treatment of the lot, with the required amount of sessions usually costing hundreds of pounds.



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# SUSTAINABLE fashion



FASHION

**F**ast fashion is no longer fashionable. Today's top designers are all about sustainability and ensuring that we can look good and save the environment at the same time.

## Stella McCartney

Probably the most well-known sustainable fashion brand, Stella McCartney has always been passionate about clothing that is eco-friendly and ethical but also bang on trend. Celebrity fans include Gwyneth Paltrow, Heather Graham and Meghan Markle.

## H&M

As well as selling environmentally-friendly pieces in their 'Conscious Exclusive' collection, this brand also launched an initiative which allowed customers to hand in any unwanted clothes, from any shop, in return for a £5 off voucher to spend in their stores.

## Zara

In 2016, in response to H&M's sustainable fashion range, Zara launched its own environmentally friendly range called 'Join Life'. They have also pledged not to send any leftover stock from their HQ, stores or factories to landfill by 2020.

## Iden

This denim brand with a conscience makes stunning clothes using organic and recycled fibres that have been produced with low environmental impact. The best thing about this brand (apart from their ethical standpoint) is that they truly understand what a woman wants, no needs, from a pair of jeans.

## Toms

Who doesn't love a pair of Toms? And of course, you feel better about buying yet another pair of shoes knowing that each time you buy a pair, this generous brand donates another pair to a developing country. They even sell vegan Toms.

## Veja

This fabulously forward-thinking brand has been making envy-inducing trainers with a difference since 2005. Each element that goes into making a pair of their trainers has a positive impact on the environment. For example, the cotton used comes from an organic farm in Brazil and the rubber for the soles is both natural and sustainable.







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# Brilliant Bakes

*Three dough-based delights you can make at home*

*English Muffins*

Simply mix 300g flour, 7g fast-action yeast, 6g salt, 15g caster sugar, 15g softened butter, 170ml milk and one egg to form a soft dough.

Knead for 10 minutes, then leave to prove in a lightly oiled bowl for an hour.

Dust your work surface with polenta and flour before rolling your dough to 2.5cm thick. Then cut out eight muffin shapes and prove for a further 30 minutes.

Finally, griddle the muffins for five minutes on both sides.



*Pagan Dough*

Combine 650g flour, 7g fast-action yeast, 2tsp of salt, 50ml milk and 25ml olive oil in a bowl, before slowly adding 325ml of warm water.

Knead on a floured surface for five minutes, before proving until doubled in size. Knock back the dough and knead till smooth then prove for a further hour.

Divide into six balls which can be rolled into pizzas, add your favourite toppings, then cook in the oven for 12 minutes at 200 degrees celsius or gas mark 6. Voila!

*Chocolate Croissants*

Combine 500g flour, 50g sugar and 1½ tsp salt with 300ml of cold water and 14g fast-action yeast to form a dough which must be kneaded for five minutes then chilled.

Now flatten 300g butter between two pieces of baking paper into a rectangle about 20x15cm and chill. Next, roll out your chilled dough and place your butter in the centre before folding over the four corners to envelop the butter. Repeat this chilling and folding process twice more before chilling overnight.

On the morning you want to bake, cut your dough into six thin triangles which can be rolled up, left to prove for two hours and then baked for 15 to 18 minutes at 200 degrees celsius or gas mark 6.

For chocolate croissant follow the same recipe as above but conceal pieces of dark chocolate within the rolls of your croissant.



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# WHAT A WASTE

In the UK we throw away a staggering five million tonnes of edible food every year, which puts a strain on both the environment and our pockets. But by taking a few simple steps you can minimise the food you waste...

## MAKE THE FREEZER YOUR BEST FRIEND

Freezing food is one of the best ways to cut down on waste and save money, by buying meat in bulk and freezing leftovers. Invest in some sturdy food bags and a permanent marker so you can divide food into individual portions and label it clearly. Uncooked meat will keep in the freezer far longer than cooked.

## KNOW THE DIFFERENCE BETWEEN 'USE BY' AND 'BEST BEFORE'

'Use by' dates are usually on high-risk items like fresh meat or fish and ought to be adhered to, whereas 'best before' labels refer more to quality. So if your tomatoes are past their 'best before' date but still look edible, they probably are.

## GO LOCAL

If you find yourself spending a fortune on a big shop at the weekend, only to find yourself throwing most of it out by Thursday, consider buying less every few days. Most supermarkets have smaller, more convenient stores in towns and suburbs, but you may also find yourself returning to the family-run butcher, baker or greengrocer just down the road.

## USE THE LOT

Save parmesan rinds or wobbly veg to flavour soups and stocks, throw used coffee grounds on your garden and use grated citrus zest to flavour cakes and sauces.

## BEAT WITH CHEATS

Buy a selection of frozen berries for smoothies and frozen chopped onions for stir-fries. Keep your fridge stocked with tubes of fresh garlic and chilli and your cupboard with herbs and spices for instant flavour and zero waste.



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A **Branch Out Buddy** can organise a visit to a favourite activity – perhaps bingo, dining out or support you in your favourite hobby – an art class or a concert – and would be happy to join in a game of cards or help with a jigsaw puzzle.

A **Branch Out Buddy** can help with light housework, laundry, ironing, changing beds, getting groceries, prescriptions, dry cleaning.

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# MEN'S HEALTH MATTERS

3.2 million men in the UK.

Three out of four suicides are by men.

With suicide being the biggest cause of death for men under 35 years old.

Men are nearly three times more likely than women to become alcohol dependent.

With 8.7 per cent of men in the UK being dependent on alcohol compared to only 3.3 per cent of women.

One in five men in the UK die before the age of 65.

On average men die four years earlier than women with the biggest cause of death being cancer.

One in seven men die from coronary heart disease.

1.6 million men in the UK live with coronary heart disease compared to one million women.

One in ten men currently live with diabetes.

Men are 26 per cent more likely to develop type 2 diabetes than women, with being overweight the main cause.

Check out next month's issue to see our top tips on how to stay healthy and happy...

Men can often neglect their health and push any worries or concerns to the back of their minds; instead prioritising the wellbeing of their families.

But each year, Men's Health Week aims to educate and raise awareness of men's health problems and this year's focus is on numbers.

## DID YOU KNOW . . .

An estimated one in nine men will be diagnosed with prostate cancer during their lifetime.

With about six in ten cases being in men over the age of 65. 50 per cent of men over the age of 50 will develop an enlarged prostate; that's a whopping

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We all know how important sun cream is, but do we really know what type we should be using, how much we should be applying and whether spending a bit more really will save our skin in the long run?

*What is the difference between UVA and UVB rays?*

UVB rays are responsible for the reddening of your skin and the unpleasant feeling of being sunburnt whereas UVA rays cause more long-term damage as they penetrate deeper into your skin and cause premature ageing. UVA stars are visible on all UK sun creams and indicate the percentage of UVA radiation absorbed in comparison to UVB. You should always pick a sunscreen that has between four and five UVA stars.

*What is SPF?*

SPF stands for sun protection factor and is the measure of how much protection a sun cream gives against harmful UVB rays. SPF 15 filters out approximately 93 per cent of all UVB rays, SPF 30 keeps out 97 per cent and factor 50 manages to prevent a whopping 98 per cent.

*How much should I be applying?*

Most people actually massively underapply when it comes to sun cream, but it is essential that you apply the correct amount which is 1oz per application. You should also apply at least 30 minutes before going out in the sun and should always reapply every two hours and immediately after swimming.

*How long does sunscreen last?*

It can be tempting to use last year's bottle if you have some left over but most sun creams only last between 12 to 18 months and this can be even less if they have been exposed to high temperatures or direct sunlight.

*Are cheaper sunscreens as effective as more expensive ones?*

Recent testing by *Which?* found that many supermarket-branded sun creams were equally, if not more effective than some of the best sellers.



HEALTH & FITNESS





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TRAVEL

# THE £100 holiday



*Passport at the ready for a budget trip of a lifetime...*

It's a reflection of the travel industry in this country that, in 2019, £100 won't even get you from London to Manchester on a peak-hour morning train. It's little wonder then that while few of us are able to escape the costs of commuting, when it comes to holiday travel, we're desperate to maximise our money by heading abroad.

Sites such as Skyscanner can hook you up with the best fares for those flexible on dates from any of the major London airports. We put it to the test – when inputting a date range for the last week in June, we hooked up flights to Milan, Madrid, Warsaw, Copenhagen, Stockholm, Brussels, Bucharest and more for under £35, but in terms of pure distance, and factoring in accommodation as well, where is the furthest you can go?

The answer – Kharkiv, in the Ukraine. This impressive city is the country's second largest, and is situated in the north-east of the country near the border with Russia. A beautiful, cultural base that will offer sunshine and snow in equal measure, it boasts botanical gardens, a zoo, the Avec Fine Arts Gallery and the Feldman Ecopark, not to mention a host of bars, cafes and stellar restaurants. It all adds up to a 93 per cent satisfaction rating on TripAdvisor.

Basic accommodation starts from £14 per night (three-star hotel), with the cheapest flights getting you to the former Eastern Bloc and back for just £46. Based on a three-night stay, your remaining £12 will leave you enough for 24 pints of local Ukrainian lager... or perhaps some food would be a better option (the average price for a meal in a restaurant is just £3!).

Either way, a four-day break, 1,800 miles, food and accommodation for less than the price of an hour on a Virgin train... Branson take note.



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# DROWNING

## PREVENTION WEEK

JUNE 14 - 24

**D**id you know that drowning is the leading cause of accidental death in children? And that you are more likely to die from drowning than you are from being hit by a car? And the scariest thing is that it can take as little as 20 seconds for a young child to drown.

So, how can you keep your children safe around water?

### BE VIGILANT

A simple tip but an important one. Always watch your child when they are in or around water, especially younger children who should be within an arm's reach of an adult at all times.

### DESIGNATE A 'WATER WATCHER'

If you have friends over, a good idea is to nominate one person every half an hour or hour to watch the children so that you always know at least one person is watching them.

### INSTALL FENCES AROUND HOME POOLS

If you are lucky enough to have your own swimming pool in your garden, then it is vital that you install

a safety fence around it as it is unlikely that you will want to watch your children in the garden at all times.

### LEARN BASIC CPR AND WATER RESCUE SKILLS

Being prepared for the worst case scenario could save a child's life.

### EMPTY ALL KID'S POOLS, BUCKETS AND OTHER CONTAINERS AFTER USE

And be sure to store them upside down in case it rains as children can drown in as little as a few inches of water.

### AFTER USE, REMOVE ANY TOYS FROM THE POOL

Children may be reaching in to retrieve a toy, fall in and drown. So be sure to clear the pool after use and cover appropriately.

### ALWAYS SUPERVISE BATH TIME

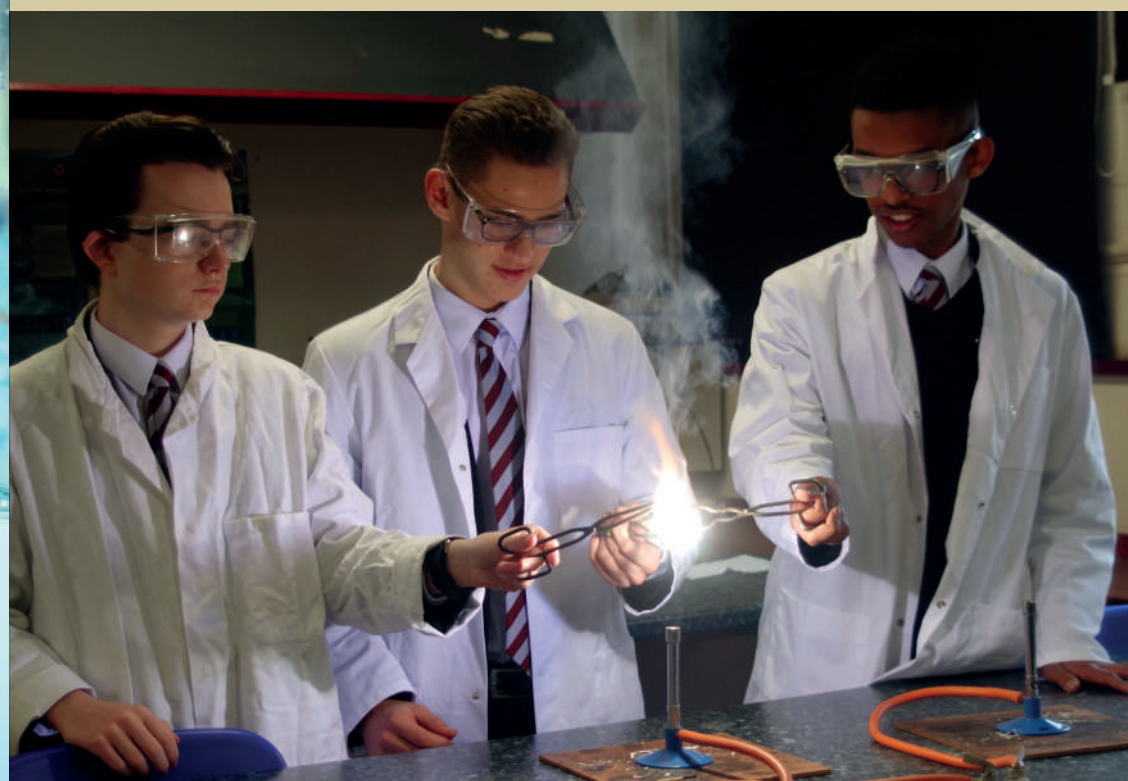
Always stay with your child when they are bathing and drain the water straight after use.



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# PROTECT YOUR PET *this summer*

You may not realise it, but the summer months can be an extremely dangerous time for your pets, and not just because of the increasing temperature. There are in fact a whole host of hidden hazards that you may be unwittingly exposing your precious pets to.

## 1. PROTECT YOUR PET FROM SUNBURN

All animals can suffer from too much sun exposure, especially dogs with a short or light-coloured coat and white cats, so it is important that you keep them out of direct sunlight at the hottest part of the day. Also, ask your vet about sun cream specifically designed for pets.

## 2. KEEP YOUR PET SAFE FROM PARASITES

Fleas, ticks and mosquitos are rife in the summer, so it is vital that your pet is given the appropriate treatment to prevent them catching a whole host of diseases including Lyme disease and Rocky Mountain Spotted Fever.

## 3. BE AWARE OF THE RISK OF DROWNING

If you have a paddling pool or swimming pool in your garden, make sure that you cover it overnight and are vigilant during the daytime.

## 4. ALWAYS PROVIDE YOUR PET WITH SHADE AND FRESH WATER

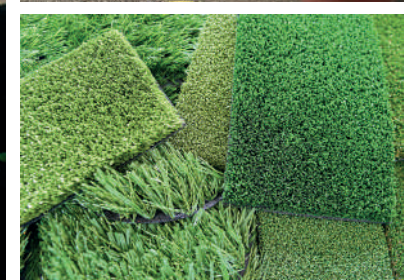
This may seem like an obvious one, but not all animals will have the sense to move themselves out of the sun and into the shade so you may need to give them a helping hand.

## 5. BE VIGILANT AROUND OPEN WINDOWS

This one is specifically for cats, as there is a risk of them falling out and injuring themselves.

## 6. CHECK FOR SIGNS OF FLY STRIKE

Rabbits and guinea pigs are susceptible to flies laying eggs in their fur if they are dirty which will lead to maggots attacking them. Ensure their fur is clean and free from eggs.



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# SOILED

GARDENING



## THE 10 MOST COMMON MISTAKES WE MAKE WHEN GARDENING

### 1. TOO MUCH OF A GOOD THING

Less is more when it comes to good gardening. If you cram too much together it will look a mess, or worse still, die.

### 2. OVER- AND UNDER-WATERING

Be regimented over your watering routine and adjust it depending on rainfall to ensure your garden is nicely hydrated at all times.

### 3. WEEDING THEM OUT?

Ensure what you're pulling up are weeds and not slow-developing flowers. Remember, everything grows at a different rate and sometimes the most mundane of plants will become the most beautiful flowers... but only if they're left in the ground!

### 4. FAILING TO PREPARE (YOUR SOIL)

Give your plants a chance by ensuring the soil is in good condition. A simple testing kit will let you know if you need to re-compost, add fertiliser, or simply switch to a different soil type.

### 5. INVITING IN A BULLY

Ensure what you're planting doesn't have the ability to take over your entire plot.

### 6. ANIMAL LIFE

Plants and flowers may be pleasing on the eye, but for local wildlife they represent dinner, so ensure your investments are well-protected or they may end up an evening meal for a squirrel or rabbit.

### 7. HERE COMES THE SUN

Ensure plants are in the right areas to either soak up or be protected from the sun – it's a life-source and a killer in equal measure.

### 8. SOWING YOUR SEED

Follow seeding instructions carefully or, much like fast-growing trellis plants, your garden floor could become a maze for all sorts.

### 9. PESTICIDE PERIL

Consider that while pesticides will kill pests, they will also do real harm to your soil and grass if you use too much.

### 10. SPREAD THE WEALTH

For a pleasing finish, try to tend to all your garden space in equal measure rather than blowing all your budget on one flowerbed.





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# A garden to grow in



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We created a new patio area by excavating her existing patio and areas of unlevelled mud and replacing it with new Indian sandstone slabs, in a light "fossil" shade. She wanted a pathway leading down to her rear garden gate, so this was incorporated in the design.

A small area of artificial lawn was laid to soften the whole look, make it look less "courtyard" and provide a grass area for the children to play.

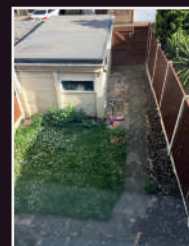
To finish off the whole look, we repainted the external walls of her detached garage and fitted a new side door, with lock, leaving the whole area looking fresh and new.



After



Before



We would definitely recommend Paul. He is very friendly, knowledgeable and professional. He even took the time to have a few conversations with our two year old who was most interested in what he was doing with her garden. All works were carried out to an exceptionally high standard and finish. We had total confidence in him and won't hesitate to have him back. We are thrilled with the end result.

Thank you very much Paul.

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# lovely lookout

## TIPS AND TECHNIQUES TO MAKE YOUR GARDEN SEEM BIGGER



Until those lottery numbers come in, many of us are happy to accept the fact that what we can do with our front and – in particular – back gardens has limitations. Perhaps our property backs onto our neighbours', perhaps we're living in a built-up area where even the smallest patch of grass is to be cherished. Whatever the case, there are a few choice techniques that can make your humble plot seem like the perfect place to stretch out, unwind and soak up nature.

### PLANT ALONG EDGES

Our perception of size is largely guided by the way our eyes see lines. If you can disguise the line where a patio meets a wall, for example, you are playing with the perception of your garden's end point and it will appear to increase in size.



### DIAGONALS AND LAYERS

The use of diagonals, particularly where paths are concerned, is great to send the eye into the distance. In the same way, layer plants to create the idea of exploration and depth.



### GO UP, NOT OUT

If space left and right is at a premium, consider reaching up and planting tall, diverting the eyeline away from borders and into the sky.

### MIRROR MIRROR

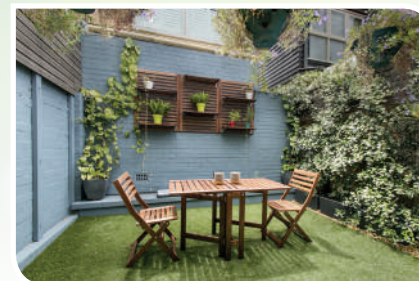
Subtle use of mirrors (so that they don't directly reflect back onto people), is arguably the simplest way of expanding space and is a technique employed by many of the best designers.

### LET THERE BE LIGHT

As well as mirrors, using bright painted shades (on fences, walls and even the floor) can light your garden and give the impression of space. In contrast, dark tones offer shadows and a feeling of the walls coming in, so avoid at all costs.

### DECLUTTER

Finally, leave as best you can your garden as a paradise for plants, flowers and very little else in order to increase space. The kids' toys can be put elsewhere!







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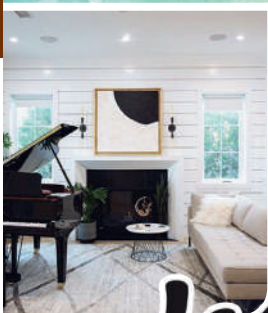
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# Mr. Kate

## BECAUSE WHY NOT?

THE DESIGN, STYLE AND BEAUTY BLOGGER WHOSE INFECTIOUS ENERGY HAS DRAWN A GLOBAL FANBASE

In the world of interior design, style, craft and beauty, standing out is what counts, and when you realise that Mr. Kate isn't actually a mister at all, but Kate Albrecht, you're halfway to realising why this high-energy, punchy, slightly rebellious American designer is making waves.

From a simple blog started back in 2011 that explored her passion for design and DIY, the 35-year-old, who is partnered in media projects by husband Joey, is now a conveyor belt of YouTube videos and TV appearances, as well as providing bespoke design services for some of Hollywood's biggest names.

Here are some of Kate's top tips for interior excellence:

**IDENTIFY:** Look at a room, a space or just an object and identify what needs to change. Is it a corner that's too dark, is the sofa outdated or is an entire room the wrong colour? Make a list and keep referring back to it to ensure you don't get side-tracked as the project develops.

**GET INSPIRED:** Use Instagram, blogs or magazines to pull together visual ideas and suggestions.

**WICKED WALLS:** Focus heavily on wall space as these are the areas we see the most. Always aim to fill space with colour or decoration rather than leaving large areas untouched.

**THE ILLUSION OF EXPENSE:** Add expensive looking items where possible in a room. These subtle cues can lift an entire space, particularly helping along older objects that, while you can't do without them, perhaps bring the tone down.

**FUNCTIONAL AND FUN:** A room should be a combination of practical and decorative. Combine the two for maximum impact and sensible living space.

**SHAPESHIFTING:** Use a combination of round and angular objects to create balance and variation.

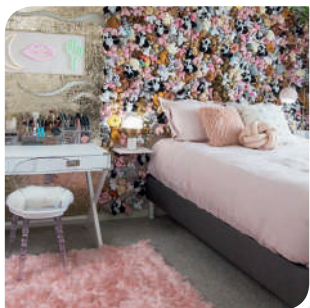


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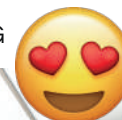


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At first glance, the eclectic style looks easy to pull off — an assortment of mismatched furniture pieces, books and various other knick-knacks effortlessly strewn around a lounge or bedroom, to create a lived-in and homely atmosphere.

But what at first appears to be effortless style must actually be well planned out in order to avoid a home that feels at best cluttered, and at worst, like a live-in jumble sale.

The key to achieving the style is therefore planning and consistency. You need to build the look around key features that already exist in your home. An antique fireplace, for example, will become even more stunning when set against a freshly-painted olive wall and accessorised with carefully chosen gilt frames and glass candlesticks.

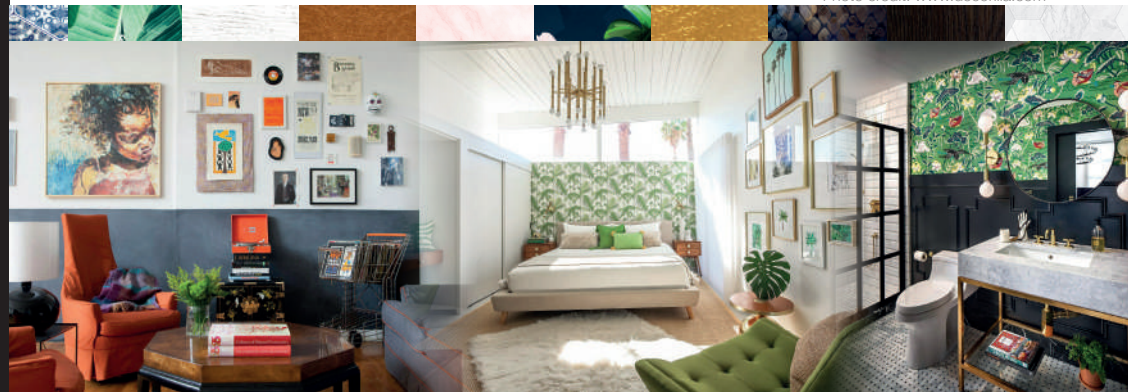
Similarly, the eclectic style should not be restrained

to one room. The muted colours, art pieces, lamps and mirrors must be free to spill down corridors and all around the home. An antique hatstand in the hallway, a wall of framed photographs in the bathroom and Art Deco side-tables from 1920s Paris paired with a rustic country-style bed in the master bedroom.

An important part of eclectic styling is to ensure key pieces are juxtaposed with each other. Never buy sets, never choose a blanket in a single colour and be brave enough to pair items from very different eras, styles or genres — for instance a metallic frame above a wooden sideboard, or perhaps a zigzag cushion on a velvet chair.

And if you can mix textures while still maintaining comfort and a homely feel, your ability to create this individual look will mean you are always surrounded by stylish decor.

Photo credit: www.decorilla.com





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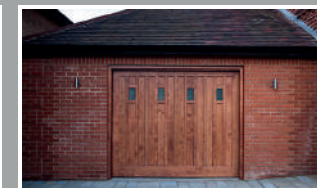
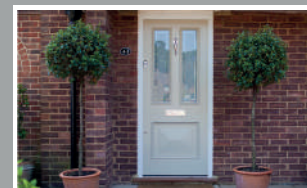
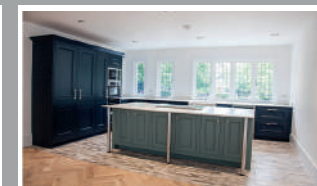
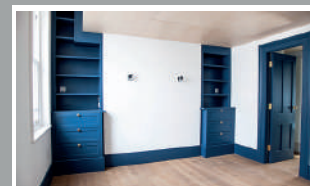
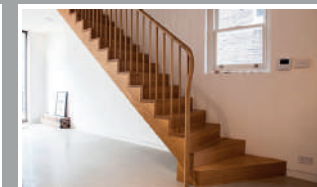
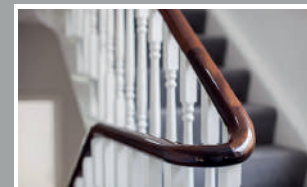
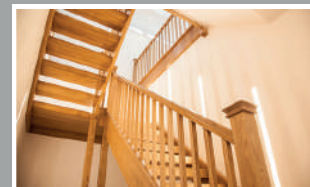
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# CLOCKING ON

The humble wall clock is often vilified for its vital role in reminding us that we are constantly behind schedule – but as an aesthetic choice it is a timeless interior addition that alludes to a tradition of sophistication and style.

In this fast-paced world where so many of us are late for something at any given time of the day, the wall clock often sits smugly in the household faithfully ticking away the seconds ad infinitum. But its riling raison d'être aside, there was a time when large clocks were considered emblems of opulence; and although the clamour for small and sleeker accessories has relegated the wall clock to an afterthought, there's a case for arguing this timeless timepiece can add an eye-catching allure to any contemporary space.

Of course, these days most of us turn to our phones and laptops to check the time – and that modern move has changed the wall clock's primary feature from time-keeping to a purely

stylistic one. Now, the placement of a wall clock in the perfect spot isn't about keeping an eye on the time, it's a fashionable way to draw together a room and provide visual symmetry.

Even if you're hoping to emulate uber-minimalist interiors, an elegant or oversized wall clock can offer a break from potential monotony while still appearing a natural extension of its surroundings and theme. Designers now treat their creations as art pieces – ditching the rounded constraints or traditional elements to drag the wall clock into the present.

But it's not just new-fangled timepieces that make the cut. The most traditional form remains the stately grandfather, and these classic chronometers can fill a niche or space that is too small or awkward for other furniture to fit. With its inherent grandeur and sophisticated heritage, there is certainly still a place for the grandfather in the modern home.



# Sustainable Swaps

## HOW TO MAKE YOUR HOME MORE ECO-FRIENDLY WITH THESE EASY SWAPS...

In every corner of every room, and in every way, our homes are gradually becoming environmentally-conscious places. Where energy saving lightbulbs and rechargeable batteries set the trend in previous decades, the new range of products and initiatives flooding the market will take your breath away (and save you money in the process):

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### Steel straws

Forget dated plastic or horribly flimsy paper versions offered up in a certain fast food restaurant, only a steel straw will do when it comes to proper drinks and dedicated environmentalism. Providing you remember to clean it out with a wire brush, this drink delight will last for years.

### Recycled pens

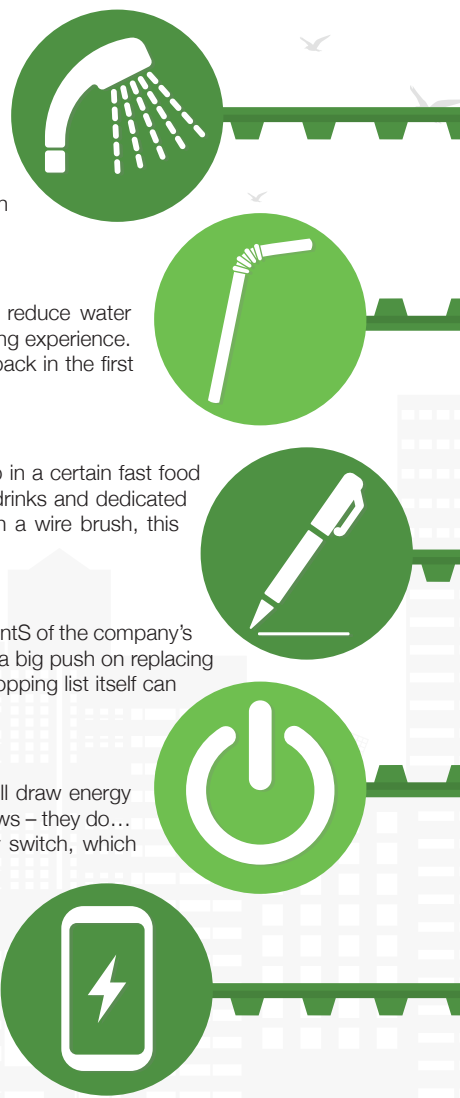
Pilot's B2P pens are made from old water bottles, with 80 per cent of the company's range comprised of recycled plastic parts. They're also making a big push on replacing ink cartridges rather than the entire pen, meaning even your shopping list itself can be environmentally friendly.

### Energy-saving power switches

You mean you didn't know turned-off appliances commonly still draw energy from the plug even when they're switched to 'off'? Here's the news – they do... unless you're smart enough to install an energy-saving power switch, which eliminates the pull.

### Solar-powered phone charges

Charging our phones creates one of the most concerted demands on the grid, but if you let that ball of fire in the sky do the work for you, particularly with summer just around the corner, your ray of sunshine doesn't just begin and end with a message from a loved one.



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# DIY DECORATIVE Basket DESIGNS



HOME & DIY

Whether you want to create a gorgeous gift basket, or simply jazz up one for displaying in your home, we have some great ideas on how to turn a boring basket into a decorative delight. Plus, check out these other ingenious ways to use up spare baskets.

## Ribbons and Roses

If you love all things quaint and old-fashioned looking, then this is the ideal design for you.

- First you will need one open weave, round basket with a handle
- Using coloured ribbon begin looping firmly around the rim of the basket
- Tie at the side with a loose bow
- Place a fabric rose in the spaces between the ribbon and attach with glue
- You can also wrap further ribbon along the handle if you wish

## Nautical Stripes

This design is perfect for a basket that will be used in the bathroom.

- Take one wicker basket
- Apply a coat of primer
- Allow to dry and paint white
- Using masking tape, create a series of horizontal stripes on your basket
- Paint with a dark blue colour
- Remove tape
- Decorate with shells (optional)

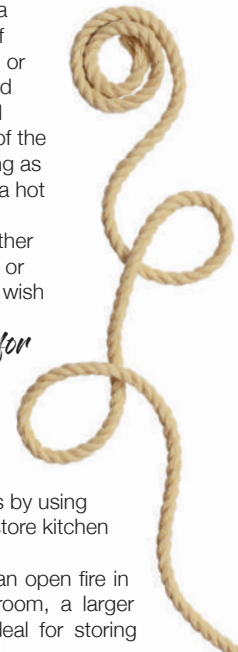
## Plastic fantastic

Yes, you can even transform a plastic basket into something beautiful.

- Simply take a long piece of rope (natural or coloured) and wrap around the outside of the basket, gluing as you go with a hot glue gun
- Decorate further with buttons or jewels if you wish


## Other uses for baskets

- Utilise that wasted space on top of your kitchen units by using baskets to store kitchen equipment.
- If you have an open fire in your living room, a larger basket is ideal for storing wood in.
- Baskets do not need to be confined to the house. Why not line one and fill with a selection of plants, flowers or herbs.





# THE GAME IS UP



The end of *Game of Thrones* has provided some of the year's major talking points, yet for a brilliant actress so long a cornerstone in a mystical world of medieval conflict, could Emilia Clarke's move towards more conventional projects be her biggest challenge yet?

.....

The eighth and final TV adaptation of George R. R. Martin's *A Song of Fire and Ice* was nothing short of spectacular. With plot lines that swayed between unpredictable and unfathomable, the supercharged exit of HBO's greatest success story has made stars out of even its minor actors, and taken lead names Emilia Clarke, Kit Harington and Sophie Turner to unfathomable heights.

What those actors do next is the stuff of rich speculation, and particularly for 32-year-old Clarke, who wants to sway between subjects as willingly as Jon Snow's Longclaw, but hasn't yet had the opportunity.

As an actress, the Brit appears so interwoven into the deepest *Game of Thrones* fabric, yet an ability to embody and imbue characters such as Sarah Connor (*Terminator Genisys*) and Qi'ra (*Solo: A Star Wars Story*) only serves to epitomise her genuine talent for owning a role, whatever the genre.

Summing up *Thrones*, she admits the conclusion of the legacy was a lot to come to terms with. "On the first glance of the script for season eight, I stepped out of my house for a walk to try to get my head around everything that I had just read. I didn't ring anyone - I was still unable to make sense of it all.

"The scripts took me away from everything - it was like I was having an out of body experience."

While the *Thrones* machine has ground to a halt, immediate rumours of a spin-off series have surfaced, and you sense Clarke would find it difficult not to be lured back; after all, so much of her adult life has been centred around the story - she was just 23 when filming for the first scenes began.

What's refreshing is the fact the actress doesn't look at the world entirely through a film set. She spreads her influence wide and recently became an ambassador for the SMA Trust, an organisation that helps those with spinal muscular atrophy. She is also a representative for the Royal College of Nursing in the UK, a link that echoes back to her own health issues - the actress revealed this year that she had suffered two brain aneurysms. The first caused a stroke, aged just 24, and upon filming the final series she frequently felt faint and suffered from headaches.

Now "on top" of her health and seemingly aware of the need to slow her pursuit of greatness, she has two films in pre-production to see out the year. *Above Suspicion* is a true story that combines FBI espionage and romance, while *Last Christmas*, a light-hearted, seasonal romance set in London, sees her star alongside Henry Golding and Emma Thompson.

"I can't look too far ahead," says Clarke, who credits her late father for giving her the confidence and relentless ambition to succeed in the industry. "In fact, I've never really had the option to."

In the immediate short-term then, Clarke's ambitions are clear.

"I need to do more dancing" she laughs. "Dancing like a maniac. Crazy dancing. It is the best thing."





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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



## Charity football match raises over £25k for Isla Caton

A charity football match raised £25,972 for a girl in Hornchurch recently.

The event was held at Aveley Football Club on May 11 to raise money for Isla Caton who is currently in remission following her battle with neuroblastoma.

Baz Cox and Shaun Wincott organised the event, with appearances from celebrities such as Danny Dyer.

Speaking about the event, Baz said: "It went really well. It was a big success and a great day for all those who attended."

"We were looking to raise between £15,000 and £20,000 and we managed to raise over £25,000."

"We are over the moon. Really made up."

Baz decided to take over the annual event to try and make it bigger and better than ever.

He continued: "I've been fundraising for Isla for about 15 months. The family have become really good friends."

"There's not been a negative word about the event. It was a great day. The response has been incredible."

"We'd like to say a big thank you to everybody who was in attendance and helped along the way to raise a fantastic amount of money."

"We know Isla's family are very grateful for the kindness and generosity people have shown."

The pair have already decided they would like to organise the event next year.

Baz said: "We've said it's something we'll do annually."

"Next year will be for the Isla Foundation to help others who need to get to Barcelona for the treatment or for other families who need help."

To keep up to date with Isla's journey, follow Isla's Fight on Twitter and Facebook. Or, to donate to Isla, visit [www.justgiving.com/campaigns/charity/thebradleyloweryfoundation/islacaton](http://www.justgiving.com/campaigns/charity/thebradleyloweryfoundation/islacaton)





## Petition for more police on streets reaches 10,000 signatures

A woman from Hornchurch has delivered a petition to 10 Downing Street campaigning for more police officers on the streets.

Marie West Stone started the petition after her son and his group of friends was mugged by a group of youths in a McDonald's.

She explained: "It was quite upsetting that they had targeted them."

"I realised that crime was increasing in the area and quite a lot of schools were having increasing crime."

"I had to do something as a parent. Everyone wants to go out and protect their children."

Marie started attending meetings with her local MPs and councillors to express her concerns.

She went round to local shops, schools and businesses to share her petition and ask people to sign it.

The 46-year-old continued: "I took the petition round to everywhere there was. All the community supported the petition."

"On May 10 I took the petition to Number 10 and there were 10,272 signatures."

"It's been looked at now and I believe it will be

spoken about in the Houses of Parliament."

Marie hopes that there will be an increased presence on the streets of Hornchurch and Romford as a result of the petition.

She said: "People are aware of the problem, but unfortunately Sadiq Khan took away the funds in Havering."

"You look at the crime rate increasing and it's happening far too much."

"We have young children and I don't want them to grow up in a society where they think it's okay to carry a knife or rob someone."

"Having more police presence on the streets will stop someone from making a mistake because they're going to think about the consequences."

The petition is still open online and Marie is hoping that people will continue to share and sign it.

She added: "I'm hoping it will carry on increasing because everyone is saying we need more police presence on our streets. The more signatures the better."

"I want to make a difference and I want to help."

To sign the petition, visit [www.tinyurl.com/morepolice4havering](http://www.tinyurl.com/morepolice4havering)

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LOCAL NEWS

## Woman crushed at We Are FSTVL left needing six stitches

A woman from Hornchurch thought she was 'going to die' after being crushed at We Are FSTVL when a stampede of festival-goers tried to get into the event. Chloe Nichols ended up with six stitches following the incident on Saturday, May 25.

She said: "We didn't even get to the barriers to get into the festival. More and more people were arriving."

"We almost got to the front of this group of people and I was against a railing."

"Staff let a couple of people through a gap in the railings and then we were pushed forward like a domino effect."

"The gate got pushed over, we got pushed and loads of people fell on top of me."

"I was being crushed. I thought I was going to die. I couldn't get up. I couldn't move."

"I was screaming 'Please somebody help me'."

The 30-year-old was grabbed by a male, but as she was helped up her leg split open.

Chloe added: "I managed to run round the corner and hold my leg together. I was screaming for a medic."

"I thought I could see my bone but it was white from the fatty tissue."

"I sat there for 25 minutes on the floor before a medical person came over."

The incident has had a huge impact on Chloe, who continues to have flashbacks of the event.

She explained: "They treated us like animals. It was disgusting."

"There's no way I'm going to places with crowds again."

"The thought of it... I keep having flashbacks."

A We Are FSTVL spokesperson blamed the huge queues on "difficulties at the wristband exchange".

They said: "Due to unforeseen technical difficulties at the wristband exchange, customers had experienced longer waiting times and for that we apologise. Security was able to overcome these issues and barriers were quickly reinstated."

"Five customers sustained minor injuries and all were treated on site before rejoining the festival."

"The situation was quickly resolved and measures including providing additional queuing lanes and dedicated water distributors have been taken to change the process on site today [Sunday, May 26] for the benefit of all festival goers."

"Our sincere apologies for anyone that was affected by the issue at the gate. Our event planning is done in accordance to the highest standards, working with The Met Police, London Ambulance Service, the London Borough of Havering and the London Fire Brigade. We take the security of our audience very seriously, and constantly review our processes to ensure a safe festival environment."





# New mayor for borough as town councillor elected

A South Hornchurch councillor has been elected as the Mayor of Havering for 2019/20.

Councillor Michael Deon Burton was elected following the annual council meeting on Wednesday, May 15.

Cllr Burton said: "It is an absolute privilege to have been elected as Mayor of Havering. During my year as deputy mayor I have discovered a lot about Havering, and I look forward to meeting more wonderful people and organisations whilst I'm in office."

The mayor's chosen charities will be announced

in due course.

Outgoing mayor, councillor Dilip Patel's Mayoral Charity Appeal raised over £80,000 for local charities Havering Mind, Lennox Children's Cancer Fund and the Rainbow Trust.

He said: "In my time as mayor I have met such incredible people from all around Havering. Their overwhelming generosity, pride and kind-heartedness has made me feel honoured to have served as the Mayor of Havering."

Councillor John Mylod has been named as deputy mayor.

## Sea cadets commentate First World War heroes

A team of cadets from Hornchurch went on a historical visit last month and also helped commemorate those that gave their lives in the First World War at the same time.

Hornchurch and Upminster Sea Cadets (HUSC) visited Langley Wood, along with the Woodland Trust and the Royal Naval Association to commemorate those that were involved in battles.

The Battle of Jutland saw 6,097 servicemen lose their lives in what was the largest naval battle of the First World War.

Langley Wood, known as Jutland Wood, is a tribute to those that gave their life and the HUSC played their part in remembering the fallen heroes as they helped plant trees with one for every serviceman who died to be planted.

The woodland planted by the HUSC included 14 semi-mature oaks which represent each of the ships

that were sunk in the battle.

The memorial will also include a sculptured centre-piece which will help visitors to the site learn about the Battle of Jutland.

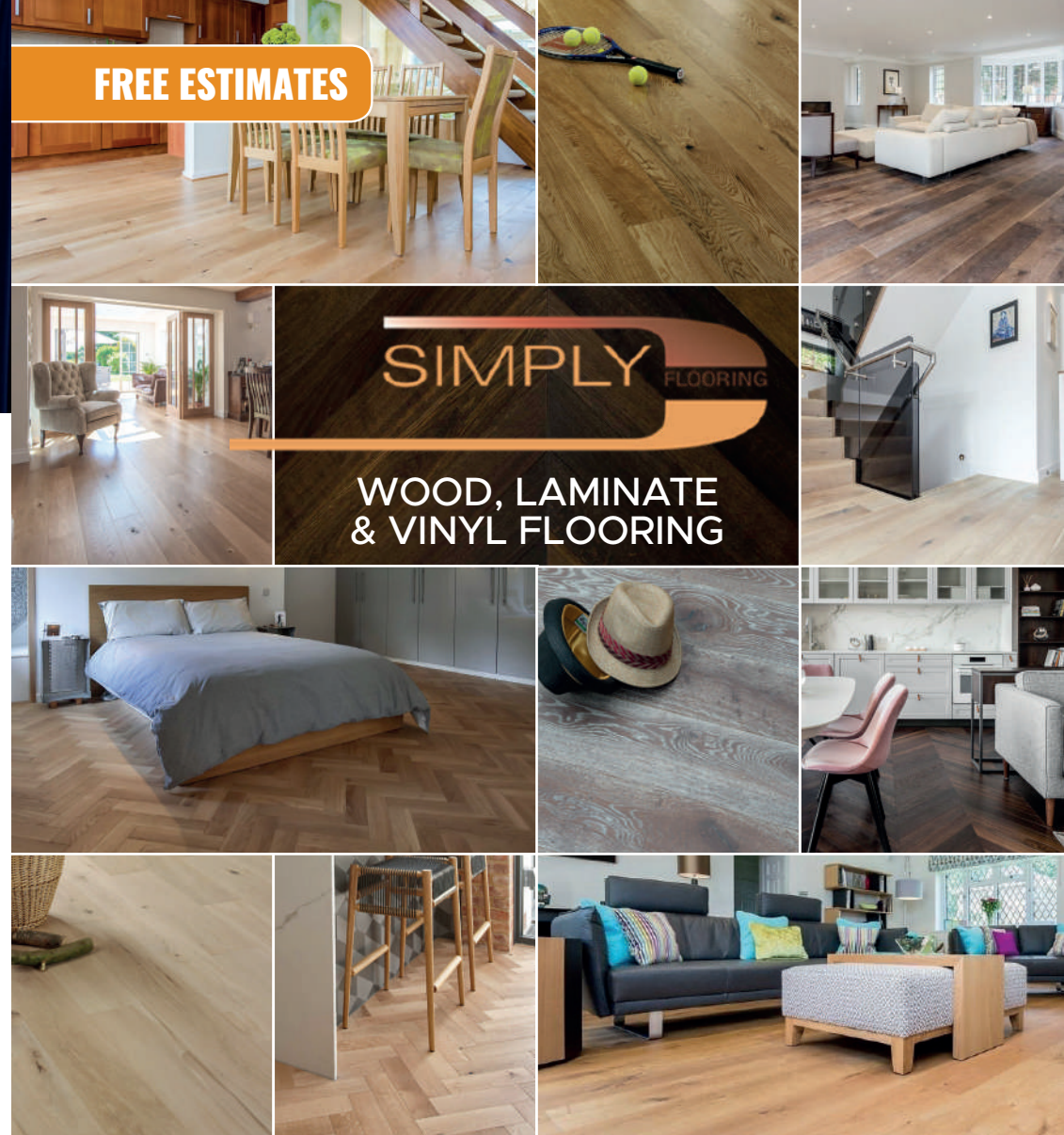
The HUSC take part in many assignments that are both educational and beneficial to the community.

They welcome new members and describe their aim as: "To give young people an experience that will help them grow into the person they want to be in a safe and friendly environment."

"Through various activities and adventures, we learn teamwork, respect, loyalty, self-confidence, commitment, self-discipline, honesty and how to be the best version of ourselves."

If you are interested in joining email [hornchurchseacadets@hotmail.co.uk](mailto:hornchurchseacadets@hotmail.co.uk), or call 01708 555184. For more information, visit [www.seacadets.org/hornchurchupminster](http://www.seacadets.org/hornchurchupminster)

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LOCAL NEWS

## Runners to raise vital funds for struggling charity

Runners will be taking part in STEP 2 IT Havering 5K to raise money for a Hornchurch charity.

Now in its third year, the event will take place at 6.30pm on June 12 at Raphael Park in Gidea Park with all funds going to First Step, a charity which supports local families and children with special needs.

Currently under severe financial pressure, First Step desperately needs support to help raise funding to restructure their organisation and continue to provide their all-important services.

The Havering 5K, sponsored by Grove & Dean, a family-run insurance broker, is a flat course suitable for walkers, joggers and more experienced runners.

Matthew Collett, Grove & Dean marketing director, said: "We'd always hoped the Havering 5K would grow

and so I'm delighted to say, three years on and with many runners already signed up, this year's event will be bigger and better than ever.

"But right now, First Step needs our help more than ever. This is a great opportunity for local businesses, teams and individuals to come together to meet, compete, support a great local charity and have fun.

"It's a feel-good event for an amazing cause with both team and individual prizes up for grabs so there's everything to race for."

Participants can enter as a team with a minimum of four people or as individual runners or walkers.

The entry fee per runner is £10, all of which goes straight to First Step. Entries close at 6pm on June 11.

To sign up, visit [www.grove-dean.co.uk/step-2-it](http://www.grove-dean.co.uk/step-2-it)

## Mother to shave head to support charity

A mother is cutting her waist-length hair to raise vital funds for a Hornchurch charity in danger of closing.

Claire Winnett, from Collier Row, will shave her head on June 17 for First Step, who support families of young children with special needs or disabilities.

Her son, Leo, attended the charity when he was younger after being diagnosed with autism.

Claire explained: "First Step gave us a lot of support. When he was first diagnosed, I didn't really understand what it meant. I remember it being very daunting someone telling me my son was disabled. I said, 'no he's not'.

"When he was first diagnosed the doctors couldn't even tell me about it, but First Step helped me do some research."

The charity is in danger of closure following funding cuts.

Claire continued: "I'm hoping to raise £500. Maybe it's a bit optimistic but I'm hoping. "First Step had their funding cut and they're the only place locally who are exclusively for helping young disabled children."

To donate, visit [www.justgiving.com/fundraising/shaveforsave](http://www.justgiving.com/fundraising/shaveforsave)







# Marathon runners raise almost £25k for hospice

A runner from Hornchurch was one of a team of 10 who completed the London Marathon in aid of St Clare Hospice.

Darren Radford, 55, ran the 26.2mile course in a time of four hours, 12 minutes and 39 seconds.

It is expected that once all donations have been received, Team St Clare will have raised almost £25,000.

St Clare Hospice's challenges and events fundraiser, Emma Broadbent, said: "Another year, another absolutely incredible achievement for our racers on Team St Clare at the London Marathon 2019.

"It's always such a pleasure to cheer the team on at Tower Bridge on the day. Everyone did so well and we couldn't be prouder.

"We are overwhelmed that the team has raised almost £25,000 between them for the hospice – that is a huge amount of money. This vital funding will go towards our care and support for local people who are living with a life-limiting illness.

"Thank you so much to everyone who donated and sponsored their friends and family.

"It's with your support that we're able to do what we do. Go team."

## Boys arrested in connection with robberies

A teenager from Hornchurch has been arrested in connection with robberies in Grays and South Ockendon.

The 17-year-old boy was arrested on suspicion of robbery, attempted theft of a vehicle, theft from a vehicle, failing to stop, and dangerous driving.

Essex Police are investigating two incidents on May 6 in which a 16-year-old boy was threatened with a knife and his mobile phone stolen in South Ockendon and a 32-year-old man was assaulted in Grays where attempts were made to steal his bag.

They are being linked to another incident in which a 17-year-old boy was assaulted, threatened with

a knife and had his mobile phone stolen in South Ockendon on May 8.

Officers attempted to stop a Ford Fusion in South Ockendon shortly after 11.20pm on May 9 but it failed to stop. The car, which had been reported stolen, stopped in Rainham, where four people got out and ran off. Three boys were arrested, and enquiries are ongoing to find the fourth person.

As well as the boy from Hornchurch, two 17-year-old boys from Rainham and Upminster were also arrested.

At the time of going to print, all three had been released on bail until June 2 while enquiries continue.

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# Martin James Bartlett releases debut album

A man from Hornchurch has released his debut album on Warner Bros Records, five years after winning a prestigious award.

Martin James Bartlett released *Love and Death* on the Warner Classics label.

The 22-year-old is an English classical pianist who has reached the keyboard finals of the BBC *Young Musician of the Year* contest twice, winning the competition in 2014.

The debut album features music by Bach, Schumann, Wagner, Liszt and Granados, culminating with Prokofiev's impassioned and fiery *War Sonata No 7* in B-flat.

Martin said: "I'm absolutely thrilled to have signed with Warner Classics and to release my debut album *Love and Death*.

"These are two elemental themes that have inspired breathtaking masterpieces from poets and composers for centuries. I can't wait to share it with everyone."

The singer made his BBC *Proms* debut in 2015 with the Royal Philharmonic Orchestra. He returned to the Proms in 2018 and during the 2018/19 season will make his debut with the BBC Philharmonic, City of Birmingham Symphony Orchestra, BBC National Orchestra of Wales and Philharmonia.



LOCAL NEWS

## Students strike a pose at fashion taster day

Students from Havering Sixth Form College in Hornchurch took part in a fashion taster day at Ravensbourne University recently.

Attended by a group of lower sixth art and design students, the day aimed to dispel some of the myths about university life and also gave them an idea of the different types of art degrees that are available to study.

The students enjoyed a tour of Ravensbourne and were able to speak to some of the existing students about their art projects and their experience of studying art at university.

They were given information about the numerous degrees on offer to art students and heard how they could spend some time studying and working abroad with some well-known designer brands.

An art challenge finished off the day where the students were tasked to create their own colourful designs on mannequins.

Suzanne Humphreys, National Collaborative Outreach Programme engagement officer based at Havering Sixth Form College, said: "All the students enjoyed the day and came away having learned so much. A few of them who were not sure about going to university, are now seriously considering applying for a degree course."

One student said: "I found the visit fun, interesting and enjoyable. I'm now questioning whether I may change my original course plans for university and do fashion design instead."







News from

# Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association



The summer is definitely on the way, the temperature is heading in the right direction and I for one have managed to have a couple of barbeques in my back garden – that can't be bad.

As the temperature increases, households often open windows and doors to help keep the home cool. Please be careful, burglaries increase when the doors and windows are left open.

If you are in the rear garden, please consider if you need the front windows open. It only takes a minute or two for someone to climb through an open window or stroll through an open door and take what they see.

By the time you read this, the Langtons Summer Concert will have finished. It was moved from June 9 to June 2 and a small charge of £4 for entry was included.

If you went, I hope you were not caught out by this charge – I am following up with the council why this charge was necessary – the concert has always been free (and very popular). I hope we can get the charge removed for future concerts.

In the next few months there will be several fetes and fayres taking place all over Hornchurch.

The Havering Town Show between 11am to 7pm on August 25 and 26 will come with a small charge of £4 (£3 in advance and children under 10 free).

Havering Tribute Fest is on July 20 in Upminster. This is in support of MIND. Please come along and

enjoy the fun. Tickets are £20 on the door or slightly cheaper when bought in advance.

St Andrews Park Fun Day on July 13 is from 10am to 4pm with free entry. This includes a dog show and classic car show.

First Step will be holding a Quiz Night on Saturday, June 15 at Tangmere Crescent, Hornchurch, Essex, RM12 5PP. Doors will open at 7pm ready for a 7.30pm start. Tickets are £6 each and can be purchased in advance. Teams of six to 10 people.

Please call 01708 556355 or email fundraising@firststep.org.uk to reserve your tickets.

As I leave you, I ask you to watch out for the silver canisters that appear to be dumped in large numbers in car parks and the side of the street. These are known as 'whippets' and have a legal use as a coffee whipped cream enhancer – they unfortunately can also be used to get a temporary (and dangerous) 'high'. If you have children who appear to own these, talk to them as it is very possible to be killed when using these for the wrong reason and there have been cases of long-term damage to users.

If you have any issues in the St Andrews Ward in Hornchurch, please contact any of your Hornchurch Residents Association members for this ward for help – they are Gerry O'Sullivan, Bryan Vincent and myself. Our website [www.hxra.org](http://www.hxra.org) gives the contact details under the 'Meet the team' tab.

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LOCAL NEWS



and inclusion units in mainstream schools, review the structure of funding, and train more Educational Psychologists.

On Hornchurch High Street, I had a wonderful visit to the newly-refurbished Sutton Arms where I pulled my first pint and met pub manager, Mehmet, and his team. The pub has recently reopened after a £200,000 facelift, and it was great to see the results and hear about the work the team do to support local charities and organisations. Mehmet's engagement with the Pub Watch scheme is of real value in ensuring residents can safely enjoy Hornchurch's night-time economy and the pub's new look will no doubt help the Hornchurch Town Team's efforts to improve the local high street.

On a less happy note, unfortunately the campaign that I supported, led by Emerson Park's Cllr Bob Perry, to keep the Hornchurch High Street Post Office open was not successful. We collected about 1,000 signatures and I arranged to present the petition to the Post Office in July 2017. However, they have now advised that they wish to press ahead with closure plans. Following the closure, the area will be served by three alternative branches, all located within one mile of the current location.

Customers will be able to access a wide range of Post Office services at all the alternative branches, including everyday banking for the UK's high street banks, online shopping returns and collections and foreign exchange.

We plough on with the campaign for a new health centre on the former St George's Hospital site on Suttons Lane, and this month brought together two different parts of the NHS to try to work through some of the barriers to the development. I have also had a meeting with our new Borough Police Commander, Stephen Clayman, to bring him up to speed with the some of the policing concerns of residents.

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

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LOCAL NEWS



## Careers day gets sports students fit for the future

A special careers day aimed at students studying sports BTEC courses was held to raise awareness of the opportunities open to young people when they leave college.

The inspiring day at Havering Sixth Form College, in Hornchurch, included presentations from a sports coach, personal trainer and physiotherapist, as well as talks about sports-related degrees from the University of East London, University Campus of Football Business and the University of Chichester.

The event was organised as part of Linking London's National Collaborative Outreach Programme (NCOP) in partnership with Havering

Sixth Form College.

Suzanne Humphreys, engagement officer for Linking London, who is based at the college, said: "We had some very positive feedback from the students with many of them describing the event as motivational."

One student said: "It was very engaging and has made me think very positively about my future. It has got me interested in learning more and planning for possible jobs."

Another added: "I found all of the sessions useful and I now have a greater understanding about what I want to do next."

## High Street post office closes its doors

After public consultation, Hornchurch Post Office in High Street closed its doors for good on Wednesday, June 1.

Following the closure, the area will be served by the branches in North Street, Station Lane, and Upminster Road, Hornchurch.

After a campaign led by Bob Perry in 2017, the post office remained open despite an announcement that 37 flagship crown offices affecting branches in

Hornchurch and Collier Row would close.

The post office insists that customers will still be able to access a wide range of Post Office services at all the alternative branches, including everyday banking for the UK's high street banks, online shopping returns/collections and foreign money exchange.

The Hornchurch post office branch closed at 5.30pm on June 1.



Photo credit: Tasha Whitmore



# Foul play as sewage wreaks havoc on play area

A councillor has stepped in to help concerned residents after raw sewage leaked onto a play area in Hacton, Hornchurch.

Councillor Ray Morgan, who represents Hacton Ward, has lobbied Havering council to act after frustrated residents were told by the council that it wasn't their responsibility.

Instead they told residents to contact the Environment Agency who in turn said it was the council's responsibility. Unhelpfully that left residents unsure where to turn before cllr Morgan took charge.

Whilst the issue still hasn't been resolved, cllr Morgan immediately contacted the council asking them to take action and escalated the issue to the

director for neighbourhoods who instructed his team to act as soon as possible.

The smelly saga sparked outrage on Facebook with one user claiming she had to throw away her son's trainers as they had been ruined by the sewage.

Another labelled it as "terrible" before cllr Morgan did his best to lobby the council.

Cllr Morgan told **VISION**: "I sent an email (ahead of the late May bank holiday) asking for this issue to be investigated as a matter of urgency.

"Not having heard back by I contacted the director for neighbourhoods who sent an e-mail to her team to urgently investigate."

# Town mark Dementia Awareness Week

An Alzheimer's Cupcake Day is being held in Hornchurch to mark Dementia Awareness Week and to continue raising awareness of the illness.

The event will be held at Queen's Theatre on June 13 as part of Havering Council's list of events lined up to help raise awareness of people with dementia, their carers and anyone who wants to find out more about the illness.

Councillor Jason Frost, cabinet member for health and adult care services, said: "Dementia is one of the most serious issues facing our generation and is a particularly hot topic for Havering, with the highest number of older people in Greater London.

"We've worked really hard to achieve dementia-friendly status for the borough by working with

organisations to help them better understand the needs of people with dementia.

"For example, the Mercury Mall has introduced silent Tuesdays – where no music is played in the main shopping area, which makes shopping less confusing and more pleasant for shoppers. Also, the main Tesco supermarkets have trained their front reception staff to support people with dementia and are happy to help with personal shopping.

"We are proud to work with forward-thinking organisations locally in Havering who put the needs of some of our most vulnerable residents at the heart of the way they run their business."

For more information about Alzheimer's Cupcake Day, email robyn.carlson@alzheimers.org.uk

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LOCAL NEWS



Photo credit: Hornchurch AFC

## Familiar faces to return to Urchins next season

Hornchurch boss Mark Stimson will be welcoming eight members of last season's squad back to Bridge Avenue for the new campaign.

Attackers Ronnie Winn and Charlie Stimson, midfielders Joe Christou, Jordan Clark and Lewwis Spence and defenders Remi Sutton and George Winn are all staying put while George Saunders signed a deal in January to remain an Urchin until the end of next season.

Meanwhile the club has also announced the signings of goalkeeper Joe Wright and midfielder Matt Johnson.

Wright is a former Queens Park Rangers youth goalkeeper who joins Hornchurch from Enfield Town. He has also had two loan spells at Bishop's Stortford and has also represented Billericay Town, Hendon and Welling United.

Johnson also signs from Enfield Town and turned out 50 times for the Towners last season, finding the back of the net six times. He

was voted manager's player and players' player of the season for last term. Johnson's former clubs include Billericay Town, Bishop's Stortford, Braintree Town, Ebbsfleet United and Margate and he spent the majority of the 2017/18 campaign at Chelmsford City before joining Enfield.

Callum Chafer and Sean Marks have also left Bridge Avenue.

After making his debut for Hornchurch in a League Cup tie in October 2014, Chafer signed for Romford and then Bowers & Pitsea playing a key role as the club reached the play-off semi-finals that season. Returning to Hornchurch at the start of last season, there is no doubt that Chafer played a key role in ensuring the Urchins stayed in the Bostik Premier.

Marks joined Hornchurch from Maidenhead United last May, making 30 appearances and scoring six times in the 2017/18 season.

He became a fans' favourite when he found the back of the net in a 3-0 home win vs Leatherhead and finished last season with 18 goals.



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





# Essex's first ever country music festival coming soon

It's time to throw on your cowboy hat as Essex is debuting a brand new country music festival coming this July.

Taking place in Chelmsford on Friday, July 12 and Saturday, July 13, Dixie Fields is a new boutique music festival featuring a cinema under the stars, camping, BBQs and a host of great country music.

Along with headliner, Lauren Alaina, other artists taking to the stage include Holloway Road, Megan O'Neil, Royal South, and local band The Jackson Line.

American country star, Lauren Alaina, was first discovered when she competed on season 10 of *American Idol* where she captured the hearts of the viewers and finished runner up.

The *American Idol* star has shared the stage with country legends Carrie Underwood, Luke Bryan, Alan Jackson and Martina McBride.

Former *TOWIE* star, Megan McKenna, is also set to take to the stage with chart toppers High Heeled Shoes and Far Cry from Love, the Essex star is said to be excited to be performing in her hometown.

Dixie Fields promises to be a festival like no other, with organisers working on it for over a year.

From open air cinemas to an American country shopping village, Dixie Fields is being held in the grassland fields that have been previously used by V Festival.

To find out more information and ticket prices, visit [www.dixiefields.com](http://www.dixiefields.com)

## Manhunt continues after man evades police

Police in Hornchurch are continuing their manhunt after a man who was spotted on the roof of a property evaded officers.

On Wednesday May 22 the Metropolitan Police Service (MPS) were called to Wingletye Lane in Hornchurch to reports of a man, who appeared to be injured, on the roof of a property.

Officers responded immediately and a helicopter who police and dogs who continued the search on the ground.

However, the man escaped their search and MPS confirmed to **VISION** he is still at large.

The National Police Air Service helicopter flew above Hornchurch and the surrounding area for several hours before the search was called off for the night.

Daisy Rowde, a resident of Hornchurch, was kept awake by the police search. She said: "I live a few minutes from where they were looking but it was clear they were doing their best to catch the man."

"I saw several police cars go by my home and the helicopter seemed to be circling for most of the night."

"It kept me awake although I don't mind as the police have a job to do. I just hope that after all that effort they catch him."

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Photo credit: Gemma Bull

## Fantastic turnout for superhero charity fun run

Lennox Children's Cancer Fund Superhero fun run had a successful turnout that saw 189 runners take part in a 5k run around Raphael Park in Romford.

The event took place on Sunday, May 19 and saw nice weather and a park filled with excited runners and supporters, and families enjoying a day out together.

The youngest entrant was four-and-a-half-months old, whilst the most senior runner was 74 years old.

In addition to the run, there were bouncy castles, basketball, football and Nerf shoot-outs, an inflatable assault course, soft play for toddlers, a giant inflatable slide, sumo wrestling and face painting.

All of the activities were free for superhero runners under 13, and there were hot and cold food and drink vans, a slushie stall, go karts, tin-can alley and

hook the duck.

Runners were joined by mascot Lenny the Lion for the first part of the race and special guest the Mayor of Havering, councillor Michael Deon Burton.

Nearly 30 volunteers gave up their time to ensure everyone's safety throughout the day.

Event organiser, Vicky Nash, said "We're so grateful to everyone who contributed to the success of this event, but none more so than those who donated items or services and the volunteers who gave up their Sunday to help out."

The superhero fun runners raised more than £2,000 in sponsorship alone, and overall the whole day has raised over £5,000, with sponsorship money still coming in.

## New partner at Pinney Talfourd LLP

A law firm has announced the appointment of a new partner.

Pinney Talfourd LLP, which has offices in Brentwood, Hornchurch and Upminster, has named Edward Garston, a dedicated company and commercial specialist, a partner.

Speaking of his appointment, Edward said: "I am pleased and excited to have joined the partnership at Pinney Talfourd and look forward to the challenges that come with my new role. I plan to continue to grow and develop the level of corporate work here at Pinney Talfourd and am keen to implement some exciting changes over the coming years."

In January 2019, Edward won the Legal 500 UK 2019 Award for Corporate and Commercial Individuals (Outside London).

Philip Cockram, managing partner, said: "I am delighted that Edward will be joining us at the partnership table. He has proved himself to be a great asset to the firm during the last few years. His progression to partnership will be an asset to the commercial department and to the firm, and his attributes as a partner will increase the service we are able to deliver."



LOCAL NEWS





# ANDREW ROSINDELL



MP for ROMFORD



In Havering, we are very lucky to have outclassed other London boroughs by offering almost 80 per cent of pupils their first choice of secondary school place. Our Conservative-led council is also working hard to improve our primary schools, with nearly £19million being invested into more primary and secondary school places over coming years, meaning parents can have huge confidence in the choices they make for their children's education.

That being said, we must make sure that we maintain educational standards across our borough, and that our hardworking teachers have the resources they need. You may already be aware of the National Funding Formula which, is to be fully implemented in 2021. This is intended to set indicative budgets for every school, whereby local authorities will continue to set a local formula to distribute that funding in consultation with schools in the area. This was aimed to recognise the challenges faced by the very lowest funded schools by introducing a minimum per pupil funding level. However, as Romford's MP, after frequent contact with local headteachers, I fully realise that matters can be different on the ground.

After initial contact with Squirrels Heath Infant School, a brilliant school which deserves to be supported, it became clear that some primary schools are struggling to sustain the same provision without increased funding. Nationally, funding for education has certainly increased in real terms in 2018-19, but

the difficulties in Havering lie in funding distribution and the allocation which emphasises disadvantaged pupil backgrounds. This is a category that Havering falls below the London average, so that an inner borough such as Tower Hamlets will receive more than we do.

It therefore made no sense to me that good institutions should be penalised in this way. I immediately raised it in the House of Commons with the Secretary of State for Education and a meeting was soon organised with The Rt. Hon. Nick Gibb M.P., Minister of State for Schools. Alongside a delegation of headteachers from several Havering schools, including Towers, Squirrels Heath and Dame Tipping where the case was outlined and concerns from parents and teachers alike were expressed strongly. I am glad it was admitted that some schools are struggling, as the Chancellor is under enormous pressure to get Britain's finances in order after the financial crash in 2008 and due to such representation, will be seeing great improvements after the next Spending Review as we see a drawdown from austerity. I will be following this matter closely, to ensure our children get the quality teaching they deserve and our schools are supported in Havering.

If you have any issues which fall within my constituency, please contact my office on andrew.rosindell.mp@parliament.uk and I will also be happy to invite you to a tour of the Houses of Parliament should you wish to visit? Just let me know.

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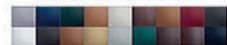
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# PUZZLES & TRIVIA

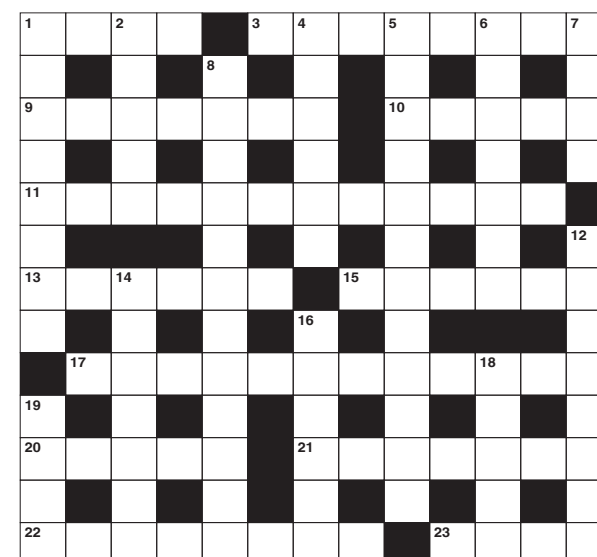
## ACROSS

1. Arrived (4)
3. A division between people (8)
9. Contaminate (7)
10. Polite and courteous (5)
11. Invigoratingly (12)
13. Loose part of a garment (6)
15. Sporting venues (6)
17. Emergency touchdown (5-7)
20. Decay (5)
21. Solicit votes from (7)
22. Re-evaluate (8)
23. Give up one's rights (4)

## DOWN

1. Secretively (8)
2. Distinctive design (5)
4. Type of nursery (6)
5. Without parallel (6,2,4)
6. Not legally recognised; void (7)
7. Longest river in the world (4)
8. Failure to act with prudence (12)
12. Gift of money (8)
14. Arched structure in a garden (7)
16. Prevents access to (6)

18. Visual representation (5)
19. Mammal with antlers (4)



## DID YOU KNOW?

- ▶ Portugal produces more than half of the world's cork
- ▶ Perth is considered to be the third windiest capital city in the world
- ▶ Australia is the only continent without an active volcano
- ▶ Australia hosted the 1956 and 2000 Summer Olympics
- ▶ There are over 100 major rivers in Jamaica
- ▶ The 13 stripes on the American flag represent the original 13 colonies
- ▶ Square watermelons are common in Japan and are often very expensive

## SUDOKU

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



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DID YOU KNOW...

# Coca-Cola

## WAS ALCOHOLIC!

Lifting the lid on the world's most popular drink, and why America's prohibition rules made it so famous.

Coca-Cola's place in our hearts may these days be tagged with warnings over sugar content, but it is a drink as iconic as coffee, tea, beer and wine in terms of how it has shaped the world's taste, quenching its thirst at the same time.

Speaking of wine, the drink's formulation was originally French Wine Coca, a nerve tonic concocted in 1886 by Dr John Pemberton. The Atlanta pharmacist, an injured Confederate Colonel, wanted a substitute for his morphine addiction, and created a flavoured syrup that could be mixed with carbonated water to produce a refreshing, fizzy drink. In his first year of production, Pemberton sold nine cups per day; in 2019 the figure is thought to be something closer to two billion.

Almost immediately, America's prohibition regulations were passed, and the formula had to be reconfigured to create a non-alcoholic version, and that is what we have today.

It was with the advent of modern marketing in the 1970s and 80s that Coca-Cola's truly global power was harnessed, yet even a brand of this magnitude was delivered a savage lesson in consumer power when a controversial new 'taste' was unveiled in 1985 in the US.

A smoother, sweeter, bolder drink was meant to fire a shot across the bows of rivals Pepsi, but instead it provoked anger - a flavour consumers had embraced for so long now seemed to be being taken away from them. Even without the campaigning power of social media, there quickly followed a nationwide call to change back to the old recipe.

Since then, the brand can do no wrong. Putting its name behind the biggest events, extending flavour combinations to all quarters and reinforcing the simple pleasures of an ice-cold Coca-Cola - it is once again the world's most popular drink.



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<p><b>HORNCHURCH</b> <span style="float: right;"><b>£1,000 PCM</b></span></p>	<p>Very spacious two bedroomed maisonette (first floor), with rear garden. Newly decorated. Double glazing (brand new). New kitchen, also new carpets.</p>
<p><b>ROMFORD</b> <span style="float: right;"><b>£1,100 PCM</b></span></p> <p><b>HIGHLY RECOMMENDED</b></p> <p>Luxury two bedroomed flat with a balcony, near town centre. Parking for one car. Very large inside, two double bedrooms.</p>	<p><b>ST LAWRENCE RD UPMINSTER</b> <span style="float: right;"><b>£1,395 PCM</b></span></p> <p>Spacious 2/3 bedroomed semi detached property with rear garden. New on market. (All white goods included). Near station.</p>

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# MOTIVATE

*your mate*

Let's just be honest for a second when your boss's back is turned – we work to live, not live to work. It's a fact. And with that in mind, it's perfectly natural to feel at times as if the grind, monotony, complications and stresses of work have become a little too much to deal with.

At these times, most of us could use a sympathetic shoulder, but even better than that is the workmate who lifts our mood, restores belief and motivates us to achieve new heights.

Want to become that person? Here are five tips:

**1** **HELP – I NEED SOMEBODY**  
Sometimes the easiest motivation towards helping a mate get the job done is simply to say: "I'm here if you need me – you don't have to do it all by yourself... we're in this together."

**2** **A GENTLE REMINDER**  
On occasions, stating the obvious is enough. "Come on, you're great at what you do" can be the quickest and most effective motivation.

**3** **TAKE THE POSITIVES**  
Not everything goes our way in life, but for long-term motivation magnificence, if you can

help colleagues take positives out of setbacks, you'll always be a great person to have around.

**4** **PUT YOURSELF IN THEIR SHOES**  
Every person is different and motivations are often subjective. Instead of bombarding someone with positive, clichéd soundbites, try to find out their specific goals and desires so you can tailor your advice to their unique situation.

**THE JOKE'S ON ALL OF US**  
**5** Finally, why not remove angst completely by turning to our faithful friend, humour. Laughter is a positive emotional response on which some of the greatest commercial wins have been constructed.

Of course, one of the best things about motivating your mate is that what you put in, you get out. And when one of those days comes round when you could do with a bit of a lift yourself, that work buddy of yours will be right on hand.

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6. You can use the cash to assist with dividing up assets when you divorce
7. You can go on that dream holiday

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## YouTube Reviews? *IT'S CHILD'S PLAY*

### WHY AN EIGHT-YEAR-OLD FROM CALIFORNIA IS BEING LABELLED THE PEWDIEPIE OF THE TOY WORLD

If we told you that the highest-earner on YouTube raked in over £17million in the 12 months leading up to June 2018, you'd be forgiven for expecting some young, trendy, Generation Z type, with a smattering of tattoos and a trendy hairstyle.

Well... you'd be correct on the 'young' bit, at least. In actual fact, the influencer in question is eight years old, reviews toys, and in the past couple of years has elevated his status to become one of the industry's most powerful marketing men (boys).

It all started when Ryan Kaji was four years old. He asked his parents why he couldn't do his own reviews of toys like so many others online. By March 2015 he was producing rather run-of-the-mill video material, starting with a Lego train set.

While his channel, Ryan ToysReview, had got off to a somewhat inauspicious start, in July that year, one video – where he opened a box containing over 100 items from the Pixar Cars collection – went viral, clocking up 935million views.

Not long afterwards, a video that combined, of all things, a water slide, giant eggs, Disney cars and Paw Patrol toys did even better. To date, it has achieved 1.8billion views.

These days, content focuses on toys new to the market, with food videos included too. The careful curation of the brand has led to 19million subscribers, product endorsements and launches, and guest appearances.

Naturally, the reaction of many is to turn a nose up at this latest breed of 'celebrity'. Except consider this – across hundreds of videos, thousands of hours and countless cheesy grins, there is zero violence, zero prejudice, and definitely no mention of Brexit.

If Ryan is a beacon of hope in the simple, innocent pursuit of joy through toys, perhaps we should all applaud him for that.



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*for the girls*

For far too long men dominated the world of podcasts but thankfully (and about time too) we are now spoilt for choice when it comes to witty women making their voices heard on the airwaves, debating and deliberating over anything and everything; from fashion to culture, relationships to careers. So here are our top picks for podcasts in 2019. Just for the gals.

**CHANEL METIER CLASS 3.55 PODCAST – Best for a fashion fix**

Ever wonder what goes on behind the scenes of the latest Chanel creations? If your answer is yes, then you need wonder no longer, as this mini-series of podcasts features interviews with the late Karl Lagerfeld and Bruno Pavlovsky.

**BODIES – Best for all things health related**

This no-holds-barred podcast, recorded in a documentary style, leaves no topic unturned when it comes to matters of women's health, menopause, PMS, breastfeeding and much more.

**2 DOPE QUEENS – Best for gags and giggles**

If you like your comedy to push the boundaries, then you will love this pod hosted by Phoebe Robinson and Jessica Williams. Expect stand-up routines, hilarious anecdotal stories and a wide variety of guest comics.

**OPRAH'S MASTERCLASS – Best for celebrity insights**

Everything Oprah touches turns to gold so of course her podcast series is a must-listen. Sit back and relax as she chats intimately to stars such as Jay-Z, Simon Cowell and Morgan Freeman about their lives.

**WOMEN OF THE HOUR – Best for feminists and millennials alike**

Hosted by Lena Dunham, as you might expect, this series is brutally honest and explores friendship, work, life and death with guests like Amy Sedaris and Todd Oldham. Actress Emma Stone even makes a cameo appearance on one episode as an agony aunt.







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# THE GERMAN GIANT

## BMW BRAND HISTORY

Bayerische Motoren Werke. It may not roll off the tongue, but it forms the acronym for one of the motoring industry's most recognisable brands. It began as three separate manufacturers – two in Bavaria, Rapp Motorenwerke and Bayerische Flugzeugwerke (BFW); and in Thuringia, Fahrzeugfabrik Eisenach.

The first of those companies, Rapp Motorenwerke was an aircraft engine manufacturer. It had launched in 1913 but had struggled and was then drafted in to help the Germans' war effort. Only an order of 600 engines in 1916 saved the company from closure although its fortunes then continued to improve, despite the country's catastrophic defeat in World War I. A merger with BFW (which later became Bayerische Motoren Werke), combined with Germany's agreement to cease plane production, saw a move to new premises and an extended product list that included cars and bikes.

The BMW name only became relevant to automobiles in 1929 when the company purchased

Fahrzeugfabrik Eisenach, who at the time were making Austin Sevens. BMW's engineers then took that idea a step further and began making luxury cars, starting with the BMW 328.

Car production ended at the time of World War II when aircraft engines again took priority, for obvious reasons. The company was responsible for the inner workings of the notorious Nazi fighter Focke-Wulf FW-190, but despite another military defeat, the quality of production and workmanship ensured there was still a demand for the German company's goods.

Several of BMW's 'signatures' from those early days still remain – the 'kidney grille' was first introduced on the 303 in 1933 and the famous logo incorporates the flag of Bavaria.

And in the years that have followed, the manufacturer has consistently reinforced its ability to create the very best cars and bikes, moving into a luxury market which, alongside other German brands Audi and Mercedes, it looks likely to forever be a part of.





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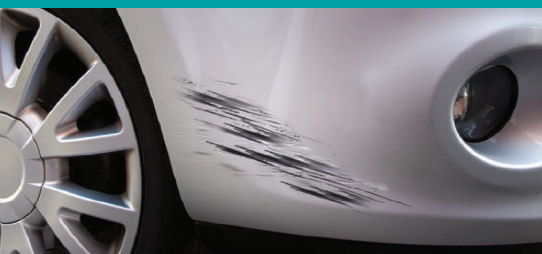


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# World Cup WIPE OUT



SPORT

ENGLAND'S 50-OVER FIRECRACKERS LOOKING TO LIFT THE WORLD CUP TROPHY FOR THE FIRST TIME.

This year sees the 12th edition of the ICC Cricket World Cup, and what a tournament it promises to be. It will be the fifth time since the inaugural competition in 1975 that England will have hosted the event (with Wales assisting on two occasions), and many feel the Three Lions have never had a better chance to lift the trophy.

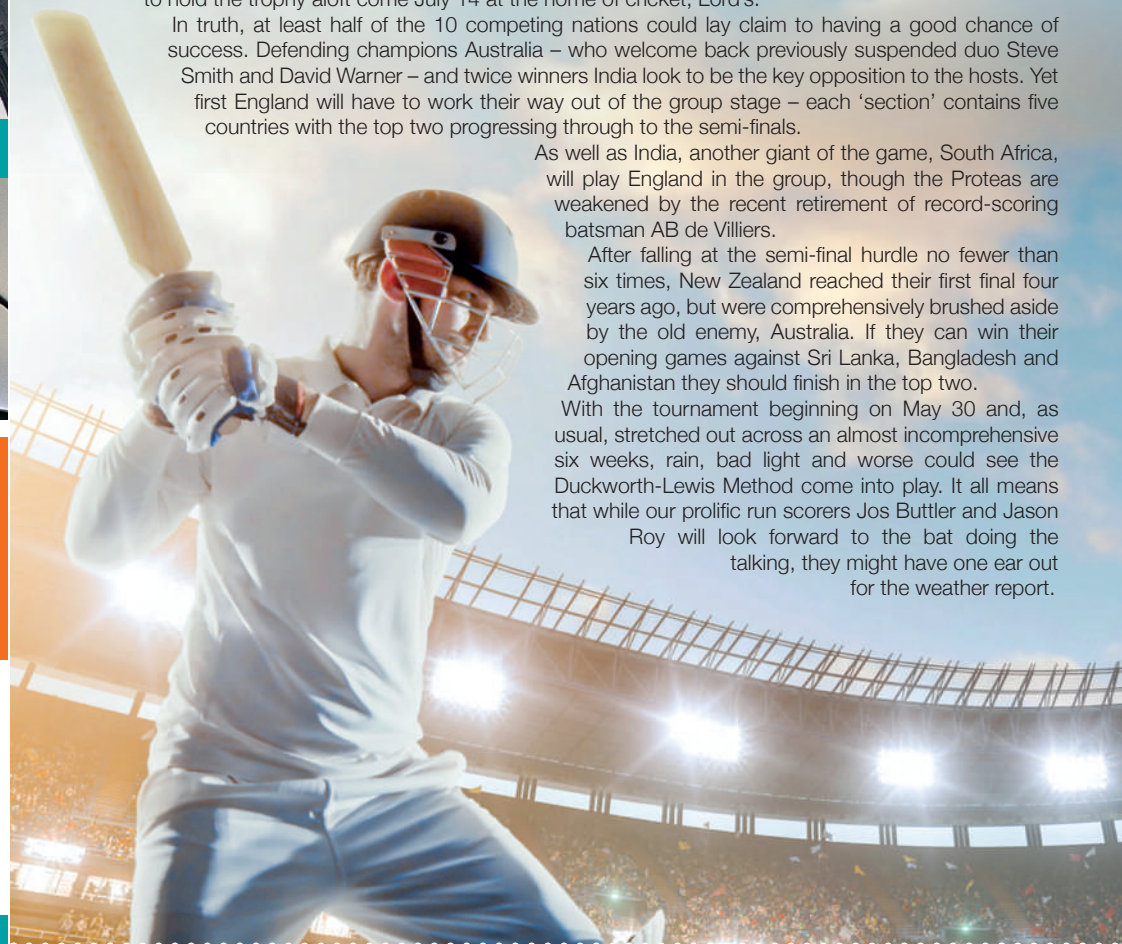
Eoin Morgan's men are the number one-ranked side in the 50-over format, and with that, favourites to hold the trophy aloft come July 14 at the home of cricket, Lord's.

In truth, at least half of the 10 competing nations could lay claim to having a good chance of success. Defending champions Australia – who welcome back previously suspended duo Steve Smith and David Warner – and twice winners India look to be the key opposition to the hosts. Yet first England will have to work their way out of the group stage – each 'section' contains five countries with the top two progressing through to the semi-finals.

As well as India, another giant of the game, South Africa, will play England in the group, though the Proteas are weakened by the recent retirement of record-scoring batsman AB de Villiers.

After falling at the semi-final hurdle no fewer than six times, New Zealand reached their first final four years ago, but were comprehensively brushed aside by the old enemy, Australia. If they can win their opening games against Sri Lanka, Bangladesh and Afghanistan they should finish in the top two.

With the tournament beginning on May 30 and, as usual, stretched out across an almost incomprehensible six weeks, rain, bad light and worse could see the Duckworth-Lewis Method come into play. It all means that while our prolific run scorers Jos Buttler and Jason Roy will look forward to the bat doing the talking, they might have one ear out for the weather report.





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# Lauda POWER



SPORT

COMMEMORATING THE TRUE RACING GRIT OF NIKI LAUDA, WHO DIED ON MAY 20

As modern-day sporting icons go, Niki Lauda was one of the greats – a man who bore the most brutal battle scars in referencing the desire and dedication he invested into motor racing. Although already a world champion in 1975, it is for the horrific injuries he encountered at the Nürburgring in 1976 that the Austrian will forever be remembered.

Engaged in a brutal title challenge with British racer James Hunt, Lauda had complained about the lack of safety provision at the German circuit, imploring drivers to boycott the race. It was one thing to survive the subsequent crash – and the fire which saw him endure significant scarring to his face, the loss of most of his right ear, plus hair on the side of his head – but to return to racing just six weeks later, still heavily bandaged, proved an unrelenting spirit and dedication that few could match today.

Ultimately, Lauda was unable to complete the final Grand Prix, in Japan, because, amongst other things, his eyes were watering excessively because of fire-damaged tear ducts and an inability to blink, meaning Hunt took the title by a solitary point; yet Lauda's place in motor racing folklore was undisputed.

What truly makes him iconic isn't just that accident though, or even his three world titles. Perhaps it is more the fact that when many would have retired for the sunnier climes of Monaco, Lauda, through management roles with Ferrari, Jaguar and Mercedes, could always be seen in the pit lane and the press room, on race day and at practice. He didn't need social media, merchandise or a book deal to envelop all around him in a driven, dedicated, honest passion for racing.

They say, in some quarters, 'the car is the star'; though the star was most certainly Niki Lauda.





# THE VISION LISTINGS

## ACCOUNTANT & TAX ADVISORS

### ALL THINGS ACCOUNTING

Accounting & tax services, we help with self-assessment tax return, corporation tax return, payroll, VAT return, CIS return & bookkeeping. Call 07539 035537 for free initial consultation

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# THE VISION LISTINGS

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Specialising in all aspects of glass & glazing for both domestic & commercial. UPVC, Conservatories, Bi-Fold Doors, Double Glazing Repairs, Mirrors. 01708 525996

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WHAT'S ON

# WHAT'S ON

*in your area*

## Learn, Laugh and Live

**St Michael's Church Hall, Main Road, Gidea Park, RM2 5EL**

**June 12, 2.30pm**

Havering U3A meets at 2.30pm on the second Wednesday of the month at St Michael's Church Hall, Main Road, Gidea Park.

On June 12 the talk will be The Lost Generations of 1914/18 by Michael Gilbert.

Interest groups run throughout the month. Doors open at 2.15pm.

For more information, visit [www.u3asites.org.uk/havering](http://www.u3asites.org.uk/havering)

## Hornchurch Athletic Cricket Club

**Hylands Way, Osborne Road, Hornchurch, RM11 1HA**

**June 22, 12pm**

Don't be a stranger. Old boys day – Saturday, June 22. 1st XI home to Tillingham. Beer and BBQ all day, something for all the family. Race night till late.

Visit [www.hacc.club](http://www.hacc.club) for more information.

## Curry Evening

**Urawamy's Indian Hornchurch, 17 High Street, Hornchurch**

**June 22, 7pm – 9.30pm**

Join us for a delicious evening of Indian cuisine. A time to meet together and enjoy a set menu of delicious Indian food.

All the donations will go towards supporting Hope4Havering.

Let's make homelessness history in Havering.



## Evening of Clairvoyance

**The Railway Hotel, Station Lane, Hornchurch, RM12 6SB**

**June 28, 7pm – 9pm**



Join Kerry Standfast and Lisa Meginnis for two 45-minute demonstrations of mediumship.

There will also be an opportunity to have mini private readings before and after the event with some other mediums who will be there.

There will be a small selection of some beautiful stalls selling some really unique items, this will be a lovely intimate evening for all.

Tickets are £10 in advance. Call 07393 379150 or email [kerrystandfast@gmail.com](mailto:kerrystandfast@gmail.com)

## Bohemian Rhapsody - Silent Outdoor Cinema and Live Music

**Harrow Lodge Park, Hornchurch, RM12 4PL**

**June 29, 8.30pm**

Silent Outdoor Cinema means you come and enjoy our live music, entertainment, karaoke and film with our special wireless headphones. It's fantastic fun and a great new experience.

Book tickets to see this year's superb musical movie Bohemian Rhapsody on our brand-new screen, outdoors and under the stars at the fantastic Harrow Lodge Park, Hornchurch.

Tickets are priced at £12.99.

Book online at [www.moonbeamers.co.uk](http://www.moonbeamers.co.uk)

# MAJOR GLASS AND GLAZING

As a family company, Major Glass and Glazing specialises in all aspects of glass and glazing, both residential and commercial, and prides itself on its ability to deliver quality installations

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  - Table Tops
  - Mirrors
- ...and more

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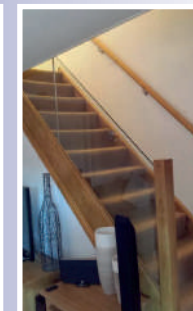
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## BRINDLES, EMERSON PARK £1,050,000

Superbly located within this most popular of turnings on Emerson Park is this most attractive Berkeley Homes built detached family home. Spacious reception hall, re-fitted cloakroom, 5 separate reception rooms, fitted kitchen/breakfast room 16'5" x 10', utility room, spacious landing, 5 bedrooms, 2 re-fitted en suites & re-fitted family bathroom/WC. OSP for 3 - 4 cars, attached double width garage, south facing rear garden 74' in depth. Scope to extend (S.T.P.P). Awaiting EPC.



## HERBERT ROAD, EMERSON PARK £1,250,000

Set within gardens of around a 1/4 of an acre is this 1900 built detached family home offering a wealth of character. Entrance porch, oak floored reception hall, lounge, dining room, sitting room, kitchen, conservatory, utility room, g/f shower room, 5 bedrooms, two en suites, family bathroom/WC. In & out driveway, OSP for many cars, det d/w gge with annexe/studio above, extensive lawns, heated swimming pool. Viewing absolutely essential. Awaiting EPC.

179 Squirrels Heath Lane | Hornchurch | RM11 2DX | [www.davisestates.co.uk](http://www.davisestates.co.uk) | [sales@davisestates.co.uk](mailto:sales@davisestates.co.uk)