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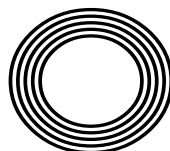
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October 2019

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Editor's notes...



Brett Shohet, Editor

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

At last, I managed to get a break and some sun last month. It amazes me that when you start your break, it takes such a short while to relax

and forget about life at home, but when you return it takes what feels like weeks to get back in the swing of things.

We have had some lovely calls congratulating us on the **VISION** magazines and the content it has. These calls really make my day so please let us know if you feel the same way.

Next month we launch our seventh and eighth title of **VISION** in Essex in just over three years. These will be **VISION**EppingTheydon and **VISION**Leigh-on-Sea, taking our monthly distribution to at least 53,000 homes. Thank you for making this happen.

People ask me, do you like working for yourself and having no boss? My reply is the same our readers and clients are our bosses. Without them we would have nothing, so thank you again.

In local news, snooker player Emma Parker wins the Under 21 UK Championship, a motorcyclist is taken to hospital following a crash and a javelin thrower sets his sights on the Olympics.

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

Brett

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Has Meghan Markle lost her sparkle...

It was just 17 months ago that 1.9 billion people turned on their TV sets to watch American actress Meghan Markle walk down the aisle to marry Prince Harry.

The former *Suits* actress had already won the hearts of the British people once it was revealed that she and the Prince were dating.

Meghan, 37, could do no wrong and Harry's popularity was rubbing off on her.

But at the end of the summer a new poll on royal popularity turned out to be a shock for the young couple.

First Harry has lost his number one spot to his grandmother the Queen, who at 93, is still showing the rest of them how it is done.

He was followed by his brother William, his wife Kate and then Prince Philip, who has retired.

Then comes Meghan at number six, only slightly higher than her father-in-law Prince Charles.

So, what has gone wrong? The couple have been involved in a number of controversies, which has shaken the images of the Duke and Duchess of Sussex. They are being seen as hypocritical in their determination to become eco warriors. Their mantra has not gone down well with the public as they continue to take expensive carbon polluting private jets while encouraging the rest of us to do more to save the planet.

These included Meghan flying off to New York in George Clooney's private jet for a baby shower before little Archie was born.

And Harry did not score any brownie points by attending a climate change conference in Sicily arriving by private jet. There was also the holiday with Elton John with the couple and Archie arriving by private jet.

Needless to say there was a comparison with William who flew to Balmoral for a holiday with his family only costing £75 a head.

A number of staff have also quit working for the Sussexes for a variety of reasons, but it is earning

Meghan the nickname Duchess Difficult.

And of course, the one that was the most controversial of all was the cost of their new home, Frogmore Cottage in Windsor, which taxpayers forked out £2.5 million to refurbish.

Harry and Meghan have since tried to redeem themselves by taking commercial flights to both Rome and Cape Town recently.

Meghan has also turned to her American showbusiness pals in the hope of improving her image. She has called in a Hollywood Crisis Management company in a bid to improve her reputation.

Sunshine Sachs, who represented disgraced movie mogul Harvey Weinstein in 2015 when he was accused of groping model Ambra Battilana Gutierrez.

One of the bosses of the firm, Keleigh Thomas Morgan, represented Meghan when she was on *Suits* and is working with the Duchess and Harry on the new Sussex Royal Foundation which the couple formed after the split with William and Kate.

But this move is unlikely to go down well at Buckingham Palace, who have their own communications team in place.

The couple also recently hired highly experienced global PR Sara Lathan who was a senior adviser to Hillary Clinton's 2016 Presidential campaign.

Senior Palace courtiers have been left bemused over the last few months that the couple have ignored advice from their own highly professional team and instead listened to outsiders in Hollywood.

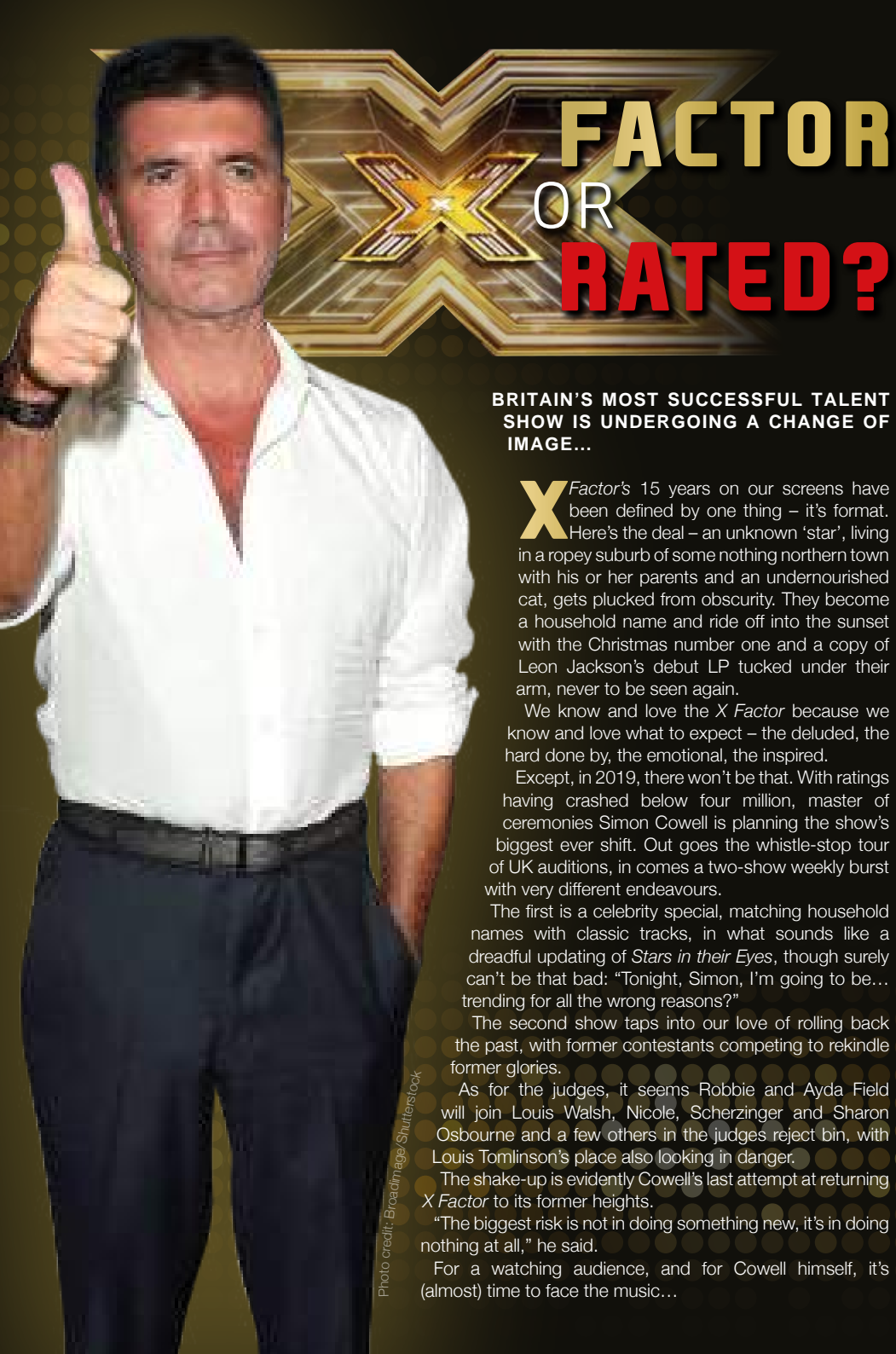
One courtier said: "They shouldn't need to hire expensive US PR firms. All they need to do is follow the example of the Queen and other Royals – go out and meet people, shake their hands and be nice to them."

It may pay them to follow that simple advice and save themselves a lot of money on an expensive crisis management solution.

with the British public?



Photo credit: Frank Augustein/AP/Shutterstock



FACTOR OR RATED?

BRITAIN'S MOST SUCCESSFUL TALENT SHOW IS UNDERGOING A CHANGE OF IMAGE...

XFactor's 15 years on our screens have been defined by one thing – it's format. Here's the deal – an unknown 'star', living in a ropery suburb of some nothing northern town with his or her parents and an undernourished cat, gets plucked from obscurity. They become a household name and ride off into the sunset with the Christmas number one and a copy of Leon Jackson's debut LP tucked under their arm, never to be seen again.

We know and love the *X Factor* because we know and love what to expect – the deluded, the hard done by, the emotional, the inspired.

Except, in 2019, there won't be that. With ratings having crashed below four million, master of ceremonies Simon Cowell is planning the show's biggest ever shift. Out goes the whistle-stop tour of UK auditions, in comes a two-show weekly burst with very different endeavours.

The first is a celebrity special, matching household names with classic tracks, in what sounds like a dreadful updating of *Stars in their Eyes*, though surely can't be that bad: "Tonight, Simon, I'm going to be... trending for all the wrong reasons?"

The second show taps into our love of rolling back the past, with former contestants competing to rekindle former glories.

As for the judges, it seems Robbie and Ayda Field will join Louis Walsh, Nicole, Scherzinger and Sharon Osbourne and a few others in the judges reject bin, with Louis Tomlinson's place also looking in danger.

The shake-up is evidently Cowell's last attempt at returning *X Factor* to its former heights.

"The biggest risk is not in doing something new, it's in doing nothing at all," he said.

For a watching audience, and for Cowell himself, it's (almost) time to face the music...

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Winter WEDDINGLAND

Some people go straight into festive mode the minute the temperature drops a few degrees. Others are planning the best day of their lives; no not Christmas day, their wedding.

With a winter wedding, things are slightly different. You still have to have the dream dress, a venue to die for, the cake with some character and a unique colour scheme or theme. But you also have to think about guests being cold, bridesmaids being well insulated and red noses in your photographs.

The most popular are Christmas or festive themes and the colour scheme tends to be red, gold, white or ice blue to create that wintry feel.

From rings and bridal jewellery, to gifts and décor for the reception room, there's a whole host of things that crop up in gearing up for the wedding day.

For some, it's all about being unique and doing a lot of DIY, ensuring their day is as original as possible. For others, it's all glitz and glamour; having the biggest train on the dress, a venue with the wow factor and of course, glitter and diamonds galore.

For a winter wedding to remember, check out these decorations, stationery and favour ideas to create a frozen fantasy:



Silver Snowflake Bauble Place card Holder

Create a festive table with these chic white and silver Star Bauble Place Card Holders. They will not only ensure your guests are seated in the correct place seats, they are also a unique way to dress your table.

Use a bauble that has a white glitter snowflake design and fill with white balls to give you the appearance of snow. Use the holders to add a touch of sparkle.



Christmas Snowflake Pails

Personalise your favours with decadent mini pails in white and silver. They'll add sparkle to your table and are a unique way to place some favours inside (sweets) and even your place cards.



Wedding Umbrellas

When you are having a winter wedding in the UK, the weather can be unpredictable. Be prepared with umbrellas that have fit into an wedding theme. These will make sure your guests and you and your groom get to the venue(s) in tip top condition.

They also make for a great prop for the wedding photos and should be wind resilient to stand the test of any Great British downpour!



Wedding Stationery

There are a lot of wedding stationery companies out there and many department stores also offer an easy service.

But to make your winter wedding extra special, try a snowflake wedding stationery collection. This could feature a sparkly, crystal, snowflake cluster set, or satin ribbon and trimmed with vintage lace. These can be created in a variety of colours to match your theme.

fashion fixes

If you are already feeling the desire to ditch the day dresses, to say sayonara to sandals or to toss out the tank tops, then these key autumn fashion trends for men and women are just what you need.

Statement shoulders

If you loved the '80s then you are in for a treat this season, as shoulder pads are back, baby. Or, to be more precise, statement shoulders are the look du jour. Look out for big, bold and embellished designs which will definitely see you stand out from the crowd.

Go hell for leather

A biker jacket is always a must-have item for the colder months, but this year you can expect to see a plethora of leather pieces hitting the high street, from tight leather pants to loose-fit leather dresses. Men can also rock this trend by embracing their inner Hells Angel and buying a leather trench coat asap.

Baggy trousers

Nope, not a homage to pop band Madness, but a distinctive steer away from the beloved skinny jeans. Not only does this look flatter most body shapes but it can also be dressed down with a jumper and trainers or smartened up with heels and a blouse.

Scarf up

Men look out, this is your autumn accessory: an oversized scarf. Think thick, woolly and super long. You know, the kind your nan used to knit for you. Simply wrap nonchalantly around your neck, over a lightweight jumper.

Velvet galore

Luxurious and decadent, this fabric took over the men's catwalk shows with Dolce & Gabbana, Ralph Lauren and Emporio Armani all showcasing their velvety designs. Expect to see velvet shirts, suits, coats and even ties.



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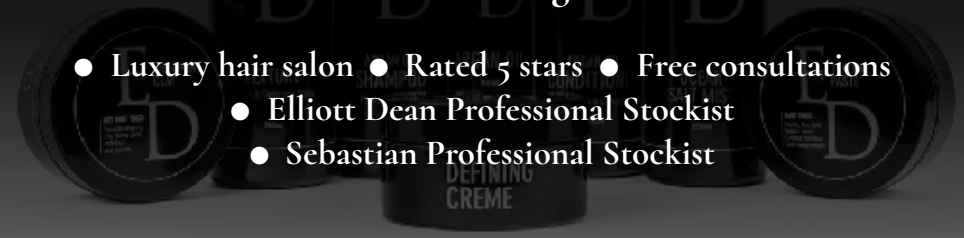
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“You’re never fully dressed without a smile”

Want a Hollywood smile but without the A-list price tag? Try out these simple home remedies that are known to help whiten your teeth and even better, they are chemical-free.

Coconut oil: Actually, any oil will work as it is the process of swilling oil around your mouth to remove bacteria that is said to help prevent your teeth from becoming yellow. We recommend coconut oil as it has a pleasant taste and contains lauric acid which reduces inflammation and kills bacteria.

Baking soda: This common kitchen staple has so many uses; one of which being the ability to naturally whiten your teeth. Its abrasiveness can help scrub away stubborn stains as well as stopping further bacteria from growing due to its alkaline properties.

Strawberries: As well as tasting sweet and delicious, the malic acid that strawberries contain may help to remove discolouration from your teeth, although they are unable to penetrate long-standing stains.

Salt: Create a mouthwash using a teaspoon of salt mixed with warm water and swill around your mouth. The antibacterial properties of salt will not only help brighten your smile but will also help keep your gums healthy.

Activated charcoal: Charcoal is definitely having its moment in the spotlight with one of its miracle abilities being an effective teeth whitener. We recommend using a 100 per cent natural tooth polish that is made from activated coconut shell charcoal. Apply as you would with a standard toothpaste.

White foods: Not for rubbing on your teeth but as a general diet choice that will help prevent further stains; white foods such as rice, potatoes and fish are less likely to discolour your teeth than brightly coloured foods.

DIY remedies to avoid: ☐ Lemons ☐ Oranges ☐ Apple cider vinegar



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GO GO graphic EYES

With the start of a new season comes the opportunity to revamp your look and embrace the latest beauty trends that have been showcased on the runway; with inspiration from Tom Ford, Louis Vuitton and Dior, there's something to suit everyone.



Photo credit: whisperinggirls.com

FUTURISTIC FALSIES

Create a striking look with a set of over the top fringed, silver lashes; don't scrimp on the glitter.

Simply purchase the longest, metallic silver false eyelashes that you can find and apply to either your bottom or top lash line. Finish with a sweep of white liner.

ULTRA-BLACK EYES

Nothing says glam more than a set of sultry eyes adjoined with the darkest eyeliner and eye shadows. This season the more smudge the better.

Prime your lids and then use a pencil eyeliner and shadow and get smudging.

GLITTER GALORE

If you favour a more upbeat look then this Seventies style trend is for you; think disco nights with full-on glitzy eyes.

Apply a neutral eyeshadow, brush your lids with primer and then using a flat shader brush apply your glitter.

NEON

Not for the faint-hearted, shocking shades of neon were seen splashed across the runways, with pink, orange and green featuring highly.

Prime your lids, then using a pointed eyeliner brush, apply your chosen shade across the crease of your lids and down towards the outer corner of your eye.

TWIGGY-ESQUE LOWER LASHES

Who doesn't want to look like the iconic Twiggy? Take a leaf out of Dior's book and rock the painted on exaggerated lower lashes look this autumn.

But if painted on lower lashes are a bit too OTT for you then simply apply individual false lashes to your lower lash line and finish with lashings of mascara on your upper lashes.



KEEPING *abreast* OF THINGS

18 • Oct • 2019

With October being Breast Cancer Awareness Month, is it time to reassess our perceptions of this illness?

As a nation, our understanding of cancer has never been better, our healthcare is in its best ever place, and rates for the successful banishing of this dreadful biological disease are the best recorded.

We have so much to celebrate where breast cancer is concerned, yet the reality is someone will still wake up tomorrow, and the next day, and the day after that, and have their life ruined by this terrible disease.

Breast Cancer Awareness Month is a global campaign running across October that aims to engage as many people as possible in raising both awareness and funds in the fight against the disease. You can take part in wear it pink on Friday, October 18, and find out more on how to get involved by visiting wearitpink.org

The aims coming from the scientific world are big, with the intention that, by 2050, everyone

who develops breast cancer will live. Research is focused into four areas – risk and prevention, early detection and diagnosis, treatment, and secondary breast cancer.

By focusing on these stages of the disease and monitoring progress and results, specialists can use the most advanced techniques to save lives. In 2018, that meant the five-year survival rate topped 95 per cent; up from 82 per cent three decades ago.

So to answer the question posed at the top of this piece – no, it's definitely not time to reassess our perceptions where breast cancer is concerned. It is an affliction that ends lives, as well as causing untold pain for those left behind. It is an enemy of women of almost any age, any background, any social status, and the only thing we need to recalibrate is how we can fight in ways harder, tougher and even more stubborn than before.



breast cancer
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HEALTH & FITNESS

SKIN TAGS... *Why they matter*

Skin tags are small growths that hang off your skin. They are common and essentially harmless, but can be removed if they bother you.

What skin tags look like

Skin tags are small, soft, skin-coloured growths on your skin. They can vary in colour and size – from a few millimetres up to 5cm (about 2 inches) wide.

They are usually found on the neck, armpits, around the groin, or under the breasts, but they can also grow on the eyelids or under the folds of the buttocks.

They can look like warts, but skin tags are usually smooth and soft (whereas warts tend to be rougher with an irregular surface).

Skin tags are knobbly and hang off the skin (whereas warts are usually slightly raised or flat)

Skin tags are not contagious (whereas warts spread very easily, so a sudden outbreak or cluster of growths is more likely to be warts)

NB: Skin tags do not usually cause any pain or discomfort.

Why skin tags occur

Skin tags are made of loose collagen fibres and

blood vessels surrounded by skin. Collagen is a type of protein found throughout the body.

Both men and women can develop skin tags. They tend to occur in older people and (significantly) people who are obese or have type 2 diabetes.

Why skin tags matter

If you have a diet high in carbs and sugars, your insulin will be high as a result. (Insulin controls blood sugar, so more sugar equals more insulin). But insulin has numerous actions on the body, one of which is cell-proliferation (important for example at puberty, when the body grows rapidly).

Uncontrolled cell-growth is a bad thing however, which is why people with type 2 diabetes are more prone to cancer. Skin tags are benign and harmless but they DO indicate that your insulin levels are probably too high. For more information contact Graham Phillips at Prolongevity - no pressure - just helpful qualified, professional advice, 07768 275802, graham.phillips@manorpharmacygroup.co.uk, www.prolongevity.co.uk

NB: Never attempt to remove large skin tags yourself because they'll bleed heavily.



BOUNCE

yourself fit

If the thought of going to the gym feels like you with dread and you can't think of anything more boring than pounding the pavement in an attempt to stay fit and healthy, then trampolining might just be the fitness craze for you.

IS TRAMPOLINE FITNESS FOR ME?

Nearly everyone can get involved in trampolining; whatever your current fitness levels. It is a great activity for those who find workouts boring or can be used as a way of mixing up your existing training schedule.

WHAT ARE THE BENEFITS?

- Bouncing improves cardiovascular fitness
- Increases leg strength and power
- Can feel less taxing and more enjoyable than jogging or running
- Improves balance
- Strengthens your core muscles
- Good for enhancing coordination
- Aids weight loss
- Helps protect and strengthen your bones and joints

ARE THERE ANY RISKS INVOLVED?

As with any form of exercise there is a risk of injuries; with the most common ones including

ankle sprains, fractures or shin splints as well as soft tissue injuries such as bruising from falling. However, most trampoline enthusiasts feel that the benefits of bouncing outweigh the potential hazards.

HOW DO I ENSURE MY WORKOUT IS SAFE?

If you do not fancy taking a class and would prefer to bounce in the comfort of your own home, then you need to make sure that you are not putting yourself at risk of injury.

- Place your trampoline on a flat and non-slippery surface
- Ensure that the springs, frame and any hooks are covered by shock-absorbing pads
- Always wear shoes that support your ankle
- Start with small jumps

HOW CAN I GET INVOLVED?

There are hundreds of trampolining clubs and classes that run across the UK; for more information visit www.british-gymnastics.org

Fitness Fact: On average, an adult will burn around 200 calories per hour bouncing.



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FOOD & DRINK



shakshuka

Are you looking for a quick midweek snack or a lazy weekend breakfast? Shakshuka, which literally means "all mixed up", is a popular Middle Eastern dish full of flavour.

This recipe contains a large amount of tomatoes which have numerous health benefits. These include improved eye sight, a good stomach health and reduced blood pressure.

Tomatoes contain a large number of antioxidants that have been proven to fight different forms of cancers. They are also a rich source of vitamins and minerals.

SHAKSHUKA - serves 6

INGREDIENTS:

- > 2 tbsps olive oil
- > 2 diced onions
- > 2 red peppers, cut into strips
- > 3 tins chopped tomatoes (1.2kg)
- > 1 1/2 tsp garlic purée
- > 1 tbsp tomato purée

- > 6 tbsps SPICE WAY Shakshuka Fast Gourmet www.spicewayuk.com/product/shakshuka
- > 6 large eggs
- > Salt and pepper to taste
- > Handful fresh parsley

METHOD:

- > In a large deep frying pan, fry the onions in the olive oil until translucent.
- > Add the peppers and continue frying until they are soft.
- > Stir in the tomatoes, Shakshuka Fast Gourmet mix, tomato and garlic purée, salt and pepper and simmer for 30 minutes. The mixture will thicken.
- > With the back of a ladle, make six small indentations in the sauce and break the eggs into them.
- > Cover the frying pan with a lid and continue to cook for approximately 5-6 minutes, depending on how you like your eggs.
- > Sprinkle chopped parsley on top and serve with crusty bread or pita.

Credit: Karen & Louise www.spicewayuk.com

THE RISE OF Sourdough

THE SECRET BEHIND THE ORIGINAL RAISED BREAD

They say that bread is older than metal, though the kind our ancestors made before the Bronze Age was the flat, unleavened kind. It was those clever Egyptians who were one of the first cultures to discover that grains could be fermented and turned into delightful doughy treats.

But the trouble with sourdough is it's a slow rise; it takes patience. Instant yeast transformed the way we made bread when it was developed in the 19th century, thanks to its ability to guarantee fast and reliable leavening. But that speed and consistency comes at a cost, which is precisely why sourdough is popular once more. Not only does it have a lot more flavour than regular white bread, thanks to the lactic acid-producing organisms that help it rise, it will also leave you feeling less bloated.

You don't even need to go to a fancy bakery to buy it, as once you've mastered a sourdough starter you can replace instant yeast in the bread you make at home. You can even use it to make pizza dough, waffles, pancakes and doughnuts, for a more flavoursome life.

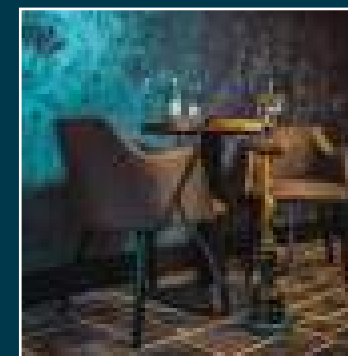
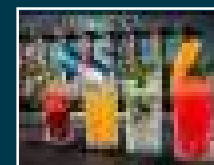
HOW TO MAKE A SOURDOUGH STARTER:

- ✦ Grate one organic apple (skin but not core) and mix with 1kg strong white bread flour and 360ml tepid water. Tip into an airtight container and mark the level outside. Leave to ferment for three days.
- ✦ Discard half the mix and add another 250g bread flour and 170ml water – this is called 'feeding'. Mix thoroughly in the bowl. Tip back into the container and leave for a further two days.
- ✦ Once your starter is active, discard half of it, as before, and mix in another 250g bread flour and enough water to return it to the consistency of a very wet dough. Leave for 24 hours.
- ✦ Provided your starter is bubbling, it is now ready to use.
- ✦ Cooking temperatures and timings may vary depending on your plan on using the dough, double check specific recipes before baking.



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SCIENCE MADE SIMPLE

FIZZING RAINBOW

Difficulty rating: Very easy

YOU WILL NEED:

- Baking soda • Vinegar • A syringe
- Food colouring

WHAT TO DO:

- Mix 4 tbs baking soda with 3 drops of colouring and 1 tsp water
- Set aside on a tray
- Fill the syringe with vinegar
- Squirt on the soda and watch as it fizzes

FANTASTIC PLASTIC

Difficulty rating: Easy

YOU WILL NEED:

- 1 cup milk • 4 tsp white vinegar
- A bowl • A strainer

WHAT TO DO:

- Heat up the milk (with adult supervision)
- Pour the milk into the bowl
- Add the vinegar and stir for 1 minute
- Pour the milk through the strainer
- You will be left with lots of lumpy blobs
- Leave to cool slightly and rinse
- Mould into your desired shape
- Leave for 2 days to completely harden

BEND WATER

Difficulty rating: Medium

YOU WILL NEED:

- A plastic comb • A tap • A head of clean hair

WHAT TO DO:

- Turn on the tap until you have a very thin stream of water
- Brush the top of your hair 15 times
- Closely bring the comb towards the water. Do not touch the water with the comb
- Watch as the water bends towards the comb as if by magic

BUILD A BALLOON INFLATOR

Difficulty rating: Medium to hard

YOU WILL NEED:

- 1 empty plastic bottle • ½ cup vinegar
- Baking soda • A funnel

WHAT TO DO:

- Pour the vinegar into the bottle
- Stretch the balloon a few times and then, using the funnel, fill it half way with baking soda
- Place the neck of the balloon over the bottle top.
- Lift the balloon up so that all the baking soda falls into the bottle and mixes with the vinegar
- Watch as the balloon fully inflates itself

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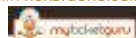
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A Man's Best FRIEND

The results are in – this year saw the publication of the largest ever pet census in the UK, and it seems, as expected, we are truly a nation of dog and cat lovers... with the odd rodent thrown in for good measure.

ONE: DOGS

It's little surprise to hear that dogs topped the most-kept pet list with 67 per cent of the 60,000 people surveyed owning a canine. The 12 per cent caring for Labrador Retrievers made the breed the most popular in the country, and in total it's believed there are approaching nine million dogs in the UK.

TWO: CATS

In second place is the humble feline, although a published poll by the leading vet charity PDSA last year had cat ownership just above that of dogs. In any case, just over half of our feline friends are moggies, with one in four a British Shorthair. Cats typically get a bad press, and are accused of being selfish and antisocial, but most owners know differently.

THREE: FISH

Low maintenance, low cost and endlessly enchanting, fish come in third on the list. The simple goldfish is the country's most popular, though Bloodfin Tetras and White Clouds have seen popularity boom in recent years.

OTHERS (in order):

FOUR: Rabbits | FIVE: Horses | SIX: Reptiles
SEVEN: Rodents | EIGHT: Birds

Overall, it's supposed there are 51 million pets in the UK – on average, over one per household. The survey also brought up a few interesting findings. For instance, 31 per cent of pet owners have both a dog and a cat; while 84 per cent of those who own horses also keep a dog. In addition, the only place in the UK where there are more cats than dogs is London.

In terms of our psychology towards pets, 49 per cent of respondents regard their pet as a fully-fledged part of the family and only one per cent regard them as less important than humans.





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To pond OR NOT TO POND?

THERE ARE APPROXIMATELY THREE MILLION GARDEN PONDS IN THE UK, BUT SHOULD YOU JUMP ON THE BANDWAGON?

PROS:

Ponds are aesthetically pleasing

Probably the most obvious benefit and the reason why people are tempted to install a pond in their garden is that, put simply, they look good. Think colourful fish, exotic plants, waterfalls and statues.

They provide relaxation

On the simplest level, the soothing sound of water can create instant calm in your garden.

Opportunity to encourage education and interaction

If you have children, a pond offers a great platform for discussions about nature. Watch tadpoles turn into frogs and spot any birds that come to visit.

Great for the environment

Fancy yourself as a bit of a conservationist? Then a pond is a great way to help support your local habitat. The moisture that ponds provide can help surrounding soil stay moist which is beneficial to nearby plants.

CONS:

Ponds can be expensive

You need to dig your pond, invest in pond liner, a pond pump and a filter and choose plants, all of which adds up. And don't forget fish – more expense, especially if you have your heart set on some eye-catching Koi carp.

They require a strong commitment

A pond is very high maintenance. It requires constant cleaning to prevent the water from becoming contaminated by plant debris. The pond's filtration system will also need to be cleaned, inspected and repaired when necessary.

Safety can be an issue

As with any open water, you need to be vigilant and take the necessary precautions when any small children are in the vicinity. If you are worried about your children or grandchildren around water, then perhaps a pond is not for you.



GARDENING



FOXES
AND
worms

friend or foe?

DEBUNKING THE MYTHS OF TWO OF OUR GARDEN REGULARS

It's fair to say foxes and worms come in for a fair amount of flak. Our auburn bushy-tailed buddies are a peril for chickens and rodents, while the slimy worm is a squealer's delight. But perhaps we've been misunderstanding these garden dwellers for too long?

Ask any wildlife expert and they will tell you foxes are actually just curious, nocturnal creatures on the lookout for food. They are playful, like dogs and cats, and can become surprisingly comfortable around humans and other animals. They can be docile, only ever showing aggression when threatened, and will more likely flee at the first sign of trouble.

If rabbits and other pets are locked away, the only threat a fox may pose is to your outside space, but don't think they have it in for you – the average fox's territory will encompass 40 acres and 400 gardens. Plants, flowerbed and lawns may all show signs of a fox's presence, but by blocking off entry points

and using an ultrasonic deterrent, you can protect your space.

If you've no animals to protect, welcome them in – they are nature's own pest controllers when it comes to rats and feral pigeons. Remember too, foxes are simply looking for food and shelter. Their presence in our urban areas reflects their bravery, but they largely want to keep to themselves.

Worms are a less obvious presence and have a much more obvious benefit on soil and earth. Their burrowing and tunnelling helps break up ground matter, allowing water and air to get to roots of plants and new seedlings.

Worms also eat leaves, decaying insects and minute pieces of food, including the peel of fruit and vegetables, egg shells and even tea bags.

They are a creature that should be welcomed into your garden... entirely good for the soil, if not the temperaments of small children.



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PLANT OF THE MONTH:

Galanthus

AKA SNOWDROP



More commonly known as the snowdrop, Galanthus is one of those flowers that can brighten up your garden (and spirit) after a long, cold winter by signalling that spring is well on its way. Materialising en masse, snowdrops can create a white blanket of beauty across any garden or woodland area.

What type of plant is Galanthus?

The snowdrop is an herbaceous plant that belongs to the Amaryllidaceae family. It is recognisable by its snowdrop appearance that appears early on during flowering between January and April each year. Each snowdrop can grow to approximately 7-15 cm tall with each bulb producing two leaves and one flowering stalk.

How many different varieties of snowdrop are there?

There are 20 different snowdrop species including the Galanthus Nivalis which you are mostly likely to see in your local woodland area, the Galanthus Atkinsii, recognisable by its honey scent and longer outer petals and the Galanthus Magnet, a hybrid variety that sports an unusually long and elegant stalk.

How do I plant snowdrops?

Great for beginners and pros alike, the snowdrop is a hardy plant that is easy to grow and flowers quickly; plant in October for flowers in late winter/early spring.

- Find a spot in your garden where the soil is well drained and there is moderate shade
- Plant your bulbs 3 inches apart, with their pointed tops 2-3 inches below the surface
- Water well directly after planting

What does the snowdrop symbolise?

The name Galanthus Nivalis actually means 'milk flower of the snow' but has gone under many other names over the years including 'February fairmaids' and 'Candlemas bells.' The flower is said to symbolise purity, optimism, virtue and sympathy, making it the perfect plant to kick start a new season.



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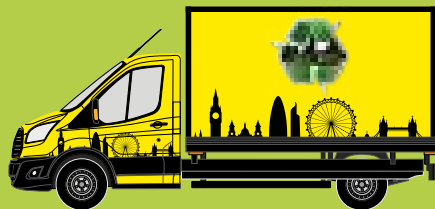
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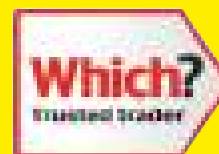
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HOME & DIY



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✓ HANG OUT

Art is a great way to really personalise your home and you don't need to spend a fortune. Whether it's a favourite record, childhood photo or quirky cartoon that made you smile once, it belongs on your wall.

✓ SHELVES IT

As well as an excellent way to maximise storage in a room, shelves also become a feature in their own right if you fill them with interesting books and mementos – the kookier the better.

✓ REFLECT

Mirrors aren't just for gazing at yourself adoringly, they can also bring light and space to an otherwise gloomy room.

✓ MAKE A STATEMENT

A really unique piece of furniture can bring to life an otherwise unremarkable space, which is why you need to hunt down that vintage cocktail globe or shabby chic chaise longue, pronto.

✓ GO THROW

Is your sofa looking a little tired? Has your bed seen better days? Then throw a throw on it my friend, the bold and brighter the better.

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✓ MAKE IT PERSONAL

You can spend a fortune and still not feel entirely comfortable somewhere, because if it doesn't reflect who you are, it won't feel like home. So find your quirk, embrace your inner weirdness, then frame it and put it on your wall.



HOME & DIY

Want a bold and beautiful colour to transform your home for the coming winter months? Well, this latest trend might surprise you...

As the nights draw in and the days become darker it can be tempting to replicate the outdoor mood inside your home. Greys, navy blues and maroons are common styles that appear as the colder months loom, as we become inclined to hibernate ourselves in a cave-like

hideaway, waiting patiently for the sun to come out once more.

The problem with this gloomy palette, however, is that it offers no relief from the winter blues. Even the darker purple and red shades, though rich and luxurious like ripe midwinter berries, can become stifling. Consider then, fuchsia. Bright, bold and full of promise like the late spring blooms from which the colour derives its name.

Like a neon sign on an otherwise unlit road, fuchsia is a surprisingly refreshing alternative for anyone who wants to go a little bolder and more daring with their interiors. Bringing a depth and lushness which no other pink can measure up to, its blue undertones are actually a perfect match for winter's dramatic persuasions while also hinting at the softness to come as we melt into spring.

The other good thing about fuchsia? It holds its own against the more rugged materials. Rustic woods, heavy metals and dark velvets all come to life against this deep, dark pink backdrop. You'll need lamps and candles as well of course for those long nights when you just want to bed-in with a glass of wine and a good book.

So ditch the dour hues this winter and paint your walls in this glorious and shameless shade. And when the sun finally returns, you'll have barely felt the chill at all.



Photo credit: Interiors by color



Photo credit: www.susanjablon.com



Photo credit: Interior Design Ideas



Let's go fuchsia walls

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Nice One NICKY

A dalliance with design that has lasted 50 years

Nicky Haslam has assumed many guises throughout his life - designer, show horse breeder, global socialite, friend to the stars. The inspirational designer even waited until his 73rd birthday to release his debut album, finally indulging one of his boyhood daydreams with the assistance of industry heavyweights such as Nick Mason (Pink Floyd), Helena Bonham Carter, Bryan Ferry and the late Cilla Black.

But it is clearly for his immaculate take on style and fashion that we have become most absorbed in Nicky Haslam's work. The Buckinghamshire-born icon has been the creative auteur and driving force behind London institution NH Design, and while he admits his workload has reduced in recent years as he fights against the idea of retirement, his hunger for interiors has never abated.

"We're slaving away on a wonderful house and a wonderful restaurant in New Orleans, a big project in New York, a place in the south of France outside St Tropez, plus some wonderful penthouses in Park Lane, with 360-degree views of London. We're busy."

The designer, who has written for *The Telegraph*, *Vogue* and *Tatler*, and has properties scattered across London, believes the key to good interiors is detail and control. He fills space with objects, blends styles without fear and constructs a 'lived-in' vibe that is brave yet relaxed.

"People are still looking at image and opulence, but these days there is much more attention being paid to comfort and possessions, probably because we are working so hard and we just want to be settled in our own spaces."

"Minimalism is old hat as far as I am concerned. Just surround yourself in what feels right. Don't splash colour around or re-wallpaper because everyone else is doing it; instead, be inspired by things in your locale - reflection is important - and want to learn. Even having practised design for decades, I am still picking up new ideas."



Photo credit: nh-design.co.uk



HOME & DIY

pretty PLATES

The humble plate – where would we be without it? But just because it's a functionable item doesn't mean it can't also be a fun and frivolous one. We've found the best decorative designs out there and we are even going to show you how to create your own.

FLORAL FEVER

Who doesn't love a bit of flora and fauna in their home? And what better way to brighten up your dining table than with a set of beautiful flower detailed plates?

ABSTRACT

For contemporary art lovers out there, why not invest in a set of abstract style plates that will reflect your modern style? Look for designs that do not restrict themselves to a standard shape and instead embrace layering techniques such as this offering from American modern ceramics designer Pigeon Toe Ceramics.

RECYCLED

Eco-friendly tableware is all the rage at the moment with an increasing number of businesses catering for those who want sustainable products throughout their homes. Disposable bamboo plates are an attractive option, but we favour those made from palm leaves.

ANIMAL ANTICS

Ideal for families with a sense of humour or those wanting to unleash their inner party animal, these fun and frivolous Wild Dining plates will turn any occasion into a celebration. We love the Sara Miller collection, which is colourful, vibrant and the perfect antidote to the winter blues.

DIY DESIGNS

If you are a fan of Kate Spade plates but your budget doesn't quite stretch that far then why not create your own version at a fraction of the cost. All you need is a stencil of your chosen design – whether that be an animal, piece of fruit or even a feel-good motto – and some coloured acrylic paints.



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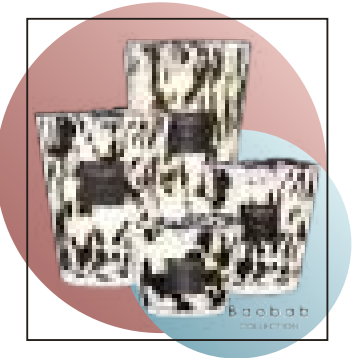


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Let's Work Together

The popularity of the home office has never been greater, but many believe creating the perfect space is directly proportionate to your productivity, so design your 'brain space' well!

It's an appealing thought to work from home – late mornings, lazy afternoons, coffee breaks at will, and all that sat in one's underwear.

The reality, as anyone who has worked from home for any extended period will tell you, is quite different. It's less *Deal or No Deal* and more 'pay the mortgage or starve'. Forget *Pointless* and consider 'powerless', and you can swap *This Morning* for 'this morning, this afternoon, early evening, the midnight hour...'

Unless you've landed a dream job viewing football clips for a living, working from home is tough. But the appeal remains strong, and with a designated workspace it can be a nice environment in which to earn a crust.

The trick to a home office is in the name though – it's an office. Sofa-surfing with laptop in hand won't do, and when the kids invade your designated space you need to be firm in telling them to come back later... unless, that is, they're bringing you the

forementioned coffee.

Your investment in a home office space is really an investment in your own work philosophy. A good computer, smart desk, noticeboard and an abundance of stationery are exactly what you need to set yourself up. Storage, too, is imperative to ensure you don't get bogged down by a mass of paperwork.

Natural light is a must and window space is certainly appealing, although make sure what you're looking out over doesn't distract you. And don't scrimp on a nice chair either – you're going to spend more time on that than any other piece of furniture, so reward your dedication with something bottom-friendly.

But overall, the home office is an environment in which you need to lose yourself. It's a space designed to block out distractions and interruptions so you can drift effortlessly into your most productive mindset.

And sure, with an office at home the hours are long – you'll find yourself up early and working long into the night, but consider the plus-side... your daily commute is manageable.



HOME & DIY

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Holden

ONTO TOP SPOT

Throughout an impressive career, Amanda Holden has consistently wowed her fans with a breezy, no-nonsense personality and stunning looks. Vivacious and charming, buoyant and brutally honest, it comes as no surprise that the bubbly beauty is also on one of TV's top earners.

Having spent almost three decades in the spotlight – her first television appearance was as a contestant on *Blind Date* back in 1991 – you could forgive Amanda Holden for running out of steam when it comes to career opportunities. However, far from scaling back, the luminous 48-year-old is working harder than ever, pursuing new projects in radio, music and fashion, whilst also retaining her crown as queen of primetime TV thanks to her enduring role as a judge on *Britain's Got Talent*.

With her down-to-earth charm, brilliant wit and stunning looks, Holden is the epitome of the woman the girls want to be and the boys want to date.

Long gone are the days when she was best known as the wife of gameshow host Les Dennis – the Portsmouth native is now an icon in her own right. And though Chris Hughes, husband and father of her two daughters – Alexa, 13, and Hollie, seven – is himself a successful record producer, there is little doubt who the primary breadwinner is in their London household thanks to the announcement in August that Holden had beaten the likes of Holly Willoughby and Claudia Winkleman to be named

television's highest paid female star.

Though she has been steadily maintaining her starry status since joining the judging panel of BGT back in 2007 – the debut season of the talent show – her recent rise to the top of the money tree is thought to be thanks to her new role as a Heart Radio DJ. Replacing Emma Bunton as the co-host for the breakfast show opposite Jamie Theakston, it is rumoured that the blonde beauty is raking in a £1.5million for the pleasure of rousing millions of Heart listeners every weekday morning.

Proving that Britain really does have talent, the former actress turned presenter is embarking on her own pop career after a clip of her and her two daughters singing *Tightrope* from the hit film *The Greatest Showman* went viral. Meanwhile, her foray into the world of fashion has seen her style a critically admired wardrobe with Fenn Wright Mason. Flattering, affordable and perfect for the coming party season, the seven-piece occasion wear collection with the British brand looks set to spell out many more style-based endeavours for the savvy entrepreneur.

Having proved she is far more than just a pretty face, you can be certain we won't be seeing the back of Amanda Holden anytime soon... which is ironic really, as she also recently added 'Rear Of The Year' to an already long list of awards.





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LOCAL NEWS

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LOCAL NEWS



Emma cues her way to number one spot

A semi-professional snooker player from Hornchurch is celebrating after she gained the Under 21 UK Championship and the world number one ranking.

Emma Parker, 20, claimed the UK Women's Under 21 title on September 15, for the second time in three years with a 2-0 win against Steph Daughtery.

The current number one defeated Zoe Killington and Thailand's Ploychompoo Laokiatphong to then seal victory.

Speaking of her victory, Emma, who works as an accounts assistant, said it feels good to be number one again.

She said: "It was a really good tournament. I feel that I'm in top form and I love what I'm doing."

It has been a whirlwind time for Emma as she became one of the first women to compete on television in the final stages of a world ranking event in the UK, reached the quarter finals at the European Women's Masters and also claimed her fourth junior title.

Emma first picked up a cue at the age of four at her local social club. Despite being too young to play, eventually at 14, her dad finally let her out onto the snooker tables, and she has been "hooked" ever since.

Emma said it would be a "dream come true" to play professionally and is looking for a local business for sponsorship. Get in touch via email emmaparker147@hotmail.com



Photo credit: lastminute.com

Children get creative and design their dream holiday

Children at a school in Hornchurch have had their dream holidays come to life with the help of lastminute.com

Ardleigh Green Junior School (AGJS) and lastminute.com collaborated to reveal what kids would include when asked to draw their dream holidays.

Year 5 pupils put pen to paper, exploring what their perfect holiday would look like.

Lastminute.com recreated some of the illustrations in 3D to bring the drawings to life.

Georgina Holmes, Year 5 teacher at AGJS, said: "When we told the kids that lastminute.com had approached us and we were going to be working together on a project, they were so excited about coming up with their dream holidays.

"Once pen was put to paper, they were left to their own devices and for their imaginations to run wild. We saw everything, from a huge spaceship to lands

inspired by sweet treats."

Drawings brought to life included an underwater paradise hotel, doughnut hotel and pirate beach.

A representative from lastminute.com said: "When we're children, there's so much magic in the world, and a holiday can seem like an endless possibility of what you might see or do – from swimming at the bottom of the ocean to escaping volcanic flows to the safety of a giant doughnut."

"It was an absolute delight to see how the kids from AGJS took the idea of their ideal holiday and just ran with it.

"Adults might realise that riding dolphins and cloud restaurants might be a bit tricky, but holiday-goers can capture that magic by going on adventures all over the world."

To see the drawings, visit www.lastminute.com/en/discover/kids-design-holidays

Motorbike crash shuts road for a day

A road in Hornchurch was closed for a whole day following a collision with a motorbike and a car.

Police were called to reports of a crash in Wingletye Lane between the junctions of Dury Falls Close and Parkstone Avenue at 9.55am on September 16.

The motorbike rider, a male of unknown age, was

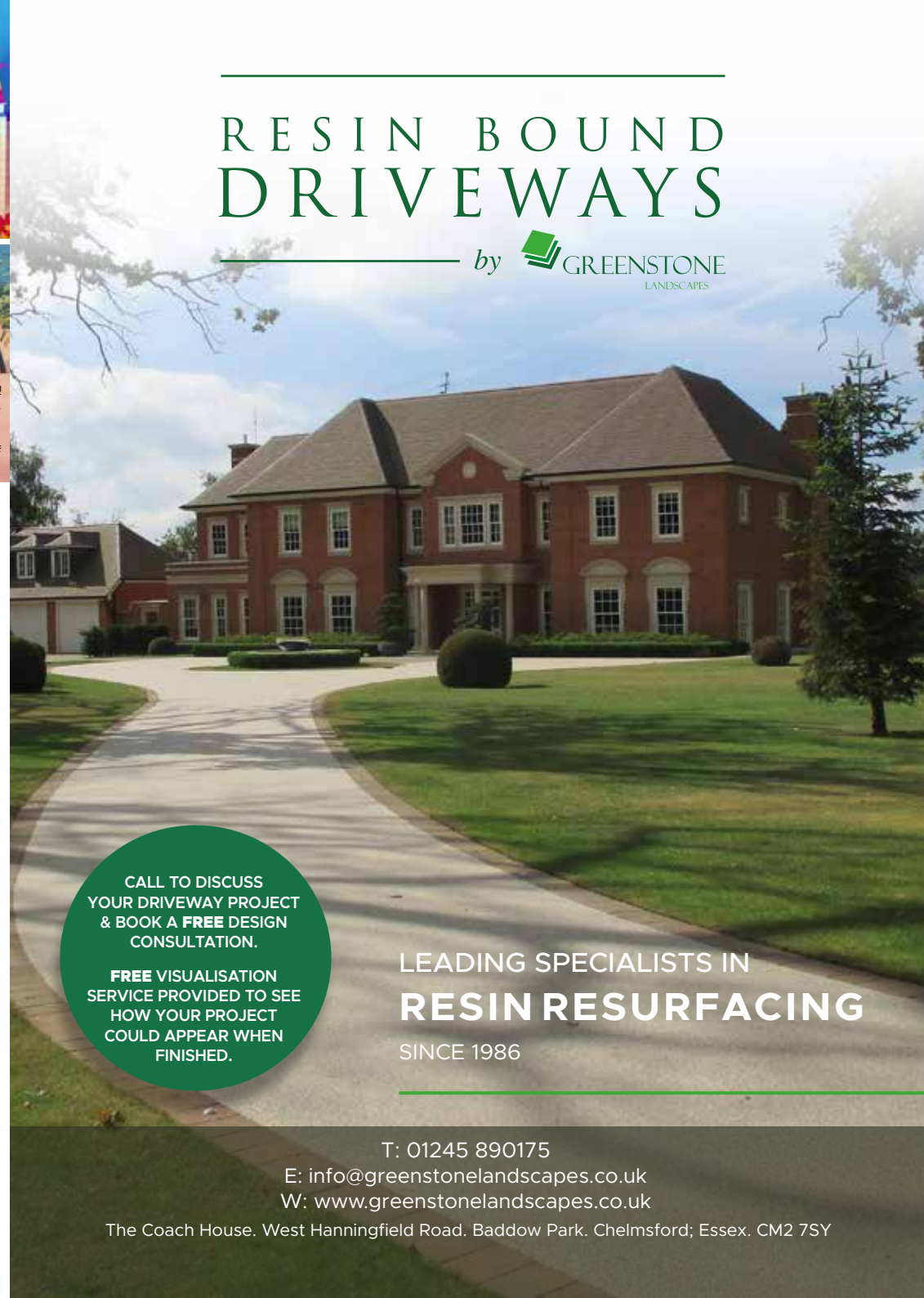
taken to hospital with leg injuries.

Transport for London diverted its 193 bus route in both directions between Parkstone Avenue, Butts Green Road, North Street, High Street, Upminster Road and Hacton Lane whilst the road was closed.

The road wasn't reopened until around 6pm.

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Photo credit: Reg Hardington

Solemn ceremony remembers Battle of Britain

Officers and cadets from the Air Training Corps in Hornchurch joined others from local squadrons to mark the 79th anniversary of the Battle of Britain.

St Andrew's Vicar Barry Hobson hosted a very moving service on Sunday, September 15 in front of the wartimes grave section at Hornchurch Cemetery and at St Andrew's Church, Hornchurch. It followed the laying of wreaths by local dignitaries including Andrew Rosindell MP, the Mayor of Havering, councillor Michael Deon Burton, councillor John Mylod, councillor Ciaran White, councillor Judith Holt and councillor Christine Smith.

Members of the Hornchurch Aerodrome Historical

Trust were also in attendance, including flight lieutenant Jeff Skillman, treasurer, who led the parade and Reg Hardington, official photographer, who was on hand to record of the day's events.

Other trust members were present to remember the three Battle of Britain pilots lost from RAF Hornchurch buried at St Andrew's, pilot officer John William Broadhurst, 222 Squadron, October 7, 1940, pilot officer Robert Basil Dewey, 603 Squadron, October 27, 1940 and flying officer Claude Waller Goldsmith, 603 Squadron, October 28, 1940 and all those that sacrificed their lives for the freedom we enjoy today. We will always remember them.

H.A.D gets arty to celebrate its half century

Members of the Havering Association for People with Disabilities (H.A.D) were challenged to get arty to mark the Hornchurch-based organisation's 50th anniversary.

After lots of planning, hard work and sleepless nights, H.A.D's art group showcased their creative talents with their first exhibition open day at the Queen's Theatre in the town.

There was plenty of fine artwork on display from a wide variety of abilities and the exhibition was attended by Mayor of Havering, councillor Michael Deon Burton, staff from Tesco Gallows Corner and councillor Stephanie Nunn alongside family and friends of the artists. The free exhibition ran until September 13.

Clare Kelly, manager, said she was delighted.

She commented: "The art group is led by a volunteer



who is extremely talented and supportive, and our attendees create a wide range of pictures and artwork. The staff are always proud of the artwork produced by the members and often share pieces on social media."

The art and craft sessions are held weekly on Wednesdays 10am to 12noon. For more information, go to www.hadhavering.co.uk or phone 01708 476554



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LOCAL NEWS

Demolition makes way for new retirement village

Demolition has begun on the former Solar, Serena and Sunrise Courts site in Hornchurch, which is set to become a modern retirement village.

The site, which previously provided sheltered accommodation for local residents, will provide around 172 apartments to meet the needs and aspirations of local people who are approaching, or who have reached retirement age.

It is part of the first phase of Havering Council's £1billion 12-Estate joint venture project with national developer Wates Residential to deliver around 5,000 homes over the next 12 to 15 years.

Under the plans, the building will feature communal facilities, which could include a residents' lounge, treatment studio for health and wellness, and a flexible village hall, which could be open to the wider community to use. There will also be flexible storage space for either bicycles or mobility scooters.

Proposed designs for the site show that a large

proportion of the apartments will be designed as wheelchair adaptable.

The plans extend to the garden area, which will have distinct zones to encourage a range of activities, such as relaxation, lawn games, and a community growing area for accessible gardening. A social area will also be provided.

Havering Council's cabinet, including leader, councillor Damian White, attended an event on Monday, September 16 to mark the start of work alongside Wates Residential development director, Kate Ives and operations director, Adrian Fennessy.

Cllr White said: "In Havering, we always put residents at the centre of everything we do. This new retirement village will create a safe haven for our older and more vulnerable residents, whilst ensuring they can live full and independent lives. With an ageing population, it is vital that our borough-wide regeneration creates homes that meet the needs of the local community."

Apprentice wins at national awards

A budding designer from Hornchurch won a top prize at a national awards ceremony last month.

Sophie Barrett, design apprentice at the National Theatre, was given the NOCN Group Award for Intermediate Apprentice of the Year.

Sophie had painted a few backdrops for her school productions and decided to look into this as a career. She came across the National Theatre apprenticeship just one day before applications closed.

Sophie's apprenticeship has given her amazing

opportunities such as meeting Meghan, the Duchess of Sussex and getting a scholarship from The Queen Elizabeth Scholarship Trust.

She is an apprenticeship ambassador for the National Theatre, which has seen her represent the theatre at events such as the Skills London careers fair, speak to her Sixth Form and give interviews to media.

She will go through to the national final in London on November 27.



Photo credit: Lissaphotography

Javelin thrower Max takes aim for Paris Olympics

A javelin specialist from Hornchurch has racked up seven consecutive titles as Essex Champion and has his eyes set on the 2024 Olympics in Paris.

Max Law, 17, a student at Havering College's Sixth Form, took up javelin throwing at the age of nine and has gone on to achieve tremendous success in competitions all over the UK and Europe.

Max had his first big breakthrough in 2016, when he broke a world record at 13 and ended the year ranked number one in the world in the U15 age group.

Max has since represented Great Britain in the European U18 championships in Hungary, where he placed fourth, and this summer he competed for Great Britain in the U20 Javelin at the Loughborough International, also finishing fourth against some of the top senior throwers in the UK.

This season he collected the South of England U20 title with a personal best throw of 68.57m, the England Athletics U20 title and he won the inaugural Home Nations U18 Cup in Dublin.

Max trains four times a week at Hornchurch Stadium, juggling his sessions around his studies, a part-time job, and a social life.

This winter he will be training hard in an attempt to qualify for the World Junior 2020 Championships in Nairobi, Kenya.

His coach at Havering Athletics Club, Sam Harrison, said: "Max's future is full of exciting challenges ahead with the European U20 Championships in 2021, the Commonwealth Games in 2022, the European U23 Championships in 2023 and the main big target of the Paris Olympics in 2024."

World's only heritage listed skatepark closes

Rom Skatepark in Hornchurch is closing its doors after serving Havering skaters for 41 years, after a fire last year.

The skatepark, which dates back to the 1970s, became listed as a protected heritage site in 2014, meaning it was nationally important and of special interest by the Department for Culture Media and Sport on the advice of English Heritage.

The fire in 2018 led to the loss of all the indoor facilities and despite receiving a grant from the Heritage Lottery Fund, the park has faced an unprecedented increase in costs.

A spokesperson for Rom Skatepark said: "As the world's only full-size heritage listed skatepark and

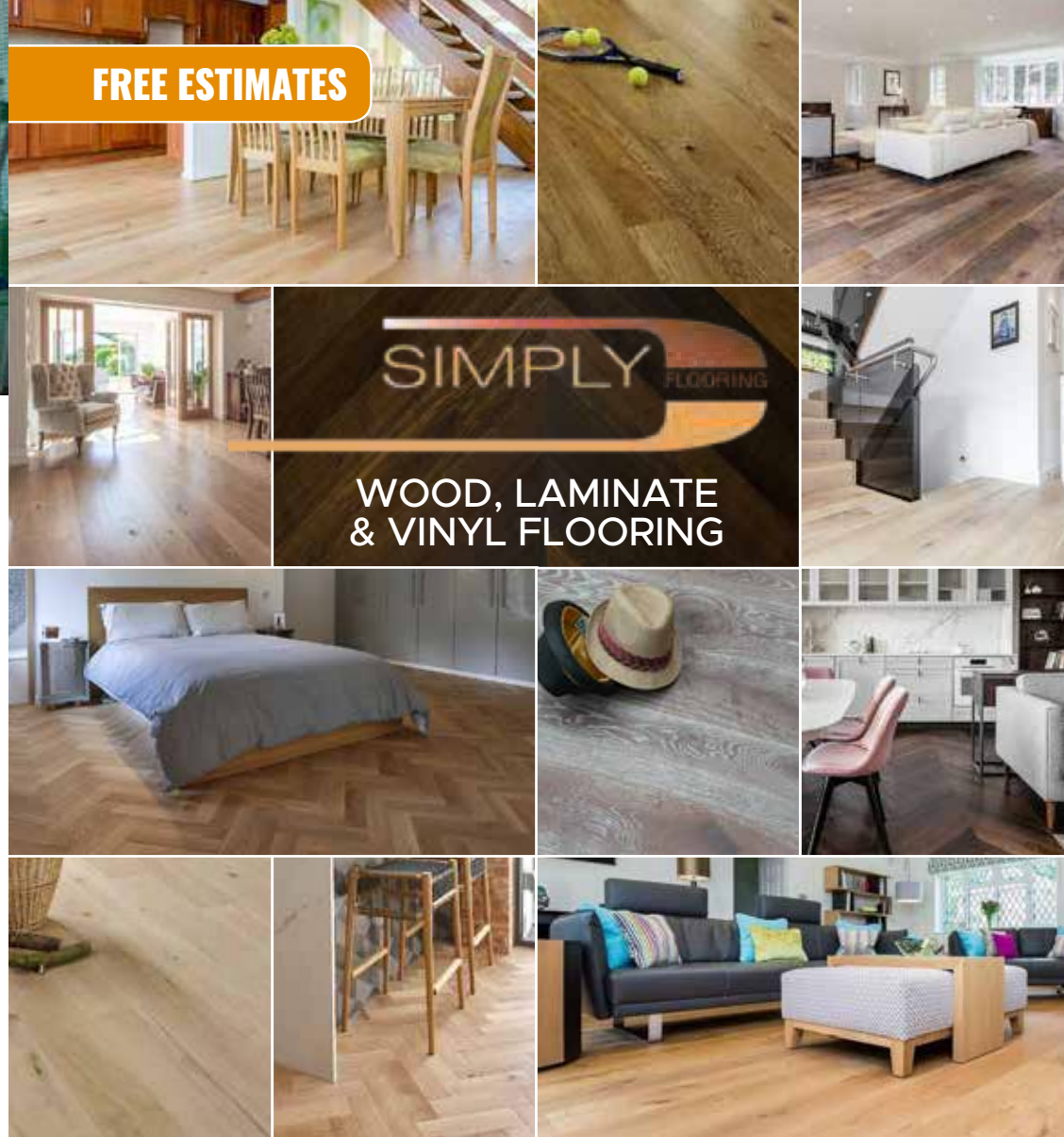
with the 2020 Olympics, where both skateboarding and freestyle BMX are making their Olympic debut, this could not come at a worse time.

"Most of the world's biggest names in BMX and skateboarding have at some time graced the hallowed concrete of Rom, from pro rider Matt Hoffman to legendary skaters Lance Mountain and Mark Gonzales, as well as countless others.

"Our main goal, in the short term, is to keep the park maintained and in a state of repair whilst we apply for funds to try and get the park back open again in time for spring/summer next year."

For updates on the future of the skatepark, visit www.romskatepark.co.uk

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LOCAL NEWS

Work begins on former St George's Hospital site

A new residential neighbourhood which is regenerating the former St George's Hospital site in Hornchurch will deliver an investment of more than £1.7million in local infrastructure and facilities.

Bellway London has started work on the first phase of homes at St George's Park, off Suttons Lane, with the first plots due to go on sale in the autumn. Planning permission to redevelop the site, which has been derelict since the hospital closed in 2012, was granted last year.

The developer is building 194 homes in phase one of the development, which will eventually comprise a total of 356 properties, including some conversions of existing buildings.

News of the development's impending launch

comes as the government has announced plans to boost the wider area of the development programme with a £17million investment for the new health centre at the former hospital site.

Bellway London's first phase of the development comprises 49 one and two-bedroom apartments and 145 two, three, four and five-bedroom houses, with 44 of the homes designated as affordable housing.

Local schools in Hornchurch will benefit to the tune of more than £1.5million paid in financial contributions as part of the planning agreement for the development.

A further £150,000 in funds will also go towards Hornchurch Country Park and £20,000 towards cycle storage facilities which will be installed at Hornchurch Station.

Flipped car causes six-hour road closure

A road was closed in Hornchurch for over six hours after a car flipped onto its roof.

Officers from the Met Police's Emerson Park unit were called to Herbert Road at around 3pm on September 3 to a single vehicle that was on its roof.

A silver Ford Focus was upside down in the road and on the pavement and a woman was trapped in the car. When the London Fire Brigade arrived, the woman had already got out of the vehicle and was taken to hospital by paramedics.

Her condition was treated as non life-threatening.

Road closures were in place until around 9.30pm while emergency services recovered the vehicle.

Pedestrians and joggers were asked to be careful as the pavement had some spillage – this was dealt with by Havering Borough Council.



News from

Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association



Well, summer has now passed and there was a little late sunshine at the last knockings; but here we are again, autumn.

The leaves will turn brown and the temperatures will start to drop. If the forecast I have read is true, we are expecting another 'beast from the east' which, for those that remember, last time we had a really nasty cold snap, but this time it is expected to hit us in January. Wrap up warm and be prepared.

The spectre of the parking charges is not going away. The loss of the free 30 minutes parking has not increased revenue in line with expectations, the number of visitors to the car parks and on-street parking has reduced by roughly half.

The footfall counter for Hornchurch is showing a slight fall, but then again, the counter is installed next to Sainsbury's which is one of the last free-to-use car parks, so the numbers may well be artificially high.

I have heard interviews from the council leader defending the changes. He fails to answer what they will do when the shops start closing and cannot explain (with any clarity that makes sense) why it was only Hornchurch and Upminster/Cranham that lost the free parking. Everywhere else in the borough retained the free parking.

When we asked to see the impact assessment that was carried out before the changes were made to the free parking, we were told that no assessment was completed. You could not make this up, could you? Without this assessment, how could you justify the change?

All the independent councillors, except for three, are all requesting the return of the free parking. Hopefully the leader of the council will see sense and reverse his party's decision before too much damage is done.

There was a protest during Full Council July – the turnout of protesters was fantastic. The noise they made could clearly be heard in the council chambers. The second protest was planned for the Full Council in September – this will have passed by the time you see this.

I hope we can maintain the numbers. There may well be further protest in November if we are unable to reclaim the free parking.

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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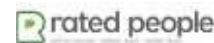


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LOCAL NEWS

College student was victim of turf war, Old Bailey hears

Having Sixth Form College student Jodie Chesney was stabbed to death by mistake in front of her boyfriend by a drugs gang trying to earn respect in a 'pathetic' turf war, a court heard.

Jodie, 17, was stabbed in the back at a park in Harold Hill, on March 1.

The stabbing left the Sixth Form student bleeding heavily as her friends battled in vain to save her.

Jodie was pronounced dead an hour later.

Manuel Petrovic, 20, Svenson Ong-a-Kwie, 19, and two boys, aged 16 and 17, who cannot be named, deny her murder.

Prosecutor Crispin Aylett, QC, told the court Jodie's father described her as a 'beautiful, well-liked, fun young woman who judged no one and loved everyone.'

He said: "So, the prosecution suggest that Jodie is unlikely to have been the intended target; more likely is

that the intended target was somebody else altogether.

"The drug dealing world is one of turf wars, rivalries and pathetic claims for respect. And when drug dealers fall out, they do not take their problems to the police."

Prosecutors claim Petrovic drove Ong-a-Kwie and the two boys to the scene in his black Vauxhall Corsa.

All four were all involved in drug dealing and some had dealt drugs to Jodie's friends.

The court heard that Jodie's boyfriend noticed two figures coming out of the darkness towards them and one swung his arm in the direction of Jodie's back.

Mr Aylett added: "One of Jodie's friends could see that Jodie had sustained a deep stab wound to her back and she was bleeding heavily.

"The attack was so unexpected and so sudden that a number of Jodie's friends had not even noticed the two males who came upon them in the darkness."

Salon raise money for breast cancer charity

Having Beauty Academy are showing Hornchurch how they are raising funds for Against Breast Cancer (ABC).

They have placed two 'bra bank' bins for unwanted bras that they can then sell on and raise money for ABC.

The bra recycling schemes take your unwanted or unloved bras, and through the network of other bra banks, raise vital funds for pioneering breast cancer research. The same bras also help to support small businesses in Africa.

A spokesperson for ABC said: "For every tonne of bras collected, Against Breast Cancer receives £700 to fund our research. With over 30 million women in the UK you could really help make a difference."





Magazine sponsorship for youth club begins

In line with **VISION**Hornchurch's community-driven ideals, the magazine is sponsoring a popular youth football club this season.

The magazine, which covers Gidea Park as well as Hornchurch, will be the official sponsors of Gidea Park Rangers Under 9s Youth Football Club (GPR) in the 2019/20 season, which has a number of teams.

Brett Shohet, magazine editor, said: "We've decided to sponsor the under 9s team because we're absolutely thrilled with how well-received **VISION**Hornchurch has been in the area and we're keen to give back to the community – we want to help local businesses, groups and clubs like GPR thrive.

"Before the season started, we saw that the under 9s team were looking for sponsors and we thought that was a great opportunity to get involved. We got in contact, agreed to the sponsorship and got started."

VISIONHornchurch bought socks, shorts and shirts with the young players' names and numbers on, as

well as several training tops for the coaches and staff.

"I've even picked myself out one," Brett said.

"This is great for the kids, but it's also about helping out all the staff and parents involved with the club. This sponsorship is just one of the many things we plan to do for the communities that our magazines serve.

"As well as **VISION**Hornchurch, we've got magazines in Loughton, South Woodford, Brentwood, Ongar, Billericay, Shenfield, Rayleigh, Leigh-on-Sea, Epping and Theydon, and we're keen to take up other opportunities with local clubs, whether they're football clubs, cricket, rugby."

GPR won their first match of the season a stunning 8-2 on September 8 with Jonny Meluish being the man of the match. Unfortunately the team suffered a 4-2 defeat on September 22 with Charlie Grace being the man of the match.

This month's player of the month was Archie Potts (see photo).

New home care company is open for business

A new home care company in Hornchurch held its official launch party last month.

Husband and wife team, Jag and Bal Bains, the directors of Caremark (Havering) together with manager Bianca Rovai held the event at the North Street Halls in the town on September 9. The event was well attended, despite the rain, by members of the local community and local businesses.

Mayor of Havering, Councillor Michael Deon Burton, attended as the guest of honour and highly

commended Caremark for the quality of services it delivers to the vulnerable in the community. The services range from companionship and domestic tasks to personal care and live in care.

Bal Bains also gave a speech about her engagement with the community and her insight into what people want by way of care services. Bal shared that she has learnt so much just by talking to people about care and their needs and was incredibly grateful to them for sharing their experiences and expectations.

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JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS



In mid-September we hosted our first-ever Older People's Fair at Queen's Theatre, Hornchurch. The fair was incredibly well-supported by the community, all those stallholders and residents who joined us for the afternoon and the local choir, who entertained visitors with their repertoire of show tunes. The fair was designed to assist older people within the community, those caring for an elderly friend or relative and those preparing to retire to meet and engage with key public services and organisations that may be helpful.

I had a fantastic meeting with the West Ham United Foundation (WHU) the next day in Harold Hill, where I introduced the WHU team to the Drapers schools. West Ham works with the Premier League to part-fund sports coaches and a range of targeted programmes to help build students' confidence, resilience and leadership skills. They are already working with Emerson Park Academy, but I am very keen to encourage the club to do more in Havering, particularly in the critical after-school period where children can find themselves vulnerable to negative activity before parents return home from work. They are also looking at disease prevention programmes and I would love to get them involved in the £17million St George's Health and Wellbeing Centre in Hornchurch.

In my last column, I wrote about the money pledged for the centre by the Prime Minister after many months of campaigning. I am now anxious that we begin its delivery. Health Minister, Chris Skidmore MP, visited

the site with me to talk about how we get moving quickly with the NHS project team. We also discussed forthcoming changes to urgent health care that will be implemented across Havering from next year. Our local NHS Trust is aware that urgent care arrangements are not good enough, so from 2020 patients will be able to walk in or book urgent appointments at four Urgent Treatment Centres (UTCs) at King George Hospital, Queen's Hospital, Harold Wood Polyclinic and Barking Community Hospital. It is intended that these sites will be complemented by eight other community urgent care services across the area, with bookable appointments available through the NHS 111 telephone number and an aim to see patients within a maximum of 30 minutes of an appointment time.

I am pleased to report another breakthrough in my work with Havering Sixth Form College and local primary and secondary schools. Providers of 16-19 education will now receive £400million additional funding to train and teach young people the skills they need for well-paid jobs in the modern economy. The boost is the single biggest annual increase for the sector since 2010 and is one of several government commitments on education funding made that include real terms budget increases next year for every primary and secondary school, government-funded increases to the Teachers' Pension Scheme and a rise to £30,000 in teachers' starting salaries by 2022-23.

www.julialopez.co.uk



Photo credit: Featureflash Photo Agency/Shutterstock.com

Little Mix star and former pupil releases documentary

Former Hornchurch student and Little Mix star Jesy Nelson (pictured second from right above) has released a heartbreaking documentary, showcasing the effect of years of internet abuse on her.

The former Abbs Cross Academy and Arts College student released her BBC documentary *Odd One Out* last month, showed her traumatic past with online bullies.

The 28-year-old spoke candidly about how years of online trolling ruined her confidence and led her to attempt suicide.

She said through tears in her documentary: "I was sat in bed crying, thinking, 'This is never going to go, I'm going to feel sad for the rest of my life, so what is the point in being here?'"

"The only way I can describe the pain is like constantly being heartbroken. I remember going to

the kitchen and I just took as many tablets as I could."

She was taken to hospital and was thankfully not left with any complications following her attempt to take her life.

Jesy also spoke about how the online abuse affected her mum, her sister, her bandmates and her personal relationships.

She now sees herself as 'a lot mentally stronger and happier' and the motivations for the documentary were to try and help others.

There is currently a petition held online by fellow Essex residents and *TOWIE* star, Bobby Norris, for online trolls to be held accountable for their online abuse.

To sign the petition, visit petition.parliament.uk/petitions/272087 and you can now watch Jesy Nelson's *Odd One Out* documentary on BBC iPlayer.

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.

VISION magazines' rapidly expanding Home Counties portfolio means we need even more journalists at the heart of communities ready to put into print the stories that matter. Whether breaking

news, reporting community updates or discussing upcoming issues, our writers are thirsty, dedicated and well-rewarded.

At first, this will be a part-time/freelance position – perfect for the kind of flexibility needed in local journalism, but with a view to scaling up as our network of titles continues to increase.

To be considered for this Essex-based position, drop Nik an email at nik@visionmag.co.uk including your CV.



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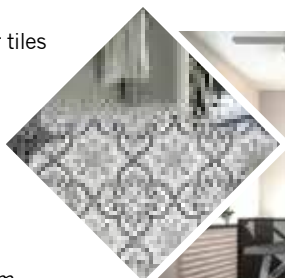
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AFC HORNCHURCH

LOCAL NEWS



Inspired Urchins start in red-hot form

Hornchurch FC had a blistering start to the 2019/20 campaign, having lost just once in their opening seven matches of the league as **VISION**Hornchurch went to print.

After a disappointing campaign last year, where Hornchurch finished 15th in the Isthmian Premier Table, they've bounced back in style and sat in second place as **VISION**Hornchurch went to print.

The Urchins' strong start was highlighted after the first team took the Supreme Trophies and Engraving Isthmian Premier Performance of the Month award from August for their 6-0 annihilation of a talented Worthing team.

The August 17 away fixture saw the Urchins went goal crazy in 33 second-half minutes, walloping home six without reply, Chris Dickson getting a hat trick and making it a day

that Hornchurch fans will be talking about for years to come.

The achievement didn't go to the players' heads though, as they had another 6-0 win in the First Qualifying Round of the FA Cup against Isthmian Southern Central side Kempston Rovers on Saturday, September 7.

Hornchurch then travelled to in-form Carshalton Athletic, but it was the Urchins who came out on top with Matthew Johnson, Lewwis Spence, Chris Dickson and Daniel Uchechi on the scoresheet to record an excellent 4-1 win.

Hornchurch's youth side have been emulating the first team's form too, having won FA Youth Cup games in style last month. They put on an impressive performance beating Codicote Youth 8-1 in the Preliminary Round and moved into the Second Qualifying Round with an excellent 3-0 win over Haringey Borough.



www.afchornchurch.com

ANDREW ROSINDELL



MP for ROMFORD



I was out meeting local people in Romford and Hornchurch over the past week and there was only one issue on everyone's lips: Parliament's attempts to tie the Prime Minister's hands and delay Brexit.

Whether Leave or Remain, the voters of Havering were sickened by the political games and posturing of MPs. People are now firmly behind Boris and want us to get on with delivering Brexit by October 31.

The Prime Minister's visits to Europe and the stepping up of negotiations show that a Brexit deal is still possible, despite the shameful antics of the opposition. I hope that Boris can deliver a free trade agreement, but if not, we must be prepared to leave without a deal.

It is a disgrace that more than three years after the British people voted to leave, Parliament is still attempting to delay and obstruct Brexit. That is why the Prime Minister was right to call for a General Election. He had no choice but to go to the country so that he could get a new majority to overturn Jeremy Corbyn's legislation which weakened his negotiating

hand and could lead to us staying in the EU against our will.

The British people will not tolerate any attempts to overturn the referendum result. Jeremy Corbyn knows this, which is why he became the first opposition leader in history not to vote for an election.

These tactics are really aimed at only one thing: delaying, watering down and eventually stopping Brexit. That is why Boris is right to say he would rather be "dead in a ditch" than ask for an extension.

We have all had enough of political chaos. The recent scenes in Parliament, endless court cases and political posturing are doing serious damage to our democracy. Remainers have become increasingly shrill and desperate in their attempts to overturn the referendum result, but I believe that the determination of our new Prime Minister will allow him to overcome even the most difficult obstacles.

The time for delay and extensions is over: we must get out of the EU and become an independent nation once again.

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University professor's talk inspires history students

History students at Havering Sixth Form College got some inspiration from an Oxford University professor last month, who visited them to talk about the American Civil War and why the North defeated the South during that conflict.

The students have chosen the American Civil War as the focus of their coursework this year and gained some invaluable insights from the presentation.

The visit was organised by faculty leader and history tutor Larry Auton-Leaf who felt that the students would benefit from hearing from an American Civil War specialist.

Professor Smith, the Edward Orsborn Professor of United States politics and political history at Oxford, said he was impressed with the quality of questions from the students.

Tutor Kieran Clements hosted the event and said he was thrilled with the day.

He commented: "I was delighted to welcome Professor Smith to the college. Our students were really engaged by his session and learned so much. It is a tribute to the college that a lecturer from such a prestigious institution as Oxford University would give up their time to come and speak to our students."

Mother demanding answers after son's death

The mother of a man who was found hanged at a mental health unit has started a petition calling for a public inquiry.

Matthew Leahy, who had family members in Hornchurch, was found in his room at the Linden Mental Health Centre in Chelmsford in 2012.

Melanie Leahy said she's still waiting for answers seven years on.

She said: "What truly happened the night Matthew died?"

Melanie found another woman whose son died in similar means.

She explained: "I presented evidence to the Health and Safety Executive of seven patients who had all died by similar means. They took the information and opened an investigation. Essex Police soon followed and by January 2017, this had expanded to 25 patient deaths."

When Essex Police dropped an investigation into the death of Matthew and others claiming insufficient evidence last year, a Parliamentary Health and Social Care Ombudsman report found staff at the care centre falsified his care plan and failed to protect him from equipment that could be used for hanging.

The Ombudsman has called on NHS improvements to carry out a national review but that cannot happen until a Health and Safety Executive investigation is complete next year.

Now Melanie has launched a petition demanding a public inquiry which has already been signed by over 25,000 people.

Melanie said: "I am not just doing this for my Matthew, I am doing this for all the other Matthews out there. I will not rest until I find out the truth."

To sign the petition, go to www.signthepetition.co.uk



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And yet, the meeting of 25 nations in Washington DC 135 years ago this month will always be marked as a monumental moment against which we've been setting our watches ever since. On October 22, to be exact, the great and the good at the International Meridian Conference decided that the Royal Observatory in Greenwich would become the site of the Universal Time meridian of longitude.

It's positioning of Greenwich Mean Time (GMT) as a standard bearer for the world is most probably a reference point that will never be changed. Subsequently, the delineation of world time zones has always been either plus or minus a specified quantity of hours – the furthest time zone being that of the Baker and Howland Islands in the Equatorial Pacific, which rank a full 12 hours behind us.

Of course, these time zones are subject to significant shift. When lines marking time boundaries are drawn on a map, a number of peculiarities can be found, often arched around small islands.

The most extreme example of time difference is at the Diomed Islands, which sees us return to the Pacific. Big Diomed dwarfs Little Diomed, which sits two-and-a-half miles away. With one being the

furthest east you can go and the other being the furthest west, and the international date line running down the middle, they are, in effect, one day apart (21 hours, to be exact). That means if you stand on one with a pair of binoculars and look at the other, you are viewing tomorrow... or is it yesterday?

More pertinently, given that one is owned by Russia and the other by America, the Diomed Islands appear a chink in time even GMT won't be able to resolve.

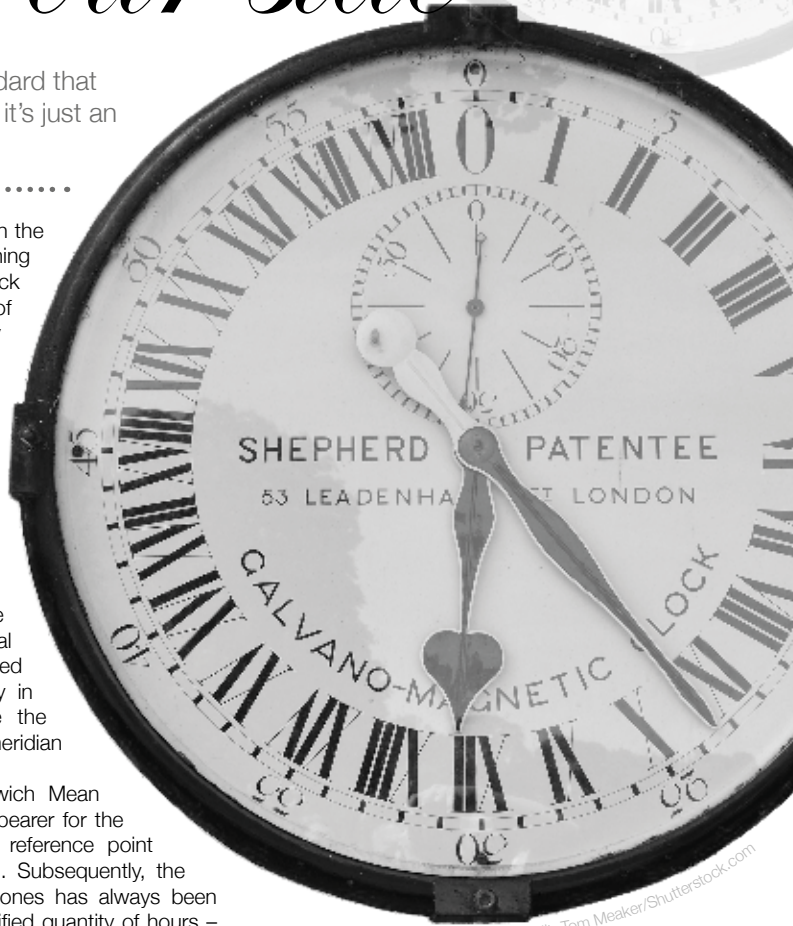


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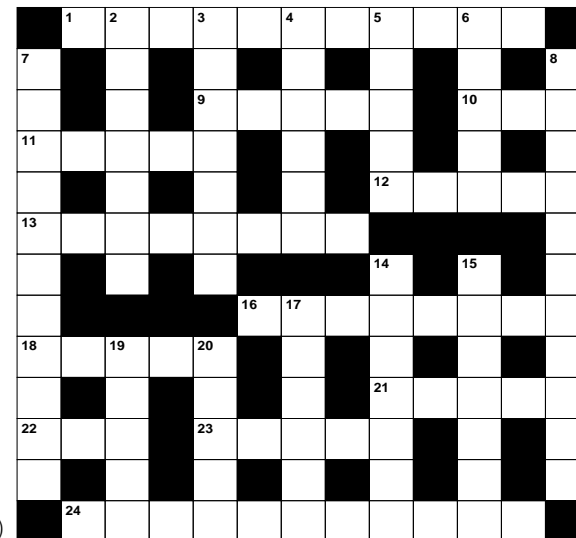
Answers can be found on the Contents Page 4

ACROSS

- American actress (5,6)
- Suffuse with colour (5)
- Pub (3)
- Walked at a steady speed (5)
- Showered with love (5)
- Sufficiency (8)
- Figure of speech (8)
- Financial resources (5)
- Edge (5)
- Bun (anag) (3)
- Awake (5)
- Tumultuous (11)

DOWN

- Prophets (7)
- One of the platinum metals (7)
- Material; textile (6)
- Role; office (5)
- George ____: Middlemarch writer (5)
- Act of making peace (11)
- Unintentional (11)
- Upstart; one who has recently gained wealth (7)
- Henry David ____: US author and poet (7)
- Follows (6)
- Stroll casually (5)
- Device used to sharpen razors (5)



DID YOU KNOW?

- ▶ The 2022 Commonwealth Games will be held in Birmingham
- ▶ Tiger Roll become the first since Red Rum to win the Grand National race back-to-back
- ▶ The 2018 Netball Commonwealth Games was the first final since netball was introduced at the 1998 Games that didn't feature both Australia and New Zealand
- ▶ Wheelchair rugby was originally known as murderball
- ▶ Abe Mitchell is depicted on the top of the Ryder Cup trophy
- ▶ The FIFA World Cup was first held in 1930 and Uruguay was crowned the winner after beating Argentina 4-2 in the final

SUDOKU

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WHERE ARE THE BEST PLACES TO SEE THE AURORA BOREALIS?

The Northern Lights are one of Planet Earth's most amazing natural phenomena, having drawn in, enchanted and amazed generations of travellers to Scandinavia and North America for hundreds of years.

First witnessed by astronomers Gassendi and Galilei in 1621, the stunning, dancing sprays of neon light, almost extra-terrestrial in their appearance, form when charged particles are emitted from the sun at the time of a solar flare. These penetrate the earth's magnetic shield, then collide with atoms and molecules in the atmosphere.

The key areas for seeing these displays of nature's beauty can be found in a zone within northern Scandinavia, between 66°N and 69°N, otherwise known as the Aurora Zone. The band can become larger when there is high activity of geomagnetic action which is why the lights can, on occasions, even be visible from north-west Scotland.

Traditionally, it's been said the best places to

witness the Northern Lights were Sweden and Norway, but Finland, Iceland and Greenland can all lay claim to offering stunning tourist experiences. Much of this factors in the tranquil majesty of surroundings lakes, forests and fells which, while almost completely devoid of light pollution, also add to the mystical air of this remarkable sight.

In recent times, northern territories in Canada have also attempted to take advantage of what is now a global fascination for the Northern Lights. The Yukon provides wild animals, scattered towns and villages and delicate snowfall against a backdrop of shimmering lights.

And the display isn't just a visual treat to those in the Northern Hemisphere. The Southern Lights (Aurora Australis) are rarer in their visibility but can be spied from Australia, New Zealand and South Africa.

It's also known that similar displays can be seen above Jupiter and Saturn, although tourism numbers, thus far, have been disappointingly low.



TRAVEL



PLAIN SITE

TELLTALE SIGNS THAT THE WEBSITE YOU ARE VISITING IS DODGY

One
Staying one step ahead of the fraudsters isn't a battle just reserved for those who patrol the internet. The unregulated nature of the world's biggest information source means we need to take control of our own vigilance. But by following a few easy steps, you can protect yourself from the dark forces at work across the web.

One
S for security
When visiting a site, in the web address at the top, look for an 's' after 'http' at the beginning of the line. The lack of an 's' doesn't directly imply you are on a scam website, but it is telling you that the security certificate is inadequate, and you should refrain from entering personal information.

Some browsers – Google Chrome being one – add a padlock icon denoting any website that is fully secure, or the web address could be shown in green. The highest form of encryption for any site will also show the website name before the address.

Two
Too good to be true?
On the internet, just as in real life, if something you see online appears too good to be true – particularly if you've clicked on an advert or had a pop-up appear on your screen – it probably is.

Three
You have my word
Consider as well the trustworthiness of sites that have poor spelling or grammar. Very few scammers are fully adept in the finer workings of the English language, particularly if that site is being run many thousands of miles from the UK. Authentic marketing will almost always look professional in style and content.

Four
Google away
Finally, if a site looks suspicious, put its name into Google. If it's a known rogue business then there's a good chance it's being discussed across the web.

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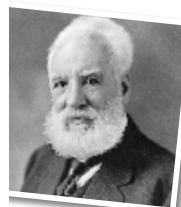
BUSINESS & FINANCE



Smile and DIAL

WHY THE PHONE IS RE-EMERGING AS THE BEST SALES TOOL OF THEM ALL

We live our business lives riding on a wave of technological brilliance – from emails to conference calls, gobsnacking gadgets to algorithms. Yet it's an invention dating back almost 150 years that's rapidly reconnecting us with efficient business practice.



Here are five reasons why we should never have moved away from the genius of Alexander Graham Bell.

IMMEDIACY

There's no time to waste in modern business and you'll not get a quicker response than from asking direct over the phone. Countering objections or following through to close a deal are quick, easy, linear processes, meaning you'll be in business quickly.

PROTECTION

While the phone doesn't offer the ability to correct mistakes in the same way an email would, it can hide nerves or discomfort in a way a face-to-face meeting never could.

RAPPORT

The human touch is a key pivot of any sales process. 'People buy people', and building rapport over the phone ends up being about much more than business... it's the casual chat – the wife, the family, the weekend, the football scores – that can be tackled in just a minute or two, yet is so valuable.

INSIGHT

We've all heard of people 'hiding behind their keyboards'. Those taps of the keys and the language used can hide a thousand lies, yet try bluffing quite so effectively when your own mechanism is your voice. Detecting emotion and responding to it in an appropriate way is a gift the telephone offers, where so many other forms of communication don't.

ON THE LINE

While we'd never condone pressure selling, being on a phone call does offer a certain longevity to a sales process. You can have someone 'on the line' and pretty close to a captive audience when making a call; compare that to the ease with which someone can escape a pitch simply by deleting your email.



5 easy ways to £earn extra money

Who couldn't do with some more money in the run-up to Christmas? And what if you could do this without disrupting your daily life or causing yourself any additional stress? You'd be crazy to say no.

1. Sign up for online surveys

You won't make a fortune by signing up to these sites that offer cash or shopping vouchers in return for your information and opinions, but you can make around £50 per month if you put in the work.

2. Become a mystery shopper

This is a great option for those who love to shop and aren't afraid to be honest. Most companies are free to sign up to and there is no commitment to carry out assignments. The only drawback is that you sometimes have to pay for goods or services up front and wait to be reimbursed.

3. Rent out your home (or housesit someone else's)

If you are planning some winter sun, why not rent out your home while you are away? Popular destinations such as London, coastal areas or cities that have a particular seasonal attractions demand the highest fees. Reputable companies like Airbnb will cover insurance in case of any damage.

4. Make money from your skillset

Did you know that more than a quarter of workers in the UK have some sort of secondary income? But if the thought of a second job seems too much, consider offering your services as a freelancer.

5. Become a dog walker

With the cold weather setting in, many people will want to outsource the task of walking their dogs, so if you don't mind the outdoors and are comfortable around our four-legged friends, why not give it a go?



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Photo credit: Paul Currie/BPI/Shutterstock

DEAD AND BURY-D

The sad demise of a once proud football club and what it means for 91 other Football League members.

In September, and in a scenario football fans have seen played out countless times, most expected the white knight to ride in and save Bury Football Club's 125-year membership of the Football League.

The nearer the deadline became, perversely, the more belief grew that things would resolve themselves. And yet, there was no white knight, there were no further stays of execution, and having failed to prove funds were in place for them to survive the season whilst taking care of the Company Voluntary Arrangement agreed a few months previously with creditors, Bury Football Club were expelled from the world's richest football league.

On the face of it, to let a former FA Cup winner wilt for the equivalent of two weeks of Alexis Sanchez's wages is preposterous, but the Shakers' plight is a

stark reminder that self-sufficiency is a requirement, not an option, and the Lancashire club's drive for higher division football – and the wages that accompany it – must be a salient warning to all clubs.

Emotionally, the situation was made worse for the Gigg Lane outfit by local rivals Bolton Wanderers' survival, though this isn't necessarily the end for Bury. They exist still as a business, with owner Steve Dale seemingly desperate to relinquish all ties as the club seek entry at a much lower level – probably the Northern Premier League – for the 2020/21 season.

What's left is very much the same as before. The pursuit of the riches at the top of the game is as fervent as ever in English football, and clubs will continue to gamble big time in pursuing that. What's changed is that chairman and owners know the trap door is no longer bolted shut.



Three-time Formula One World Champion Ayrton Senna died on May 1, 1994 after his car crashed into a concrete barrier while he was leading the 1994 San Marino Grand Prix at the Autodromo Enzo e Dino Ferrari in Italy. Photo credit: Shutterstock

LEAVING IT ALL on the track

The recent death of young Renault driver Anthoine Hubert brought home the startling reality that although motor racing is as safe as it's ever been, the race track remains sport's most dangerous arena.

August 31, will go down as a sad day for motor racing. Anthoine Hubert, just 22, lost his life following a horrific 170mph crash at Spa-Francorchamps circuit in Belgium. It was a reminder of the perils that these individuals face every time they step into a high-performance car, with the Frenchman becoming the 52nd driver to have been involved in a fatal car accident in high-performance competition since 1952.

UK test driver Cameron Earl was the first – the Yorkshireman was killed at the MIRA circuit in Nuneaton. A total of 14 drivers would lose their lives during the 1950s alone, with the Indianapolis Motor Speedway responsible for more than a third.

In 1982, Canadian Gilles Villeneuve also passed away following a crash in Belgium, but at the older Circuit Zolder. The most notable loss of life came in a horror weekend at the San Marino GP at Imola 12 years later, when three-time world F1 champion and legendary Brazilian driver Ayrton Senna died instantly when his steering column broke.

His death came just 24 hours after the Austrian Simtek driver Roland Ratzenberger was also killed.

Hubert's death was, at least, the first since Jules Bianchi succumbed a full nine months after injuries he sustained in a collision with a track rescue crane at the Japanese Suzuka circuit, in 2014.

The truth is, manufacturers are being pushed to ensure their machines are as safe as they can possibly be, and while performance has been affected by the imposing of new controls, you can be sure no dying driver would ever want the sport to die with him.



The helmet of late Formula 2 French driver Anthoine Hubert is placed on the ground at the end of the funeral ceremony, at the Chartres cathedral, in Chartres, south of Paris. Photo credit: Thibault Camus/AP/Shutterstock

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For the motoring enthusiast, there are few things in life more pleasurable than an open road, a fast car and a bit of Canned Heat on the stereo.

While many of the UK's best roads wind their way through, along and on top of stunning geological features, mostly in the north of England or Scotland, there may be some 'must-drive' routes a little closer to home:

ONE: A838, Laxford Bridge to Tongue, Scotland

Let's start right at the top, and a road that pivots through the Highlands' incredible natural beauty. At 77 miles long it is the perfect distance to savour sea vistas and mountain landscapes, yet with an average of just 96 vehicles using it each day, you really will feel you have your own slice of tarmac.

TWO: The M6 Toll

For those who have driven through the mess that is the M6, the sheer joy of gliding along the M6 Toll is a sensation like no other. Always clear of incidents, its winding, graceful curves allow fast and satisfying driving. In fact, a recent poll found the average speed of all vehicles on the road to be 76mph, a full 6mph above the speed limit.

THREE: A40, Wales/England Border

On the face of it a dual carriageway linking two countries, the road that skips through Pencraig, Whitchurch and Monmouth burrows deep into the Wye Valley, flanking its river and can be likened to the experience of a rollercoaster ride through the Canadian Rockies.

FOUR: A592, Windermere to Penrith

Better known as the Kirkstone Pass, this incredible route reaches almost 1,500ft, with spectacular valley views, drystone walls and wonderful winding roads.

FIVE: The Snake Pass

Edging through the Peak District towards Glossop, the Snake Pass is true to its name in offering a slithering track often seen on car adverts. The tranquillity of the spot is what draws drivers in, with elevation and adverse cambers testing driving skills to the max.



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Driving Economy

Between buying a car, fuelling it, getting insurance, road tax and the rest, getting from place to place is certainly a costly business. Here are some top tips on how to cut costs with minimum fuss whenever you hit the road.

Drive sensibly

Speeding, rapid acceleration and hard braking are the quickest ways to waste petrol. Such aggressive driving can lower your gas mileage by 33 per cent at motorway speeds and by 5 per cent around town. The perfect way to travel, in theory – though admittedly rarely possible for most UK drivers – is at a constant speed (ideally around 50mph) and in the highest gear (five or six). So if you're a patient driver, you'll have lower fuel bills – it's as simple as that.

Stop idling

If you're parked and waiting, turn the engine off. Idling can use a quarter to a half-gallon of fuel per hour; restarting your vehicle, by contrast, only takes around 10 seconds' worth of fuel.

Go slow at first

Most manufacturers also recommend driving your car slowly 30 seconds after starting it. Cars are at their least efficient when they are cold. If you drive quickly straight from start-up, you are redoubling the wasted fuel and also wearing out the engine more quickly in the process.

Embrace the heat

Try setting the air conditioning for a higher temperature or, if you're really bold, go without it. Running the air conditioning can reduce a vehicle's fuel economy by more than 25 per cent.

Keep your tyres inflated

Making sure you've got proper pressure can improve your petrol mileage. Do not go by the maximum pressure level printed on the tyre's sidewall. Experts say you can usually find the correct pressure level for your car printed on a sticker in the glove box or in the owner's manual.

Rotate your own tyres

Front tyres wear more quickly than rear tyres. By switching them, you help ensure both sets wear evenly and that you won't have to prematurely replace them. To know when to switch them, look in your owner's manual.



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WHAT'S ON

in your area

IT help

**Hornchurch Library, 44 North St,
Hornchurch, RM11 1TB**

Every Tuesday, 2pm – 4pm

Sessions with the library's volunteer 'Techy Buddies' to help you with your IT problems and queries held every Tuesday.

For more information, call 01708 434903

Careful Movement and Yoga

**The Stadium, Bridge Ave, Upminster,
RM14 2LX**

Every Thursday, 10am – 11.30am



Stock image

This class is for all abilities who wish to gain inner focus and improve their wellbeing. Careful Movement includes meditation and breathing practices.

Careful Movement and Yoga sessions are suitable for all ages and abilities as they sit on chairs for a lot of the work.

For more information, visit www.donnanegusyoga.co.uk

Last Band Standing

**Fairkytes Arts Centre, 51 Billet Lane,
Hornchurch, RM11 1AX**

October 18, 7pm

The London Borough of Havering's annual search to find the best young bands in the area. Always keenly contested, this long-established competition invites bands to perform for the honorary title while providing valuable exposure and experience.

Any bands from the east London or Essex area that would like to compete should contact arts@havering.gov.uk for information and an application form.

Tickets are £6 and are available at www.seetickets.com/event/last-band-standing/fairkytes-arts-centre/1382756

Wedding Fair

**Ingrebourne Links Golf and Country Club,
New road, Rainham, Essex, RM13 9FL**

October 20, 11am – 4pm

Ingrebourne Links has recently been awarded a marriage licence and are hosting a wedding fair on Sunday, October 20 at 11am until 4pm.

They are inviting you to come along to our stunning venue and meet some of the best wedding suppliers in Essex.

Free entry and no booking is required.

Ornchurch Fest

**The Stadium, Bridge Ave, Upminster,
RM14 2LX**

October 20, 12pm – 8pm

Hosted by Hornchurch FC Beer Festival, another great selection of ales/beers/gins, music and much more at the home ground of the mighty Urchins.

For more information visit www.facebook.com/HornchurchFCbeerfestival/

Charity quiz night

**Tandoori Lounge, 185 High Street,
Hornchurch, RM11 3XS**

October 29, 7PM

Tandoori Lounge are putting on a charity quiz night with a three-course seated buffet, to raise money in aid of Mitchell's Miracles.

Tickets are £22.50 and £5 per person will be donated to charity. If you have a charity that you would like to nominate for donations, please contact Tandoori Lounge directly on 01708 564767.



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 - Mirrors
- ...and more

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BURGES CLOSE, EMERSON PARK £1,699,950

Set within this delightful cul-de-sac is this extensively extended, modernised & remodelled home with the advantage of a 10 year building warranty. Accommodation over 3 floors. Reception hall 18' x 15' 5", 4 receptions areas, fabulous open plan kitchen/family room 29' 2" x 18' overall, laundry room, g/f cloak, 6 double bedrooms with either dressing rooms or fitted wardrobes, 5 bath/shower rooms, 2nd floor kitchenette. Electric gates, Integral gge, 65' south facing rear garden. Awaiting EPC.



TYLE GREEN, EMERSON PARK £975,000

Superbly located in one of the best positions on this highly regarded development fronting onto a large open greenwood area with duck pond is this detached family home. Spacious reception hall, lounge 20' x 13' 7", study/TV room, custom fitted kitchen/dining/family room 24' x 22', g/f cloakroom, 4 double bedrooms, re-fitted en suite shower room & luxuriously appointed family bathroom/WC. 67' road frontage, OSP, d/w gge, secluded south facing rear garden 67' x 50'. EPC D.

179 Squirrels Heath Lane | Hornchurch | RM11 2DX | www.davisestates.co.uk | sales@davisestates.co.uk