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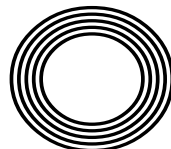
*How a pineapple can
stop you snoring*

AUTUMN ESCAPES

The best places to go
this autumn

ENTERING NO.10

Johnson takes over as Prime Minister



FREE

Photo credit: Ken McKay/ITV/Shutterstock

SARA DAVIES

How the youngest Dragon made her millions

EDISON AVENUE, HORNCHURCH

OIRO £650,000

This detached chalet bungalow has been extended and fully refurbished to an excellent finish, offering five double bedrooms, four en-suites, family bathroom, two reception rooms, fully fitted kitchen with separate utility.

The rear garden is partially decked and at the end of the garden, is a separate annex with shower room and w/c.

The front drive is block paved and provides off road parking. Viewing essential to appreciate this property.

EPC D

FOR SALE



WESTLAND AVENUE, HORNCHURCH

£499,950

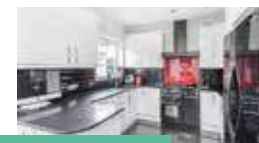
This well presented and extended three-bedroom semi-detached family home is situated close to Hornchurch town centre. The property has been thoughtfully decorated with a period fireplace in the open plan lounge / dining area.

All the bedrooms can accommodate a double bed and two of them have built in wardrobes giving plenty of storage space.

There is off road parking for two vehicles, a detached garage and a 100ft garden.

EPC D

FOR SALE



VIEWING IS ESSENTIAL TO APPRECIATE THIS PROPERTY

HAYNES ROAD, HORNCHURCH

£600,000

FOR SALE



This well-presented detached bungalow comprises of an entrance porch, hallway, lounge, dining room, fitted kitchen with built in appliances, utility room, bathroom with shower over and two double bedrooms.

To the front is a paved driveway with shrubs and trees and parking for two to three cars.

The 130ft rear garden has well stocked and mature borders, shrubs and hedges, paved patio area and has access to a detached garage.

EPC D



STANLEY ROAD, HORNCHURCH

OIEO £450,000

FOR SALE



A rare opportunity to acquire this detached bungalow in a sought after road, close to Hornchurch town centre. The property which will benefit from full modernisation and could be extended subject to any required planning.

The south facing rear garden 50' x 30' is well established with shrubs, pear and apple trees. The front walled garden has mature shrubs and trees and off-road parking for one car.

EPC F



TO APPRECIATE THIS OPPORTUNITY, VIEWING IS HIGHLY RECOMMENDED

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September 2019

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Editor's notes...



Brett Shohet, Editor

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

The days are becoming shorter and we are all looking for that last bit of sun.

What a hot month it has been, not only in temperature but the

way **VISION** is being received in Essex. This month's edition is the biggest ever. Thank you.

The **VISION** titles are going from strength to strength with us now having six different titles in the county, including some established in London.

We are currently distributing to 41,000 homes as well as to hundreds of local businesses.

We are not stopping there, as there are more to come later this year. Watch this space.

Sara Davies MBE is our cover story this month. The entrepreneur has been named as the youngest ever dragon to join *Dragon's Den*.

In local news, a fundraiser completes a 100-mile race for charity, a young man is taken to hospital after being stabbed and a newsagent has been awarded an alcohol licence despite residents worries.

We welcome any of your stories for our local news pages. So, if you have a local news story to share please send it to hornchurch@visionmag.co.uk

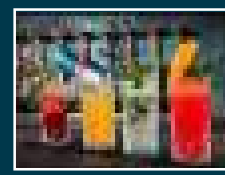
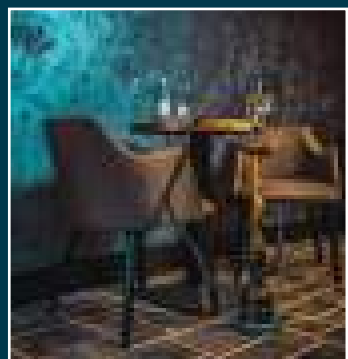
I hope you all enjoy the September 2019 edition of **VISION**Hornchurch.

Brett



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DOWN: 1. PASS, 2. AFFAIR, 3. YEARBOOKS, 4. UGLIER, 6. ATTACH, 7. THRESHED, 11. FARMHOUSE, 12. FIVE STAR,
13. ACCOST, 14. ADOPTS, 15. ATRIUM, 17. DYED

NEW BORIS

Sweeps clean



Photo credit: James Veysey/Shutterstock

HE MAY HAVE NOT BEEN THE FAVOURED CHOICE, BUT RESERVE JUDGEMENT ON THIS OCCASION, AS NEW PRIME MINISTER BORIS JOHNSON MAY JUST BE THIS COUNTRY'S SAVING GRACE.

.....

Given that our political system has always existed while stuffed clumsily in the pocket of the ultimate organisational irony – that we are governed by a set-up of MPs whose very being means acting in opposition to one another – it's a miracle we've made it this far.

Sure, over the centuries, the Houses of Parliament appear to have bumbled, burst and bludgeoned their way through a variety of issues, but there is a sense that never before have a collected band of representatives been so unapologetically unhelpful towards each other, whilst displaying such plain disregard for those who put them there in the first place – the electorate.

We've been left in a parlous state, where even some of the most ardent Leave or Remain campaigners have had the last bit of political puff forced out of them by a string of events that has dragged on longer than the annual trot around the Eurovision juries.

And yet, now, it may be that finally our very own 'Euro vision' is forming, and thank goodness we have someone like Boris Johnson to drag it up on stage, stand it in front of the microphone and cover its ears as the rest of the continent offers a resounding 'nul points' to its little ditty.

In reality, Boris is the best we have. Theresa May's position was a poisoned chalice from the start, Jeremy Hunt you feel would have simply toed the same drab, pointlessly formal line, and Jeremy Corbyn has taken three years to finally decide he's a Remainer. And for the

respect of what little democracy we have left, a second referendum, however it was being dressed up, was never an option.

We are at a stage now where we need to put political allegiances aside and just get on with leaving the EU on October 31 in the most clinical way possible, and as BoJo has proved several times already in his career, he is a leader, a motivator and a driving force for positive, unerring, often brazen action.

Whether Boris will make a good Prime Minister should, at this point, be seen as secondary to the real job in hand, although even on that front, his merciless, almost dramatic dressing down of Corbyn in his first House of Commons debate at least shows a glimpse of a political future where humour, drama and liberal dashes of sarcasm may replace an overstayed period of shouting, shuffling, sneering and downright childish gameplay from those who should know better.

As yes, 55-year-old Boris may well still represent a cumbersome orator from another era, but during his time as London Mayor – and all those Boris bikes – as columnist and magazine editor, and as Foreign Secretary, he made very real change happen. The man is no fool.

Ultimately, what you get with Boris Johnson is charisma, action, and perhaps a little entertainment thrown in for good measure. Sure, he will speak out of turn, he will wobble precariously on the line of acceptability, but he will also put both barrels behind the country he loves, even at risk of throwing himself under the bus... or is it a bike?



Sssssilent HERO

For 60 years Marcel Marceau's talent for pantomime entertained audiences around the world. He was also the man whose act inspired Michael Jackson's famous moonwalk. But few of his adoring fans realised that behind the mask of his most famous character, chalk-faced Bip the clown, there was a true hero.

During the Second World War he saved hundreds of Jewish children from the Holocaust. Masquerading as a boy scout, Marcel evacuated a Jewish orphanage in eastern France. He told the children he was taking them on a vacation in the Alps, and led them to safety in Switzerland. Marcel made the perilous journey three times, saving hundreds of Jewish orphans.

He was able to avoid detection by entertaining the children with silent pantomime.

Born to a Jewish family in Strasbourg, France in 1923, young Marcel Mangel discovered Charlie Chaplin at the age of five and became an avid fan.

When Marcel was 16, the Nazis marched into France, and the Jews of Strasbourg - near the German border - had to flee. Marcel changed his last name to Marceau to avoid being identified as Jewish, and joined the French Resistance movement.

Documentary filmmaker, Phillipe Mora, whose father fought alongside Marcel in the French Resistance, said: "Marceau started miming to keep children quiet as they were escaping. It had nothing to do with show business. He was miming for his life."

Marcel's kosher butcher father perished at Auschwitz.

Marcel later said: "My name is Mangel. I am Jewish. Perhaps that, unconsciously, contributed towards my choice of silence."

In his first major performance, Marcel entertained 3,000 US troops after the liberation of Paris in August 1944.

In 1947, Marcel created his beloved character Bip, a childlike everyman with a stovepipe hat and a red carnation.

In 2001, Marcel was awarded the Wallenberg Medal for his acts of courage during the Holocaust.

Until his death at age 84, Marcel performed 300 times a year and taught four hours a day at his pantomime school in Paris. He died on Yom Kippur, 2007.



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BEAUTY

SLICK or smooth?

Whether you are a hair oil convert or are still suspicious of this product that promises to drive away dry locks for good, you can't fail to notice the hype that surrounds oils at the moment.

Are they too good to be true or is there an oil perfect for you?

Coconut Oil: Best for dry/damaged hair

A real multi-tasker, coconut oil contains fatty acids, vitamins and minerals that penetrate the hair leaving it smooth, silky and supple.

Argan Oil: Best for frizzy or coarse hair that is prone to greasiness

This oil is often referred to as liquid gold mainly due to its golden colour but also because of the benefits it offers. It is 100 per cent natural and contains antioxidants and vitamin E which helps nourish and protect your hair.

Jojoba Oil: Best for beards and dandruff sufferers

This oil has the clever ability to not mess with your scalp's natural balance of oils, but it still penetrates your hair's follicles, moisturising them from within.

Almond Oil: Best for hair growth or reducing hair loss

Like other oils it contains fatty acids and proteins that help protect and nourish your hair, but almond oil also contains magnesium which helps prevent breakages and aids hair growth.

Olive Oil: Best for brightening dull, frizzy hair

Most people have olive oil in their kitchen, but did you know you can also use it in the bathroom? Due to its protective and exfoliating properties, olive oil can be used in place of conditioner to create a smooth shine after shampooing.

Marula Oil: Best for sun exposed hair

Summer make feel like a distant memory but the effects on your hair are visible for all to see. Marula oil, which has a distinctively fruity aroma, is ideal for treating sun-damaged hair.



FASHION

BRING ME sunshine



layer up with a chunky scarf.

PALE ALE

For those who are really not sure about this colour, choose a shirt in the palest yellow you can find and wear it in place of a crisp white one. Team with a pastel tailored jacket and cropped trouser for an easy and bang on trend outfit.

If you can't wait for the cooler months so that you can embrace darker tones, then you may want to look away now. This autumn is all about the bright and mood-enhancing colour yellow.

But before you decide to become a recluse until this trend has passed, let us reassure you that this colour can suit everyone; you just need to find your shade.

MELLOW YELLOW

If the thought of wearing bright yellow brings you out in a cold sweat, then a butter shade is what you need. For the ladies, look out for a full-length cotton dress that will see you through this transitional season. Men should focus on accessories; a pale yellow tie will work wonders to spruce up a suit or

DARK CHEDDAR

Want a bit of warmth? This shade can best be described as dark yellow with a hint of orange; think butterscotch. Perfect for both sexes this autumn; snap up a leather jacket and trouser combo or play it safe with a simple dark yellow shirt.

FLUORESCENT YELLOW

The high street is awash with neon this season; from flashy suits to casual sportswear to the simple tee. Women and men alike can't go wrong with a stylish head to toe electric yellow suit or for those wanting a slightly less obvious look a simple bright yellow vest top or t-shirt can work wonders on both your mood and your outfit.

Photo credit: ASOS.com



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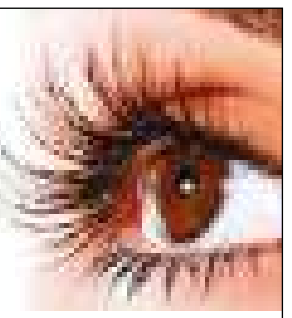
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FASHION

Suit Up

Power suits are officially back in fashion and we couldn't be any more excited about this. With everyone from Emma Watson to Meghan Markle loving this versatile and fierce trend, we will definitely be snapping up a few (or as many as we can afford) of the below styles this season.

TIMELESS MONOCHROME

Perfect for showing you mean business in the boardroom, you can't go wrong with a classic black suit teamed with a crisp, white shirt. Choose a slim leg and close-fit jacket to show off your shape but stay professional with a high-buttoned shirt and pointy, patent black shoes.

NOTICE ME NEON

Autumn 2019 is all about neon with green, pink, orange and electric yellow all featuring heavily on the catwalks. Ensure you always stand out from the crowd in a head-to-toe neon suit in your preferred colour. We recommend keeping the cut simple with a basic blazer and cropped trouser; be sure to keep accessories to the minimum and let the suit do the talking.

BLAG ONE FROM THE BOYS

Think back to the '80s when the woman's power suit first hit the scene; over-sized blazers with statement shoulders were a must. Look out for jackets with a boxy silhouette and high-waist, darted trousers.

IF IN DOUBT, GO NEUTRAL

If you like to play it safe with your fashion choices, then you can't go wrong with a smart and sexy grey checked suit. We love this fabric in a tuxedo trouser and jacket with flap pockets; effortlessly smart and bang on trend.

LIGHTWEIGHT LINEN

Ideal for making the transition from summer to autumn, a linen suit is extremely versatile and can be kept simple and elegant for day wear or easily jazzed up with some accessories for a glamorous night out.



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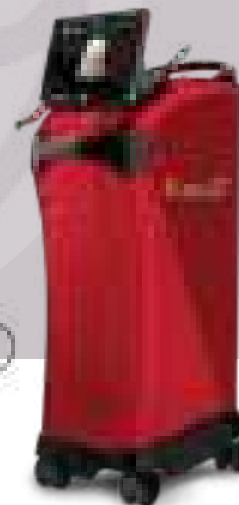


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PINEAPPLE HEAD

Why sleeping with a pineapple in your room can aid sleep

Warning... the next time your partner asks if you want to get fruity in the bedroom it may be that they have only one thing in mind – sleep.

Recent research from NASA, no less, suggests that sleeping with a pineapple in your room can stop you from snoring; and that, in turn, will help you – and anyone nearby – sleep better. It's thought one in four people are forced to kip elsewhere on nights when their loved one's sound effects get out of hand, but a simple trip to the greengrocer could unite couples again.

That's because pineapples produce huge amounts of oxygen, and the release of this improves air quality throughout the night and our own ability to sleep.

Scientists now believe a combination of air purity and a sensible quantity of well-regulated rest (7 to 8 hours) are vital for our daily wellbeing. Sleep not only improves our ability to function mentally, but serves to help the body fight off germs and infections.

While pineapples seem to be getting all the good press at the moment, there are a number of other plants that have a surprisingly buoyant effect on air purification. These include aloe vera, dwarf date palm, weeping fig, English ivy, Boston Fern and Chinese evergreen.

And one final tip when you find yourself in the local supermarket selecting your prickly night-time partner – pick up an extra pineapple to consume before you put your pyjamas on. That's because boffins have revealed that pineapples are high in melatonin, a hormone that can help reset your circadian rhythm, getting sleep and waking cycles back to normal whilst even offering one of your five a day.



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HEALTH & FITNESS

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While a pool workout or 100m sprint may be beyond the limitations of our inside spaces, there are a number of home objects and fittings that can offer you a great workout platform on the days when the schedule looks tight (or your willpower is low). Even a few minutes flexing, stretching and pushing on the following can get your body moving and the serotonin flowing:

SOFA

Probably the best piece of gym equipment you never thought you had. Whether tucking your feet under when laying on the floor to perform sit-ups, leaning against it to push off against it in strengthening your core, or standing with your back to it as a guide for a single-leg squat, you can collapse onto your sofa post-workout in the knowledge you've earned the rest.

STAIRCASE

Staircase sprints are the power-packed way to get fit quick, but even descending slowly as a way of stretching out calves and tendons can be a really good method for getting flexibility flowing as a tool for injury prevention.

CHAIR

Moving a chair against a wall to perform stretches against is easy and effective, from calf raises to lunges to yoga-style leans.

BED

Lay on the bed with your legs hanging off the edge, then extend them straight into the air so your body forms an L shape. Now lower them slowly back down so they return to the initial position, in a move that will brace your core, providing a workout for the entire bottom half of your body.

KITCHEN WORKSURFACES

If you have work surfaces less than a metre apart, lift and raise yourself between the two before lowering again, for a great way to build arm strength quickly.





GOING FOR GOLD

From helping fight inflammation to preventing heart disease and cancer, turmeric may be the most effective nutritional supplement in existence.

It's tasty, has been around for centuries and is a key ingredient in Britain's favourite dish – chicken tikka masala – but it's only recently that the full benefits of turmeric have been backed up by science. This gorgeously golden spice gives curry its orange tinge and has long been used in India as a medicinal herb. This is down to compounds found within the spice, the most important of which is curcumin, which has powerful anti-inflammatory effects and is a very strong antioxidant.

BENEFITS OF TURMERIC

Eases aches and pains – a powerful anti-inflammatory, a daily dose of turmeric can greatly benefit those suffering from joint problems and arthritis.

BOOSTS MOODS – by reducing inflammation in the brain, curcumin enhances the flow of neurotransmitters, and unlike traditional pharmaceutical antidepressants it gets to the root of the problem.

KEEPS YOU OF FREE RADICALS – curcumin has powerful antioxidant effects and fights those nasty cell-damaging atoms. Found in everything from fried food to air pollution, free radicals have been linked to both ageing and cancer and the fewer of them in our bodies, the better.

PREVENTS HEART DISEASE – several studies suggest that curcumin leads to improvements in endothelial function, which helps regulate blood pressure, blood clotting and various other factors.

BEATS CANCER? – while studies in humans are still in very early stages, lab and animal studies have shown promising effects of curcumin in the fight against cancer, by interfering with "several important molecular pathways involved in cancer development, growth and spread".

This wonder spice can be taken as a curcumin supplement (it is advised you check with your doctor), in tea or in food – pepper also helps it absorb into the bloodstream. While many of these studies are in their early stages, one thing is for sure: you no longer need to feel guilty about your weekly Indian takeaway.

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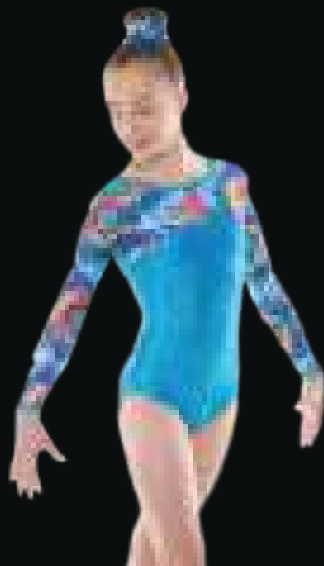
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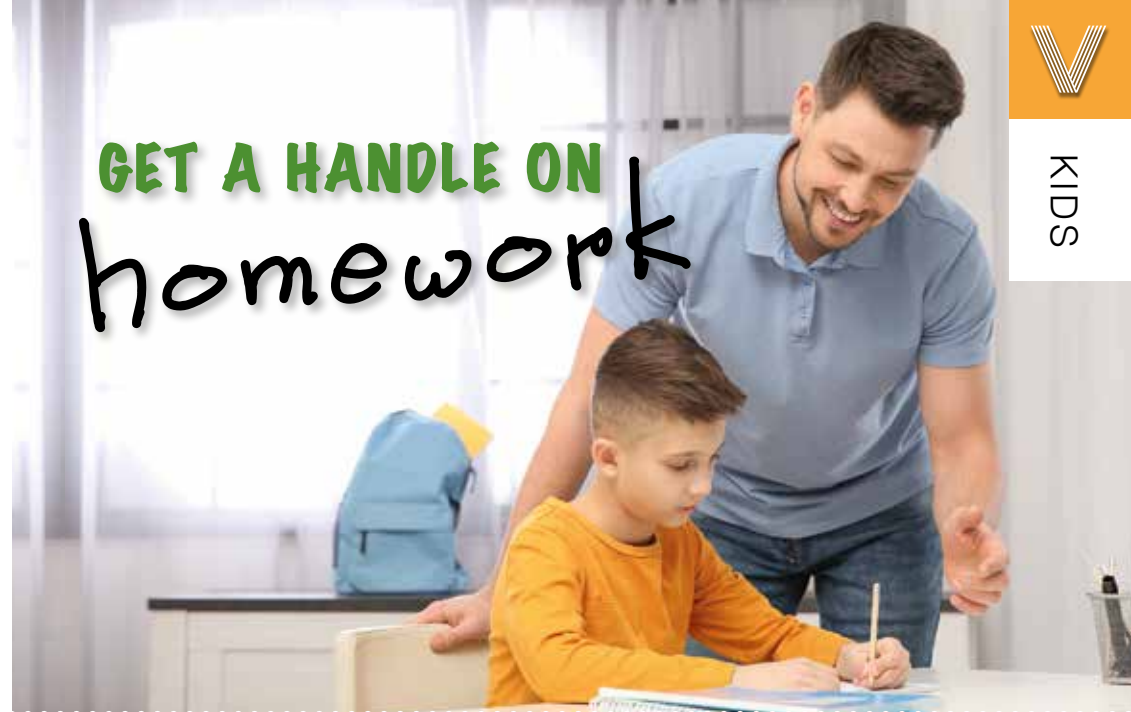
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GET A HANDLE ON homework



Homework can be the bane of a parent's life; should you just let your little ones get on with it, micromanage the whole process or simply wing it each day?

✓ BASE INVOLVEMENT ON THEIR AGE

Children who have only just been introduced to the concept of homework are going to need more help and motivation than an older child. Be present with younger children and help where needed but make sure your child is actively participating in the task at hand.

✓ TALK TO THE TEACHERS

Knowing what your child's teacher expects is an important step in managing home learning effectively. Set time aside to talk to them about their homework policies and how much they think you should be involved.

✓ SCHEDULE FOR SUCCESS

Work out what time works best for your child; whether that be straight after school whilst they are still in the learning zone or after dinner once they have had time to relax and unwind.

✓ PLAN AHEAD

This is especially important if your child has after-

school commitments or has been given a bigger project to do that will require more time and effort. Try breaking up their work into more manageable pieces or create a work schedule for additional guidance.

✓ ELIMINATE DISTRACTIONS

An obvious one, but phones, TV and other electronic devices are a big no-no when it comes to homework time. Young children especially can be easily distracted so keep these devices out of sight.

✓ MOTIVATE AND MONITOR

Make sure you are aware of any big tests or assignments and monitor your child's progress as they prepare for these. Be on hand to encourage and offer support but try not to take over; remember your child needs to make mistakes in order to grow as an independent learner.



FRANKENFOOD

THE STRANGEST FOOD MASH-UPS

We live in a time of global culinary inspiration, yet where food mash-ups go, some of the recent trends appear to be not just from another country, but another planet.

What is certain is social media has accelerated the popularity of some frankly peculiar creations. Do you dare your tastebuds to stretch quite this far?



THE STARTER: PICKLES AND PEANUT BUTTER

Pickles as a starter are nothing new, but with a tangy peanut butter accompaniment they take on a flavour – and a texture – all of their own.



THE DRINK: COCONUT LEMONADE

Two cans of lemonade, 1tsp of coconut extract, a dash of blue food dye and ice cubes, makes a perfect summer drink with a tropical twist.



THE MAIN: MARMITE PASTA WITH CHEESE

Love it or hate it, yeast extract is a dynamic flavour that divides a nation. And in the form of a pasta sauce its controversy continues, although softened with cheese this is an absolute treat for those brave enough.



THE ACCOMPANIMENT: POPCORN WITH KETCHUP

While sugar and honey have provided the sweet option for popcorn fanatics up until now, ketchup's universal appeal now gives the ultimate cinema snack an even tastier appeal, as well as adding moisture to a notoriously dry snack.



THE DESSERT: VANILLA ICE CREAM AND SOY SAUCE

This dessert uses the same principle as salted caramel ice cream, adding a burst of flavour to the smooth, sweet predictability of vanilla ice cream, whilst masking that sometimes excessive fishy essence of this most characteristically Asian flavour.



THE HEALTHY OPTION: SALT AND PEPPER ON APPLE

This simple, healthy break from the norm combines sweetness, salt, a power packed punch and all the crunch of our favourite fruit in a way that will keep the densist happy too.



THE SNACK: OREOS IN ORANGE JUICE

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FEAR FISH
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FOOD & DRINK

For some reason, even the most confident cook can feel some trepidation when faced with the task of preparing and cooking fish, but with these simple tips you will be cooking up a fishy storm in no time.

Tasty tuna

As a nation we love canned tuna, but we are definitely missing a trick by not experimenting with the fresh variety which is firm in texture and mild to taste.

A good marinade is essential when preparing fresh tuna as not only will it help the fish taste delicious; it will also keep it moist during cooking.

We recommend grilling your tuna steak for a quick and tasty meal. For a half-inch thick steak, grill for four to six minutes. The fish should flake when tested and still be pink in the middle.



Canny cod

Who doesn't love a piece of battered cod and chips on a Friday night? But that doesn't have to be the only time you enjoy this flavoursome fish.

For best results, we recommend baking your cod in foil with lemon and garlic. Simply preheat your oven to 180C and bake for 15 minutes for six to eight ounce fillets or 20 minutes for a whole fillet.

You will know your cod is cooked when it appears opaque and flaky.

Stunning salmon

A truly luxurious fish, salmon is also extremely versatile. It can be pan-seared, grilled, roasted, poached, smoked or cured.

Most salmon are sold with the bones removed but it is worth checking for any stragglers by rubbing your finger gently along the fillet.

If you are planning to pan-sear or roast the salmon, we advise keeping the skin on. Based on a half-inch thick piece, you should roast for six minutes or four if you prefer your salmon a touch rare.



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AUTUMN escapes

PLANNING YOUR
NEXT GREAT ESCAPE



Whether you've already been away this year or have been shaping your holiday away from the madness of the summer rush, the popularity of the autumn escape has really come into its own as people look to rework the way they holiday. Here are a few places to consider:

ROME

Notoriously busy during July and August, the Italian capital regains its resplendent simplicity as the autumn months come about. A drop in tourist numbers means you can fully appreciate Rome's stunning architecture, take your time over pizza or pasta, and explore winding backstreets without an accompaniment of trudging tourists. Of all Europe's cities, it is probably the one that feels most different in autumn.

CYPRUS

If sun and sand is still your thing, then Cyprus will hold its sizzling summer feel more than most other European destinations. Even in the echoes of autumn, temperatures remain in the high 20s, and

with an eclectic coastline, charming Mediterranean villages and a combination of vineyards and mountains, there are a variety of terrains and colours to ensure you stay charmed by your surroundings.

AFRICAN SAFARIS

For the perfect African safari, an autumn break is perfect. Temperatures all year round tend to vary very little – in Kenya, for instance, the lowest average of 27 in June is only four degrees off the January peak month. Other locations such as Botswana and its Okavango Delta can offer water-flooded expanses that cool hot limbs whilst offering incredible, expansive views over some of the world's most incredible creatures.

VIETNAM

Or perhaps for somewhere completely different, get in right at the start of Vietnam's dry season with an October escape to a land of rich wildlife, absorbing culture and complicated history that, these days, lures tourists looking for provenance and purpose as much as a place to relax and unwind.



How to TACKLE TICKS

September is peak season for ticks; pesky little parasites that have a preference for pooches.

Although they are persistent, there are steps you can take as a dog owner to protect your pet from these troublesome ticks.

Avoid long grass

Ticks love to lie low in tall grass or shrubs, so during tick season dog walkers should stick to paths or areas where the grass is short.

Be prepared

Prepare for the worse and always carry a tick removal tool and some antiseptic wipes in case you or your dog are bitten. Tick repellents are also available at most pet shops and should be applied to both your dog and their toys/accessories.

Keep your garden tidy

Long grass, fallen leaves or other organic litter in your garden are ideal places for ticks to hide; just waiting to pounce on your unsuspecting pooch. Keep on top of your garden maintenance to minimise the

appearance of these pesky pests.

Groom regularly

Make sure you thoroughly brush your dogs, both against and with their hair growth to find any hidden ticks. At the same time, you should check around their eyes, inside their ears and around their mouth.

Consider nominating a tick buddy

Not as fun as it sounds, but if you regularly walk with another dog owner or see other walkers whilst out and about, it can be worthwhile 'buddying up' to check each other and each other's dogs after each walk.

Tick Trivia 1: Ticks can survive a full washing machine cycle and some even make it out alive after a spin in the dryer. Be safe rather than sorry and remove all outer layers of clothes before entering your home.

Tick Trivia 2: Ticks cannot jump or fly; they simply drop onto you or your dog.



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Sleeper HIT

Get your garden back on track with the use of railway sleepers

Railway sleepers have a mystery and charm all of their own... to the extent that an object originally recycled from the trackbed is now being produced from freshly felled trees, such is its popularity amongst gardeners.

While some people choose to leave the sleeper to extol its original rustic beauty, others like to explore the range of treatments that can brighten, soften or reshape this hunk of wood, from sanding back to varnishing or painting.

Here are a few uses for railway sleepers:

UNDER FOOT

Solid enough to hold the weight of a train, it makes sense that a railway sleeper's most accepted use is in the ground. As characterful steps – laid either sideways or pushed together lengthways – this is a great use that can guide an eye deep into a garden's charm.

EDGING

Flower beds and lawns can look smart and tidy when utilising the brilliant straight lines of a railway sleeper. For a rustic object, this hunk of wood can offer an unexpectedly contemporary line that will shape and present your plant life.

Alternatively, cut the sleepers and stack face up, experimenting with different lengths to give your beds a feel of ascending excellence.

WALLS

Railway sleepers presented as a wall not only makes a visually pleasing bank of wood, but will provide you with considerable strength at the same time. Whether housing a compost pile or offering a place for you to store garden objects out of view, these weighty objects will stand up to storage.

Consider drilling solar lights in too to make your garden a charming night-time escape.

BENCHES

Whether cut to form legs or otherwise propped on bricks, using railway sleepers as a bench will give you a chunky, rustic seat that will survive many winters.



GARDENING





PLANT OF THE MONTH:

Antirrhinum



Antirrhinum is also known as dragon flowers or snapdragon due to the fact that its flowers resemble the jaws of a dragon that appears to be snapping when squeezed open and close. They are known for their vibrancy and are ideal for providing autumn and winter colour in your garden.

WHAT TYPE OF PLANT IS ANTIRRHINUM?

Antirrhinum is normally considered as a biennial and is available in dwarf, pyramid-shaped plants or tall tower-like ones. They have a light floral fragrance and come in many vivid colours including pink, crimson, yellow and white. They can grow up to three feet tall.

WHEN AND WHERE DO I PLANT ANTIRRHINUM?

This plant loves the sun and also needs rich, fertile soil with a medium amount of moisture to flourish. They enjoy the cooler autumn weather and can often survive a heavy frost so commence bedding in September for display in spring. Grow them in flower beds, planters or borders for best results.

HOW DO I PLANT ANTIRRHINUM?

Prepare the soil by mixing in manure or other organic matter. Each plug plant needs its own hole and must be deep enough to cover the roots but not the stem. Water regularly and feed weekly.

HOW DO I LOOK AFTER THIS PLANT AND HELP IT FLOURISH?

If looked after, each Antirrhinum plant can grow out up to eight flower spikes per season. In order to achieve this, make sure you pinch out the stem tips once the plants are established, cut the flowers to encourage new growth and keep on top of deadheading. Look out for 'rusting' – small brown spots on the leaves.

WHAT DOES THIS PLANT SYMBOLISE?

Snapdragon flowers are said to represent concealment and deception but on a more positive note, they also have connotations with graciousness.

1. Antirrhinum



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BOB'S ~~NOT~~ A BUILDER

We've all seen news reports, undercover documentaries and social media posts detailing those who've put faith and finance into tradesmen not up to the task. While there is no foolproof system for verifying contractors, utilising a few simple checks can protect against cowboys:

ONE – REPUTATION IS KEY

Be wary of online reviews as these can be filled out by anyone – a genuine customer or perhaps just a mate of the contractor. That said, a great site to check is trustmark.org.uk, which offers government-endorsed tradespeople across multiple sectors.

Beyond that, see if www.youre-hired.com will provide phone numbers of previous customers who have had similar work done. You may even be able to do this with suppliers too.

TWO – WRITE TO REPLY

Make sure you ask the builders to put everything down in writing as regards payment terms, project timeframe and how the job will draw to a conclusion, including, for instance, who will dispose of waste materials.

THREE – MONEY MAN

You should never pay upfront for a job. Any good contractor should want to get the job finished before receiving full payment.

THREE – IMMEDIATE START? BE STARTLED

While we'd all like hired help to get to work as soon as we call, it's not always a bad sign to find a builder cannot start as quickly as you would hope, with a well-stacked calendar servicing other customers.

FOUR – ENSURE OR SHOW THEM THE DOOR

Enquire as to the insurance they offer over work done – what are you covered for in the event of them needing to come back?

FIVE – QUALIFYING TIME

Probably the best check of all is to run your preferred contractor's name past a regulating body. There are a number for each specialism but you can search quickly online to check they are verified.



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Under THE Sea

HOW TO BRING THE UNDERWATER WORLD INSIDE

There is something tranquil, calming and reassuring about the sea, to the extent that a recent trend finds us recreating the gentle serenity of the coast within our own homes.

Where in the past an underwater theme would have been the domain of the kids' bedrooms, experimenting with maritime design even in our main living spaces – consider blues, turquoises and light greens – can add colour, complexion and an element of fun.

And you don't have to go all out on themed furniture. Sometimes just very subtle references to the sea can have the best effect, such as scallop-patterned chains or edging to drawers or units.

Wallpaper can add smart, subtle references to the coast, either in swathes of brilliant blue and subtle sandy brown, or as a detailed design that perhaps showcases boats, shells or beach huts. And while you're at it, rugs and carpets with irregular, fluffy edges can move and sway in much the same elegant, carefree way as a receding tide. Patterned cushions can add a very simple effect too – think traditional blue and white with perhaps a splash of yellow.

The subtle placement of objects and art can also really bring on that feeling of being in a sub-aqua wonderland inside of your home. Driftwood, for instance, is one of the most curious, curved, beautifully artistic things you can have, even as a stand-alone object or used as picture frames or stand-alone shelf decoration. And when adding watercolours, sculptures and other more covertly obvious nods to the beach, you can quickly build a mood that gives you everything the coast offers without the hassle of sand getting caught between your toes.

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5 ways to use a MASON JAR

The humble mason jar; we all have one or two gathering dust in the kitchen cupboards.

So why not try one of the below cheap and chic creations that can be made with just a few additional materials and a little bit of imagination?

FIREFLY LIGHT FEATURE

Brighten up your garden with this super easy glow in the dark light. All you need is a mason jar and some glow in the dark paint.

Create a splattering effect on the inside of the jar with the paint so that when it is dark it will glow as if filled with hundreds of tiny fireflies.

VINTAGE CUTLERY CADDY

Who doesn't love a bit of shabby chic in their home? Mason jars make great containers for cutlery; simply paint a rectangle onto each jar using black chalk paint and then write your labels using chalk.

HANGING HERB DISPLAY

Create your very own hanging herb collection in your kitchen by filling your jars with soil and an assortment of herbs. Display on the windowsill or hang on hooks on the wall.

CUTE COASTERS

Don't forget to utilise the jar lids too; all you need is a sheet of cork-board, some glue and a marker pen. Cut a circle of cork that will fit on the inside of the lid, glue in place and then write a phrase or message on the cork for your guests to enjoy.

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Create your own scents for your home. Simply add cotton balls that have been dabbed with a few drops of your chosen essential oil to a mason jar and then make a few small holes in the lid. Inhale and enjoy. This is a good one if you suffer from colds, use eucalyptus oil and place the jars around your home.

Alex Kemsley ...taking the PLUNGE



THE SWIMMING POOL DESIGNER DIVING HEADLONG INTO BIG BUSINESS

To combine the pleasure of a favourite pastime with the satisfaction and comfort gleaned from making money and having a successful career... well, that's everyone's dream, surely.

To make that perfect life come true requires dedication, belief and an unrelenting pursuit of excellence, and for swimming pool designer Alex Kemsley that journey started way back at the age of nine.

It was whilst still in single digits – albeit with the help of his father – he built his first pool. And in the immediate years that followed, the young designer's eye for detail very quickly became evident, with a drive for business being complemented by his pursuit of the perfect balance between health and luxury.

"Any nine-year-old boy would enjoy operating an earth mover to dig out a hole big enough for a pool," Alex begins, "but I couldn't have guessed that day that it would become my life's work."

"To go from building a family pool with dad at my childhood home to designing the world's most talked about pool has been an incredible journey."

That iconic pool he references has been built by his company, Compass, and is named Infinity London. It is a 200m high – it sits on top of a 55-storey building – 360-degree roof-top pool set to tower over the capital's skyline. It is formed around cutting-edge design, powered by computer technology and with renewable values at its core... for instance, it is heated by the by-product of creating cool air in the very building it sits atop.

As you would imagine, the designer's level of client is already unparalleled in the world of pool design, with footballers, musicians and TV stars commissioning Kemsley to create, configure and install designs that start with six-figure price tags. And with double-digit growth, the evidence is that demand for going for a dip is Brexit-proof... if not waterproof.



Photo credit: www.compass-pools.co.uk/infinity London Media

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LOFTY Ambitions

There's more to converting your loft than just installing some insulation – find out what's what when it comes to attic aesthetics with our rundown of the most recognised types of conversion, and what they can bring to your building.

DORMER

Dormer loft conversions offer a greater amount of additional floor space by adding a structural extension which projects vertically from a sloping roof. By building a dormer, a cramped attic can be transformed into usable space which is bathed in natural light provided by dormer windows.

In some people's eyes a flat-roofed dormer might not provide the aesthetic appeal of other forms of loft conversion, but what it does provide is a greater gain in both floor space and headroom.

Typical Cost: £20,000 - £35,000

Pros and Cons: No planning permission needed, but not as aesthetically.

Time Frame: 6 - 8 weeks



MANSARD

Named after 17th Century French architect Francois Mansart, these conversions are often found at the rear of properties, and change the sloping side of your roof into an almost vertical side. Despite the fact that Mansard conversions usually require extra construction work compared to other types of loft, the resulting build affords you a great deal of extra living space.

Mansard roofs are particularly common in urban areas and can often be seen across whole rows of older terraced properties where space is tight. However, Mansard roofs are actually suitable for almost all types of properties.

Typical Cost: £40,000 - £46,000

Pros and Cons: Creates maximum space, but longer construction and requires planning permission.

Time Frame: 6 - 8 weeks



HIP TO GABLE

Hip to gable loft conversions are becoming an increasingly popular way to create extra room in a property. Most houses have a roof with a sloping side, meaning that existing loft space is often limited. A hip to gable conversion extends your property on the sloping side, effectively replacing the sloping roof with a vertical wall at the end to the same height as the ridge.

If your property has two sloping sides you can replace them both with vertical walls, known as a double hip to gable loft conversion.

Typical Cost: £41,000 - £46,000

Pros and Cons: Creates large amount of head room but can only be built on detached or semi-detached properties.

Time Frame: 5 - 6 weeks



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POSTING PROFITS

Why new *Dragons' Den* enterprise impresario Sara Davies is a calling card for all businesses hoping to grow out of nothing.

.....

Anyone who has seen the new series of *Dragons' Den* will have clocked a new face on the panel of fire-breathing business behemoths.

Terrestrial television's most successful new business show resumed its 17th series at the start of August. And with Jenny Campbell having stepped back from investment duties at the end of the last run of programmes, the much-vaunted seat two – once occupied by James Caan, Richard Farleigh and Hilary Devey – was instead filled by a new backer; and someone able to empathise with all areas of the entrepreneurial spectrum.

To the untrained eye, County Durham-born Sara Davies MBE represents a friendly, warm, welcoming, empathetic member of Britain's most feared panel. And so she should – the 35-year-old was brought up in rather simple surroundings in the north-east, and launched her debut business, Crafter's Companion, from her university student accommodation.

Her idea was simple – she offered a tool that could create bespoke envelopes for handmade cards. It came at a time when craft had begun to boom in the UK, and such an obvious gap in the market was there to be exploited. Sure enough, by the time Davies graduated, the enterprise was turning over £500,000 a year.

These days, Crafter's Companion exports to over 40 countries, employs 190 people worldwide, and can boast an annual turnover of £25million – not bad for an idea not just written on the back of an envelope, but was the envelope itself.

It all adds up to someone perfectly in touch with the qualities required to take a ground level business and move it to the next level. In the opening episodes we see Sara's approach as firm but fair, sympathetic yet system-driven.

"I think my background isn't too dissimilar to that of the other Dragons," she says.

"It's not like we were born into huge amounts of wealth. For us it's just been a case of having a good idea, going with it, then using the profits from that to try other avenues.

"As I say to a lot of young companies, sometimes getting that first idea right makes it 10 times easier to fuel all those that follow. That's because you have a springboard, you have experience, and the chances are you have contacts, as your next move is most likely to be in a familiar area."

As the 18th business wizard to step into the show, Davies is the youngest, proving that the world of modern business, even at corporate level, isn't the domain of those who have spent decades climbing up through the system.

"While it takes time to understand the mechanics of enterprise, I believe the spark to make money and to make a difference is there from childhood. That's not something you can learn – you either have it or you don't," she says.

Davies is already making a difference in the den. While, straight away, she put her hand in her pocket to make real the dreams of the next generation of business whizz, she is at the same time inspiring a brand of Sunday night armchair money-makers as well – are you one of them?



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS

Photo credit: ITV



Isla's family shocked by Barcelona burglary

A Hornchurch family who moved to Barcelona to treat their young daughter's rare cancer have thanked the community for their support after they were burgled.

Nicola and Michael Caton temporarily moved from Hornchurch to Barcelona last year in order to get life-saving treatment for their daughter, Isla, who was diagnosed with a rare child cancer called neuroblastoma in 2016 – when she was just three.

Isla's fight with cancer has been progressing incredibly well and she is now in remission, but the family received a setback last month when their temporary home in the town of Sitges, south-west of Barcelona, was burgled while the family were in.

The thieves climbed over the villa's electric gate and stole the couple's car keys, computer and car. They also took Isla's pushchair, baby seat and scooter. Isla had treatment the next morning, which was a nightmare for Nicola without everything she needed to get Isla there.

Nicola told **VISION**Hornchurch: "We're really shaken

to be honest. It's a big relief that no one was hurt, that's the main thing. But it has made us feel unsafe and we just want to come home.

"I've been homesick since July, but this really has made us miss Hornchurch; Isla is going to need chemo when the treatment is finished but we're hoping she can have that at home so that we can be back at around Christmas time."

While they're far from home, Nicola said the family have felt the support of Hornchurch over this difficult period.

She said: "I've had so many kind messages from people at home, and also donations on our fundraising page; that's helped us replace all the bits we urgently needed for Isla. The community has been supportive through all of the treatment, helping raise thousands because we haven't been lucky enough to have huge funds ourselves, and they've really helped us out.

"I just want to say a massive thank you to all of them – there's 10 good people for every bad one and this situation has really proved that."



Mother determined to keep Tom's memory alive

A mother from Hornchurch whose son died in a freak accident says meeting the recipients of some of his organs has helped her to grieve.

Lisa Wilson appeared on ITV's *Lorraine* last month. Her 22-year-old son Tom was killed when he was hit on the back of the head at hockey training and immediately suffered a brain haemorrhage.

Lisa said her husband Graham urged her to consider organ donation for Tom and later discovered that her son had already signed up to the register.

She said: "So, we asked to see an Organ Donor Nurse and she came in and said Tom is on the electronic register. Tom signed up as a fresher and I was so proud of him and it made our decision easier.

"Tom's decision to be a registered organ donor meant in his death he saved the lives of others."

Even after Graham died suddenly just weeks later, Lisa remembered his dying wish for his son and has campaigned passionately for organ donation ever since.

Recently she met two people who have received

some of her son's organs.

Lisa and her daughter Pippa also commissioned a baton bearing Tom's name and last month it left London bound for Newcastle and the World Transplant Games.

Lisa said it was an honour to donate the baton to transplant sport.

She added: "Every year it will be donated to the next city and Tom's memory will be kept alive with this legacy."

The relay was started in London by Fatima, a two-and-a-half-year-old girl who had part of Tom's liver. The rally finished in Newcastle where it was met by Gordon who received Tom's heart.

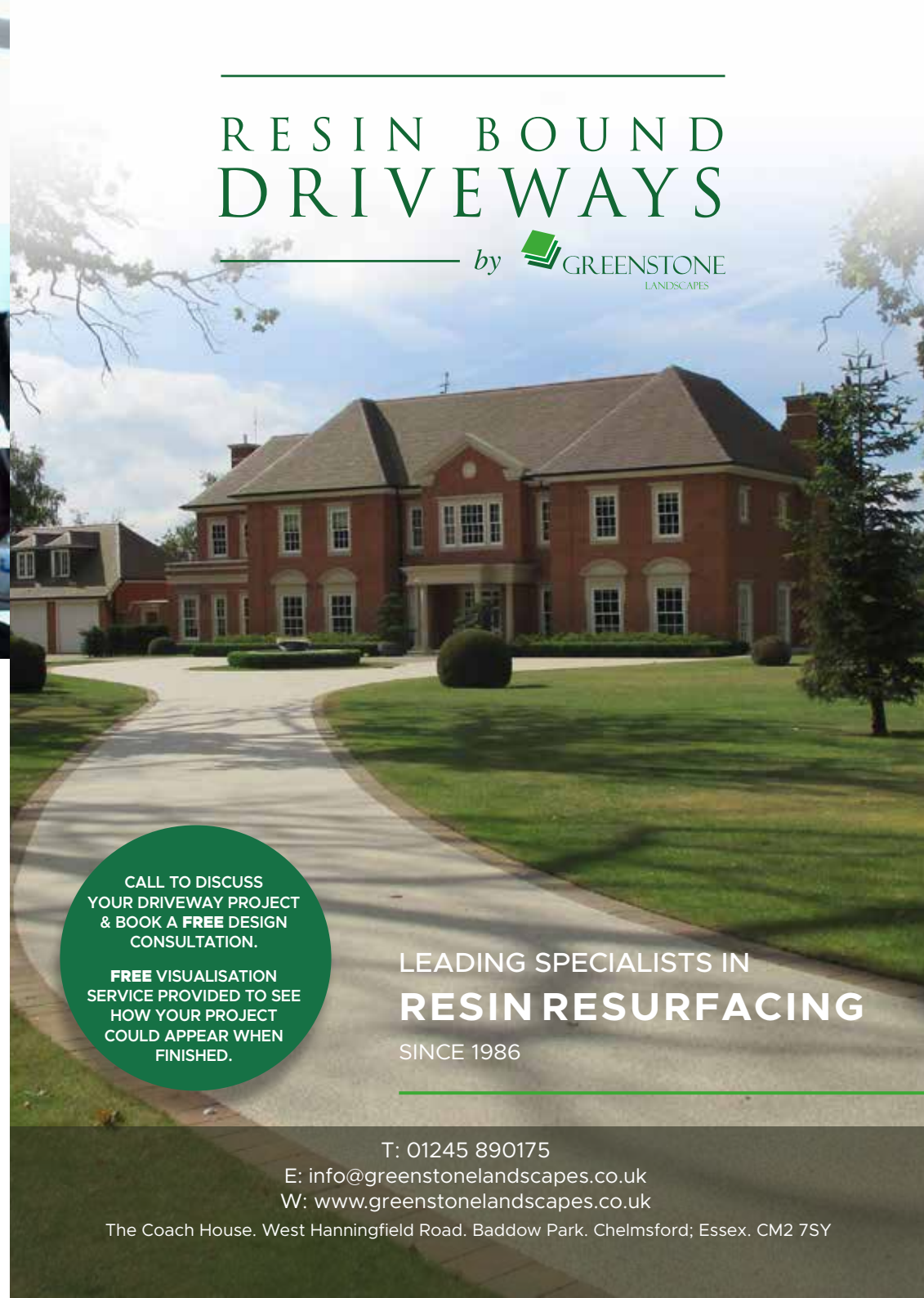
In all, 50 people have benefitted from Tom's organ donations.

Lisa explained: "Tom's life wasn't in vain. We get comfort in knowing that there are people alive because of our loved one's loss.

"From someone's end comes someone else's beginning."

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Students celebrate A Level results success

Students at a Hornchurch school were joined by a councillor to celebrate their A Level results recently.

Councillor Robert Benham, Havering's cabinet member for education, children and families, visited Campion School on August 15.

He said: "Once again Havering pupils have proved outstanding in their A Level results. It was great to see young people considering the future that lies ahead of them and having the opportunity make a number of life choices – from apprenticeships to jobs.

"We wish every pupil going on to university, college, apprenticeships or entering the workplace, every success for the future."

In Havering, 24 per cent of A Level grades were A* and A, a 2.1 per cent improvement on last year.

Overall, there was a 97.7 per cent pass rate among sixth forms.

Headteacher of Campion School, Keith Williams, said between 10 and 15 pupils would be going on to do apprenticeships.

He explained: "A number of students have exceeded expectations and achieved some notable results and I know that they are over the moon in gaining their first offer at university.

"Some have the option to go to university or to

take up an apprenticeship, while some may try the apprenticeship and stick with it for a year and then decide whether they want to attend university."

Students were also celebrating at Havering Sixth Form College in Hornchurch.

Two students will be taking up places at Oxford University and many more were accepted onto courses at the universities they had applied for.

The overall A Level pass rate was 95. 117 students achieved A* to A grades, 419 students achieved A* and 76 students achieved A* to C.

In addition, 100 per cent pass rates were gained in many courses with almost all attaining pass rates in excess of 93 per cent.

Havering College Principal and CEO, Paul Wakeling, said: "I am very proud of this achievement for both our students and staff. It will contribute towards our mission to be recognised regionally and nationally, as a centre of excellence for high quality education, social inclusion and outstanding progression.

"Havering College's Sixth Form welcomes students of all abilities and offers a very broad curriculum - 35 A Levels and 65 courses in total with a wide and growing range of enrichments and work-related opportunities - and we are pleased that we enjoy success across that broad offer."



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Dodgy builders leave homeowners 'devastated'

An IT consultant from Hornchurch is one of dozens of local people who have lost thousands of pounds after cowboy builders left homes in ruin.

Alan Street lost £44,000 after Essex-based builders, Hudson Garden Rooms, did a botch job on an extension.

The Hornchurch man has been left with just the shell of the extension and faces a huge bill to correct dodgy building work and complete the job.

He is not the only person to have been stung by the builders who went into liquidation in October 2018 after racking up debts approaching £500,000.

The builders subsequently reinvented themselves as Hudson Living before taking on several jobs, asking for huge swathes of cash from customers before disappearing.

It has left many families short of huge sums of money and with shoddy building work to repair.

One of those families affected was the Levy Family.

Kerry Levy said: "My mum lost her husband of 40 years so we decided to build her a Hudson Garden

Room at our house so she could have her own space.

"We paid our deposit although we were very wary about the staged payments - which we now feel very foolish about.

"The build began and they became very elusive, not returning calls or questions in relation to the build.

"I did some detective work and found out that the original company had gone into liquidation. To say I nearly had a heart attack is an understatement.

"My mum had paid out £45,000 out of her money and I had to tell her that she could lose it all."

The Levy family had to get someone else to complete the work and Kerry understandably is angry for what they went through.

She added: "How these people can sleep at night I will never know. We have not slept properly for months and I am truly devastated and frustrated for everyone, I hope and pray they are brought to justice."

Hudson Living were contacted for comment but failed to respond.



LOCAL NEWS



Photo credit: BBC

Teenage gamer scoops \$2.25million at Fortnite World Cup

An avid gamer from Hornchurch won just under £1million at a gaming tournament in New York last month.

Abbs Cross Academy pupil Jaden Ashman said he was happy to show his mum that spending time on his Xbox wasn't put to waste.

The 15-year-old competed under the name Wolfiez at the Fortnite World Cup finals where he and his partner Dave Jong finished second, winning a share of \$2.25million (£1.8million).

Playing Xbox since he was six, Jaden was happy to prove his mum wrong.

He said to the BBC: "Me and my mum, we clashed a lot and she didn't understand how it worked so she thought I was spending eight hours a day in my room just wasting my time."

"So now that I've proved to her that I can do stuff, I'm really happy."

Mum Lisa Dallman told the BBC: "I don't know much

about video games and it's not been a straight forward journey with Jaden, I've been quite against him playing. I've been pushing him to his schoolwork and I've actually thrown an Xbox out, snapped a headset, we've had a nightmare.

"And then leading up to the games, getting his visa, we had problems with that so we had a week of nightmares.

"Then the dog ate his birth certificate, so – and this is not a joke – this actually really did happen.

"And then my work messed up my wages, so three things went wrong before we started heading here so I knew we were on an even keel and everything was going to go right."

Fortnite is one of the most popular games in the world which involves 100 players being dropped onto an island where they have to find weapons, build structures and eliminate each other until one player comes out on top.

Two men charged with manslaughter

Two men have appeared in court in connection with the death of a seven-year-old at The King Harold pub, Station Road, Romford, on September 11, 2018.

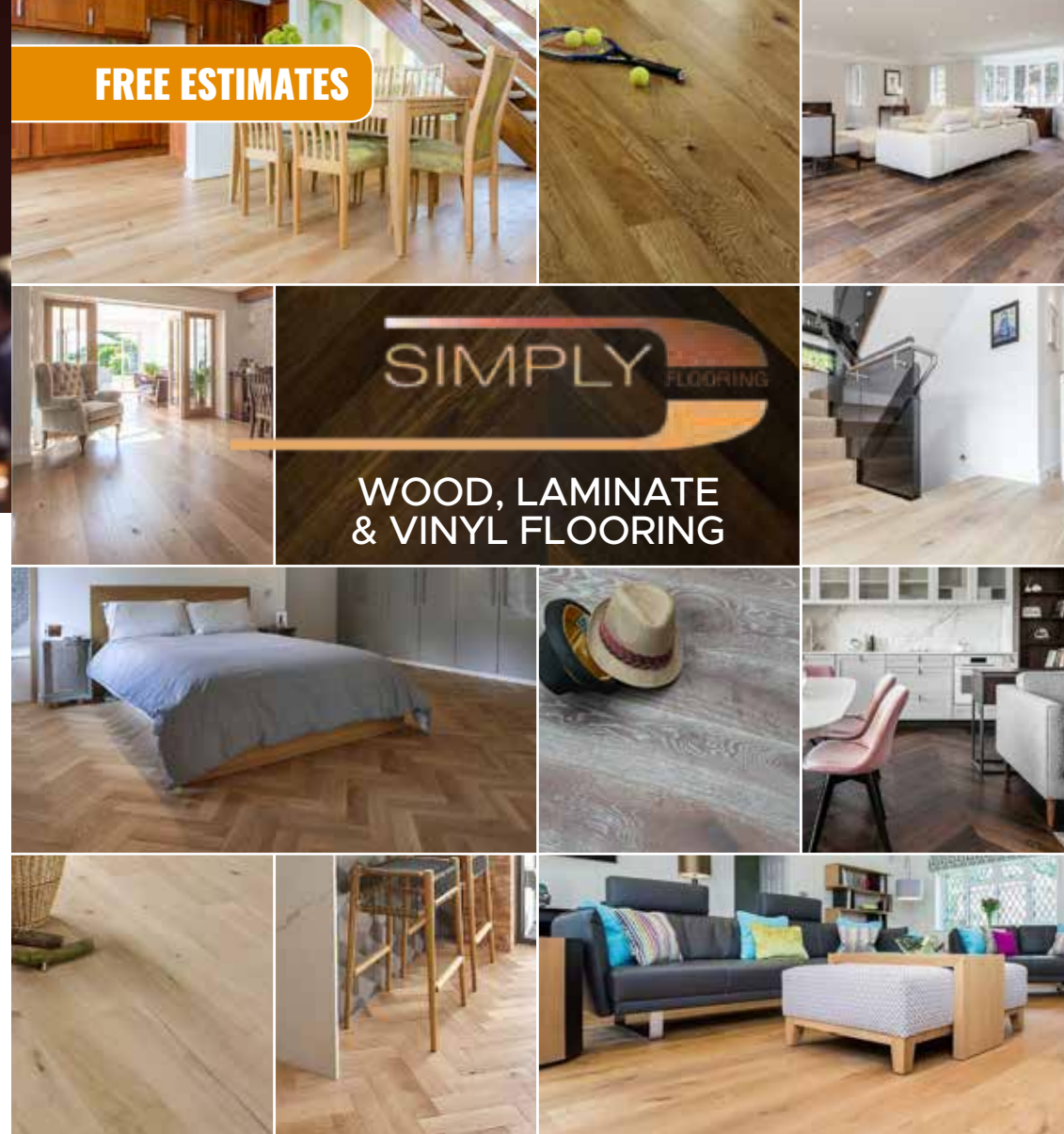
David Bearman, 71, of Ardleigh Green Road, Hornchurch appeared at the Old Bailey charged

with manslaughter and abstracting electricity on Wednesday, August 8.

Colin Naylor, 72, of Rayleigh, was charged with manslaughter at the same hearing.

Both were bailed to appear at the Old Bailey on April 27, 2020.

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Photo credit: Lucy Lawson Photography

LOCAL NEWS

Breastfeeding support group celebrate fifth anniversary

A Hornchurch-based charity that supports women with breastfeeding has recently celebrated its fifth anniversary.

In 2013, Katherine Haynes and Sarah Weidenbaun decided to start a breastfeeding support group, Latch On, as they believed there was a lack of support in Havering.

The women decided to start a free weekly drop in for mothers and pregnant women to come and access

peer support and information about breastfeeding.

The ladies held their fifth anniversary in Upminster with a summer picnic to celebrate their five years as a charity.

The ladies meet every Friday at Tesco Roneo Corner in Hornchurch from 12.30 to 2.30pm, toddlers and older children are welcome to attend with their mothers, for more information contact info@latchon.org.uk

Fundraiser completes 100-mile race

A Hornchurch man has successfully taken on a 100-mile cycle challenge to raise funds for the Royal British Legion.

Jason Beard, 52, exceeded his fundraising target as he finished the Prudential Ride London in five hours and 29 minutes.

The Surrey to London race, which took place on August 4, attracts thousands of riders each year and is the cycling equivalent of the London Marathon.

Jason chose to take on the challenge and raise funds for the Romford branch of the Royal British Legion as it is a charity that means a lot to him.

He said: "This year I decided to challenge myself whilst raising money for a charity that is close to mine and my family's heart. My father-in-law served in the Royal Navy during the Second World War. The British Legion was a big part of his life. It gave him a social life, days out and support in his later years."

Having completed the gruelling challenge, Jason wished to thank those who had supported him.

He added: "I thoroughly enjoyed it. It was perfect conditions and the crowds were amazing. I would like to give my heartfelt thanks to all of you who took the time to support me in raising money for this great charity. It means a great deal."





News from

Councillor Paul Middleton*St Andrews Ward, Hornchurch Residents' Association*

Photo credit: Havering Council

Summer is almost over, we are entering autumn, soon the leaves will be dropping, the nights will be getting longer, and the heating will go on. I do not know about you, but I thoroughly enjoyed summer.

Hornchurch has much to offer, the offerings are rarely promoted by the council, this is often as they are not funded. I do not understand why our council appear to be favouring Romford over almost everywhere else in Havering. A quick look at the events page on the council website and you could be forgiven for believing that events only take place in Romford.

By the time you read this the Havering Town Show will have taken place. This year is the first time (in a long time) that an entrance fee is being charged. It is a small fee of £4, but it is a fee. It will be interesting to see how many attended.

I personally hope it is well attended and fun as many people put a lot of work and effort into getting the show out there.

Other local attractions you may have missed over the summer. There was the Hornchurch Town Fayre in mid-August – this promotes the local businesses and has lots of fun rides and stalls to try through the town centre, the fire station was open to the public and the police allowed youngsters (of all ages) to go through their van.

At the end of July was The Tribute Fest show at Dayms Hall Aerodrome in Upminster – a full day of tribute bands with a fun fair (and the tickets allow you

free entry to the Wings and Wheels exhibition).

There is almost always something going on around Hornchurch and the surrounding areas, just because the event is not heavily advertised does not mean it is not happening.

On a slightly darker side, I have witnessed an increase in children 'pulling a wheelie' and then cycling on the roads – often in traffic and against traffic. If your child has a bike and you see them practicing a wheelie – please explain to them that it is extremely dangerous and they could get severely injured if they try to pull these stunts.

Meanwhile the epidemic of the silver canisters, often dumped at the side of a road or in a car park, often in great numbers appears to be getting worse again. I had hoped this craze would fade.

The canisters carry a gas, often it is nitrous oxide, and they do have a legal use (to quickly pump up a bike tyre for cyclists or as a coffee creamer gas), people are using these to get 'high' – they can kill, they can injure. They are not illegal to carry. Why the people abusing them as a drug do not appear to be able to put them in a bin once used I do not know.

If you have any issues in the St Andrews Ward in Hornchurch, please contact any of your Hornchurch Residents' Association members – we will help where we can.

Our website www.hxra.org gives the contact details under the 'Meet the team' tab.

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Dragons Den backed theatre school launches

Theatre school, Razzamataz, which won the backing of *Dragons Den* entrepreneur, Duncan Bannatyne, is launching in Hornchurch.

The part-time theatre school is set to launch on Friday, September 13 at the Hornchurch Methodist Church in the High Street.

Duncan Bannatyne said: "Razz skills keep young people active and instil a confidence and pride and encourage social skills, all of which are vital today."

Managing director and founder of Razzamataz

Denise Hutton-Gosney said: "We have lots of students who have gone on to make performing arts their careers."

"But equally, we have many that have used the life skills they have learnt at Razzamataz to find the confidence to pursue a wide variety of jobs."

"Our role is to empower young people to have a positive mindset and to build resilience."

Email hornchurch@razzamataz.co.uk if you would like to find out more.

Micropub set for town centre

Plans for a new drinking establishment in Hornchurch town centre have been given the go-ahead by Havering Council planners.

The Hop Inn will open on the ground floor of a premises in North Street.

Documents submitted to Havering Council set out what the applicants, Phillip Cooke and Alison Taffs, are looking to bring to the area.

They read: "The type of drinking establishment envisaged is what has become known as a "Micro

Pub" focussing on a philosophy of delivering quality drinks in a comfortable relaxing space as opposed to an eating establishment on the one hand or a late-night entertaining establishment on the other."

The applicants also say they believe the impact on the local community will be negligible because there is no residential use in the parade, there will be no cooking, music will not be played and parking will not be an issue.

For more information, visit haverling.gov.uk



News from

Councillor Michael Deon Burton

South Hornchurch Ward

At a time when the epithet and description 'Epidemic' is being used all too frequently to describe the increase in certain areas of violent crime, it's about time we all spoke loudly about an important silent tool in our arsenal more of us need to know exists.

The Silent Solution system enables a 999 caller who is too scared to make a noise or speak, to press 55 when prompted, to inform police they are in a genuine emergency.

"I didn't know that existed" - I hear many a local resident exclaim, particularly those of you whom make up the double X chromosome brigade. Yes, women. Which if statistics be true, are the persons who are most lightly to have need of what when called upon, could quite literally mean the difference between life and death.

I wish to start a 'Make Yourself Heard' campaign to be launched after the roaring success that was the Havering Pride Parade and my personal determination that the vulnerable be better

supported, whether members of a minority group or those whom make up the gender of half the planet. For the system to be effective the public need to know and understand how it works. So I for one will make little apology for taking every appropriate opportunity to, in less than a quiet voice, shout the word out.

Example - Prior to her murder, Kerry Power like so many women believed that if she made a silent 999 call she would not need to speak or make a noise for police to send assistance. This is incorrect and her call was terminated without being put through to police. Her former partner, who had broken into her home when Kerry made the call, later rang police to admit he had strangled her.

It is not true that police will automatically attend if you make a silent 999 call. Callers need to listen and respond to questions and instructions, including by coughing or tapping the handset if possible or, if using a mobile phone by pressing 55 when prompted by the automated Silent Solution system.

Man jailed after stealing £2.9million

A man from Hornchurch has been jailed after stealing £2.9million from his employer.

Ben Wiley stole the cash by processing hundreds of payments into his bank accounts for fictional contractor work.

Following an investigation by the City of London Police's Fraud Squad, Wiley was sentenced on Monday, August 5 at Southwark Crown Court to three years and eight months.

At the same court on Tuesday, June 4, Wiley had pleaded guilty to fraud by abuse of position and money laundering.

The Fraud Squad initially became aware of Wiley's fraudulent activity through a referral from his employer, a mechanical and public health contractor.

They had arranged a meeting with him to discuss their suspicions and during the meeting, Wiley admitted to stealing from them. He was subsequently dismissed and the company contacted the police immediately.

The Fraud Squad discovered that between June 2013 and October 2016, Wiley made 385 payments into accounts he owned or controlled, totalling £2,939,514.

Wiley worked as an accountant and used the names of genuine contractors on the company's records to disguise the payments into his account. The payments were for work he claimed was carried out by these contractors, but it was all fictional.



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JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS

Regular readers will know that I have spent many months now campaigning for a new health centre in Hornchurch to deliver better services to residents. The former St George's Hospital site off Suttons Lane, has stood empty since 2012 but was eventually sold by the NHS for development in March 2018. Constituents will have noticed new homes already springing up there, but the health centre pledged for the site became mired in funding and planning difficulties despite agreement that a new facility was sorely needed. Which part of the public sector would pay for it? How big should the facility be? Could planning consent be secured?

With the local health system already under strain, residents were right to express their concern about more homes without the infrastructure in place to cope. Since my election as Hornchurch's MP in 2017, I made it a priority to cut through the bureaucracy and get the health centre delivered as I could see how it could solve many of the issues residents write to me about - reducing pressure on Queen's Hospital, improving GP access and delivering better social and mental health services.

I thought we were nearly there earlier this year when we just missed out on a capital funding bid but I pledged to constituents that I would not give up on the project. For the past few months I have been working with different parts of the NHS and the council to see if there might be an alternative way to fund the health centre. In parallel, I have also been making the case for St George's funding directly to the Health Secretary and later, Boris Johnson MP during his leadership campaign. When Boris became Prime Minister, he announced on the steps of Number 10 that improving health care would be a personal mission, pledging 20 hospital upgrades. With my team and I having already put in the background work, St George's was ready to go and as a fellow outer London MP, the PM understood all the problems this integrated health centre could resolve. On August 2 I got a text from the Health Secretary to tell me that my campaign had worked, and Boris would be announcing funding for

St George's on the Monday.

We are absolutely thrilled, and hope St George's not just tackles existing challenges but delivers excellent services to residents long into the future. I will always push for the resource that constituents deserve, and I am just so glad that my team and I have managed to make progress in one of the big areas of concern to those who get in touch with us.

We also wanted to let Hornchurch residents know about the Older Person's Fair that we are organising on September 12 at the Queen's Theatre. The event is free for everyone to attend and will run from 1pm to 3pm. We hope to gather in one place financial advisors, home care services, recreational clubs, free health checks, police and fire services, legal advisors and more to help people plan for a fulfilling retirement. Do come along if you are looking for help and advice directly or on behalf of someone you might be caring for. Everyone is welcome - please put it in your diaries.



www.julialopez.co.uk



Photo credit: Google Maps

Residents fear trouble as another alcohol licence approved

A plea from local residents was not enough to stop a Hornchurch newsagent being awarded an alcohol licence.

Park Lane News applied for an alcohol licence which led to objections from residents who felt it would have a negative impact on the local area and was likely to cause "trouble".

The licensing application was approved on August 5 by Havering Council for the newsagent to sell alcohol between the hours of 10am and 8pm every day of the week.

However, the council also added conditions including that no high strength beer could be sold, CCTV has to be in operation with recordings kept for a month and the newsagent must also display contact details for residents to make complaints if necessary.

Ahead of the decision residents voiced their displeasure including one resident, who wished to remain anonymous.

He said: "We understand the owner of the newsagent is trying to make a living but the trouble this will cause is huge.

"We know off licences bring anti-social behaviour and to have so many so close to each other does not help, particularly for those who may have alcohol addictions.

"I have lived nearby for many years but this could be the last straw for my family."

Havering Council said they did not object to the application because the newsagent owner had caused them no reason for them to reject it.

The newsagent will now become the third off licence in the local vicinity.

Council leader welcomes new health centre

Plans for a new £17million health and wellbeing centre on the site of the former St George's Hospital in Hornchurch have been welcomed by the leader of the council. Councillor Damian White, leader of Havering Council, said he was delighted that work undertaken by the council and local health chiefs for the new facility had come to fruition and added it would bring long term benefits.

He commented: "The proposals are part of a collective commitment, along with housing, to ensure that we have adequate facilities in place to work alongside plans for continued regeneration in the borough.

"The news comes at a welcome time, as Havering Council together with the NHS has just launched a consultation on a new Health and Wellbeing Strategy for the borough. We look forward to working together to improve the health of local residents, by providing necessary treatment services, as well as supporting patients to take action to live healthy lives."



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AFC HORNCHURCH

LOCAL NEWS

Photo credit: Hornchurch FC



Urchins get off to a great start to season

The Urchins have got off to a great start in the Isthmian League Premier Division with a highlight being their 6-0 away victory against Worthing.

Over the last month Hornchurch FC picked up two wins and a draw.

Hornchurch have scored 10 in their opening three games which has been mainly down to forwards Dickson, Winn and midfielder Spence who have been comfortably finding the back of the net.

Dickson bagged a hat-trick in the 6-0 thrashing against Worthing FC and scored his first of the season in the 2-2 draw against Margate.

Winn was amongst the goals in the 0-6 away win where he scored a brace whilst Spence got a goal in the two opening games.

Not that they need it, but manager Mark Stimson has bolstered his side's

attacking flare with the addition of forward Daniel Akindayini from Dutch side HSV HOEK. Daniel was at Tottenham Hotspur from nine until 19 where he played at youth level and with the u21s.

He also played for Brighton & Hove Albion, Margate and Norwegian club FK Gjøvik-Lyn. Daniel saw first team action for the first time in the 6-0 thriller at The Bibby FS Stadium.

Hornchurch also added midfielder Garrett Kelly, some might remember him as a regular in 2013, goalkeeper Lewis Moore (dual registered with Bromley) and Mitchell Dickenson, loaned in from Hemel Hempstead Town.

For more information on fixtures, tickets and club news visit www.hornchurchfc.com or follow them on social media.

On the weekend on September 6-9, Hornchurch FC are due to take on Kempston Rovers in the Emirates FA Cup first qualifying round.



www.afchornchurch.com



Tributes paid to maths teacher described as a 'legend'

Tributes have been paid to a Hornchurch maths teacher who died in a motorcycle crash in Germany.

Peter Cervi, 60, was a much-loved teacher at Campion School in Wingleye Lane for more than three decades and friends, family, colleagues and pupils have been left shocked by his sudden passing.

Peter collided with a car in Germany on July 29 and despite the efforts of emergency services, the A Level teacher sadly died.

Headteacher at Campion School, Keith Williams, posted a message on the school's website.

He said: "We have some very sad news to report.

"Maths teacher Peter Cervi was killed on Monday July 29 in a motorcycle accident in Germany.

"He had gone there for a few days with friends and was involved in a collision with a car.

"It is shocking news and Peter's loss will be felt by all in the community, but most notably his colleagues in the maths department.

"Please keep Peter's family and colleagues in your prayers.

"May he rest in peace."

Meanwhile pupils also paid tribute to the popular teacher who has been described as a "legend".

Shaun Sookoo said: "Can't believe it. What a guy, heaven gained a true legend."

On Monday, August 5, a memorial service was held at the school in Wingleye Lane for close family and colleagues.

Essex-based experienced reporter needed

Are you a journalist with an eye for a story? Are you a good talker, but an even better listener? Are you as in touch with the parcel delivery lady as you are the town mayor? And most importantly, can you sort the wheat from the chaff? If so, you could be the Essex-based journalist we are looking for.

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LOCAL NEWS



Solicitors win national industry innovation award

A Havering solicitors firm won an award at the Modern Law Conveyancing Awards recently.

Mullis & Peake LLP Solicitors' residential property team won the Innovation of the Year award at the ceremony held at the Rum Warehouse in Liverpool.

The awards were organised by *Modern Law Magazine* and sponsored by Eclipse Proclaim, Future Climate Info and Powered by PIE, amongst others.

The winners were chosen by an esteemed judging panel, who were selected based on their knowledge and experience of the industry.

The residential property team won the Innovation of the Year award as they showed they were leading the way in finding unique solutions for their department

and clients.

Clare Butcher, head of the residential property team at Mullis & Peake LLP Solicitors, said: "The new business team is very much a work in progress for us and is already a great success. We look forward to seeing how this develops as time goes on."

"Moving forward, we are looking to expand this team so we can develop on our already acclaimed standard of service to clients."

"For now, it is fantastic to have been recognised as leaders in our field at these nationwide awards and we look forward to passing on many of the changes we have already made to our clients and others in our industry."

Sea Cadets appoint new president

A former mayor has been crowned as the new president of Hornchurch and Upminster Sea Cadets (HUSC) at a ceremony last month.

Former Havering mayor, Councillor Dilip Patel, will now lead the HUSC as president with the current leader of Havering Council and a number of other special guests attending the ceremony, held on July 30, where the new president was appointed.

The role had previously been vacant.

HUSC's chairwoman, Karen Wesson, described it as an "honour" that the cadets were welcoming cllr Patel into their unit.

She also explained that the president represents and mirrors the values and ambitions of the group.

The cadet unit also shares their joy at welcoming the new president.

On Facebook HUSC said: "(On July 30) we were honoured to have cllr Dilip Patel who has accepted our invitation to become our new president."

"Thank you. We look forward to working with you."

Whilst he was mayor of Havering, cllr Patel helped raise more than £80,000 for local charities including Havering Mind and Lennox Children's Cancer Fund.

The unit is open Tuesdays and Thursdays from 7.15pm to 9.45pm, and meets at The Paddock, Wood Lane, RM12 5NH.

Visit www.sea-cadets.org/horchurchupminster for more information.



ANDREW ROSINDELL



MP for ROMFORD



More and more constituents are raising their concerns over the controversial Loan Charge to me, rightly highlighting that the Treasury's actions against "disguised remuneration schemes" are entirely retrospective and unfair on law-abiding citizens. These loan schemes were entirely legal, and some cases date back as far as 1999.

The proposed Loan Charge is a levy on every disguised remuneration schemes and the draconian measures taken by HMRC to try to recoup that money are wholly unjust. This is because in the vast majority of cases examined, these arrangements were not entered as aggressive tax avoidance, but professional advice.

Our historic country of Essex has often been an engine of growth, with many self-employed starting businesses to fuel the economy. It came to no surprise to me that over 140 families in Romford and Hornchurch will be affected. However, this number does not encapsulate all people who are affected by this charge - many are yet to be sent letters demanding a lump sum, and others are petrified of contacting me as their MP in order to highlight a

potentially bankrupting charge.

I must first point out that HMRC did not pursue individuals on the schemes at the time. We must be clear: this was an error on the part of HMRC, who lost billions of pounds of tax receipts due to these schemes and is now trying to maniacally recover their income showing complete disregard for the innocent people affected. They have done this by charging an extortionate 45 per cent on these loan payments.

Those affected by this charge are mostly self-employed people. This group tend to have fewer stable sources of income than others and thus, according to a House of Lords report, "disproportionately affect" unrepresented and low-income taxpayers.

In my last correspondence with HMRC, I am saddened to read that the department maintains that the Government consistently challenged these schemes in the past. In response to my disagreements on this, I wrote an open letter to our new Prime Minister, Boris Johnson MP, to ask that this unjust charge is independently examined. Should you need assistance, contact contact@hmrcloancharge.info

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Young man taken to hospital after being stabbed

A young man was taken to hospital after being stabbed in the early hours of Saturday, August 17. Police were called by the London Ambulance Service at around 2am where they found a man in his 20s suffering from stab wounds in Tennyson Way, Hornchurch.

A large cordon was put up and the man was taken to hospital with non life-threatening injuries.

No arrests have been made.

London's Metropolitan Special Constabulary joined the Essex Roads Policing Team (ERPT) to deal with the incident.

They said: "Officers were one of the first units on scene with ERPT at a stabbing in Havering, providing emergency care, securing the scene, identifying

witnesses and going to hospital as continuity.

"A BIG thank you to the residents of the area who made us tea & coffee."

A spokesperson for the Metropolitan Police said: "Anyone with information should contact police on 101 quoting CAD 662/17 Aug, if you feel you don't want to speak to police, please contact the independent charity Crimestoppers on 0800 555 111. They do not ask your name and cannot trace your call or IP address.

"Anyone who has information about violence or knife crime, can visit www.fearless.org where they can pass on information anonymously – your IP address will not be traced. Fearless is part of the Crimestoppers charity, and is also independent of the police."

Tandoori Lounge quiz gives back to community

Monthly quiz nights at Tandoori Lounge in Hornchurch have been a huge hit with locals, and more importantly, give back to local charities.

The Indian food restaurant, on High Street, has been hosting the charity events for almost a year and co-owner Honey Uppal said every penny counts for the small, local charities they help.

She said: "We started the quiz nights last November and they've all been well attended – usually they sell out or almost sell out.

"We wanted to give something back to the community and raise awareness of the smaller charities that are in the area to show people they're out there."

The monthly quiz nights, held on the last Tuesday of the month, have raised around £5,000 for causes such as Rainbow Trust, Tapestry and Bedrock Radio – a community hospital radio station.

Honey added: "This makes a huge difference and every penny counts for these charities, especially as the government cuts their funding."

Honey and Sukh also auction off signed West Ham FC shirts by some of the players in the local area. They've auctioned off signed Rob Lee, Marlon Harewood, Aaron Cresswell and Łukasz Fabiański shirts selling from £50 to £600.

To get involved with quiz nights and try some of the Indian cuisine, visit the restaurant at 185 High Street.



LOCAL NEWS



All the winners on 125th club championship

The winner of the 125th Romford Golf Club Championship was honoured to pick up the title on a special anniversary for the club.

It was the first Romford Title for Richard Collins at the club, but he had been a serial winner at his previous golf club where he picked up five titles.

There were concerns for the day mainly due to poor weather conditions which had caused local club, Orsett to postpone their championship, but the day went ahead.

Collins led the way in the challenging but fair conditions with a fine one over par 72, a two shot lead from former champ Tony Ames.

The Sunday saw calmer conditions and the steady Collins started where he left off on the previous day shooting a level par 71 to take the title by four on 143 from Ben Scanes who had the round of the weekend at one under par 70 and Ian Moore both on 147.

Collins during his winner's speech said: "It is an honour to win this title in a very special year for my new club and I look forward to representing the members in the future. What a special and very well run weekend and the course was in excellent condition. It was great for my parents to be here to see my victory."

The Silver Division ended in dramatic style with a six hole playoff needed to divide Josh Halliday and Richard Vass who both finished on the total of 160. It was the youngster Halliday who hit a great shot into the sixth hole putting the pressure on Vass who missed the green left into the pond and conceded the hole. Third place went to Rob Stevens who missed the play-off by one.

The Bronze division was won by Ellis Bolger and the ladies title went to Sue Bartram. The ladies Handicap prize was won by Mia Gould.

World's largest database to make cycling easier

Cycling in Hornchurch and across London should be easier after the Cycling Infrastructure Database was launched last month.

The new Transport for London (TfL) resource contains the location of more than 240,000 pieces of cycling infrastructure in London, including places to park and the location of cycle lanes, and has been added to TfL's Journey Planner.

To create the database, TfL surveyed every street in every London borough to collect data on all 146,000 cycle parking spaces across London, as well as gathering information on 2,000km of cycle lanes, 960 traffic filters and 58,000 wayfinding signs. The database also contains 480,000 photographs of cycling infrastructure, allowing users to see exactly what can be found on street and where.



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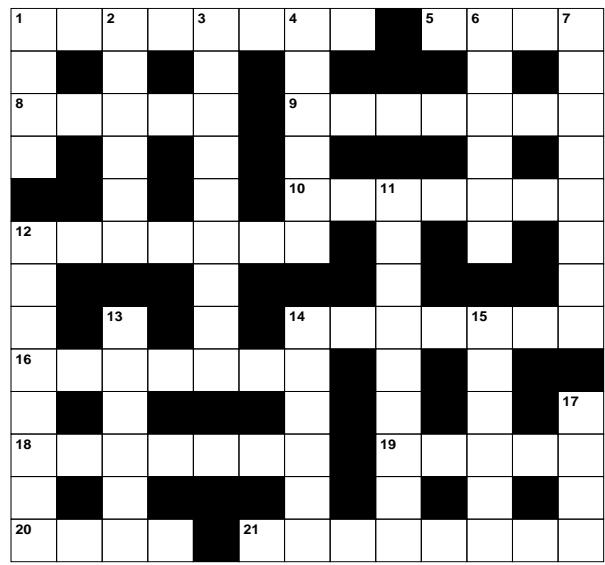
Answers can be found on the Contents Page 4

ACROSS

1. Egg-laying mammal (8)
5. Vehicle pulled by a horse (4)
8. Capital of Bulgaria (5)
9. Less heavy (7)
10. Special ____ : cinematic techniques (7)
12. Passion (7)
14. Flotation device in water (7)
16. Released from a duty (7)
18. Type of dance (3-4)
19. Bring together (5)
20. Mud grooves (4)
21. Respected and admired (8)

DOWN

1. Elapse (of time) (4)
2. Matter (6)
3. Annual compendiums of facts (9)
4. Less attractive (6)
6. Join or fasten (6)
7. Beat out grain (8)
11. Type of dwelling (9)
12. Top quality (of a hotel) (4-4)
13. Address a person boldly (6)



14. Takes up (6)
15. Entrance hall (6)
17. Stained a fabric or hair (4)

DID YOU KNOW?

- ▶ A bear has approximately 42 teeth
- ▶ Koalas normally sleep from between 18 and 22 hours a day
- ▶ A duck can't walk without bobbing its head
- ▶ Cockroaches can live without their heads
- ▶ It takes around 2 weeks for a sloth to digest its food
- ▶ No tiger has the same pattern of stripes
- ▶ Only males are called Peacocks. Females are called Peahens
- ▶ Sea otters hold hands when they're sleeping so they don't drift apart
- ▶ Flamingos can vary in colour depending on their diet

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HOW ROBOTIC PETS ARE BRINGING JOY TO DEMENTIA SUFFERERS

It's a disease more terrifying, debilitating and demeaning as any other; one that rips apart families and leaves victims often in a spiral of panic and fear, and yet we still seem to know desperately little about dementia, and within that Alzheimer's.

While progress in the research labs over the past decade has been impressive, not even the very best scientists could have predicted the dramatic impact robotic pets appear to be having when it comes to soothing the anxiety and loneliness of sufferers.

"A stuffed, robotic dog or cat can be a companion throughout the day for an elderly individual with Alzheimer's disease or dementia. Social isolation is a very common problem among older adults, and having a pet is a really wonderful way to combat that," notes Dr. Mattan Schuchman, a leading authority on this new idea.

The robotic pet eliminates the need to care for a real pet, which is virtually impossible for those suffering with the disease, yet puts a position of responsibility back on the patient and reaffirms their ability to tend to and care for something, having often had that feeling of being relied upon taken away from them.

Recent studies discovered patients' sense of joy and well-being when looking after a robotic pet builds confidence into other areas, reaffirms love and affection, and slows what can sometimes be a rapid acceleration of the debilitating side effects of dementia.

While we still have a long way to go, the use of such a simple toy, which is cost-effective, long-lasting, companion-driven and precludes the unnecessary use of drugs, seems a very clever solution to a very profound problem.






Perfect PALS

For a system initially associated with conducting eBay transactions at first, PayPal has grown to become the world's most trusted payment facility, but does that mean it's safe?

We are firmly in the realms of the digital age, particularly when our business and personal transactions can all be conducted at the click of a mouse.

While few miss the inconvenience, clumsiness and delays associated with cash and cheque transactions, that's not to say we shouldn't look for protection and reassurance from internet-based systems such as PayPal, Skrill, Moneybookers, Google Wallet and others.

Certainly, in terms of numbers, PayPal's domination of the market is a good marker as to its reputation. This year it will top 300 million active accounts, with sign-ups rising by 17 per cent year on year.

The organisation operate several layers of security behind each account, with recipients of money never receiving sensitive financial information such as credit card or bank account details. There is also the PayPal Purchase Protection scheme, which acts as an insurance policy for outgoing payments, and in general any disputes come down firmly on the side of the customer as opposed to the seller.

PayPal have even offered cash incentives to any buffs uncovering potential security flaws, vulnerabilities or breaches in the company's digital data defence system.

And with the system draped in data encryption and anti-fraud technology, it might be said that a PayPal account is actually safer to use than a credit card, bank account or a cheque book.

However, the premise isn't all on the corporation. There will always be someone wanting to tread in your digital footprint, and as with any security system, the set-up is only as tight as the actions of those using it, so users are frequently reminded to stay diligent when it comes to logins and passwords.



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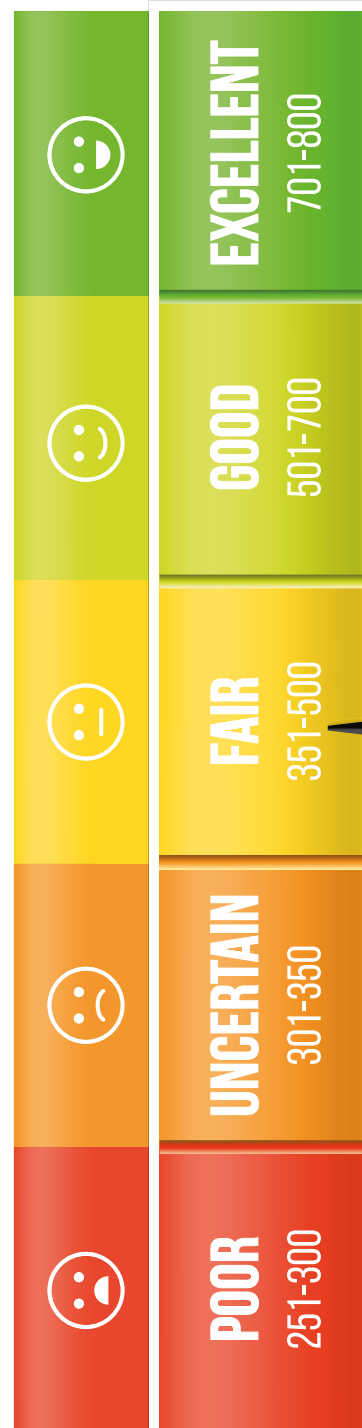


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A CREDIT to you

BUSINESS & FINANCE

It's the thing that most of us view whilst visibly wincing, and yet you have more control over your credit rating than you probably think.

Maintaining or seeking to improve this score is essential if you're keen to gain credit, or ensure you can get approved by lenders or landlords, so here are seven handy hints to keep your numbers looking healthy.

✓ 1 CHECK

You can't be certain you'll improve your score unless you know what it is in the first place, so check out your credit file – with the likes of Experian or Equifax – and know what you're dealing with.

✓ 2 DISASSOCIATE

If your partner has a chequered credit history it's wise to remove him or her from your file, as their activity will negatively impact on yours.

✓ 3 SIGN UP

If you're not already on the electoral roll, get on it. It's a great way for credit agencies to be able to verify who you are and adds a layer of authenticity to any application.

✓ 4 SPRING CLEAN

Close all unwanted credit cards, store cards and debit cards, because the more of these you have, the bigger your perceived risk.

✓ 5 INVEST

Using a credit card for everyday purchases, on the understanding you'll clear it at the end of each month, will boost your credit rating and prove to any lender that you can be trusted.

✓ 6 TIME IT

The worst damage to your credit rating is done when you miss or are late making payments, so stay on time.

✓ 7 MINIMUM REQUIREMENT

Ensuring you pay off your card at the end of each month signifies good behaviour to a lender. If you can't afford to do that, pay off more than the minimum payment.

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A brief history of Nike

Considering it's the world's most recognisable sports brand, it's perhaps surprising to learn of such difficult humble beginnings for Nike.

It all started back in 1964 when Bill Bowerman and his University of Oregon runner Phil Knight decided they could do a better job of designing running shoes than those currently on the market. While adidas was the big player, the Japanese brand Tiger offered a reasonable performance shoe that the guys believed they could improve upon.

And yet, the fact they were correct in their belief almost wasn't enough. As Blue Ribbon Sports, the company began offering design changes to Tiger, who would ship increasing quantities with varying degrees of technical progression and reliability.

Such was the fragility of the business in the 1960s that Knight had to continue working full-

time as an accountant, with cashflow a constant problem. And when a secondary funding line with a Japanese trading company was pulled a few years later, it seemed that the company – now renamed Nike – had reached its finish line.

While they battled on with the perverse irony of rapidly increasing demand only bringing them closer to extinction, a turning point came in the early 1980s when, finally, cashflow began to improve.

The Greek god of victory finally lived up to his name, and Nike shoes are now manufactured in 554 factories across 42 countries; while the company's decision to use high-profile names in endorsements further enhanced the belief that the brand were the number one player in the market.

Even Tiger – now better known as Onitsuka Tiger, and a global player in their own right – flourished, feeding off the battles, bravery and belligerence of two owners who simply refused to throw in the towel.

Photo credit: geogif/Shutterstock.com, Alina Boldina/Shutterstock.com



SPORT



SPORT

The perfect ENDORSEMENT

We all know the power of sport, but the might of merchandising is taking some sports stars to levels well beyond anything they could have achieved using their athletic prowess.

Here are the world's top three competitive conquerors who actually earn more from their advertising deals than they do from their sports earnings.

1. TIGER WOODS

Tiger stands out on his own in this exceptional field having earned over \$1bn dollars from sports advertising alone since turning professional in 1996. Shortly after his 21st birthday, Nike, American Express and General Motors were queuing up to offer him deals.

By age 25, Nike gave him a five-year contract extension and a \$105m bounty – the biggest contract of any athlete at that time. They saw Woods as “the ultimate endorser,” and Nike Golf has grown to be the market leader, generating over \$600m in sales. This season, Tiger rolled back the years, winning his 15th major by picking up the prestigious Masters title. He won \$1.3m on the PGA Tour, but brought in over 30 times that through his sponsors.

2. ROGER FEDERER

Tennis legend Roger Federer may be in the twilight of his career on court, but he recently signed a 10-year deal with online clothing company Uniqlo. That deal was worth £247m.

Federer earned £6.1m from tennis in 2018, yet received more than 10 times that amount through endorsements with Rolex, Credit Suisse, Mercedes-Benz, Moët and Chandon and pasta giant Barilla.

3. LEBRON JAMES

Three-time NBA Finals winner LeBron James has joined the LA Lakers this year, along the way overtaking the legendary Michael Jordan on the sport's all-time scorers list. In the last 12 months, his on-court exploits earned him \$33.5m, but deals with Coca-Cola, Nike, Beats by Dre and Kia Motors saw him slam dunk, on top of that, a ‘net gain’ of over \$17m.

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THE BREXIT CAR CRISIS

Will Brexit end up
fuelling car price increases?

Where Brexit is concerned, the constant speculation that accompanies every interview, press release and set of research figures is something we've got used to. And yet, for the most part, the simple truth is we just don't know what will happen... apart from where the car industry is concerned.

Such is the nature of a market that encompasses 31million vehicles that, whether buying new, or used (as a drop in new car sales will push up the price of second-hand motors), it seems we will all be affected, and the news isn't good.

It's all down to EU tariffs on cars. These threaten to add on at least £2.7billion for imports and upwards of £1.8billion for exports. That means at least £1,500 being added on to the cost of a car coming into the country.

This has been compounded by the lower value of the pound, caused by

uncertainty over Brexit, though that could correct itself in the months to come, with new Prime Minister Boris Johnson insisting that the October 31 deadline for the leaving the EU won't be missed.

Others have pointed to fuel costs, worries over how freely we will be able to drive abroad, and insurance premiums, but the majority view is these will settle down quickly as the market begins to stabilise again in the winter.

And while our cars may be more expensive in the short-term, no-one knows how the vagaries of new trade deals might perhaps set us up for better pricing in future.

Depending on which side of the fence you sit on, we're either about to embark on a period of unrestrained freedom... or we're plummeting into a financial, social and political abyss from which we will never recover. Either way, hold on to your steering wheel.



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WHAT'S ON

in your area

Hornchurch Jazz Club

**Hornchurch Conservative Club, 25
North Street, Hornchurch, RM11 1RS
Every Sunday, 8.30pm – 11pm**

Why not come down to the Jazz club and bar at Hornchurch Jazz Club? If you want to hear musicians play saxophone, clarinet, piano, drums, trumpet, trombone, violin, or bass why not visit one of the sessions at the jazz club?

These gigs are very friendly and one of the best jazz nights in Hornchurch.

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

Ladies Only Yoga Workshop

**Campion School, Wingletye Lane,
Hornchurch, RM11 3BX
September 15, 10am – 12pm**



Stock image

This workshop is suitable for anyone who suffers with period pain, endometriosis, Polycystic ovary syndrome or anyone going through the menopause.

You will learn how to alleviate symptoms such as bloating, cramps, and mood swings with a gentle, soothing practice.

We will guide you through a sequence that you can do at home the next time you're experiencing any symptoms.

We'll finish the workshop with a calming meditation and breathing exercise to nourish the nervous system.

For more information and to book your place, visit www.eventbrite.co.uk/e/ladies-only-yoga-workshop-tickets-64177040255

You and Me Counselling Parent Conference

**24 North Street, Hornchurch, RM11 1QX
September 20, 12pm – 2pm**

A Mental Health Conference for professionals and parents/carers of young people displaying all types of behavioural problems.

We are aiming to explore the link between anti-social behaviour and youth violence or truancy.

Book your place now by visiting ymc-parent-conference-2019.eventbrite.co.uk

Discovery Ride - Essex Wildlife Trust

**Ingrebourne Valley Visitor Centre, Hornchurch
Country Park, Squadron's Approach,
Hornchurch, RM12 6DF
September 22, 12.45pm – 2.15pm**

Group-led rides are a great opportunity to explore your area and nature by bike. We'll be setting a leisurely pace, cycle to Ingrebourne Hill, have a short break at the lake then cycle back to the visitors centre. The emphasis of the ride is fun for all.

Each ride finishes with a talk at the cafe. This ride's topic will be Essex Wildlife Trust.

To book your space, visit www.cycleconfident.com/sponsors/havering

School Open Day

**Park Lane, Hornchurch RM11 1XY
October 5, 9.30am – 12pm**

No appointment necessary, head down to Raphael Independent School on October 5. In 2018, 100 per cent of students achieved above the national average in their GCSE subjects.

If you are looking for a place for your child in any year group for Sept 2020 or mid-term and cannot make the above date you can call the office to book an appointment. Contact Ms. A. Hargrove Office Manager on 01708 744735 or email Mhowland@raphaelschool.com



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BURNTWOOD AVENUE, EMERSON PARK O.I.E.O £3,500,000

Superbly located within one of the finest addresses on Emerson Park is this stunning, newly built family home around 8000 sq ft of outstanding accommodation set over 3 floors. Magnificent 3 storey reception hall, 2 galleried landings, 4 reception rooms, bespoke fitted kitchen, laundry room, g/l cloaks, 7 fitted bedrooms & 7 en suite bath/shower rooms. Grounds & gardens around 1/3 of acre, 90' gated frontage, integral d/w gge, south facing rear garden. Awaiting EPC.



TYLE GREEN, EMERSON PARK £1,250,000

Offering extended family accommodation which has been vastly improved and impeccably maintained is this superbly appointed detached family home. Porcelain tiled reception hall, stunning lounge, open plan kitchen/family room, dining room/study, laundry room, g/l cloaks, 5 double bedrooms, en suite bathroom & family bathroom. Off-road parking, south facing rear garden incorporating swimming pool with Aquatrac cover. EPC C.

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