

A portrait of Lord Alan Sugar, an older man with grey hair and a beard, wearing a dark pinstripe suit, a blue shirt, and a patterned tie. He is looking slightly to the right with a serious expression, and his hands are clasped in front of him.

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**LORRAINE KELLY**  
*Celebrating 35 years on  
the interview sofa*

*Lord*  
**ALAN SUGAR**

From market trader to business magnate



**FREE**

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**SLEWINS LANE, HORNCHURCH**

**£600,000**

**FOR SALE**



Hunters are delighted to offer for sale this well presented four bedroom chalet bungalow which comprises; entrance hallway, lounge, dining room, fully fitted kitchen, two bedrooms and family bathroom. To the first floor are two further bedrooms and a shower room.

The front is a driveway with parking for up to four cars. To the rear is a well stocked garden with fenced border and a mix of trees and shrubs.

The property is situated in Hornchurch Town Centre. Gidea Park Station is 0.7 miles, Emerson Park Station is 0.5 miles

**OSBOURNE ROAD, HORNCHURCH**

**£425,000**

**FOR SALE**



The property comprises; entrance hallway, ground floor w/c, integral garage, open plan kitchen/diner. To the first floor; lounge, master bedroom with built in wardrobes and walk in wardrobe. To the second floor; two further bedrooms, bathroom with separate shower cubicle and separate w/c. Block paved driveway, rear lawned garden with patio area and trees and shrubs.

Frances Bardsley Academy for Girls is 0.1 miles, Hylands Primary School is 0.3 miles Romford and Gidea Park Crossrail stations are 1 mile from the property

**REDDEN COURT ROAD, HORNCHURCH**

**£799,950**

**FOR SALE**



Hunters are pleased to offer this well presented, extended and fully refurbished four bedroom detached family home in Harold Wood.

The property comprises; entrance hallway, lounge, dining room, fully fitted modern kitchen, utility room and ground floor cloakroom four bedrooms, two with en-suite shower rooms and the family bathroom.

The garden has a raised patio area, brick built outhouse with double glazed windows and doors.

The property is 0.5 miles from Harold Wood Crossrail station. Harold Wood Primary, Ardleigh Green Infants are within 0.5 miles, The Campion School is within 0.4 miles.

**MORRIS ROAD, HORNCHURCH**

**£415,000**

**FOR SALE**



Hunters are pleased to offer this well presented and recently refurbished four bedroom property in Harold Hill.

The property comprises; entrance hallway, ground floor w/c, lounge, dining room, breakfast kitchen, to the first floor are three double bedrooms and family bathroom, and to the 2nd floor is the master bedroom and separate shower room. The property benefits from gas central heating system and double glazed windows, gardens front and rear.

The property is close to Romford Town Centre with good links to the M25 and A12. St Ursula's Primary School is 0.5 miles, Gidea Park Station is 1.9 miles

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November 2019

CONTENTS

- 6 LORRAINE KELLY
- 8 BGT: THE CHAMPIONS
- 10 FASHION
- 13 BEAUTY
- 17 HEALTH & FITNESS
- 22 FOOD & DRINK
- 29 PETS
- 30 GARDENING
- 39 HOME & DIY
- 50 LORD ALAN SUGAR
- 54 LOCAL NEWS
- 78 PUZZLES
- 81 HISTORY
- 82 TRAVEL
- 84 KIDS
- 87 BUSINESS & FINANCE
- 91 TECHNOLOGY
- 92 SPORT
- 95 MOTORING
- 96 THE **VISION** LISTINGS
- 98 WHAT'S ON

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# Editor's notes...



Brett Shohet, Editor

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

Do you ever feel like time just flies by from month to month?

I find it hard sometimes to take some time out for myself and do things I

enjoy as I get so involved in the business.

I recently got back into snooker, something that I played so much as a child and became pretty good at it. So, I rejoined my old club and started playing again.

It's so good to reconnect and meet a new group of people to socialise with. Try it for yourself; revisit a passion or hobby you had in your younger days. I'm sure you will enjoy it, like me.

This month we launch our seventh and eighth titles of **VISION**. These will be to EppingTheydon and Leigh-on-Sea, making our monthly distribution to at least 53,000 homes. Thank you for making this happen.

In local news, a former army cadet is praised for a selfless act, volunteers who reopened the Secret Garden are honoured by the mayor and a new sports centre hits its second milestone.

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

**VISION** is your magazine for your town. I hope you all enjoy the November edition.

*Brett*

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## A LIFE IN THE LENS – LOOKING AT THE IMPACT LORRAINE KELLY HAS HAD ON OUR MORNING ROUTINES

Lorraine Kelly is a doyenne of the terrestrial TV morning schedule – a homely, kind, softly spoken presenter whose ability to mix everyday life with A-list red carpet celebrity excess has made her one of our most cherished broadcasters.

At the end of November, the Scottish presenter turns 60. She has dedicated more than half of her life to the interview sofa, in the process achieving the quite unique feat of never seeing her popularity wane, despite the wildly changing fortunes of the shows she has been a part of, from *TV-AM*, *GMTV*, *ITV Breakfast* and *Daybreak*, not to mention revisions to her own lifestyle and entertainment show *Lorraine*.

Since joining the first of those ITV breakfast show incarnations in 1984, the Glasgow-born journalist has been a stalwart, effortlessly combining heavy news, serious topics and controversy-laden stories with light entertainment's feel-good factor.

From covering the Lockerbie bombing in 1989 to guest-hosting BBC2 comedy-quiz series *Never Mind the Buzzcocks*, to providing voiceovers and narration on CBeebies programme *Raa Raa the Noisy Lion*, Lorraine's appetite for variety is only ever at odds with her constant chipper, chirpy, uplifting tone that effervesces warmth and friendliness.

### 'EMOTIONAL, FUNNY, ENTERTAINING AND WITH A HEART OF GOLD'

Lorraine was the recipient of an OBE in 2012, and a year later fellow weekday morning magnate Piers Morgan made Lorraine the subject of one of his *Life Stories*. Emotional, funny, entertaining and with a heart of gold, she wept at recalling the images of Dunblane, a massacre that occurred just 35 miles from where she grew up.

And yet Lorraine, like Piers, has always been able to mix tragedy with optimism in almost Shakespearean flits between heartache and happiness – from the most exposed portrayals and gravest of real-life stories to, in complete contrast, Lorraine's own "exposure", made public by a temeritous Piers who embarrassed the Scot when he displayed a picture of her naked on a sunbed from a newspaper cutting, before presenting it to her in a frame.

Morgan's comment that the host's secret to her seemingly ageless demeanour is that she is "such a great laugh both on and off-camera" is the truest ode. Her instantly-recognisable giggle has kept her liked and adored by the British public. Combining this with a sense of style that is brave, bold, free from convention and with the specific intention of making the wearer feel satisfied, she flies a flag for anyone putting themselves first.

"It's true, sometimes I do find myself wearing clothes an 18- or 19-year-old might have in their wardrobe," she has said. "In the past I would have thought twice, but I think as the years go on you realise how important it is to dress in a way that makes you feel happy."

Weight loss has also been another topic close to the TV personality. Brutally honest about her appearance, she recently revealed that she'd been able to lose almost a stone in weight in just over six weeks thanks to cutting out carbs.

It is perhaps the one thing we will allow the "Queen of Daytime TV" to limit. The rest – the friendly smile, the sense of community and the ability to make every viewer feel like they are in the room with her – we will keep... thank you, Lorraine.



# THE TALENT

A LOOK AT THE HOW *BGT*'S TWIST AND PULSE RETURNED TO THE BIG TIME AFTER A GAP OF NINE YEARS

It's clear 2019 is going to go down as the year when everything got a little mixed up. There's Brexit, Man United's inevitable slide towards the lower leagues, and even a freshening up of established TV formats. Yet while the changes to *X Factor* will play out fully over the coming months, we've already seen the first "champions" emerge from the *Britain's Got Talent* stable... and in true Simon Cowell irreverent style, they weren't even winners in the first place!

When the saviour of light entertainment announced the concept of *BGT: The Champions*, it's likely he foresaw the likes of Colin Thackery, Lost Voice Guy, Richard Jones and perhaps even Paul Potts coming back to relive past glories.

The fact Twist and Pulse took the big prize is slightly baffling, given that the street dance duo were actually beaten into second place in 2010 by gymnastic troupe Spelbound. What's most surprising, given it's almost a decade since they were first on *BGT*, is the

fact Twist and Pulse are still together.

In the immediate aftermath of finishing runners-up in 2010, the duo – Ashley Glazebrook and Glen Murphy – appeared on a number of TV shows including *Magic Numbers*, *This Morning* and *Celebrity Juice*. They returned to *BGT* in 2012 with their own dance troupe, reaching the semi-finals, and travelled extensively in the early years as their popularity held.

Quieter times were to follow though, and only festive pantomime bookings kept the pair in the limelight. However, behind the scenes, they choreographed extensively, working with leading brands such as Red Bull, Kellogg's, Cadbury, Disney, Lego, Sky One, Specsavers and more.

Now, in 2019, their return to the top of the tree bucks the trend of Simon Cowell's acts burning out so quickly after fame. Perhaps these are the true champs after all...



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# THAT'S A CAP!

When *Peaky Blinders* first hit our screens in 2016, no one could have predicted the huge impact that it would have on British men's style, with one popular UK retailer reporting an 83 per cent increase in sales of flat caps after the first episode alone. But how do you pick the right style for you?

## The Newsboy Cap

Notably one of the most popular styles of flat caps, the Newsboy is recognisable by its fuller crown and button accent. Available in either wool or cotton, this fun and fashionable cap can be worn throughout the year.

## The Irish Flat Cap

Another popular choice, the Irish flat cap is an exciting option owing to its plaid or tweed pattern. Ideal for those wanting to look seriously dapper.

## The Baker Boy Cap

A slightly more serious-looking cap, the Baker Boy has a low profile crown and sits more firmly than the Newsboy owing to its harder exterior. Perfect for those who pride themselves on pushing the boundaries of fashion. Available in felt or wool.

## The Driving Cap

A unisex cap, this style sends us straight to the streets of Paris with its elegant and simple design. The driving cap can be identified by its stiff hat band and full crown. Keep it simple in plain black and let the shape do the talking.

## The Big Apple Cap, aka The Gatsby

Similar to the Newsboy cap, the Gatsby is an eight-panel cap and sports a much larger and wider brim as well as the standard button accent. Wear to give off an old-school vibe.

## The Shelby

Technically a Newsboy Cap, the Shelby cap was named after *Peaky Blinders* character Tommy Shelby and sports the exact same design that his character, played by Cillian Murphy, wears in the hit series.



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# The Beauty Room

Salon owner Joanna said having a great team around her is paramount to running a successful salon.

She said this includes therapists who love their job and know they are appreciated.

The salon offers a full range of beauty treatments and each therapist has her own speciality.

Harpinder specialises in microblading and semi-permanent make-up. Sarah has been with the salon for 10 years now and loves all aspects of beauty especially lashes and waxing. Rachel is a holistic therapist who enjoys her Thai foot massage, Hopi ear candling and bespoke massages.

*October 1st saw  
the salon celebrate  
26 years in business*

Ellie is the salon's new apprentice and is currently offering manicures and pedicures for £15 each treatment and facials using Dermalogica products for £25.

Joanna specialises in the CACI non surgical face lifting treatment and says "If you haven't had a CACI facial you haven't tried the best treatment for a natural facelift".

*The salon is offering a CACI  
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SKINCARE

INGREDIENTS



BEAUTY

# laid bare.

**H**ave you ever really looked at the ingredients list on your skincare products? As in, looked and found out what they actually do? Or do you just blindly follow what your preferred brand says you should be using without question? Us too.

**RETINOL**

If you are a fan of anti-ageing creams, then you will definitely have heard of retinol. A derivative of vitamin A, this wonder ingredient is great at reducing the appearance of fine lines, deeper-set wrinkles and also sun pigmentation.

**VITAMIN C**

This antioxidant is perfect for helping protect your skin from sun damage. Although not as potent as other ingredients, it is useful for brightening up dull-looking skin.

**SALICYLIC ACID**

Acid on your skin doesn't sound good, but believe us it is. This particular acid helps to remove old, dead skin cells and at the same time stimulates the growth

of shiny new skin cells. Ideal for those who are prone to breakouts and/or blackheads.

**COLLAGEN**

Collagen is a naturally occurring protein in our bodies but unfortunately, as we age, our levels of collagen become depleted. We know, it's not fair. The good news is that it can be found in many skincare products, including day and night creams.

**JOJOBA OIL**

Some people worry about oils, especially those with oily or combination skin, but this particular one is amazing at regenerating your skin cells and will genuinely improve your overall complexion. And as an added bonus, it can be used over your whole body.

**HYALURONIC ACID**

Another acid, this one works by massively hydrating your skin, resulting in a plumped-up effect. Just what you need for ageing skin that has lost some of its collagen and is looking a little thin.



# Microdermabrasion

made crystal clear



- Blackheads;
- Acne scars;
- Stretch marks;
- Sun-damaged skin;
- A dull, tired-looking complexion.

## Is it safe?

Microdermabrasion is a low-risk, painless procedure that does not use needles or an anaesthetic. The treatment should only be carried out by a licensed dermatologist, plastic surgeon or registered nurse.

## How much does it cost?

This is dependent on what type of specialist you book with, but on average this procedure will cost between £40 and £100 for one session. You can have this procedure as frequently as every week to kick-start the desired cosmetic effect, with most switching to monthly maintenance after three to four sessions.

## Does it take long to recover from the treatment?

Your skin will be pink and feel dry and tight after the procedure, a bit like a moderate case of sunburn. However, these effects will only last for around 24 hours and can be greatly improved by regular moisturising. It is advised to not wear make-up until the skin has completely healed.

## What is microdermabrasion?

Microdermabrasion is a non-surgical, minimally invasive cosmetic procedure that uses crystals and a vacuum to remove dead skin cells; it can be used on the face, neck, chest, back and hands. You should notice an improvement in the elasticity, texture and appearance of your skin after only a few sessions.

## What types of skin can benefit from this procedure?

This procedure is particularly effective for those suffering with the following skin complaints:

- Wrinkles and/or fine lines;
- Age spots, brown spots or hyperpigmentation;

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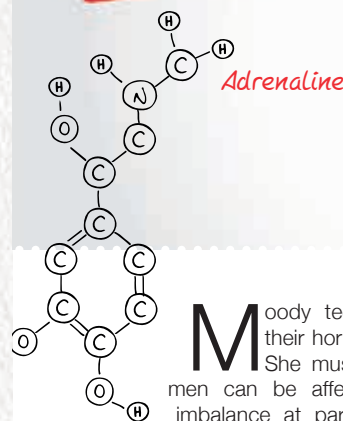
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# HORMONES



**M**oody teenager? Blame it on their hormones. Nagging wife? She must be hormonal. Even men can be affected by a hormonal imbalance at particular points in their lives.

And it's no wonder really, as the human body secretes and circulates 50 different hormones which are responsible for regulating most of our major bodily functions.

#### The key hormones and their functions:

**THYROID:** This hormone helps regulate our weight and internal body temperature and controls our energy levels.

**OESTROGEN:** A female sex hormone that is in charge of reproduction, menstruation and menopause.

**SEROTONIN:** The happy hormone that regulates our moods, memory, sleep and digestion.

**CORTISOL:** A stress regulator, this hormone is produced by the adrenal gland.

**ADRENALINE:** Known as the emergency hormone, adrenaline causes the "fight or flight" response.

**TESTOSTERONE:** The male sex hormone; it helps build muscle and develop male reproductive tissues.

**PROLACTIN:** This hormone is released after childbirth so that the mother can lactate.

**PROGESTERONE:** This hormone helps the

body prepare for conception and pregnancy and regulates the monthly cycle.

**INSULIN:** Produced by the pancreas, insulin helps the body regulate blood sugar levels.

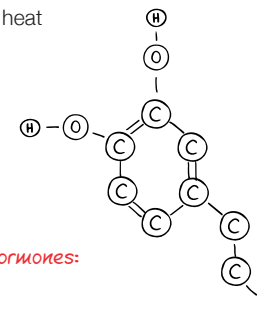
#### Symptoms associated with a hormonal imbalance:

- Unexplained weight loss or gain
- Excessive sweating
- Sudden sensitivity to cold or heat
- Long-term fatigue
- Feeling constantly thirsty
- Difficulty sleeping
- Anxiety/mood swings
- Brittle bones
- Changes in blood pressure
- Bloating

#### Natural ways to balance your hormones:

- Get sufficient sleep
- Manage your stress levels
- Exercise regularly
- Avoid sugars and refined carbohydrates
- Eat plenty of fruit and vegetables
- Eat healthy fats such as nuts and avocados
- Increase your fibre intake
- Eat one or two portions of oily fish per week

Suffering from a hormonal imbalance can have serious effects on your whole body, so if you are experiencing any of the above symptoms, you should talk to your GP who will investigate further.





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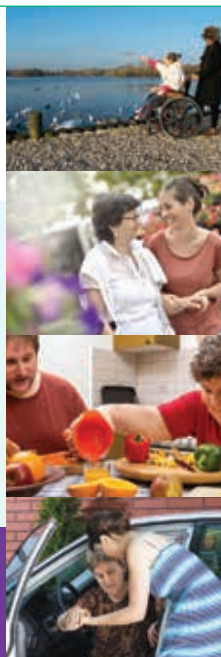
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FIVE EXERCISES THAT CAN BE PERFORMED ON A TREADMILL



### INCLINE PRESS-UPS

Turn the treadmill off and stand on the side base with your hands on top of the handles, making sure your body is in a straight line.

Now bend your elbows into a push-up and take your chest down to the console, hold it and then push back up. Perform 10 reps.



### REVERSE MOUNTAIN CLIMBERS

Set speed to 1-2mph, move behind the machine and face away from it, then go into the plank position. With hands on the floor, lift feet onto the treadmill, drive your right leg onto your chest and stretch, then the left one. Perform eight times on each leg.



### WALKING PLANK

Still at 1-2mph, stand at the end of the treadmill and get into the plank position, putting your hands onto the base of the machine. Making sure your body is in a straight line, put your hands onto the band of the machine and simply walk them forward.



### SIDE SHUFFLES

Stand sideways on the treadmill in a squat position and slowly bring the speed up to around 3mph. Moving quickly, move your feet together and out again. Repeat this on the other side. For balance, hold your hands together.



### TREADMILL PUSH

Turn off the treadmill and pull the emergency tag. Then stand on the machine and grip both of the handles with your hands, and bend your elbows slightly. While in that position, drive your legs in a forward motion to push the treadmill belt back.

Complement these exercises with a brisk walk or run to get your body toned.





# ACANTHOSIS NIGRICANS... *What is it and why does it matter?*

## How do you know if you have it?

The main symptom is patches of skin that are darker and thicker than usual. They can appear anywhere on the body. The patches are dry and feel similar to velvet.

They're most common in skin folds, such as the armpits, neck or groin, and some people also have tiny growths on the patches.

The patches often appear gradually, without any other symptoms, but the skin may become itchy.

Although it's usually harmless, it's best to get any skin changes checked out by your GP because in rare cases it can be a sign of something more serious, such as cancer.

## What causes it?

The most common cause is having raised insulin levels, hence it is more common in overweight people. Other causes include:

- type 2 diabetes;
- conditions that affect hormone levels – such as Cushing's syndrome, polycystic ovary syndrome or an underactive thyroid;
- taking certain medicines – including steroids or hormone treatments like the contraceptive pill;
- in rare cases, cancer – usually stomach cancer;
- in rare cases, a faulty inherited gene.

Sometimes acanthosis nigricans happens in healthy people with no other conditions. This is more common in people with dark skin.

## How is it related to type 2 diabetes?

If your diet is 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 other effects 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; this is why people with type 2 diabetes are more prone to cancer. Acanthosis nigricans is essentially benign and harmless. However, the raised insulin (called hyperinsulinemia) causes proliferation of the surface of the skin as well as excess melatonin production. Hence the thickening and darkening of the skin. Interesting to note that acanthosis has the same cause, but different symptoms, as skin tags.

## What is the treatment?

There is no treatment, but if you improve your diet and lifestyle you can bring your sugar levels back under control, your insulin levels will normalise and the dark, raised patches often fade over time.

Visit [www.prolongevity.co.uk](http://www.prolongevity.co.uk) or contact Graham Phillips at Prolongevity, call 07768 275802 or email [graham.phillips@manorpharmacygroup.co.uk](mailto:graham.phillips@manorpharmacygroup.co.uk)

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# Lambtastic!

You may not believe it, but lamb is actually one of the most consumed meats in the UK, beating the humble chicken and even British beef. Both professional chefs and amateur cooks just love its soft, melt-in-the-mouth pink flesh, and who can blame them?



## What should I look for when choosing lamb?

Lamb is one of the types of meat where you should try to push the boat out if you can afford to. Go organic, British and grass-fed where possible. Lamb meat should be deep pink in colour with dry, white fat.

## How should lamb be stored?

Lamb should never be exposed to heat until cooking time, neither should it be left out at room temperature. It should always be stored in the fridge or freezer to prevent it going bad.

## How do I cook lamb?

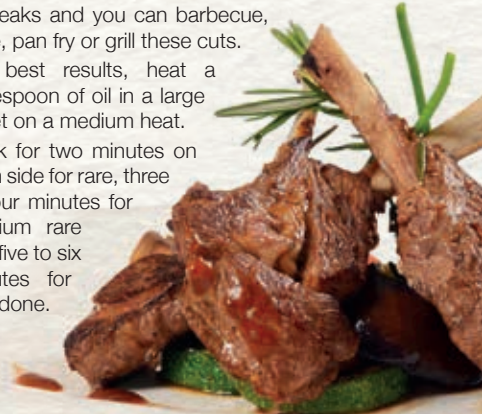
If you want to cook lamb shoulder or a leg of lamb, your best option is to slow cook them.

- Set your oven at 160°C or fan 140°C.
- To ensure the meat does not dry out you need to add plenty of liquid, whether that be red wine or stock plus your chosen herbs.
- We recommend placing your lamb on a bed of onions or vegetables.
- Cover with foil and cook for three hours.
- Remove foil and cook for a further 30 minutes.
- Remove from oven, re-cover and leave to rest for 15 minutes.

## Can lamb be cooked quickly?

Yes, it can. The best cuts for this are lamb chops and steaks and you can barbecue, griddle, pan fry or grill these cuts.

- For best results, heat a tablespoon of oil in a large skillet on a medium heat.
- Cook for two minutes on each side for rare, three to four minutes for medium rare and five to six minutes for well done.



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**DYNAMIC DELIA CHALKS UP  
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In many quarters, Delia Smith will forever be best known for her toe-curling, alcohol-provoked rant on the pitch at Carrow Road in 2005 when she did her best to gee up Norwich City fans in their Premier League encounter with Manchester City (a match they ended up losing 3-2 in injury time).

And yet, while the YouTube footage never fails in its Delia delight, there's plenty of content online, on TV and in book form that paint this food visionary in a much fairer light.

In an era when celebrity chefs were stern, pompous, slightly arrogant and very often male, Delia broke the mould with a fresh and friendly approach to home cuisine.

Across countless cookbooks, she informed and inspired, instilling in amateurs the confidence to create and innovate in the kitchen.

Delia launched herself into the public consciousness 50 years ago when employed as the cookery writer for the *Daily Mirror*. Penning *How to Cheat at Cooking* in 1971, she went on to create numerous *Collection* and *How to Cook* titles. While her love of a shortcut often provoked shrieks of derision from the traditionalists, it offered to a home audience a path into the culinary world that they would never otherwise have taken.

Sure enough, that connectivity has led the 78-year-old Woking-born chef to great success on the bookstand. This year marks five decades since her first published work, and in the time that has followed, the burgeoning success of more than 20 other tomes of first-rate food finesse endorses more than anything else Delia's unerring ability to stay timely, topical and with a finger on the pulse of cooking and dietary habits, many of which have changed wholly since her debut.

Combining bravery with brutal simplicity, Delia's message for magnificence in the kitchen is simply to do your best and enjoy the experience... and that goes for any footballers in earshot too.



**FOOD & DRINK**





# 5 Fakeaways

**E**xpensive takeaway treats playing havoc with your bank balance and waistline? These five easy meal options will trick your taste buds into believing they're having the real deal, while being both affordable and far healthier.

## SWEET CHILLI BEEF

Toss beef strips with cornflour and five-spice and fry until golden and hot. Remove from wok and drain. Then fry red pepper, garlic, ginger and chilli flakes before adding vinegar, soy, chilli sauce and ketchup. When reduced, coat the beef in the sauce and serve over rice.

## FRIED CHICKEN

Save calories on this yummy treat by using chicken breast, panko breadcrumbs and a very special spice mix – pepper, onion flakes, garlic granules, mustard powder, dried rosemary, basil, paprika, thyme and tarragon. Just don't tell the Colonel.

## DONER KEBAB

You don't need to have had a night of heavy boozing to enjoy this takeaway classic. Mix lamb

mince with seasoning and spices, shape into a large block, and wrap in foil. Cook in a slow-cooker for three to four hours on high, then slice thinly. Make your own kebab shop-quality garlic sauce by combining a crushed clove or two with yoghurt and lemon juice. Pile into a pitta with sauce, salad and pickles.

## FISH AND CHIPS

Coat your fish fillet of choice in beaten egg then seasoned flour and bake in the oven. Slice two potatoes to make chips, boiling for five minutes, before draining and finishing in the oven. For mushy peas, boil and blend with butter and mint. For extra authenticity, serve in newspaper cones.

## PIZZA

Using pre-made dough, roll out your pizza base. Spread with pre-seasoned tomato passata and top with a mix of cheddar and mozzarella and whatever other toppings you choose before baking in the oven. For dough balls, shape and bake the dough and mix butter with fresh garlic cloves. You'll never know the difference.



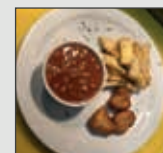
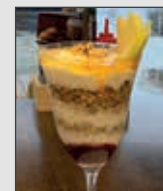
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# ANIMAL LOVERS

*look this way...*

Is your morning not complete without a daily fix of funny felines or pooches living their best lives? If you are nodding your head vigorously right now then these five fabulous “petfluencers” are exactly what you need to brighten up your inbox.

- 1. Jiffpom: 9.2 million followers**  
Jiffpom the Pomeranian has developed a somewhat cult following owing to his unbelievable cuteness and almost toy-like appearance. In nearly every post Jiffpom is in some sort of adorable outfit or sweet setup. Follow if you want the ahh factor.
- 2. Doug the Pug: 3.8 million followers**  
Pugs are undeniably fashionable at the moment. We just can't seem to get enough of their squished-up faces and tiny little bodies. Doug the Pug has everything that you could possibly want from a Pug Insta page. He loves to dress up and imitate celebrities and, of course, he loves his food.
- 3. Hamlet the Piggie: 394k followers**  
Hamlet lives in Nashville and enjoys the finer things in life, from the latest fashions to cool convertibles. He loves to dress up, especially for the holidays, and can often be seen trying to sneak food.
- 4. Nala Cat: 4.2 million followers**  
This eight-year-old Siamese-Tabby mix is known for her wide eyes and mischievous nature. Originally a rescue cat, Nala loves posing for the camera and lots of cuddles. Less gimmicky than some other pet Instagrammers, Nala lets her unique personality shine through.
- 5. Mr. Pokee the Hedgehog: 1.5 million followers**  
Sadly Mr. Pokee himself died in March of this year, but his memory and joie de vivre lives on through his Instagram account where his owner continues to share photos of his hilarious and heart-warming exploits. You can also enjoy the adventures of their new hedgehog Herbee.







Photo credit: Kathy Hutchins/Shutterstock.com, Facebook, boredpanda.com





# WINTER JOBS in the Garden

With winter on its way you might be tempted to hang up the gardening gloves and put your feet up by the fire for a few months. But now is a good time to think ahead and to start making preparations for spring. The hard work you put in now will pay off next year.

## remove

First, remove any fallen branches, leaves and debris from around plants and beds. This will ensure dead plant matter doesn't cause damp problems to any underlying plants. It's also a good time to elevate containers onto pot feet to prevent plants becoming waterlogged by persistent winter rain.

## prune

Winter is a good time to prune, as deciduous trees have lost their leaves so you can see clearly the shape of branches. Climbing roses, fruit trees and hedges all benefit from a good cut back. Remove dead, damaged, diseased or spindly growth.

## move and protect

Move containers of shrubs, bedding plants or herbs such as bay, myrtle and olive to a sheltered spot to protect from frost damage. Put a cloche over thyme you use for cooking.

## feed

Obviously in the winter less food is naturally available for birds to eat, so it is a good time to give nature a helping hand. The RSPB has a range of advice about what to leave out for the birds during the winter. Water is just as important, as natural resources freeze up, so make sure birdbaths stay ice-free.




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GARDENING

PLANT OF  
THE MONTH:

# Poppy

Most famous for being the symbol of remembrance for soldiers who died during World War I, poppies make a beautiful addition to any garden and are simple to grow.

## WHAT TYPE OF PLANT IS A POPPY?

A poppy is part of the Papaveraceae family and is a herbaceous plant that is known for its colourful flowers. Poppies can grow to more than a metre tall and up to 15cm across.

## WHAT TYPES OF POPPIES ARE THERE?

There are roughly 120 different varieties of poppies, with the most popular being the field poppy, or papaver rhoeas, which is an annual and bee-friendly variety that suits a wildflower-filled garden. Or if you want a real showstopper of a flower, then oriental poppies are about as flamboyant as they come and are available in many eye-catching colours, including salmon-pink, scarlet, plum and orange.

## WHEN AND HOW SHOULD YOU PLANT POPPY SEEDS?

Poppies should be planted in either late autumn or early winter as they need to be exposed to the cold in order to germinate, making November the ideal month to sow poppy seeds.

- Start by preparing your soil by removing as many weeds as possible.
- Lightly dig the soil over and rake to create a bed for your seeds.
- Sprinkle the seeds over the surface – they do not need to be raked in owing to their tiny size.
- Water immediately and re-water only if weather is very dry.
- Expect flowers from June onwards.

## WHAT GROWING CONDITIONS DO THEY LIKE?

The poppy is an easy plant to grow and favours full sun rather than a shady spot. Although they will grow in most soil conditions, they will flourish in soil that is well drained, erring on the side of dry.





# Heart AND SOIL

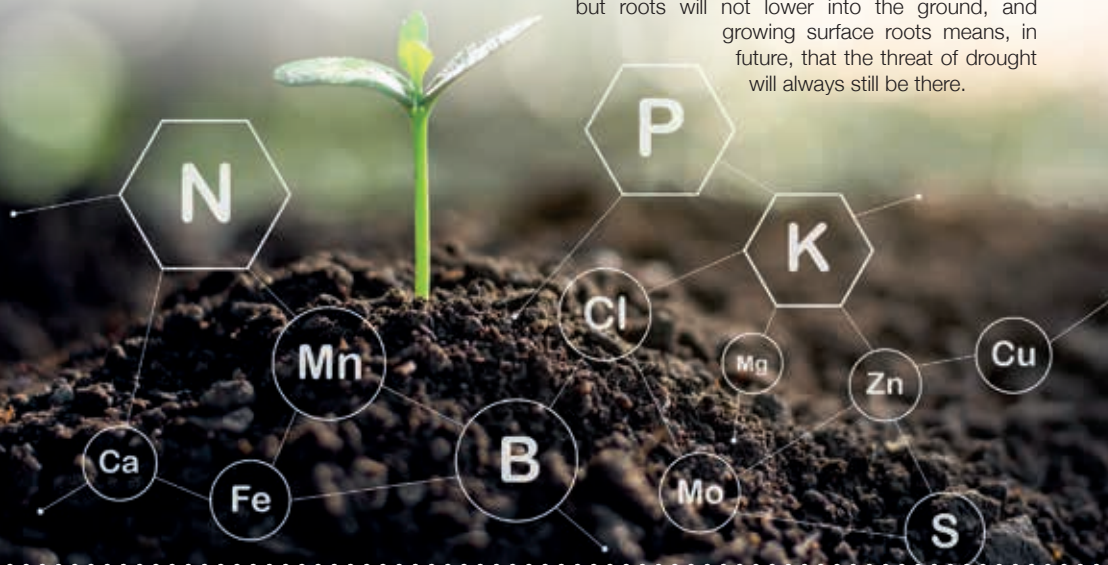
Growing your own fruit and veg is not only good on the pocket – it's great for the soul too... and the soil too, for that matter. But if you're thinking of going all Monty Don, you'd better make sure your ground matter is up to scratch.

**pH**  
Finding out the acidity of your soil using a testing kit means you can best match it to whatever it is you want to grow. A slightly acidic result of pH 5–7 represents the best conditions for anything in your garden, with fruit at the lower end and sometimes as low as pH 4. Readjusting your soil pH can

be done by adding either acidity (if too alkaline) or lime (if too acidic).

**Soil texture**  
Plants and vegetables require a richly organic bedding, with a crumbly texture that's moist to the touch and dark in colour. Improving earth quality requires nothing more than a trip to your garden centre – simply add one or two inches onto the top six inches of soil already there. This will also improve drainage quality.

**Watering**  
Whatever the soil type, never underestimate how much water you'll need to keep your earth in good shape. As a general guide, it's around 25 litres of water square metre every seven to 10 days to ensure you are maintaining optimum plant growth. If you're worried your soil doesn't have sufficient moisture, insert a spade to maximum depth, remove, and check the end for dampness. And remember, always water in the cool of the evening or very early morning. Day watering is prone to evaporation – not only will your plants not flourish, but roots will not lower into the ground, and growing surface roots means, in future, that the threat of drought will always still be there.



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HOME & DIY

# Go wild WITH WHITE

If subconscious associations with colours are to be believed, then it's little surprise that we prefer our kitchens to be glossy white, but just how white do they need to be?

**T**he truth is, if everything in life was plain white, we'd get bored of it pretty quickly. It follows then that, while this may be our favourite kitchen colour, the real devil is in the detail when it comes to livening things up:

## MARVELLOUS MARBLE

If your obsession with white is fixed, fair enough, but try a splash of alternative colour in your marble work surfaces or, better still, add a design to your splashbacks.

## ECLECTIC ELEGANCE

Use white simply as a platform for a decorative mix of shades and styles. This eclectic angle means you won't spend all your time stressing over drops of colour, and you can relax into your home surroundings while maximising productivity.

## RETRO SPLASHES

An orange lampshade or a lime green chair will offset perfectly a wicked wash of white, showing

individualism, excellence and no small amount of bravery.

## THE APPLIANCE OF COLOUR SCIENCE

If your budget allows you to choose either cupboards or a new selection of white goods, stick with the latter but match your white wood to appliances. That dated oven, dodgy fridge or flustered freezer won't look half as clumsy if the shade of white matches the rest of your kitchen.

## WHITE ON ITS WAY?

Of course, go through any paint swatch and you will see countless variations on the theme of white. Classic off-white is a clever, subtle and persuasive way of taking our favourite kitchen colour while not selling out completely.

Of course, the only downside to having a kitchen that shows off a wicked willingness for white is that you'll need a constant supply of cloths, wipes and sprays to keep the damn thing clean...





# DAVID COLLINS

*and a design legacy that continues to evolve*



Walk into any number of swanky bars, restaurants or boutiques opened or refurbished in the capital since the 1990s and there's a good chance the place you're standing in may have been strongly influenced by Irish interior designer David Collins.

The designer passed away just over six years ago, but his impact on the industry was profound, and his legacy continues to be enjoyed on a daily basis by the millions who flock to London every day.

Collins' style was in luxury interior design.

Flanked by his David Collins Studio, the organisation has become renowned for chic, clean, glamorous design with an eye on heritage – ideas that are so applicable to London's sleek, rich, cosmopolitan feel, and often embracing his favourite colour, Lutyens blue.

Designing restaurants for Marco Pierre White, Pierre Koffmann and Marcus Wareing; patterning The Wolseley, The Delaunay Hotel, Claridge's, The Connaught and retail interiors for Harrods, Jimmy Choo and Alexander McQueen, Collins' style is as ubiquitous as it is unique – mainly because he has had an effect on so many.

The designer also swayed effortlessly into the pop world, and was responsible for Madonna's London and New York apartments which he curated with such swagger she gave him a co-writing credit on the track 'Drowned World/Substitute for Love', which appeared on Madge's 1998 album 'Ray of Light'.

Collins died in mid-July 2013 through complications arising out of a particularly virulent skin cancer – it had only been diagnosed three weeks previously.

Regardless, his studio continues to deliver iconic works of art and interior design, and is the recipient of numerous top-ranking awards.

It would be fitting to end with a quote from Madonna: "When I look around my houses, I am struck by what an influence he has had on me. He has left his souvenirs everywhere: his touch, his taste, his flair and his blue."

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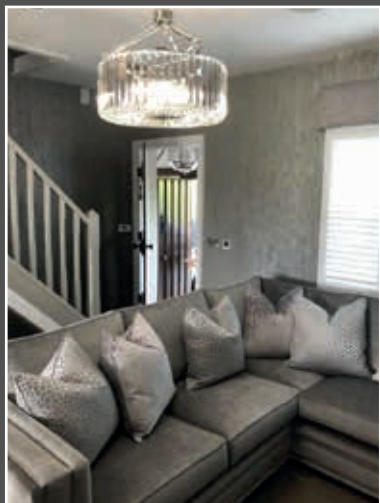
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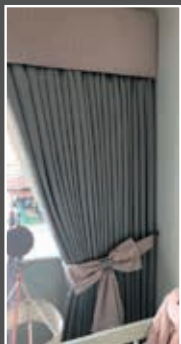
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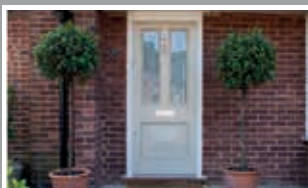
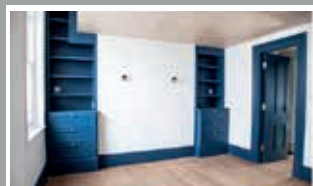
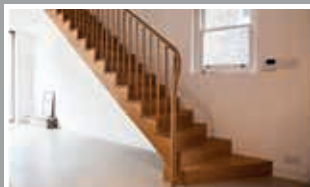
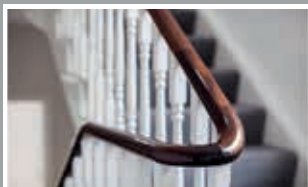
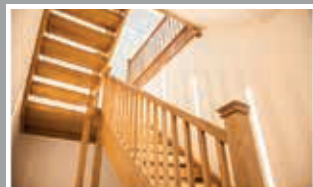


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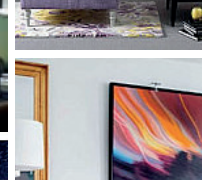
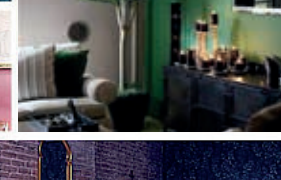
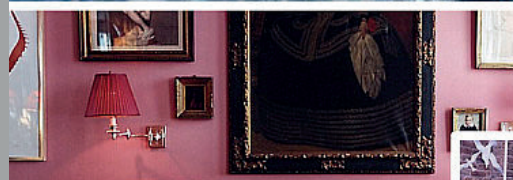
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# JEWEL of the aisle

WHAT TO LOOK FOR WHEN SHOPPING FOR JEWEL SHADES THAT WILL BRING LIFE TO YOUR INTERIORS

**P**repare yourself: jewel shades and tones are very much back in this autumn. Bold and strong, these colours are perfect for catching the eye. While a good start point is to match new purchases to existing wall colours or pieces of art, here's a more extensive guide, outlining the effect each jewel shade can produce in your home.

## PERFECT PURPLE

Purple is the deepest form of amethyst, and using a sofa in this colour to blend into or complement a dark wall behind can make for stunning décor and a real statement piece in a room. Other audacious types, like deep jade or mustard yellow, can be great combos too.

## ROYAL RUBY

Red already does what it says on the tin, but adapting ruby, a versatile, multi-mooded colour, can offer warmth, passion, brightness and fire. A ruby red lamp will transform the

space in a room. It instantly sets it apart from anything else, such as the regally revered hue, and combined with amethyst creates reflection and balance.

## SUMPTUOUS SAPPHIRE

Sapphire is another bold jewel tone that's very adaptable. The darker blue creates feelings of peace, tranquillity and purity, and, added as a cushion or a throw onto a light object, such as a chaise longue, offers a perfect contrast that is "statement stylish".

## ELEGANT EMERALD

Emerald is a gorgeous jewel tone and works brilliantly with whites, silvers, greys and browns. Its presentation, especially with wood, gives the feeling of nature, life and the outdoors, indoors; while paler shades of formal colours will allow the emerald's deep, solid earthy quality to come to the fore, giving the room an alluring mystique.

Photo credit: decoist.org, apartmenttherapy.com





# SEVEN USES FOR A USED TOOTHBRUSH

**D**entists recommend that you replace your toothbrush every three months to prevent infection, but it seems such a waste to simply throw out the old ones.

## 1. CLEAN YOUR KEYBOARD

If you have ever eaten your lunch at your desk, then chances are your keyboard needs a good clean. A toothbrush is perfect for reaching between the keys to shift stubborn dirt. Apply a simple solution of alcohol and water.

## 2. REVIVE OLD JEWELLERY

Soak any delicate jewellery in hot water mixed with dishwasher soap for around 30 minutes. Remove and gently brush with a soft toothbrush and rinse.

## 3. DUST YOUR BLINDS

A household task that can often be forgotten, the dust that builds up between blind slats or around curtain rings can be shocking. A toothbrush is the perfect size for tackling hard-to-reach spaces.

## 4. APPLY HAIR DYE

Especially good for touching up your roots or grey hairs, a toothbrush is the ideal tool for blending colour into roots; it is much more effective than a mascara wand.

## 5. POLISH METAL ITEMS

A toothbrush can work wonders on any metallic item, but especially those that are prone to trapped dirt or residue. Simply mix water and baking soda and scrub the affected area.

## 6. GROOM YOUR EYEBROWS

Why waste money buying an expensive eyebrow brush when an old toothbrush will do the job perfectly? Ensure that your toothbrush has been thoroughly cleaned and that the bristles are all still intact and then groom away.

## 7. REMOVE CRAYON MARKS

Crayon stains on the wall are the worst, but they can be removed by applying a small amount of shaving foam to a toothbrush and scrubbing the offending area.



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## JUNGLE FUN

Ever dreamed of turning your bedroom into a boudoir worthy of Borneo or adding an Amazonian twist to your home? Never fear – giant house plants are all the rage when it comes to interior design. These fabulous flora will turn your house into a rainforest haven in no time.



### Swiss Cheese Plant

This plant gets its brilliant name from the elegant gaps between its expansive leaves, resembling the holes in a slice of Swiss cheese. The once popular monstera deliciosa has made a comeback in UK interiors due to its ability to revolutionise a room with its social media-ready, dramatic but understated presence in the corner of the room. In its native Mexico, the monstera can reach heights of 20cm, with dinner plate leaves stretching up to 75cm.



### Fiddle Leaf fig

Anyone who owns the fickle fiddle leaf fig knows it requires quite a bit of TLC to survive. Keep your fiddle leaf fig in bright, indirect light. When roots begin to grow out of the bottom of the pot, either re-pot into a container that's a couple of inches bigger or trim the root-ball, being sure not to reduce the roots by more than 20 per cent. Because of their large surface, leaves tend to collect a lot of dust which can block light absorption, so to keep the plant healthy, regularly wipe those tops with a soft cloth. If properly cared for, the fiddle leaf fig can hit heights of up to three metres.



### Jade Plant

This elegant, succulent plant requires very little care and is easy to grow in pots, but with an ability to adapt itself to differing light conditions and a maximum growth of up to three metres, a jade plant can create a real focal point in any room. Jade plants do best in temperatures of one to 24°C during the day and 10 to 13°C at night, with fertiliser being applied every six months or so. With a little TLC, however, your pretty jade plant might one day become a pretty jade tree.



HOME & DIY





# Good Lord

THE BBC'S SUGAR DADDY PROVES HE STILL HAS THE APPETITE FOR A SWEET DEAL

It would be fair to say Lord Sugar doesn't much go for his lofty prefix. The East End barrow boy turned Amstrad founder and football club magnate is rarely seen mooching with the upper echelons of society in Westminster. Instead, he'd rather find himself on our TV screens, bellowing nuggets of entrepreneurial excellence at the latest band of misfits masquerading as the next big thing.

Lord Sugar's love affair with *The Apprentice* is one of modern reality TV's greatest hits, even though his command of a captive audience is merely a minor part of a genuine success story that evolved from car boot sales and market stalls to a wealth that now tops £1.1 billion.

Of course, anyone who has watched his flagship BBC1 business programme will be left in little doubt as to the credentials of the former Tottenham Hotspur owner, for the simple reason that the Sugar sales sound bites come thick and fast in almost every show... so much so that it would be wholly believable to find the 72-year-old off camera flogging a bag of ice to an eskimo in between takes.

Regardless, the longevity of Lord Sugar on our screens typifies perfectly the admiration we have of anyone achieving so much from so little. The Hackney-born trader epitomises the swashbuckling, charismatic, go-getter spirit that we all aspire to emulate, even if some of the swag he has peddled over the years has, by his own admission, been "an old pile of toot".

Starting out as a market trader in 1963, Sugar found a niche selling car aerials and electronic goods. From there he evolved, capitalising on the boom in demand for home computers. With IT continuing to provide additional commercial angles in an increasingly tech-driven age, the entrepreneur quickly accumulated huge wealth (he finally reached billionaire status in 2015).

Sugar has also dabbled in air travel and property investment projects, but neither offered quite the appeal of reality TV business mentoring, and when he was approached in 2005 by the BBC for a new TV series that would unearth a wealth of business hopefuls desperate to side with one of the UK's most respected commercial megaliths, his interest piqued. Few could have envisaged that, 14 years on, the (now) Sugar/Brady/Littner trio would still be chalking up viewing figures in excess of seven million in the immaculately delivered *The Apprentice* show.

His reward – other than a new business partner each year – is the sort of marketing power and celebrity kudos that he could only have dreamt of when flogging his clunky computer systems 40 years ago. And while recognition is often financial, being endowed with the title of Lord 10 years ago by Prime Minister Gordon Brown was significant. Many at the time saw it as a somewhat cynical ploy by a desperate Labour government to curry mainstream favour to someone almost universally popular (apart from with Arsenal fans); but in truth, the title envelops a spark and a spirit based in qualities that all of society will approve of... a desire to achieve and succeed.





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# LOCAL NEWS

*from your neighbourhood*



## Former army cadet praised for selfless act

A good Samaritan from Hornchurch has been praised by the family of a man who had collapsed in the street.

Haverling Sixth Form College student Reuben Bunce-Mason, 17, didn't hesitate when he saw the man collapsed and having an epileptic seizure.

The student was travelling on a bus to college on September 26, in Corbets Tey Road, Upminster, when he saw the man lying bleeding on the pavement.

Reuben asked the bus driver to stop so that he could get off and give first aid to the man.

The former army cadet said: "The man was bleeding from his nose and mouth and had rolled onto his back so he was choking on his blood. He was having quite a severe fit, so I took control of the situation and placed him in the recovery position."

"I asked someone to call an ambulance and then monitored the man and reassured everyone until the paramedics arrived and took him to hospital."

The family of the injured man – who is now at home

recovering – praised Reuben's actions in a letter to the *Romford Recorder*.

They said: "To say that Reuben was incredible that morning is an understatement. It was quite a severe seizure and it's very distressing to witness, but Reuben kept his cool."

"One amazing outcome is that a neighbour is now undertaking a first aid course because he felt so helpless and didn't have a clue what to do."

Reuben was first aid trained through the Army Cadets and is now carrying with him at all times a mini first aid kit. He is also campaigning with his family for first aid to be part of the curriculum so that even primary school pupils know the basics.

He said: "We have written to our local MP because we think first aid should be taught in schools. It is a life skill that everyone should have."

Deputy principal Paul Nutter said the Sixth Form College will be nominating Reuben for an award to recognise his superb citizenship.



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Photo credit: Greater London Authority



LOCAL NEWS

## Volunteers who reopened Secret Garden are honoured

The Mayor of London honoured a group of volunteers who worked to reopen a secret garden in Hornchurch, three years after it closed.

The team from Network Rail cleared the Secret Garden in Harrow Lodge Park enough for it to be reopened after it had been neglected.

The team regularly maintains the garden and has created an eco-friendly, fully accessible sensory delight, full of wildlife and birdsong and plenty of bees. The garden recently won a Green Flag and benefits the whole community.

A Network Rail spokesperson said the train operator was extremely proud of the group.

He commented: "It's fantastic that several Network Rail employees have been recognised for their efforts in the Mayor of London's Volunteering Awards. Many

congratulations to the training team for its award for maintaining the Secret Garden for the blind in Hornchurch, which is richly deserved.

"We value the importance of volunteering to help our local communities, which is why we allow our staff up to five days of volunteer leave each year."

Mayor Sadiq Khan said: "It's so important to celebrate the wonderful work of our city's volunteers and community groups. Volunteering presents opportunities for all Londoners to have their voices heard and to make a real difference to our communities at a time when we've seen key support services cut back. To all the nominees and winners, and to the countless other volunteers who generously dedicate themselves to helping fellow Londoners: thank you."

## Youngsters causing chaos in town centre

People in Hornchurch are calling on police to act after a group of young people aged between 17 and 20 caused problems in the town centre.

Members of the Hornchurch Community Facebook group took to social media to voice their worries and said police had been called.

One member said the group of young people attempted a number of crimes, including criminal damage, attempted car break-ins, mugging and antisocial behaviour, on the afternoon of October 8. Police were called but the young people weren't picked up as they were witnessed getting the bus from Hornchurch town centre towards Upminster and Cranham.

One member who was caught up in the trouble said she believes action needs to be taken and stressed she believes police do a great job.

She said she took to social media to warn others about the problem.

She added: "I am worried about the fact that in two weeks a number of known offenders are just walking the streets causing issues and have spoken to the local teams, about crimes committed against me personally. They have acknowledged they are pulled from here to other places. I just want to feel safe to leave my home."

At the time of print the Metropolitan Police were unavailable to respond.





# New sports centre begins to take shape

Construction work on the new Hornchurch Sports Centre hit its second milestone last month, with the steel frame structure now firmly installed.

While construction takes place on the new complex in Hornchurch, the current centre will be open as usual to residents and visitors, right up until the grand opening of the new centre in 2020.

At the new centre, residents will be able to enjoy a 25m eight-lane swimming pool, a 20m wide learning and diving pool with movable floor to change the depth, a 100+ station health and fitness suite, three exercise studios and top-class changing facilities.

Councillor Damian White, Leader of Havering Council, said: "It is very exciting to see the great progress we're making towards delivering a fantastic new sports centre for Hornchurch and residents in the south of the borough."

"We are committed to investing and improving our leisure and sport facilities in the borough. With the continuing success of Sapphire Ice and Leisure, this new centre in Hornchurch, and through looking at a feasibility study for a new sports centre south of the borough, we're providing the facilities residents need to live healthy and happy lives."

Tom Fletcher, contract manager at Everyone Active, commented: "It's fantastic to see the next stage of the new Hornchurch Sports Centre being completed. We're confident that this investment will provide high-quality sports and recreational services for the whole community."

"We are continuing to work hard with Havering Council and our partner, Metnor Construction, to ensure that every aspect of the build is completed to the highest quality."

## New micropub coming to town

A new micropub is on its way to Hornchurch after Havering Council's licensing subcommittee granted an application for licensing permission earlier last month.

The Hop Inn Micropub will be coming to North Street in the town, and the licensing sub-committee set out the reasons why they decided to grant the application.

Applicants Philip Cooke and Alison Taffs said smokers would be limited outside after 9pm and added that patrons would not be allowed to take

glass outside the premises.

The application was granted subject to certain conditions, including the installation of CCTV.

The applicants say they have worked in the hospitality industry for 20 years.

In the document, the new establishment is described as somewhere "quality drinks are provided in a comfortable and relaxing space putting conversation back into the heart of the pub".

The owners applied for planning permission in August.

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Photo credit: Michael Hewson and Anna Skipworth



# Hundreds put best foot forward #ForJodie

Scouts from Hornchurch joined hundreds of others from across the district last month on a sponsored walk in memory of Jodie Chesney, who was stabbed on March 1 of this year.

Jodie, who was a student at Havering Sixth Form College in Hornchurch, was a keen scout. District explorer Scout commissioner Anna Skipworth and district Scout network commissioner Andy Dodkins set up #ForJodie, an initiative to run first aid training in the community with a special emphasis on bleed control.

Anna told **VISION**Hornchurch she hoped the event would bring about a positive change from a horrific

situation. Nearly £2,000 was raised at the event.

She said: "We hope what we raised so far will put the first 600 people through training and we will also want to place bleed control kits in locations so we could change outcomes of situations like that which happened to Jodie."

The walk left Harold Hill on October 5 and finished at Mayesbrook Park with a purple park run.

Anna, who knew Jodie well, said she is sure she would have loved the event.

She said: "I saw her grow up. She would have hated the walk but loved the powder paint. She was one for the fun and challenging herself."

## Care home residents impressed with students

Two health and social care students from Havering Sixth Form College in Hornchurch were showered with praise by residents and staff at The Oaks Residential Care Home in Upminster, where they carried out their industry placement recently.

Manager Jenny Freeman said she was delighted with the performance of Cassie Johnson and Leah Hurley, who both completed the Health and Social Care BTEC Extended Diploma this year.

She said: "Well done to Cassie and Leah for putting so much into their placement here. They both made a really big impact during their time with us and the residents loved having them around. We will all miss them so much but we wish them all the best for the future."

The girls were sad to say farewell to everyone – but they both went back to the care home last month to



meet with the new students who were taking over on the placement from them, to show them the ropes and introduce them to the residents.

All students studying the Health and Social Care BTEC Extended Diploma undertake an industry work placement as part of the course.

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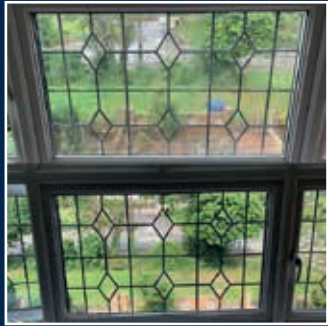
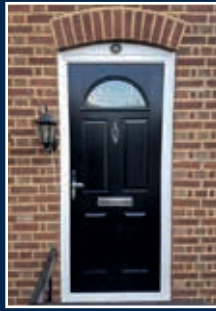
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## Bus stop closure causing concern following collision

A bus stop in Hornchurch town centre was closed last month after a bus collided with it, causing severe damage.

The stop, on Station Lane, was the subject of much discussion on social media, with many people saying what they thought had happened.

A member of the Hornchurch Community Group on Facebook said the closure on October 11 has created widespread problems.

He said: "People now have to get off at either St Andrews or the Old McDonald's and walk which, isn't

very good for the dozens of people that use the bus stop for a dozen different buses."

Other members said they couldn't understand why it was taking so long to repair the stop.

Another user wrote: "That particular bus stop is one of the busiest/most significant in Hornchurch. All they need to do is remove any debris from the accident and put a temporary moveable bus stop sign until they can fix the permanent sign."

A Transport for London spokesman confirmed they were investigating.

## Young butcher really is a cut above

An apprentice butcher in Hornchurch won a prestigious award recently. Sonny Richardson, 18, was named Apprentice of the Month by M.E.A.T Ipswich, the country's leading butchery training provider, where he has been learning his skills.

He has been working at Robert Smith and Son in Station Lane, Hornchurch.

Eric Reeve trained Sonny and said he was delighted at the news.

He said: "You get youngsters who aren't academic but leave school to pursue functional skills. Sonny has passed everything and done a lot of theory work."

"He's really put his heart and soul into it and gone above his level. Coupled with all this, his butchery skills have also really improved. He's really excelled and has been there for about 12 months. He should be taking his final exams by next May."

Robert Smith owns the family-run business and said he is extremely pleased.

Robert commented: "It can be slow starting some of these lads but he's miles above where he should be. There are people who have been on the course for four years or more who haven't achieved what he has. We're pleased with him and he's pleased with himself. He's also doing well academically and that's a major part of the job."

"There are not a lot of butchers coming through so apprentices are an important way of keeping the trade going."





# Thousands turn out for annual half marathon

Community spirit was in full force when the Havering Half Marathon took place last month with more than 1,000 runners taking part in the annual event.

The event, which started and finished at the Abbs Cross Sports Centre in Abbs Lane, Hornchurch, was raising money for Havering Mind, a mental health charity, and other local groups.

A spokesman for the charity said they were delighted with the success of the day.

He said: "It was a great community-spirited event and we were pleased to see many local residents come out to cheer on the runners.

"We would like to give a massive thanks to all the volunteers who made the event possible, in particular the many marshals we had out on the course."

The winner was Robbie Cooman from Havering

Athletic Club who finished the course in one hour 15 minutes and 36 seconds

Participants in the half marathon were raising money for a host of charities, including First Step, a Hornchurch-based charity supporting the families of very young children with special needs and disabilities. Liz Preston and Rob Guiney were running for the charity.

Janet Hutchinson, office manager, thanked the pair.

She said: "We were absolutely thrilled with the wonderful achievement of Liz Preston, one of our long-standing volunteers, and Rob Guiney, a great supporter of First Step, who both completed the Havering Half Marathon on October 6, raising much-needed funds for First Step. We truly appreciate the hard work and dedication of our supporters."

## Jodie accused was slashed in jail

A drug dealer accused of murdering girl scout Jodie Chesney was slashed across the face with a tin, the Old Bailey heard.

Manuel Petrovic, 20, told jurors how a gang of prisoners jumped him at maximum security HMP Belmarsh in southeast London after his arrest.

The promising footballer drove three others to Amy's Park, Harold Hill, east London, in his black Vauxhall Corsa and waited for them.

Prosecutors claimed he went there knowing Svenson Ong-a-Kwie, 19, and two teenagers aged 16 and 17 were intending to stab someone in revenge for a bungled drug deal.

Fellow drug dealer Ong-a-Kwie is said to have stabbed Havering Sixth Form College student Jodie in the back during a botched revenge hit after he had

been knifed in the leg by a rival two months earlier.

Croatian-born Petrovic said he was attacked after jailmates discovered "the nature of the murder, of an unsuspecting 17-year-old girl" during cross-examination by Charlie Sherrard QC.

"When it came to you being assaulted, the nature of this case, the nature of the murder of an unsuspecting 17-year-old girl, resulted in you being labelled akin to a nonce, didn't it? Somebody undesirable in prison?" asked Mr Sherrard, defending Ong-a-Kwie.

Ong-a-Kwie deserted Petrovic in jail and joined ranks with his attackers, it was said.

Petrovic, of Collier Row, east London, Ong-a-Kwie, of Hillfoot Road, Romford, a 17-year-old and 16-year-old, both from east London, who cannot be named, deny murdering Jodie.

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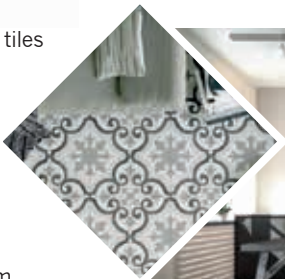
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# JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS

Over the summer Julia was thrilled to announce the Government's £17million investment in the new health and well-being hub on the St George's hospital site, and last month the Government announced a further £2.8billion for the building of six new hospitals, including a rebuild at Whipps Cross Hospital. While not within the constituency, this rebuild will help reduce the pressure felt by northeast London hospitals and our local Queen's Hospital. As we look forward to these future health centres, it is important that we ensure our existing services are operating well and are responsive to constituents' experiences, and Healthwatch Havering performs a vital service in supporting this. We were pleased to attend the launch of its Friends Network last week and encourage constituents to share their experiences, positive or otherwise, with Healthwatch Havering so that they may be relayed to service providers.

It is a passion of ours to engage with the young people in the constituency and to encourage them to get involved in politics and know that their voice matters. We are therefore, very excited to be

launching our new Primary Schools Debating Competition and our Secondary Schools Essay Writing Competition. We have written to all schools in the constituency to gauge the level of interest in participating and are thrilled to have had a number of positive responses. It is our aim to bring Westminster closer to the constituency and to familiarise young people with the workings of democracy. We will be holding a grand final in the glorious surroundings of Westminster for our debating teams, and for the winner of the essay writing competition there will be a week's internship in our Westminster office.

In other news, we had a very productive meeting with TfL in Westminster and impressed upon them our determination to see the improvements at Gallows Corner realised.

We also attended the Thames Estuary Growth Day, aimed at encouraging stakeholders to work collaboratively to deliver vital infrastructure, homes and jobs to achieve the growth and exciting potential of the Thames Estuary.

[www.julialopez.co.uk](http://www.julialopez.co.uk)

## Anti-knife crime group needs your help

A campaign group dedicated to stopping knife crime is urging Hornchurch residents to help make a difference by becoming a volunteer.

Take a Knife, Save a Life (TAKSAL), originally established in Harold Hill, has had volunteers give their time across Havering for the past eight months to try to counter the recent rise of knife crime.

The push for new volunteers comes after new Metropolitan Police statistics showed that knife crime in Havering has practically doubled in three years.

TAKSAL volunteer Robert Dean told **VISION** Hornchurch: "We have been successful when conducting weapon sweeps in Hornchurch. Weapons which include knives, an axe and a gun have been found all over Havering, including Hornchurch,



Photo credit: Take a Knife Save a Life Facebook

thereafter safely disposed of at our earliest opportunity.

"Hornchurch is an area where we would appreciate more volunteers to help us help you, the community. Please join us on the Facebook group page: 'Take a Knife, Save a life'."

Email: t.a.k.s.a.l.team@gmail.com



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

By the time you get to read this you will either be one of those happy people who have Christmas all wrapped up and ready to go or be like 90 per cent or the rest of us, be thinking we will start the Christmas shopping any day now, perhaps tomorrow.

There has been a lot happening in the last month. Of note, we had a further protest outside the Town Hall during full council. The numbers were slightly down on the previous protest, although the voices were just as strong. It was heartening to see and hear them.

The protest was both to save the three green spaces the council wants to build on and to give back the free 30 minutes parking in Hornchurch, Upminster and Cranham.

I am pleased to be able to report that the developments planned for two of the green spaces have been stopped. The final green space we are currently trying to save is the Upminster Mini Golf area.

In the interim, the 30-minute parking issue and blanket Controlled Parking Zone (CPZ) issue have been raging. The loss of the free parking is causing hardship for the people and traders in Hornchurch, Upminster and Cranham. Many traders have reported takings down around 20 to 30 per cent, which is not sustainable.

The leader of the council is arranging private meetings with various groups to discuss the issues; for some reason he is not inviting the local councillors. I have asked why and requested an invite to these "private meetings". Is he doing this as he does not want people who understand what is happening present?

The CPZ consultation is, in my opinion, becoming a

bit of a joke. In June we were told that every household would receive a consultation letter by the end of September. We asked if the council would accept the responses from the consultation (i.e. if more than 50 per cent of the people were against the proposal, that they would drop the idea). At that stage we were told that they would use the results as an indication (reading between the lines, this is a done deal and we are only carrying out the consultation as a paper exercise). However, in recent months we have been told that the council would abide by the results of the consultation. What has scared the administration? Why will they now listen?

We requested to see the questions before they were sent to the people to ensure they were not misleading or leading. We were told we would see them.

What has happened instead is that the council has decided to run the consultation online and advertised it very quietly.

This "survey" will run for just over a month. By the time you read this, the consultation will be close to the end date (November 22) [www.consultation.havering.gov.uk/coo/parking-review/](http://www.consultation.havering.gov.uk/coo/parking-review/)

If you get the chance, please take the five-minute survey and be honest with your answers.

It is shame that the administration appears to be excluding the many people (mostly elderly) who do not have a computer. The survey can also be completed at a library, I have been informed.

There is a handy app you can install called 'Love Clean Streets' – this allows you to report rubbish, fly tipping, etc directly to the council. It will log your location and you can upload a photo. I encourage you to use it.



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LOCAL NEWS

# Brave women bare all for children's charity

A group of women bared all to raise money for their chosen charities, as well as giving their confidence a boost, at the Havering Beauty Academy in Hornchurch on October 6.

The ladies volunteered themselves for body painting to raise money for children's charity Rainbow Trust, Hopefield Animal Sanctuary, Brentwood, and Crohns and Colitis UK.

Now in its third year, the event, hosted by children's entertainer and professional face painter Jade Foster-Jerrett, is always a head-turner, and this year was no exception as the seven ladies took to the streets to help raise even more funds.

Jade said: "I am always so proud of how the ladies we paint are so nervous to take part, yet they still get

on with it. Together they have raised an incredible £1,280 and the total is still rising as we speak."

Jade had the help of other experienced face painters to ensure everyone got painted in the allocated time, all of whom volunteered their time and gave up bookings to help.

Each lady had different reasons for taking part.

Jade said: "Me and the ladies would like to thank Katie at the Havering Beauty Academy for lending us the venue and to everyone that has donated so far.

"I am very proud of all the ladies that volunteer, including the body painters who give up their time and work to help create the designs."

Contact Jade at [info@partywithjellyjade.co.uk](mailto:info@partywithjellyjade.co.uk) if interested.

## Starbucks could return to High Street

Attention all coffee lovers, Starbucks is one step closer to returning to the high street after plans were formally submitted to Havering Council.

An application was submitted to the council recently which, if accepted, would see the coffee shop take over the Shoe Zone shop.

The coffee chain is no stranger to the high street, as its former premises, which is located opposite Shoe Zone, closed in October 2018 after severe flooding.

A decision on the application, which estimates around half of the shop's business will be in takeaway trade, was due to be made on October 11, but as of yet hasn't been made public.

If permission is granted, the café would create five full-time and seven part-time jobs, and would be open seven days a week.

The application was made by Bhopinder Gill, owner of Starbucks franchise partner, GK Coffee.





LOCAL NEWS

# ANDREW ROSINDELL



MP for ROMFORD



We were told that the Withdrawal Agreement could not be reopened. We were told there was only one deal on offer from the European Union. We were told that the backstop was “not renegotiable”. We were told that there was no way we could get a deal with the EU that would get Britain out of all EU laws, end the supremacy of the European Court of Justice, take back control of our borders and taxes, and enable us to strike new trade deals which the whole of the UK can benefit from.

And yet, in just 85 days, Boris Johnson has proved all the doubters wrong. A new deal has been agreed with Brussels, which does all those things and enables us to leave the EU by the October 31 and become an independent nation once again. Now, there are lots of things in that deal that I do not support, but once we are outside the legal control of the EU, these things can all be changed, now that the backstop has gone. So this deal is a lifeboat to get off the sinking EU ship and represents the quickest way to get Brexit done.

That’s what makes the events in Parliament recently so disappointing. So many of the MPs obstructing our Prime Minister have used preventing a “No Deal Brexit” as a handy excuse for their real aim: stopping Britain leaving the European Union entirely.

This Saturday, their cover was blown, as MPs who never believed Boris would be able to renegotiate a deal still refused to support the Prime Minister’s deal to get us out of the EU. MPs, instead of voting for a good deal which could get us out of the EU in an orderly way, as they claimed to want, asked for another extension from Brussels and voted for more delay and dithering.

I know people in Havering are absolutely sick and tired of this long drawn-out saga. It has been more than three years since we voted to leave and it is time it was done. I will therefore do everything I can to support the Prime Minister as he works to get us out of the EU by October 31, deal or no deal. We must restore faith in our democracy and respect the votes of 17.4 million people.

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# AFC HORNCHURCH

LOCAL NEWS



Photo credit: Peter Trinder

## Successful season on all fronts for the Urchins

Hornchurch's youth team is making excellent strides in all competitions recently, following in its first team's footsteps as the whole club is performing well across the board.

The Urchins had a decisive 1-0 victory over top-of-the-table Folkestone Invicta, a FA Trophy first round tie, and have achieved a 19-goal difference at the time of going to print.

Meanwhile, the youth team has also been flying through the FA Youth Cup, noticeably with an 11-0 victory over Dagenham & Redbridge in the second qualifying round.



The side then lost to AFC Sudbury 2-0 in the third qualifying round.

In other news, the Urchins have signed midfielder Dominic Green from East Thurrock Utd. The West Ham youth player has previously spent three seasons at Peterborough Utd, with loan spells at Chesterfield, Rushden & Diamonds and St Neots Town, before rejoining Dagenham & Redbridge in 2011, making a further 26 appearances (one goal), with a loan spell at Dartford.

This month, Hornchurch has crucial games against Haringey Borough and Cray Wanderers in what looks to be a relatively easy next couple of months.

**www.afchornchurch.com**





# Country park scoops up two London in Bloom awards

**H**ornchurch Country Park picked up two awards recently at London in Bloom. It won Large Conservation Area of the Year and Country Park of the Year alongside 16 Gold awards, six Silver Gilt awards and one Silver award across the Havering borough.

London in Bloom is a campaign and competition where London boroughs, communities, residents and businesses can work together to improve their environments to make them greener and cleaner places to live, work and visit.

Councillor Osman Dervish, cabinet member for the environment at Havering Council, said: "This is a tremendous result and a great reward for the effort put in by residents, volunteers, community groups across the borough and council staff."

"The hard work and dedication reflect the commitment and pride we have for our communities where we live, work and go to school. We are extremely proud of being one of the greenest and cleanest boroughs and will continue to strive for excellence."

# Great month for Gidea Park Rangers



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, is the official sponsor of Gidea Park Under 9s Youth Football Club (GPR) in the 2019/20 season, which has a number of teams.

**VISION**Hornchurch bought socks, shorts and shirts with the young players' names and numbers on, as well as several training tops for the coaches and staff.

Gidea Park Rangers have played three games since our last issue and have won all three. This month, the lads won their first match 3–2 with goals from Charlie Grace, Finley Tolan and Jonny Meluish. Lewis Munn was man of the match.

Gidea Park won their second game 2–0 with goals from Finley Tolan and Archie Potts. Jack Rowland was man of the match.

Finally, Gidea Park won their third game 11–5 with goals from Finley Tolan (1) Archie Potts (3), Ashton Spicer (2), Jonny Meluish (2), Lewis Munn (2) and an own goal. A double man of the match award was given to Harry Martin and Finley Tolan.

This month's player of the month is Jonny Meluish, who is pictured with coach Jordan Tolan.



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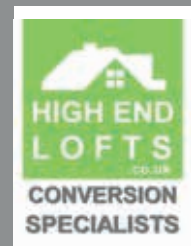
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PUZZLES

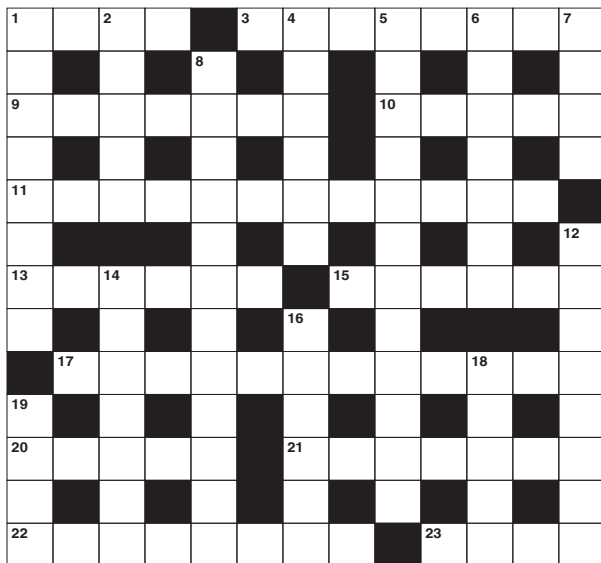
Answers can be found on the Contents Page 4

## ACROSS

1. A single time (4)
3. Driver of a horse-drawn carriage (8)
9. Sent by sea (7)
10. Unfasten (5)
11. Advance payment (12)
13. \_\_\_\_ Wood: US actor (6)
15. Showy (6)
17. Heart specialist (12)
20. Small airship (5)
21. Outline of a natural feature (7)
22. Fairness (8)
23. Continent (4)

## DOWN

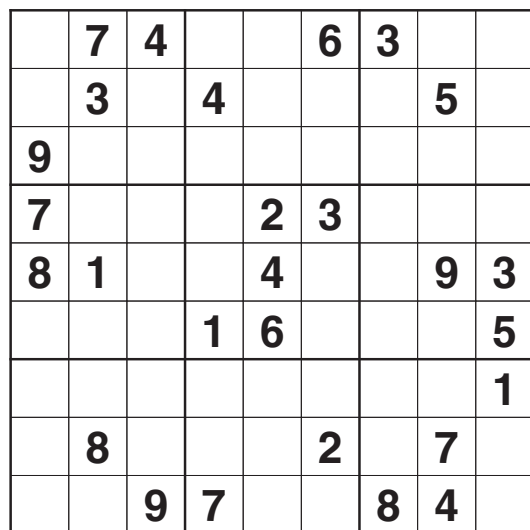
1. Thinks about something continually (8)
2. Ascend (5)
4. Confer holy orders on (6)
5. Compensate for (12)
6. Shooting stars (7)
7. Christmas (4)
8. Spotless (5-3-4)
12. Exaggerated emotion (8)
14. Form a mental picture (7)
16. Compels to do something (6)
18. Images of deities (5)
19. Woodwind instrument (4)



## DID YOU KNOW?

- ▶ Golf balls usually have between 300 and 500 dimples
- ▶ The Olympic flag was created in 1913 and released in 1914
- ▶ Dina Asher-Smith became the first British woman to win a sprint gold at the 2019 World Championships
- ▶ Volleyball was invented in 1895 in Massachusetts
- ▶ Jayne Torvill and Christopher Dean performed Boléro at the 1984 Winter Olympics, winning them the gold medal
- ▶ The first professional baseball league was set up in 1876
- ▶ Having begun in 1877, Wimbledon is the oldest tennis tournament

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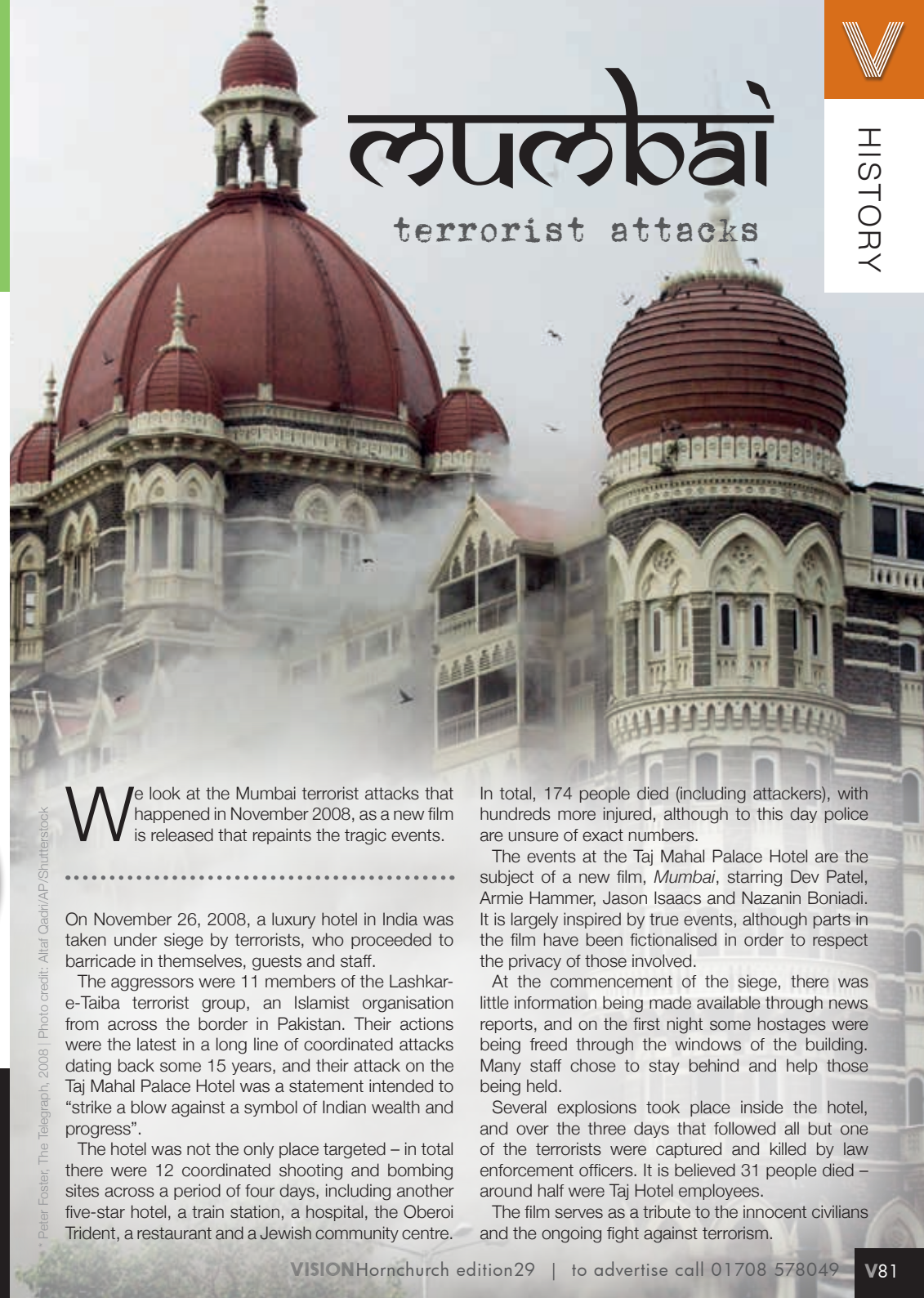
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## लपलेबाँ terrorist attacks



HISTORY



We look at the Mumbai terrorist attacks that happened in November 2008, as a new film is released that repaints the tragic events.

In total, 174 people died (including attackers), with hundreds more injured, although to this day police are unsure of exact numbers.

The events at the Taj Mahal Palace Hotel are the subject of a new film, *Mumbai*, starring Dev Patel, Armie Hammer, Jason Isaacs and Nazanin Boniadi. It is largely inspired by true events, although parts in the film have been fictionalised in order to respect the privacy of those involved.

At the commencement of the siege, there was little information being made available through news reports, and on the first night some hostages were being freed through the windows of the building. Many staff chose to stay behind and help those being held.

Several explosions took place inside the hotel, and over the three days that followed all but one of the terrorists were captured and killed by law enforcement officers. It is believed 31 people died – around half were Taj Hotel employees.

The film serves as a tribute to the innocent civilians and the ongoing fight against terrorism.

On November 26, 2008, a luxury hotel in India was taken under siege by terrorists, who proceeded to barricade in themselves, guests and staff.

The aggressors were 11 members of the Lashkar-e-Taiba terrorist group, an Islamist organisation from across the border in Pakistan. Their actions were the latest in a long line of coordinated attacks dating back some 15 years, and their attack on the Taj Mahal Palace Hotel was a statement intended to “strike a blow against a symbol of Indian wealth and progress”.

The hotel was not the only place targeted – in total there were 12 coordinated shooting and bombing sites across a period of four days, including another five-star hotel, a train station, a hospital, the Oberoi Trident, a restaurant and a Jewish community centre.

Peter Foster, The Telegraph, 2008 | Photo credit: Altat Qadri/AP/Shutterstock





TRAVEL

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Top travel blogs for advice

Whether you love to travel or are simply devoted to daydreaming, we have scoured the web for the best travel blogs to see you through the long, cold winter ahead.

### Two Travel Monkeys

Best for those who dream big

A husband and wife duo, Jonathan and Kach Howe started their blog back in 2014 when they decided to give up their jobs and travel the world. They have since visited more than 100 countries spanning all seven continents and their blog should be a go-to for anyone who has ever dreamed of selling up and starting over.

### Global Grasshopper

Best for overall travel advice

Rather than the opinions of just one blogger, Global Grasshopper features a collection of diverse writers who are keen to share their experiences and knowledge of travel with others. Expect helpful posts such as how to pack light, the best pet-friendly hotels and hidden gems off the beaten track.

### You Could Travel

Best for adventurous couples

If you love travelling with your other half and want to fall in love with the world together but need a little helping hand, then this married couple's blog is for you. Packed with intimate and candid first-hand travel stories, useful guides and stunning photography.

### Budget Traveller

Best for those wanting more bang for their buck

Voted the National Geographic Traveller Blogger of the Year in 2016, Kash, aka the Budget Traveller, offers invaluable advice for those wanting a stylish and luxury break on a tight budget. From the best luxury hostels to free things to do in cities to finding the cheapest flights, the budget traveller has got it all covered.

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# How to NIP NAIL BITING in the bud

An incredibly common problem, trying to stop your child from biting their nails, can be a hard task that you may keep putting off in the vain hope that they will simply grow out of it. Unfortunately, that may not be the case.

## Why do children bite their nails?

There are many reasons why your child might be biting their nails, including boredom, to relieve stress, as a habit or simply because they have seen someone else do it.

## Is it bad for your child to do this?

Nail biting, like thumb sucking, hair twisting and teeth grinding, is a nervous habit that your child may grow out of. Unfortunately, nail biting is the habit that children are most likely to continue into adulthood.

## How can you help your child to break this habit?

- Try to identify when your child bites their nails. Is it during times of stress or do they do it mindlessly

when watching TV?

- If they are anxious, talk to your child and try to identify what is worrying them. Sometimes there can be an underlying problem, such as bullying, divorce or another big life change.
- Talk to your child about how to break a habit.
- Work with them to become aware of when and where they nail bite.
- Offer an alternative at these times, for example a fidget spinner to keep their fingers occupied.
- Try some relaxation and stress-busting activities, such as deep breathing or a shoulder massage.

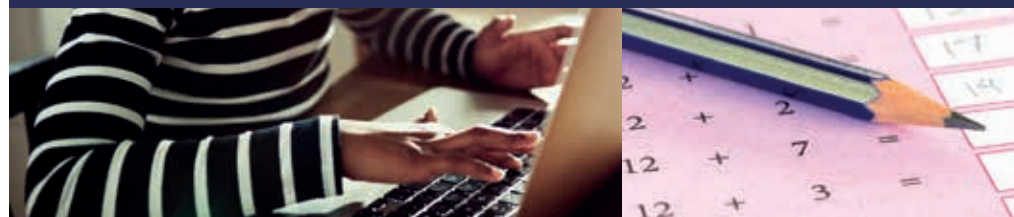
## What not to do

- Do not punish your child for nail biting.
- Do not continuously nag at them to stop; it takes time to break a habit.
- Try not to lose your temper with your child; this will only make them feel more ashamed of this behaviour.



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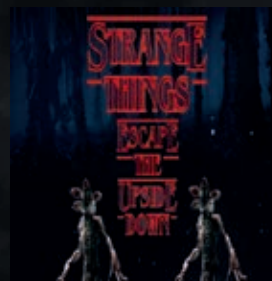
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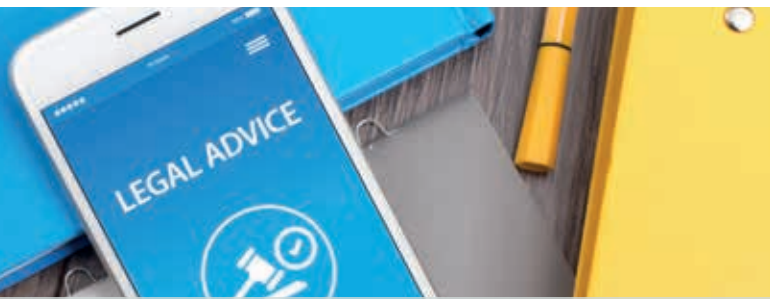
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# Never TOO LATE

SIX REASONS WHY CHANGING CAREER IN LATER LIFE COULD BE YOUR BEST MOVE YET

### ACCESS

With the advent of the internet, it is easier than ever to explore, research and train for new avenues of employment. Access means opportunity, and the only thing holding you back from digging out a new path is your own ambition.

### EMPLOYMENT TYPE

In 2019, more people work for themselves than ever before, thus presenting us with a more versatile way to earn money. It even means we can "dip our toes", so to speak, working evenings or weekends with the aim of building up work before making that big leap.

### NEW INDUSTRIES AT HOME...

The reshaping of British industry over the past few decades means some jobs today simply didn't exist when we were setting out on the road of employment. As a nation, the service sector and technology cohabit perfectly with craft and manufacturing, and with new thinking come new opportunities.

### ...AND ABROAD

In addition, such is our connectivity through computers that the pursuit of new opportunities needn't find us restricted to the confines of the UK. Later life sometimes brings the desire for whole new challenges, so cast your net far and you never know what radical change you might draw in.

### EXPERIENCE

They say with age comes experience, and never is that truer than in today's job market. In the past, the older generation used to fear the young upstarts fresh out of school or university, but that's changing. A generation of YouTubers and influencers hasn't particularly helped the reputations of 'millennials', with older, more experienced operators gleaming a newfound respect amongst employers.

### TIME

The older we are, the freer we are of the things that held us back – childcare, in particular. When kids become more independent or fly the nest completely, the landscape becomes the most inviting it has been for perhaps two decades, and this is the time to strike.



BUSINESS & FINANCE





# CHEQUE

*it out*

## THE HISTORY OF THE NOW (ALMOST DEFUNCT) CHEQUE BOOK

It's peculiar to think that just as we've reached the point where the trusty personal cheque can be processed and credited to a person's account in little more than 24 hours, this form of payment is now virtually obsolete.

Although no date has yet been set for the removal of what now appears a largely primitive way of sending and receiving money, the cheque's day is almost done. After all, why bother with flimsy bits of paper, the postal service, bank queues and hold-ups in processing funds when everything these days is digital and instantaneous?

The fact that the cheque is desperately hanging on is a credit to its heritage. First gaining popularity in the UK around 1770, it has never moved away from its sole purpose – namely as an order sent to a bank to pay a sum from the drawer's account.

From humble beginnings, the cheque grew in popularity during the 19th century, removing

the need for businessmen to carry around large quantities of money.

The format's death knell has often been said to be the time it takes for the item to clear, and this is because the law still requires a cheque to be returned physically to the payer's bank. It's also much less security-tight than a card payment; and although more than 400 million cheques were written last year, only the habits of the elderly – a demographic notoriously resistant to change – have ensured the format stays.

Whether that will remain the case for the next generation remains to be seen, though what is clear is that cheques will still be around for a little while to come. After all, they remain popular with institutions paying out – HMRC included – who know that this slow, sluggish, sloppy process of paying means the longer money stays in their account, the more interest they earn.

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### THE BEST TIPS FOR SAVING A WATER-DAMAGED PHONE

**W**e've all been there – you're sat having your morning cereal... checking messages, browsing social media or looking something up online, when out of nowhere a tidal wave comes cascading over you. You were helpless to prevent your phone becoming soaked through, and this categorically didn't actually happen because you knocked it in the washing-up bowl.

Whatever the careless reasons for having a water-soaked phone, acting quickly can save you:

#### ✓ ONE: POWER OFF

If the phone has switched itself off, leave it off; if it's still on, kill the power. Don't attempt to plug it into the mains as we are in full recovery mode.

#### ✓ TWO: REMOVE

Remove the microSD and SIM cards from the phone to prevent further damage to them.

#### ✓ THREE: POSITION

Position the phone upright so any remaining water

can drain from it. Don't shake, bang or blow into any of the open slots. While it seems plausible that physical action can get water out, you're more likely to be sending it further into the delicate areas of the phone.

#### ✓ FOUR: HIGH AND DRY

Avoid the temptation to take a hairdryer to your phone. While heat may seem a good solution for the removal of water, it's more likely you'll end up frying your components. Instead, dry the phone gently with a paper towel or a cloth.

#### ✓ FIVE: ABSORB

Pack rice around the phone inside an airtight container or zip-lock bag. Place phone in an airing cupboard or somewhere humid but not hot, and leave for 24 hours.

Fingers crossed, when turning your phone back on it should be back to full working order, but be sure to check touchscreen functionality, microphone, speakers and charging potential in particular.



# Dynamic DINA



Photo credit: YAHYA ARHAB/EPA-EFE/Shutterstock

Meet The Brit who fired a rare spark of brightness over an otherwise gloomy World Athletics Championships.

The 2019 World Athletics Championships in Doha will forever be remembered for implausible heat, poor organisation, an empty stadium and arguably the least popular winner and runner-up of the showpiece 100m event ever.

The vast majority of onlookers will want to move swiftly on to next year's Tokyo Olympics... but not Dina Asher-Smith.

The brilliant Brit is in no hurry to leave the memories of Qatar behind. You'll not find her complaining about event logistics, nor whether the seated attendance at the Khalifa International Stadium was 40,000 or 4,000. She cares not one bit.

Allowing the gloomy, baking lull to lift off into the Arab sky, the fresh breeze of 200m success was all that remained for the 23-year-old Blackheath

& Bromley Athletics Club member, whose newfound dominance on the world scene is a marker for so many more future championships and a career that holds incredible potential.

Asher-Smith is one of the new breed of track hopefuls, and yet, unlike so many others, she actually pulled off the feat. Where Team GB peers faltered, the King's College graduate showed blistering pace, a flawless stride and a faultless, nerveless drive to the line in beating American Brittany Brown to take gold.

"It was a perfect race and I'm just over the moon," she said at the end of the run, in which she clocked a new national record of 21.88 seconds.

Where Dina Asher-Smith goes from here is up to her. She took silver in the 100m event, has age on her side, plus a level of humility, resilience and strength that can only be earned through victory.

If she can do it in an empty, echoing shell of an arena, just imagine how Asher-Smith will respond to the roar of being a world champion.

# The most

# HATED REF IN ENGLAND?

WHY DAMIR SKOMINA IS NOT A MAN TO BE MESSED WITH!



Photo credit: Michael Zemanek/BPI/Shutterstock

While no Englishman wanted our footballers to slip up against the Czech Republic in the middle of October, the 2-1 defeat in Prague did bring about one of the more incredible football statistics of recent times – it marked 10 years and one day since the Three Lions last tasted defeat in a European Championship or World Cup qualifying match.

To go an entire decade without losing in qualification is quite something, and perhaps referee Damir Skomina may have felt something of a lion tamer as he delayed England's Euro 2020 qualification at the Sinobo Stadium.

Except the Slovenian official has previous. England's last qualification defeat, a decade and a day before that, against Ukraine, was officiated by... yep, you guessed it.

More than that, this is the same man who sent us crashing to 1-0 defeats against Belgium in the World Cup and against Germany in 2017, and remember that abysmal 2-1 capitulation to Iceland during Euro 2016? Yes, him again.

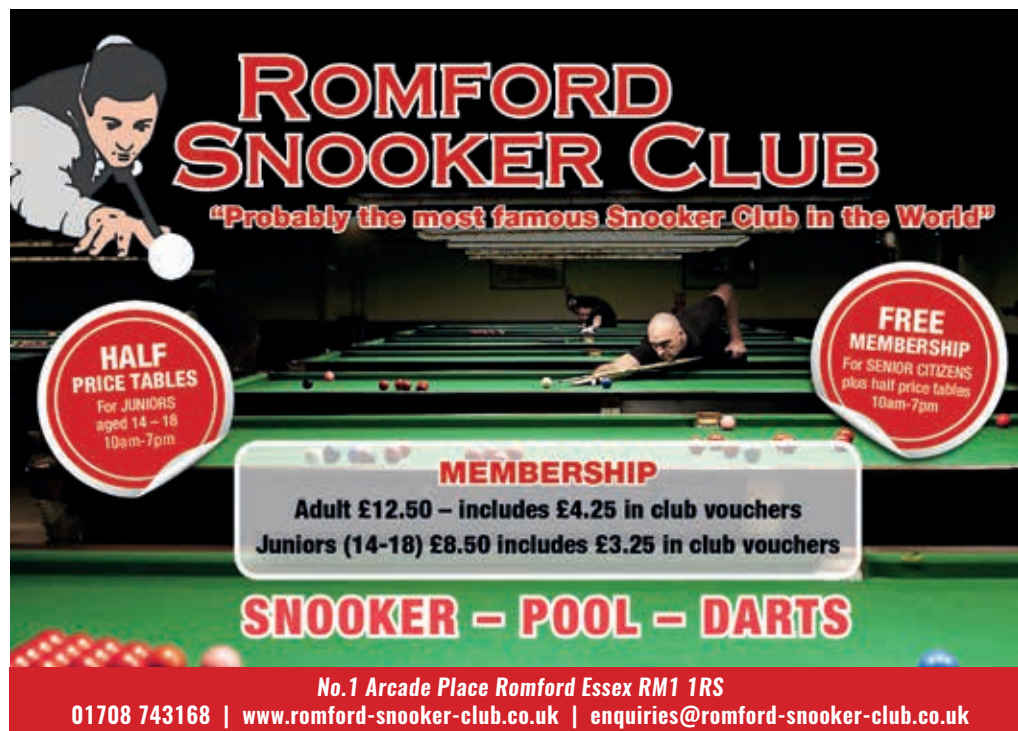
Is it worth lamenting this silver-haired man-in-the-middle as the architect of our great side's downfall? Rather, should we not just look to the future – an attitude typified by England's brilliant 6-0 win in Bulgaria just three days after the Czech defeat? Probably, yes.

It used to be said that England was flawless in qualifying for major tournaments and deeply flawed by the time they got there... and with good reason.

The positive indications are that the era of abject, pitiful failure – penalty shoot-out or not – is over. England proved in Russia that if a World Cup semi-final is achievable, what price our ability to go all the way at the Euros next year?

Manager Gareth Southgate will exercise caution; fans will run away with expectation, while the bookies suggest we are second favourites... although those odds may well shorten if Mr Skomina keeps his distance.





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### HOW NOT TO GET RIPPED OFF WHEN BUYING A SECOND-HAND MOTOR

In 2019, used cars don't quite come with the same reputation as the Boycie and Arthur Daley four-wheelers of the 1980s, but it still pays to exercise caution where motors and money are concerned.

#### TEST RUN

Make sure you test drive the vehicle, in broad daylight and on a route you choose (unscrupulous sellers might avoid bumpy roads or sharp turns that could show up a vehicle's failings). If buying privately, meet at the vendor's house.

#### INSPECTION

In an ideal world, any potential purchase should be run past an independent garage who can give the vehicle a once-over to diagnose problems. An expert will be able to quickly diagnose excess wear and tear, leaks and rust.

If you don't have this as an option, inspect the car as much as you can. Look for any signs of collision repairs such as the overspray of paint near wheels, mufflers and door seals. Check beneath where the car is parked for oil, while a water leak will give off

a smell of mildew.

#### SELLER HISTORY

The seller should present to you a full service history and the most recent MOT certificate. If their details are hazy, ask them to clarify.

#### RETURN

Check out the terms and conditions over returns. Used dealers will offer warranties, but if purchasing privately you may be buying as seen. Either way, get any agreement in writing.

#### ONLINE RESEARCH

With a number plate, you can find out a reasonable amount of a car's history, so search online and consult with your insurance company over a quote, whereby any hidden issues with the car can show up.

Remember, when buying a second-hand car, the power is in your hands. Haggle, be firm, and be willing to walk away if you're not 100 per cent certain the motor is everything it should be.



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WHAT'S ON

# WHAT'S ON

*in your area*

**Hornchurch Creative Writing Group**  
Hornchurch Library, 44 North Street,  
Hornchurch, RM11 1TB  
November 7, 7pm – 9pm



Hornchurch Creative Writing Group meets at Hornchurch Library every first Thursday of the month at 7pm.

The group is led by local author and playwright Kevin Gill. Beginners are most welcome.

For more information, call 07771 635847 or email kevingill@ntlworld.com

## **Hornchurch Jazz Club**

**Hornchurch Conservative Club,  
25 North Street, Hornchurch, RM11 1RS  
November 10, 8pm – 10.30pm**

A return visit of a popular ensemble — Ollie Benson's Hot Club of Hornchurch.

It features Ollie Benson on the guitar and Peter Sellars on the violin. The group plays jazz in the style of Django Reinhardt and Stephane Grappelli reminiscent of The Hot Club of France.

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

Admission is £10.

**Orchids of Britain and abroad with Mary Smith**  
**First floor meeting room in Hornchurch Library, 44 North Street, Hornchurch, RM11 1TB**

**November 11, 8pm – 9.45pm**

Havering Branch Essex Wildlife Trust presents an illustrated talk on Orchids of Britain and abroad with Mary Smith.

There is a £3 donation, which includes tea, coffee and biscuits.

For more information, contact Lynda Nicholls by emailing Lynda.nicholls@btinternet.com or calling 01708 473927.

## **Learn, Laugh and Live**

**St Michael's Church Hall, Main Road,  
Gidea Park, RM2 5EL  
November 13, 2.30pm**

Havering U3A meets at 2.30pm on the second Wednesday of the month.

This month, Bernard Lockett will be talking about Reflections of Post War London.

Doors open 2.15pm. For more information, visit [www.u3asites.org.uk/havering](http://www.u3asites.org.uk/havering)

## **An Evening with Christy Lefteri**

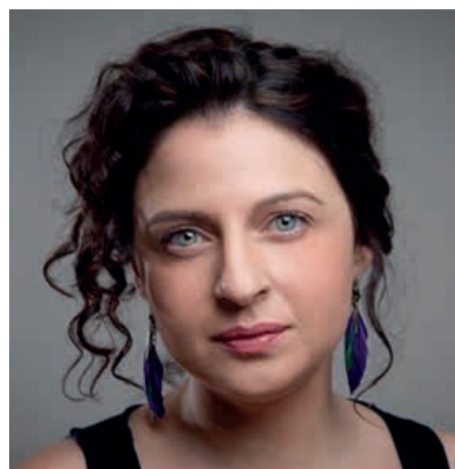
**Elm Park Library, St Nicholas Avenue,  
Hornchurch, RM12 4PT  
November 19, 7.30pm – 10pm**

The child of Cypriot refugees, Christy Lefteri was brought up in London. She is a lecturer in creative writing at Brunel University.

*The Beekeeper of Aleppo* is a love story about a mother blinded by loss as her husband insists on their survival as they undertake the Syrian refugee trail to Europe.

The story was inspired by Christy's experience of working as a volunteer at a Unicef supported refugee centre in Athens.

Entry is £5.



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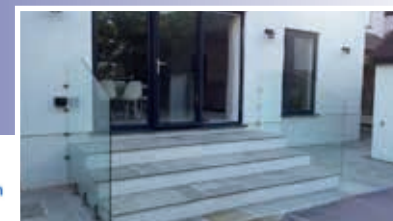
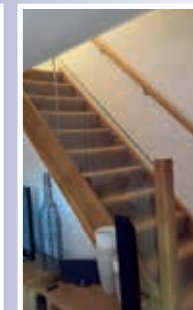
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## HARROW DRIVE, HORNCURCH £1,450,000

Superbly located within this most sought after of settings is this stunning and recently completed contemporary style detached house. Accommodation over 3 floors. Reception hall 30' x 12'. 3 reception rooms, bespoke fitted kitchen/family room, utility room, ground floor cloakroom, 5 spacious bedrooms, 3 en suites & family bathroom 11'2" x 10'. A 1/4 of an acre plot, in & out driveway, integral garage, 120' rear garden. Must be viewed to be appreciated. Awaiting EPC.



## BURGES CLOSE, EMERSON PARK £1,495,000

Set within this delightful cul-de-sac in the heart of Emerson Park is this extended detached family home. Spacious reception hall 15'9" x 11'2", 4 reception areas, bespoke fitted kitchen 19'8" x 10', utility room, ground floor cloakroom, 4 double bedrooms, 3 en suites and luxury family bathroom. Electrically operated gates, off-road parking, double width garage, completely unoverlooked rear garden around 95' x 75'. Viewing absolutely essential. Awaiting EPC.

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