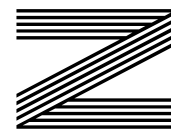
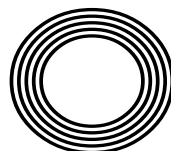




OLIVIA
COLMAN
**TAKES TO
THE THRONE**

SLEEP EASY
Top tips for a restful sleep

THE HOLIDAYS ARE COMING
How Coca-Cola stole Christmas



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JOE WICKS

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271 HORNCHURCH ROAD, HORNCHURCH

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Hunters are delighted to offer this three bedroom family home situated in Hornchurch

The property comprises: entrance porch, hallway, three reception rooms, fitted kitchen, utility room, conservatory, three bedrooms and family bathroom and a well-stocked rear garden.

To the front of the property is a driveway with parking for between 2-3 cars.

The property is situated just 0.9 miles from Romford Railway Station (Crossrail) and Elm Park Underground Station is 1.1 miles. St Mary's Catholic School 0.2 miles and Harrow Lodge Primary School is 0.2



33 ROWAN WALK, HORNCHURCH

£599,950



Hunters are delighted to offer to market this two bedroom detached bungalow in a sought after turning.

The property comprises: entrance hallway, lounge, fitted kitchen, shower room, two double bedrooms, rear conservatory leading to a private lawned rear garden, front driveway and detached garage.

The property is conveniently situated close to Gidea Park Crossrail Station 0.5 miles.

The property is close to good primary and secondary schools. Ardleigh Green Infants and Junior School is 0.3 miles, The Royal Liberty School is 0.5 miles.

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December 2019

CONTENTS

- 6 SANTA SUITED & BOOTED
- 8 THE CROWN
- 11 FASHION
- 13 BEAUTY
- 17 HEALTH & FITNESS
- 23 FOOD & DRINK
- 30 GARDENING
- 39 HOME & DIY
- 50 JOE WICKS
- 52 LOCAL NEWS
- 78 PUZZLES
- 79 PETS
- 80 KIDS
- 82 TECHNOLOGY
- 83 TRAVEL
- 85 BUSINESS & FINANCE
- 89 HISTORY
- 90 SPORT
- 93 MOTORING
- 94 THE **VISION** LISTINGS
- 97 WHAT'S ON

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Editor's notes...



Brett Shohet, Editor

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

I would like to take this opportunity to wish all our readers, clients and local businesses a merry Christmas and a wonderful new year.

Thank you for all of your support and feedback. Without you all, I would have no reason to be as passionate as I am.

This year has gone so quick, it seems a common theme that when I drop the magazines into local businesses, they find it hard to believe that a month had already passed since the last edition. It only feels like a few months ago we were starting our fourth and fifth areas of **VISION** and now we are in eight areas, with more to come next year.

It's a great time of year to be with the ones you love and buy them some special gifts to show them how much you care. Just remember to spend your money local. Let's look after our high streets.

In local news, we reveal the candidates standing in the general election, Tandoori Lounge wins a prestigious award and a student has been praised for her compassion in a woman's final moments.

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

Brett



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Suited AND BOOTED



If you thought it was just modern-day society that's taken in by the strength of marketing, think again. Here's the story of how Christmas was stolen not by the Grinch, but by the soft drinks brand.

He's arguably the most iconic and most easily recognised person on the planet, but even Santa is a Coca-Cola marketing team's plaything, and the evidence is staring us right in the face. That's right – that trademark red-and-white suit that we have come to know, love and welcome into our homes on Christmas Eve is a brand team's creation that's straight out of the marketing textbook.

Before Coca-Cola sidled up to the most travelled man on the planet, Saint Nicholas could be seen in all manner of colours, clothes and designs. Pictures exist of him dressed in a tan-coloured suit; others show him wearing shades of light and dark blue; while in some pictures he comes across as a somewhat sinister elf-like character dressed in green as he dots from house to house.

It was only natural then that, as the power of the media grew in the lead-up to World War II, so too should a universal image of the great man emerge. And siding with the world's biggest-selling soda – and its red-and-white livery – well, it was a match made in heaven... or, at least, Lapland.

And that, boys and girls, is the story of how Santa's red-and-white suit was created by the guys at Coca-Cola.

Or is it...?

While the tale of Santa taking on the colours of the world's leading drinks brand is a water-cooler classic that has done the rounds for years, it is only actually half-true.

That famous fluffy livery was actually to be found on pictures of the great man going back into the nineteenth century. It was cartoonist Thomas Nast who truly popularised the use of red and white with his hugely successful sketch series in the 1870s. And some believe Coca-Cola wasn't even the first drinks brand to popularise the figure, with carbonated water producers White Rock using him in adverts from the early 1920s.

However, where Coca-Cola can take credit is in capitalising on the big guy's popularity. Consider White Rock had 90 per cent of the fizzy water market back in 1920s America, and with imitation being the greatest form of flattery and all that, logic follows that the brand Coca-Cola adopted its own version of Santa (holding a bottle).

With the help of illustrator Haddon Sundblom, it evolved the big man into an even stronger caricature of himself. This served to vanquish the various other images of Father Christmas who back then could still be found dressed in such variant colours, all the while subconsciously linking the drink to a figure representing kindness, generosity and happiness in the minds of youngsters (and a few adults).

Put it this way: try finding a festive Coca-Cola image that doesn't feature its brand ambassador, and you'll appreciate that while the American drinks giant may not have chosen the colours for Santa, it has certainly ensured he's staying dressed in his perfect red-and-white suit, and we'll all drink to that.



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Photo credit: Thomas Nast/AP



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THE CROWN

NEW SERIES, NEW DECADE, NEW CAST – THE RETURN OF *THE CROWN*

As new series of prime-time drama go, *The Crown* has been a long time in coming. It's been two years since Claire Foy stepped aside as Queen Elizabeth, and in the intervening passage of time we've had a real royal wedding (Harry and Meghan), royal births, the Windsors taking a national newspaper to court and all manner of rumours regarding the seedy and nefarious actions of some in lofty positions. If all this were to be wrapped into a 10-part Netflix drama we'd probably suggest it was too far-fetched.

As it is, we're about to be treated to something rather more palatable, surely, as Olivia Colman CBE steps into the role of HRH for the first time.

The 45-year-old's long-awaited debut reflects the true evolution of an actress. Beginning at the much-renowned Footlights Dramatic Club at Cambridge University, she shared the stage with the likes of David Mitchell, Richard Ayoade and Peter Serafinowicz, before excelling in *Rev*, *Broadchurch*, *The Night Manager* and *The Favourite*.

Her landing in such a major Netflix product feels perfectly timed, having just been awarded a CBE in the Queen's Birthday Honours for her services to drama.

The new series also welcomes Helena Bonham Carter (Princess Margaret), Ben Daniels (Lord Snowdon) and an entirely new cast, with a storyline that builds from the 1970s, broaching the Queen and Prince Philip's tumultuous relationship.

As for Colman CBE, her pursuit of creative endeavour is as premium fuelled now as at any time in the past.

"Working makes me happy and I do struggle to say no," she admits. "I've an inherent fear of being pigeon-holed, and I think as a result of that I reach out in as many different ways as I can."

The good news for fans of *The Crown* is that given the series are shot back to back, season four will be along very shortly. Set in the 1980s, it will deliver Margaret Thatcher (Gillian Anderson) and Emma Corrin (Princess Diana)... and no doubt a yuppie or two.

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TUMBLE DRYER

DON'TS

How did we ever exist without the humble tumble dryer? It's quick, efficient and, most importantly, not dependent on the unpredictable British weather. But it can cause chaos to your clothes if not used correctly.

1. Bras

The main job of a bra is to provide support, but by tumble drying this item you risk the elastic becoming stretched and out of shape.

2. Leather items

Leather, suede and faux leather should always be air-dried as heat can cause these materials to crack or become distorted.

3. Delicate fabrics

Silk, lace and sheer net items should never be tumble dried as the high temperature will set in wrinkles.

4. Gym wear

Activewear is made from man-made fibres which are designed to keep you cool and supported, but they will not keep their shape in the dryer.

5. Athletic shoes

Shoes that are made from leather, canvas or the latest high-tech performance fabrics should not be tumble dried as the heat can cause the soles to fall off.

6. Knitted jumpers/cardigans

Tumble drying knitwear can cause the items to lose their shape by causing the fabric to shrink or stretch.

7. Fur items

Real fur can crack in the dryer, whereas faux fur can melt or become tangled.

8. Swimwear

Costumes, bikinis and swim shorts should be washed or rinsed after each use, but avoid tumble drying as this can ruin the fabric.

9. Ugg boots

Although super cosy, Ugg boots are not the best footwear to get caught in the rain in, and when they do get wet it can be tempting to throw them in the dryer. Don't. Sheepskin will shrink in the heat.

10. Tights/stockings

Even a few minutes in the tumble dryer can cause irreversible damage to hosiery: think tangles, knots and even runs.



FASHION

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Chiropractors work with the nervous system. When there is misalignment of the spine it can interfere with the nervous system, this is sometimes called a 'subluxation' or 'trapped nerve'. The aim of a chiropractor is to ensure that the joints of the spine are aligned and moving freely using chiropractic adjustment. Removing pressure from the nerves and allowing optimum function of the nervous system to every joint and muscle in the body.

What does Chiropractic help with?

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If you want to know if chiropractic can help you or someone you love who is suffering, contact us and we will be happy to advise. Our aim is to help serve our community and get them healthier. We look forward to meeting you.

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FANCY fabulous FEET?

Your feet take you everywhere. They support your weight all day long yet often they are squished and squeezed into stylish but undeniably ill-fitting footwear.

It is high time we took more care of our tootsies.

Always dry your feet properly after bathing

How often do you jump out of the bath and fail to adequately dry your feet? Probably often, but it is extremely important that you do this otherwise you could develop a fungal infection such as athlete's foot.

TOP TIP: Always ensure you dry thoroughly between your toes.

Exfoliate and moisturise your feet daily

This may seem excessive, but it will only take a matter of minutes and can work wonders on the appearance and well-being of your feet. Make sure you apply the scrub when your feet are damp and focus on any areas of hard or cracked skin. Once exfoliation is complete, rinse and then apply a thick moisturiser.

TOP TIP: Wear socks overnight so that your moisturiser doesn't dry out.

Trim your nails regularly

Nails that grow too long are more prone to infections than ones that are well looked after. It is advised to use a nail clipper to trim your toenails and then use a nail file to remove any sharp edges.

TOP TIP: Cut your nails after a bath or shower as this is when they are at their softest.

Wear appropriate footwear

When choosing a pair of shoes, it can be tempting to let your heart rule your head, but that is not a good idea. Ill-fitting shoes can result in nasty afflictions such as ingrown toenails or bunions.

Instead, look for shoes that support your feet, feel comfortable and don't rub.

TOP TIP: If you want height, choose wedges over high heels.



BEAUTY

FACING THE DAY

‘T’is the season of late-night shopping and dazzling festive soirees, but every night staying up late looking fabulous is followed by a gruelling early morning where you look and feel tired. Fortunately, there is plenty you can do (or NOT do) in order to appear as fresh as a winter morning.

THE DOS

✓ DO take your daily vitamins. Sleep is the best way to replenish body and mind, but on nights when you know you’re not going to get enough shut-eye, slathering on a moisturiser rich in potent vitamin C can be the next best thing.

✓ DO use a shade lighter. It might seem counterintuitive to highlight your shadows, but using a concealer one tone lighter on your under-eye area is actually a great way to brighten your eyes, giving the impression of vitality.

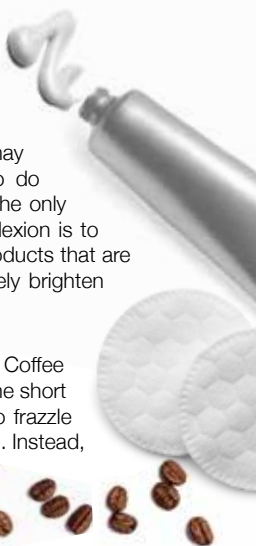
✓ DO be generous with mascara. Want to look bright eyed and bushy tailed? Then open up those peepers with lashings of mascara.

THE DON'TS

✗ DON'T overdo it. Tempting though it might be to cover up your evening antics with make-up, you might find yourself looking even more fatigued. Youthful skin glows, so stick to products that are light and illuminating, rather than heavy, powdery ones that are prone to settling in skin creases.

✗ DON'T skip your cleansing routine. Washing your face may be the last thing you want to do on a dark, cold morning, but the only way to rejuvenate a dull complexion is to remove the dead cells. Use products that are gentle but powerful to effectively brighten the skin.

✗ DON'T load up on caffeine. Coffee might make you feel better in the short term, but too much is going to frazzle your mind and dry out your skin. Instead, drink plenty of water.



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Yes, unlike with standard HIIT, this combination workout puts less pressure on your joints and instead focuses on ensuring you engage all of your muscles, resulting in a more effective but less strenuous workout. That being said, it is still a full body training session that will challenge your body.

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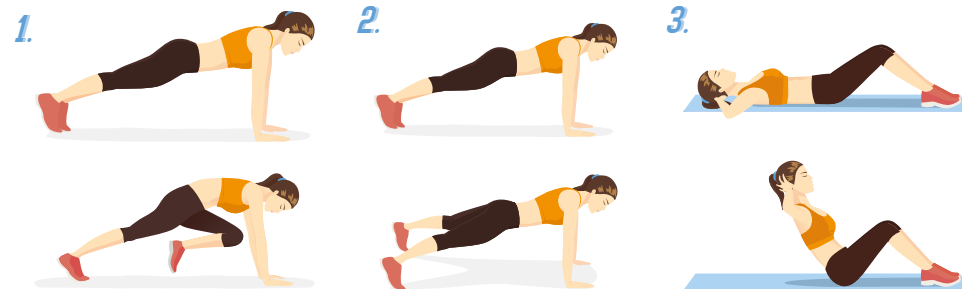
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- 1. Mountain Climbers:** Start in the plank position, pull one knee in towards your hands, then extend back to the plank. Repeat with the other knee.
- 2. Plank Jacks:** Start in the plank position, holding your abs tight. Jump your feet outwards into a 'V' position and immediately back to your starting position.
- 3. Triple Crunchers:** Lie down with your feet flat and your knees bent. Support your head with your hands, elbows out wide, and then lift your shoulders off the floor in three gradual movements until you are sitting upright. Keep your abs tight.

Carry out all of the above for one minute, rest for one minute and repeat twice more.





POLYCYSTIC OVARIAN SYNDROME

Polycystic ovarian syndrome (PCOS) is a common condition that affects how a woman's ovaries work.

It has three main features:

- > **irregular periods** – your ovaries fail to release eggs (ovulation)
- > **excess testosterone** – having high levels of “male hormones” in your body, which can result in acne and excess facial or body hair
- > **polycystic ovaries** – your ovaries become enlarged and contain fluid-filled sacs that surround the eggs

If you have any two of these three features, you may be diagnosed with PCOS. It's thought to be very common, affecting about one in every five women in the UK, but not everyone gets the symptoms such as weight gain, thinning hair and oily skin.

PCOS is also associated with an increased risk of developing other health problems, such as type 2 diabetes.

What causes PCOS?

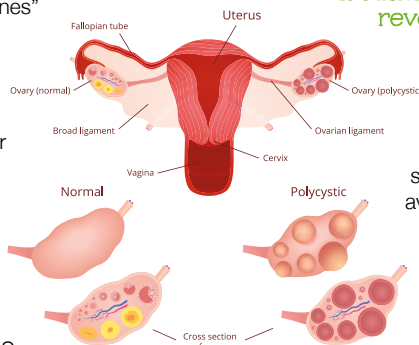
The primary cause is having persistently high levels of insulin, the hormone that controls sugar levels in the body. This raised insulin leads to the increased levels of testosterone. While PCOS is associated with being overweight, it is not caused by it.

Treatment for PCOS – can it be reversed?

If you have PCOS (whether or not you're overweight), reducing your insulin levels and avoiding spikes is key. This is where the ProLongevity service can help, because by avoiding sugar spikes you'll keep your insulin low and slow. This also explains why a standard treatment for PCOS is metformin, which we usually think of as being a treatment for type 2 diabetes. Just as all roads lead to Rome,

so all aspects of metabolic syndrome lead to raised insulin.

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ELEMIS





Goodnight sweetheart

Getting adequate shut-eye is more important than any vitamin, mineral, food or workout, so why are we so blasé about sleep?

Eat sensibly, rehydrate, breathe in clean air – we take all these for granted as being good for our health. And yet the thing that, on average, will occupy one-third of our lives – sleep – is messed about with, interrupted and at times completely abandoned.

There is nothing more natural than sleep, and an interrupted pattern of rest can be linked to immune system weakness, body cell deterioration, depression and anxiety, not to mention an inability to concentrate.

Yet the answer isn't simply to go to bed earlier – you'll need to consider what's around you. Numerous studies have shown that smartphones and device usage is on the increase, and it's the "blue light" emissions from these that can delay the release of sleep-inducing melatonin, as well as resetting the body's internal clock (circadian rhythm).

Moving away from screens earlier, therefore, seems the best way to maximise the efficiency of sleep, but remember as well the need to moderate room temperature, dim lighting and remove excess noise within or around your bedroom.

Sure enough, most of us can reel off a good number of the benefits of sleep – sharpness, mood enhancement, lowering of blood pressure, better immunity, improved memory, stress reduction and even maintaining of body weight – so it's not as if we don't know it's good for us.

Doctors recommend a trial week of "regular as clockwork" bedtimes, with long rests and the adoption of healthy habits. They then invite people to see if they feel improved in all those physical and psychological aspects. If the answer is yes, it goes to show why getting your head down may be the best thing you can do, not just for your health and well-being, but for your sanity too.



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Who doesn't like something a little bit naughty at Christmas, whether that be your favourite festive tippie or a boozy chocolate liqueur? And what could be better than receiving one of your preferred indulgences as a gift?

So, why not create a personalised edible treat for a loved one this festive season?

CLEMENTINE CHRISTMAS GIN

You will need:

One bottle of London Dry Gin • 4-5 clementines • 200g caster sugar • 1 piece of fresh ginger • 2 star anise

How to make:

Slice the fruit into segments (skins attached) • Add to a sterilised jar with the other ingredients • Seal and shake • Leave in a cool spot for two weeks • Shake occasionally to infuse the flavours further • After two weeks, strain your liqueur • Pour into an attractive bottle and finish with a ribbon



CRANBERRY & CHILLI JAM

You will need:

2 red onions • 4 cloves of garlic • 3-4 fresh red chillies • 500g cranberries • 150g sugar • 40ml red wine vinegar

How to make:

Peel and finely chop the onions and garlic • Deseed and slice the chillies • Sweat the above in a large pan for 10 minutes • Add cranberries, vinegar, sugar and 50ml water • Simmer for 20 minutes • Mash the mixture slightly and cook for a further 15 minutes • Season to taste • Add to sterilised jars

CHRISTMAS BOOZY TRUFFLES

You will need:

300g quality dark chocolate pieces • 300ml double cream • 50g unsalted butter • Your preferred liqueur – Grand Marnier, coconut rum, whiskey • Your chosen coating

How to make:

Gently heat cream and butter in a saucepan • Remove from heat and add chocolate • Stir until you have a smooth mixture • Add your chosen liqueur • Chill for a minimum of four hours • Shape your truffles using a melon baller and place on greaseproof paper • Immediately coat your truffles • Store in the fridge in an airtight container



FOOD & DRINK

THE Perfect Turkey

The turkey is the centrepiece of most traditional family Christmas dinners. Ensuring that it is cooked to perfection is one of the most important, not to mention stressful, tasks that you can undertake this holiday season.

Should you soak it overnight? Should you baste it? To wrap or not to wrap? These truly are the questions.

Soaking your turkey overnight

There is no set-in-stone way to prepare your turkey, but some swear by brining your bird overnight. This involves soaking your turkey in a salt-and-water solution to keep it moist. You can also add herbs and spices such as peppercorns, juniper berries and bay leaves.

Get your timings right

You need to weigh your bird so that you can ensure that you roast it for the correct length of time. Once you know how much your

turkey weighs, follow these below cooking times to ensure cooked yet moist meat.

Heat your oven to 180 degrees Celsius or 350 degrees Fahrenheit.

- > 4-5kg – cook for 2 ½ hours
- > 5-6kg – cook for 2 ½ to 3 hours
- > 6-7kg – cook for 3 to 3 ½ hours

Then add half an hour for each additional kg.

Rest your turkey

You should rest your turkey for between 1 ½ and 2 hours. It is also advisable to take your turkey out of the fridge before roasting for a minimum of half an hour to prevent shrinkage.

Basting and covering

If you place your turkey on a bed of vegetables, then there is no need to baste it; plus, you will have the added benefit of a delicious gravy. To ensure a crisp skin but to not dry out the meat, it is advised to cover your turkey loosely with foil for the first hour.



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FOOD & DRINK

*Mulled Wine Cocktail***INGREDIENTS:**

100g light muscovado sugar
 1 star anise
 1 cinnamon stick
 4 cloves
 250ml water
 1 lemon
 2 clementines
 150ml Cointreau
 750ml / 1 pint bottle light red wine, such as Beaujolais
 Twist of orange zest and a star anise, to serve

METHOD:

► Put 100g light muscovado sugar in a pan with 1 star anise, 1 cinnamon stick, 4 cloves and 150ml water
 ► Bring to the boil slowly and keep stirring until the sugar is dissolved. Works well in a mug or tankard
 ► Simmer for two mins, then pour into a large jug and leave to cool
 ► Add one lemon and two clementines, both thinly sliced, to the jug along with 150ml Cointreau and a 750ml bottle light red wine, such as a Beaujolais. Stir well, then cover and chill for at least two hours but overnight works best
 ► This can be served over ice, or warmed up. Either way, garnish with star anise and orange zest.

Amaretto Fizz

INGREDIENTS: 400ml Disaronno (or Amaretto flavoured spirit), 600ml orange juice, 2 bottles of sparkling wine or Prosecco, orange zest

METHOD: This is an easy one. Mix the Disaronno or Amaretto flavoured alcohol with the orange juice, stir well. Ideally use a flute.

To with the sparkling wine and garnish with orange zest. Now drink and enjoy!

White Christmas

INGREDIENTS: 100ml vanilla vodka, 160ml coconut cream, 1/2 tsp nutmeg, 1 tbsp Creme de Cacao, desiccated coconut for decoration

METHOD: Another easy one. Pop all the ingredients into a shaker, or a blender if you don't have one. Shake well with cubes of ice, or blend with one cube of ice so you don't make it too watery.

Once combined, pour into milk bottles or glass jars. Stick in a straw, sprinkle with nutmeg and desiccated coconut and enjoy!

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Beetroot gravlax served with horseradish creme fraiche and rye bread

Mains

Roast turkey, pigs in blankets, sage and onion stuffing served with a roast turkey jus
Mushroom, Stilton and spinach wellington served with a whole grain mustard sauce
Cranberry crusted salmon served on wilted curly kale with orange hollandaise and parsley new potatoes
All mains served with seasonal vegetables and rosemary and thyme chateaux potatoes

Desserts

Christmas pudding cheesecake served with vanilla ice cream
Chocolate and orange torte served with Chantilly cream
Lemon and raspberry posset served with shortbread biscuit

CHRISTMAS LUNCHES

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Starters

Sweet potato and butternut squash soup
Chicken liver pate, red onion chutney served on granary toast

Mains

Roast turkey, pigs in blankets, sage and onion stuffing with a turkey jus
Mushroom, Stilton and spinach wellington served with a whole grain mustard sauce
All mains served with seasonal vegetables and potatoes

Desserts

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WINTER GROWERS

THE VEGETABLES YOU SHOULD LOOK TO GROW OVER THE WINTER SEASON

The notion of the winter vegetable is one we all stand by. Rough, rustic, wholesome and happy, they are the meal mainstays of a season in which we want to be inside, wrapped up warm, with the products of our labour in front of us.

But what about the vegetables you want to plant now for picking at the start of next year and when spring rolls around? Here is a selection that will last through those cold winter months:

SPINACH

Typically planted at the start of autumn, the time is almost done for spinach going into the ground, but any late additions will see a solid reward of leaves throughout the cold months and right the way through to next summer.

CARROTS

We associate carrots with sugary, summer flavours, but planted in November and with a bit of protection, the Adelaide carrot flourishes across the colder months for an early-spring treat.

LEEKS

The simple leek is a must on a winter

plot, offering volume, flavour and spiciness right up until the soil freezes solid.

CHARD

Although some of these leaved plants can wilt in the harsh conditions, others will stand the test of winter while providing a December harvest to boot, offering your kitchen great flavour and your garden intense colour.

WINTER SALADS

Rows of lambs lettuce, land cress and mustard will need some protection from the elements, but once in the ground are resilient and happy to be picked across the colder months, where they'll regrow and keep the supply to your lunch table constant.

ONIONS

Hardy, tough and tasty, onions (and shallots) are easy to plant, brilliantly versatile and incredibly resourceful in the soil. Onions have a very long growing season and require slightly longer in the ground, so planting now will mean they won't be ready until next summer.



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PLANT OF THE MONTH:

Sarcococca

confusa

Sarcococca confusa, also known as Christmas box, is an evergreen shrub that bears small white flowers. Somewhat surprisingly, given its heavenly honey-scented blooms, it is one of the least popular evergreens available, but don't let that stop you from choosing this obliging plant for your garden.

Where to grow Sarcococca confusa

Sarcococca confusa is a hardy plant that is very easy to grow. It prefers a relatively shady spot but can still thrive in full sun as long as the soil is kept damp.

Due to its sweet fragrance, it is advised to grow this plant close to your house where you can enjoy the full force of its aroma in flower borders, flower beds or containers.

How to plant Sarcococca confusa

You can plant this tough shrub at most times of the year, except when the ground is frozen solid, waterlogged or extremely dry, but if you want to perk up your garden this winter, then this is the plant for you.

Simply plant the shrub in moist, well-drained soil, water well and apply a granular general feed around the plant. It will also benefit from a layer of garden compost or bark chippings around the roots.

How to care for Sarcococca confusa

In early spring, lightly trim or prune back the shoots of your shrub and then apply another layer of compost around the base of the plant. In its first year, water regularly.

What other plants complement Sarcococca confusa?

As this shrub is lush and green all year round, with flowers between December and March, it is suited to plants that only peak at certain times of the year such as deciduous plants. It also complements taller shrubs such as hydrangeas.



GARDENING



Berry nice INDEED

Warming those winter garden vistas with some bursts of festive colour

We all know the colours and the coldness of winter when it comes to gardening. Many of us regard it as a season reserved only for planning the dawning of spring, when luscious life can return to our outside spaces.

And yet, winter can be about much more than greens, browns and greys where gardens are concerned. Certainly in the use of berries, your outside space can quickly adopt all the sprigs and spray of summer. With that in mind, then, here are some plants that will help keep things colourful:

SORBUS

In white, pink, yellow, red, blue and quite the most stunning copper tones, the berries from this deciduous tree will bring breathless colour to even the darkest corner.

HOLLY

A festive favourite, holly combines a burning red berry with that intensely detailed, beautifully curated leaf, with a combination of greens that offsets its radiant bedfellow with a flourish of frosty finesse.

VIBURNUM TINUS

In its prime between the months of December and April, just when you think the golden pink buds of this characterful plant can't offer anything more, the ends burst open, offering a spray of white flowers. One of the first risers for spring's sumptuous season of colour, the Viburnum Tinus will soar in prominence just as the temperatures begin to do likewise.

CALICARPA

This shrub has purple, jewel-like berries that look as if they've come straight from a safe deposit box in Hatton Garden. An intensely rich shade, the plant goes into overdrive in autumn and winter, offering colour to even the gloomiest garden.

And if the beauty of the winter rebels isn't a pleasure enough to see, the range of birds they will attract to your garden will only serve to delight you further.




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DAVID LINLEY AND INTERIOR DESIGN'S MISSING LINK



Talk about interior design, architecture, design and craftsmanship, and so much of what you hear revolves around the intentions, desires and whims of the designers themselves. It's almost as if they are going to be the ones living in the spaces they curate.

Clearly, in most cases they're not, and that's where the Linley stable of designers and architects takes a different approach towards creating artistic excellence.

At the heart of Linley is the intention to style a client's own vision before anything else. Sure, the Belgravia-based experts, who have been a major player in working with upmarket clients for more than 30 years, can extol the virtues of custom-made and tailored cabinets, furniture and kitchen spaces, but unless it has client direction, a project won't begin.

When bespoke designs are brought forward, Linley designs favour a few simple rules: items are sleek and sharp, utilising



whites, greys, blacks and browns, with references to art deco, 1970s elegance with polished tones. They are happy to juxtapose styles and periods to create rooms with distinction and flair, but the celebration of eras is without brazen, shouty, disturbing colours. In short, subtlety is key.

Small item collections are often in glassware or polished wood (such as boxes, desk items and picture frames), with a fascination for intensity, detail and perfect lines.

A Linley home is one to be viewed from many angles, with interiors that are to be stroked, brushed and admired; although the attention to detail demanded of everything, from intricate objects to sweeping units that glide into the distance, come with price tags to match, so beware.



Photo credit: blog.davidlinley.com



OWN A HOOVER AND A RUBBISH BAG?

You've already qualified as an urban minimalist

Talk of urban minimalist design brings about notions of wealthy Docklands apartments littered with little more than a table candle, a coffee cup and a laptop.

And yet the achieving of a clean, clear, space-driven home isn't out of reach, yuppie living or not. Ultimately, where urban minimalist design succeeds, it's in the understanding that you are defined not by your possessions, by your furniture.

Wind back a decade or so and minimalism would have sat much more on the side of brutalism, with polished concrete floors, conflicting wood and terracotta, and sleeping arrangements that appeared more akin to a night in the cells.

These days the rules are relaxed, and urban minimalism dives further into the human need for comfort, warmth, colour and texture, without the clutter, chaos and disharmony of possessions

ruining streamlined furniture, geometric design and perfectly judged angles.

In terms of colours, the warmth of wood is a key asset. Patterned against white walls, urban minimalism allows a return to the perfect white offset, while hard floors, matched rugs and boxed rooms allow styles to merge without them spilling out into corridors or hallways.

The secret to the look is to be regimented in your approach to everyday clutter. Storage space is not a secret or an embarrassment to those wanting to pull off this look, but clearly, practical solutions need to be sought in order to maintain what is a devoted approach towards cleanliness.

Nail the ability to hide away the knick-knacks of life, and urban minimalism enables homemakers to celebrate the ultimate pleasure derived from space and shape.

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We live in an era where throwaway culture permeates almost everything we do, and yet where bathroom suites are concerned – and baths, in particular – there is shimmering style and majestic magnificence in being tempted into a traditional tub.

That's why more and more people are now choosing to restore their tubs rather than remove and replace. Not only may this see you preserving a bathroom mainstay that is, most likely, a level up from today's cheap, lightweight fibreglass versions, but you'll save the back-breaking work of lugging the things up and down stairs too.

HERE ARE EIGHT STEPS TO GET YOUR BATH BACK ON ITS FEET:

- Sand down bumps, rust or affected areas.
- Reglaze your bath. DIY kits spell out the process, and while the fumes can be potent, you will quickly see old caulk, grime and scratches vanish.

- Give your bath a new lick of paint – for an acrylic or porcelain tub, select an EP-acrylic paint with a glossy finish; for iron bath tubs, use a latex primer then at least two coats of latex paint.
- Use a paint sprayer on the bath itself to achieve a smooth, streak-free finish inside and out.
- Apply a new coat of porcelain using a professional tradesman.
- Opt for new colours – your bath doesn't have to be white (nor that horrible lime green), so be ambitious, outlandish and brave in your new creation.
- Replace taps... a new, elegant set of taps on a bath – much like replacing kitchen unit handles – can create instant uplift.
- And finally, don't stop at the bath... because if the tiling around your tub looks like something out of a horror movie, you still won't want to take a dip. So clean, scrub, regrout and caulk your tiles to offer the cleanest finish possible.

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Wrap it up!

When it comes to wrapping you really don't need to break the bank. There are some great gift packs out there which represent value for money, while still stylish and eye-catching. But why not be a bit different and either make your own or use up some old paper you already have with these great budget-busting ideas?

NEWSPAPER

You are probably thinking this is useless. Fear not, this will save paper, look unique and add texture to your presents.

- Use larger sheets to wrap boxes
- Cut sheets into six or seven equal strips. When you have a few that look like large laces or spaghetti, you're ready to make bows
- Hold all the strips together so they are equal widths apart in your hand. Pinch in the centre of the bunch and stick with tape. Stick the centre to the centre of your present box
- You'll now have flowing strips either side, carefully tuck them under each other and fan out and stick the ends together and to the top of the present box. be sure to make sure the tape is hidden under the bows/fan
- Add a pre made bow in a metallic colour to the top. Hey presto!

BROWN PAPER

Wrapping paper from the post office is usually used to wrap parcels and home shopping returns. But it makes for smart-looking festive wrapping. Team with red or gold for a great Christmas look.

SCARVES

Scarves make for a great finish to any wrapped gift. Use them instead of ribbon to finish pre-wrapped gifts. Silk scarves work best as they have a slinky feel and luxurious look when tied in a bow.

If you are wrapping something round or oval, use scarves to wrap the entire present, no need to pre-wrap in paper. Envelop your egg, ball or round shaped item in the middle of the scarf. Bunch up the top and tie tightly so you have lots of the material fanning out at the top. Either tie in a big bow, or use another scarf or ribbon to tie around the gathered material.

Complement the colours, combining heavy patterns with plain and solid colours.

TISSUE PAPER

Tissue paper is not used often enough when wrapping. It's cheap, easy to find, comes in an array of colours.

- If you are wrapping a box, use at least three layers of tissue paper as it tears easily
- Always finish off your tissue wrapped box or gift with a contrasting material for the ribbon or bow
- For egg-shaped items, oval or circular, wrap like a Christmas cracker

So there you have it, wrapping can be fun and creative and you can even delve into your old wardrobe for material to wrap with! It's really simple and wrapping gets easier with practise.



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diy Christmas Gifts

What could be better than giving someone you love a handmade gift? Not only does it show that you have put a lot of thought and effort into it, but it can also save you money – and who knows, you might even enjoy it!

Festive Bath Bombs... you will need:

300g bicarbonate of soda | 100g citric acid | Food colouring
Essential oils – orange, cinnamon and peppermint all work well
A misting bottle | Bath bomb moulds | A muffin tin for storage

how to make

- Mix the bicarbonate of soda and citric acid together.
- Add 2–3 drops of essential oil.
- Gradually add the food colouring.
- Add water, stirring as you go – be careful not to add too much.
- Your bomb is ready when the mixture holds together in your hand.
- Add the mixture to the moulds, one half at a time, then press together.
- Carefully remove your bombs and store in tin.

Herry Mugs... you will need:

Plain white mugs | Oil-based Sharpie pens in festive colours
Alphabet letter stickers

how to make

- Create a phrase using your stickers on your mug – this could be someone's name or something festive such as "Joy" or "Happy Xmas".
- Draw polka dot shapes around the stickers in your chosen colours, then leave to dry. Be sure to cover around all the edges and in between the letters.
- Remove stickers and bake the mug in an oven at 220 degrees Celsius for 30 minutes – put in a cold oven and then turn temperature up.

Alternatively you can create any design or pattern you like, even write a message on the mug. You can also decorate with acrylic paints, nail polish and glitter.

Christmas Coasters... you will need:

4 x 4.25" square ceramic tiles | 4 old Christmas cards | Minwax Polycrylic
Mod Podge | Hot glue | Felt

how to make

- Cut each card into a 4x4 square.
- Spread Mod Podge onto each tile and apply a card to each one.
- Use a credit card to smooth out the card, then leave to dry for 2–4 hours.
- Coat each coaster with Minwax Polycrylic, then leave to dry.
- Stick a 4x4 square of felt to the bottom of each tile to protect surfaces.



HOME & DIY

Photo credit: www.prima.co.uk, www.lifefamilyfun.co.uk

JOE WICKS

THE MAN FROM THE STICKS

*The man who built fitness fanaticism
from rural Surrey*

Joe Wicks is the marvellously built man-mountain whose drive towards health and well-being has inspired a nation of fitness fans, all keen to supplement their daily sweat by investing in sensible, supplementing food solutions.

In an era where we're being bombarded with influencers, energisers and "body-makers", the 34-year-old has carved for himself an attractive niche that relies on plain talking, sensible planning, ambitious targets and a small amount of humility thrown in along the way. For evidence of that, take his approach to running.

"We all know how important proper cardio is and running is arguably the best way of really getting your whole body primed to increase strength and fitness... but it doesn't mean you have to enjoy it.

"I regard myself as fit – I eat well, exercise a lot and I'm strong – but when I did the London Marathon I quickly learned the difference between power and endurance, and while I was quick enough over the first half of the course, it was a really painful and slow experience by the end... and that's okay, because we're all growing and learning together."

Wicks, whose popularity comes out of being one of the original Instagram fitness kings, has recently been throwing that (muscle-bound) frame behind breaking his own world record for the number of people he could get attending a single 30-minute High Intensity Interval Training (HIIT) class.

Having previously gathered 3,804 people in Hyde Park, Wicks ventured to Dubai to try to go one better, as well as embracing the health ambitions of the world's fastest-growing economies. During his time there, the fitness guru – who is a best-selling

author having made millions from his *Lean in 15* and *30 Minute Meals* books, among others – also conducted a workout session at a Dubai school, with 450 kids involved, and got his running shoes back on for a half-marathon challenge.

"For me it's always been about mixing up ideas and getting fitness going in different environments," he says. "When getting in shape falls into the same old routine, that's when it becomes dull, and that's what I want to steer people away from, because it's a killer for motivation."

Wicks, who recently created a series of YouTube videos offering "seven days of sweat" to encourage people to get fit and motivated before Christmas, got married over the summer to Rosie, and in the new year will welcome his second child into the world (baby Indie was born in September 2018).

And that world record attempt? Well, although huge numbers attended the Skydive Dubai field at Dubai Marina, the team fell agonisingly short of their target. Typically, Wicks sought out the positives from the experience.

"Failure is all part of building towards success in the future," he said. "I actually embrace those times when things don't go my way, because it makes me even more determined to find the right answer in future, and whether that's not managing to bench press as much as I'd like, or not hitting a treadmill PB or simply giving in to a treat occasionally, moving forward is always about failing in the past, so we get up the next day and go for it all over again."

Photo credit: Ken McKay/ITV/Shutterstock

LOCAL NEWS

from your neighbourhood



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Runners announced for the General Election race

The candidates have been announced for the Hornchurch and Upminster constituency in December's General Election. We asked each candidate: "Why should people in Hornchurch vote for you?"

Julia Lopez – Conservative

Since 2017, I have served as your MP with pride and dedication. I have secured £17million for a new health centre in Hornchurch, cash to improve our junctions, roads and river crossings, extra money for the Met, new nursery places, capital investment and special needs funding for our schools and Havering Sixth Form College. I helped bring in tougher powers to fight knife crime and terrorism, and secured treatments for neuroblastoma and cystic fibrosis. I want to get Brexit done.

Tele Lawal - Labour

I live in this constituency and want to represent you on the issues you care about in Parliament; investment in our high streets, lack of infrastructure, community safety, education, housing and health

services. I believe that with my conscientious council service, I have demonstrated my passion for my community and the ability to work cross-party to deliver results.

Thomas Clarke – Liberal Democrat

I have lived in Hornchurch my entire life and I play a big part in the community helping to run Harold Wood Cricket Club, where I am chairman and coach. I want to help the Liberal Democrats build a brighter future for young people by doubling spending on youth services to £3.7million a year in Havering to help stop knife crime.

Published and promoted by Graham Potter on behalf of Thomas Clarke (Liberal Democrats) all at 11 Cedric Avenue, Romford, Essex, RM1 4JL

Peter Caton – Green Party

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First ever fire brigade nutritionist scoops top award

London Fire Brigade's nutritionist has been recognised with a top accolade for his work to improve the healthy eating habits of firefighters.

Greg Lessons, a firefighter at Hornchurch Fire station, until recently, is the first ever dedicated nutritionist employed by a fire and rescue service.

He won 'Nutritionist of the Year' at the Caroline Walker Trust awards.

Greg was chosen from some tough competition, with leading nutritionists from around the country vying for the prize.

His dissertation focussed on firefighter nutrition and how firefighters could improve their health by eating better on duty. After graduating with a distinction, Greg was appointed as a full-time nutritionist for London Fire Brigade and is now on a long-term secondment.

He works with firefighters to develop personalised nutrition plans, helping them to make healthier food choices and also holds food preparation masterclasses with firefighters across the capital.

Greg said: "To be awarded the title of Nutritionist of the Year 2019 is fantastic and I'm thrilled beyond belief. I was judged against four eminent UK nutritionists and I'm so proud to be chosen.

"It was also an honour to represent the Brigade and to raise the profile of nutrition, health and wellness in the workplace. A huge thanks goes to everyone who has supported me along the way."

Explaining more about his work as a nutritionist, Greg said: "Firefighters work extremely busy shifts and can be called out on a shout any second. For that reason, they tend to eat large portions and quickly. They also work anti-social hours and, like many other night workers, often want quick energy so their choice of snacks is often not the healthiest.

"We know firefighters need to be fit to do their job and eating the right diet is essential to achieve this. Also, nutrition can significantly impact mental health and be used as a valuable tool in reducing stress, anxiety and depression."

Man found hanged in Harrow Lodge Park

Police are investigating after a man was found dead in Harrow Lodge Park, Hornchurch last month. Officers were called to the open space at 6.55am on Monday, November 4 after reports that a man

had been found hanged and emergency services gathered in the Abbs Cross area of the town.

A police spokesman said they were not treating the death as suspicious.



Student's killers facing life behind bars

The drug dealers who stabbed Jodie Chesney to death by mistake in front of her boyfriend are facing life sentences.

Jodie, 17, a student at Havering Sixth Form College in Hornchurch, was stabbed in the back as she listened to music in Amy's Park on March 1.

Knifeman Svenson Ong-a-Kwie, 19, wanted to 'bang out' a rival in revenge for stabbing him weeks earlier but he plunged his blade into Jodie.

The county lines drug dealer made his getaway in a £1,000 black Vauxhall Corsa driven by Manuel Petrovic, 20, along with Aaron Isaacs, 17, and a 16-year-old.

Jodie's friends battled to save her and paramedics performed an operation on her on the forecourt of Esso garage in Gants Hill, but she was pronounced dead an hour later.

Ong-a-Kwie and Isaacs, were convicted of her murder while Petrovic and the 16-year-old were cleared of murder and manslaughter.

There were shouts of joy from the public gallery while Jodie's father Peter left the well of the court as the eight-week trial came to an end.

Jodie's sister Lucy said nothing will bring her back.

She added: "I am only 20 years old and already I am dreading my life rather than looking forward to it. Jodie was not only my sister she was my best friend. Losing her is like losing half of myself. We went through everything together and she was always there for me and always putting everyone before herself. She gave me a type of love I will never feel again."

"Jodie will be greatly missed and the people who caused such tragedy to a family should hang their head in shame. You have ripped away a bright future that was destined to make a change to many lives."

Ong-a-Kwie was sentenced to a minimum term of 26 years at the Old Bailey. Isaacs has been given at least 18 years for his part in the murder.

Immediately after the sentencing, restrictions protecting Isaacs' identity were lifted.

Detective constable charged with assault

A detective constable has been charged with common assault by beating following an investigation by the Independent Office for Police Conduct (IOPC).

DC Kevin Rowley, based at East Area Command Unit, was charged in October and ordered to attend Westminster Magistrates' Court on Monday, November 11 where he denied the charges.

He is currently on restricted duties.

The Metropolitan Police Service made a referral to the IOPC following an arrest of a 17-year-old male in Heath Park Road, Romford, on suspicion of possession of class B drugs on Monday, April 22.

Footage of the incident was then circulated on social media.

The IOPC launched an independent investigation.

DC Rowley was released on bail and will attend Hendon Magistrates' Court on trial on July 23.



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Boost for learning as new classrooms open

New state-of-the-art classrooms and learning spaces were officially opened at an academy in Hornchurch which supports young people who have experienced difficulty in learning recently.

The special event at Olive AP Academy was attended by the Mayor of Havering, councillor Michael Deon Burton, Mayors, councillors, staff and the community, who enjoyed a tour of the academy building and displays of work.

Student ambassadors welcomed the special guests, whilst other students put on displays in the science lab and teaching kitchens.

The refurbishment of the academy includes new classrooms, a science lab, a new canteen, a multi-purpose hall, atrium and teaching kitchens.

Philip Whall, chair of the Olive Academies Multi Academy Trust, said: "The launch of our refurbished building with amazing new teaching facilities for local young people wouldn't have been possible without the support of Havering Council. We are proud to be working in partnership with them, ensuring that Havering's young people have the best possible opportunities to succeed and achieve."

Mayor Deon Burton said: "Partnership, pride, passion and good old-fashioned hard work have brought about what's been achieved here at the academy. Seeing the students' work and achievements and meeting the academy's young people presents the borough in the most positive light."

Tandoori Lounge wins national award

Staff at a Punjabi restaurant in Hornchurch are celebrating after they won a prestigious Good Food Award for 2020.

Judges spent the last 12 months evaluating customer feedback and found that the restaurant at 185, High Street, demonstrated exceptional levels of food quality, service and value.

The judges were full of praise, they wrote: "When it comes to Hornchurch restaurants, it doesn't get more stylish than Tandoori Lounge."

"The restaurant features a clean and minimal decor that will impress on date nights while a buzzing atmosphere will make any occasion feel that much more special."

"Indian food lovers will find themselves spoilt for choice at Tandoori Lounge."

Honey Uppal and her husband Sukh opened the restaurant two years ago.

Honey told **VISION** Hornchurch she was delighted to have won.

She commented: "It was a fantastic feeling and a huge award to win within two years of us being open. I don't know if anyone else who has achieved that. The award was given to us on our second birthday so it was a happy day that day."



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Photo credit: Andrew Ruff



LOCAL NEWS

Town remembers those who made the ultimate sacrifice

Thousands of local residents and visitors came together to pay their respects to servicemen and women at a series of events across Havering marking Remembrance Sunday.

The events included a re-enactment from the 10th Essex Regiment Living History Group who attended a ceremony in Hornchurch Country Park.

Their appearance was part of an exhibition at the Ingrebourne Valley Visitors Centre which looked at the role of the Royal Corps in Hornchurch during the First World War and Women at War.

A ceremony including a two-minute silence was held outside the centre at 11am.

Elsewhere in Havering, around 2,500 people lined Main Road, Romford to see a march organised by the

Romford branch of the Royal British Legion and led by the Royal British Legion Band and Corps of Drums Romford.

On Monday, November 11, a service also took place to mark Armistice Day in Market Place, Romford, highlighting 101 years since the end of the First World War.

Councillor Michael Deon Burton, Mayor of Havering, said: "No one plays a greater role in keeping us safe than our Armed Forces and these services gave us a chance to remember these servicemen and women past and present.

"We should all be proud to stand as a community and mark this significant occasion each November, to highlight the sacrifices our Armed Forces have made."

Charity awarded nearly £300,000

A Hornchurch charity has been awarded more than £277,000 from the National Lottery Community Fund to tackle violence and knife crime.

You and Me Counselling recently launched the Stronger Together project which applies a whole family approach to tackle violence and knife crime, by working with young people and their families. They receive referrals from schools, social workers and GPs.

Founder Bolaji Olagunju said: "A lot of young people join gangs for a sense of belonging. Young people and their families are seen separately and then together to tackle this problem. We need to talk to them and find what led them to get to that stage and talk to their parents about their role in that as well."

Bolaji said: "The young people are craving for a relationship but it has broken down. At the same time the parents have had enough so we try to bring them together and find a compromise.

"It's not about bad parenting but about how you can repair bad relationships."

The National Lottery funding will fund Stronger Together for five years, so it could provide counselling for 35 families a year.





Loneliness charity nominated for Essex TV award

WaveLength, the country's oldest loneliness and technology charity, which is based in Hornchurch, has been nominated for Essex TV's Charity of the Year Award.

The award recognises a strong charity model that enables their organisation to effectively help others and bring positive impact and success within communities.

WaveLength gives radios, televisions and tablet computers to help people maintain and increase the number of connections they have in their lives.

Using technology to connect people to the outside world, WaveLength beneficiaries report that technology helps them to feel happier, healthier, and less lonely.

In Essex, the charity recently gave a set of tablet computers to Essex Dementia Care, who provide one-to-one support for people with dementia, alongside respite and emotional support for their main caregivers.

Mark Hinson, dementia practitioner, explained: "The tablets are a familiar item, it's like using a fork. Once you've learnt the skill of using it, then it becomes second nature, so the tablets are very helpful."

Tim Leech, CEO of WaveLength, said: "We are delighted to be shortlisted for Essex TV's Charity of the Year, especially in our 80th year of fighting loneliness. We're looking forward to meeting inspiring charities, businesses and individuals at the awards evening."

Emily wins well-deserved award

A young volunteer from Hornchurch has won a prestigious award. Emily Flint joined more than 100 other young people who received prestigious Jack Petchey Foundation Achievement Awards at the Queens Theatre on Monday, November 11.

The event honoured Achievement Award winners aged between 11 and 25 who each received a medal, framed certificate and a cheque for £250. They were nominated by their peers and leaders.

Emily, 17, attends St Mary's Youth Club and received a Jack Petchey Achievement Award because she proudly represents her youth club at a befriending group for the elderly on the first Saturday of each month. The club are so proud of her commitment to the group, along with her compassion and patience.

Emily commented: "The event means a lot to me as it gives everyone an opportunity to display their talents and achievements. I believe it inspires young people and allows them to grow and offer inspiration to others."

Emily spent her £250 grant on a white-water rafting trip with her youth club.



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LOCAL NEWS



Residents reach for the stars at Christmas lights switch on

People from Hornchurch joined thousands of others from across Havering at Romford Market Place recently to celebrate the Christmas lights switch-on.

Hornchurch's Razzmatazz Theatre School performed a Queen medley while crowds were also treated to a preview of *Robin Hood*, this year's pantomime at the town's Queen's Theatre.

The trio took to the stage and made dreams come true for fans young and old alike, as residents braved the cold weather for the S Club party.

A star-studded cast of colourful characters also turned up to celebrate with the crowds, including Queen Elsa and Princess Anna from Disney's *Frozen*, *Toy Story*'s Woody, Buzz and Jessie, and Father

Christmas himself.

The show concluded with a spectacular fireworks finale and the lights switch-on, initiated by Mayor of Havering, Councillor Deon Burton.

Mayor Deon Burton said: "Switching on the Christmas lights marks the start of the holiday season in Havering, and I'm thrilled to see so many residents coming together to celebrate the illuminations.

"I would like to thank tonight's performers for giving us such a fantastic show, our sponsors for making this possible, and everyone".

Romford lights switch-on started a season of festivities across the borough, which continued with the Hornchurch Christmas Cracker on November 16.

Mother nominated for construction award

A single mother turned electrician from Hornchurch has been nominated for a Women in Construction Award.

Carolann McFadyen, who is working as an apprentice electrician for L&Q at Barking Riverside, was due to attend the London Construction Awards as **VISION**Hornchurch went to press after being shortlisted by the judges.

Carolann worked all over the world in property before returning to the UK and getting a job with a high street chain when she became a single mother.

As an L&Q tenant, she took advantage of a programme that encouraged women to work in construction and in 2016 went on to secure an electrical apprenticeship.

She said: "I really do love every minute of it. I was having to work in a job I didn't enjoy before because I had my son to support. But since I started the apprenticeship, I actually look forward to coming in to work every day, and I love all of the guys on site.

"When I came into work after finding out I'd been shortlisted for this award there were congratulatory banners up and everyone came up to say well done.

"To any women who want to get into construction but think it's a man's job, I'd say don't let anything hold you back. What has a man got that you haven't?"

John Bryson, head of the academy, said: "We are delighted that Carolann has been shortlisted for this award. We are here to support anyone who wants to work in construction, regardless of their background or life circumstances, and are keen to support more women into the industry. Carolann's success is well deserved, and we will be cheering her on."





News from

Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association



Stock image

The weather has changed, it is certainly much colder, and the clocks went back at the end of October, the nights are drawing in quickly. It will not be long until it is dark at 4pm.

It is at this time of the year when the number of burglaries to homes often increase. As it gets dark, it is more obvious to the thieves who is in and who is not. A dark house with curtains open when it is dark outside is a fairly good indication of an unoccupied property.

The police encourage the use of timer switches to turn lights on, it is also a good idea to have a radio also on a timer switch to help make the home feel like it is occupied.

If you are going away at Christmas, ask a friend or neighbour to open and close your curtains for you.

If you get Christmas presents which come in big boxes do not put the boxes outside for collection by the bin men as you are advertising to the thieves, items they might want to steal.

I should not need to say this, but people are still not doing it, when you have a multipoint locking door, please do not just close the door and lift the handle – you also need to lock the door with a key, otherwise the multi-locks are disengaged as soon as the handle is pushed down making it relatively easy for someone to enter your home.

It is pothole season – potholes need to be of a

minimum of 40mm deep and 300mm wide in the carriageway and 25mm deep on the footway before the council will repair them.

If you see a pothole you can report this online to the council from their website or by phone 01708 432563.

Please download the App LoveCleanStreets – this allows you to report rubbish, fly-tipping etc directly to the council with a photo and a click of a button.

The parking fees in council owned car parks are being dropped for the weekends from the beginning of December for six weekends. Please check carefully before you pay as the pay stations will still accept payment.

An issue I was made aware of recently, and I would hazard a guess it happens a lot, people are turning up to collect their children from schools in a car up to an hour early (to snag that space right in front of the school). They leave their engines running to keep the car cool during summer and warm during winter.

Please consider parking five minutes away. There is often some free parking within a few minutes' walk. Why do you want/need to pollute the air they breathe?

If you have any issues in the St Andrews Ward in Hornchurch, please contact any of your Hornchurch Residents' Association members – we will help where we can. Our website www.hxra.org gives the contact details under the 'Meet the team' tab.

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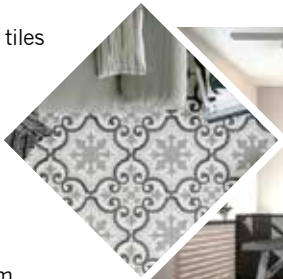


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Hair salon is a cut above with award win

A hair salon in Hornchurch can count itself among the best in London after it scooped the title of East London Hair Salon of the Year 2019 at the London Hair and Beauty Awards recently.

The London Hair and Beauty Awards showcase those salons that have gone above and beyond, and made a difference within their industry. Finalists are nominated by the public, then the winners are chosen by a panel of industry experts.

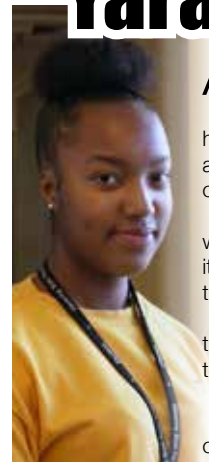
Earlier this year, The Vanilla Room at 123-125 Hornchurch High Street, unveiled an extensive re-fit and owner Kerry Larcher said she believes that this

and her passion for recruiting aspiring hairdressers and investing in training helped them win the prize.

Kerry said she was honoured to win the award.

She commented: "As a Hornchurch salon to be judged against top London salons, and be awarded the title of East London Salon of the Year is an incredible achievement. It means the world to me, and my team of hairdressers to be helping fly the flag for the London Borough of Havering. We invest heavily into our team here at the salon, professional colour, technical cutting, customer service and homecare. It's wonderful for that to be recognised."

Yara shows true compassion



A student at Havering Sixth Form College has been praised for her compassion and after she sat with an elderly resident and held her hand as she passed away.

Yara, 18, studying health and social care at the Sixth Form in Wingleye Lane, was undertaking her work placement at Barchester Park View Care Home in Dagenham when she was made aware that one of the terminally ill residents was close to passing, but that none of her family could get there in time.

Yara, said: "I felt because the lady's family couldn't be there that someone should be with her when she passed and I didn't mind doing that. Some people find it traumatic but I didn't, I found it a peaceful experience. I could feel her presence in the room and then I realised that it wasn't there anymore."

"I checked for her pulse but there wasn't one and I realised she had passed with me sitting there holding her hand. It was the weirdest feeling but I felt the family would have been comforted to know that someone was there for her and she didn't pass away alone."

Yara has been working at the care home every Friday since September as part of her BTEC course.

The Sixth Form's vocational faculty leader, Teresa Gladwin, said: "Yara showed a great example of care and practice and demonstrated perfectly the values of what she has been learning."



LOCAL NEWS



Pat urges others to take advantage of volunteering lifeline

A woman who started volunteering at a shop in Hornchurch for Saint Francis Hospice after her husband lost his 12-year fight against blood cancer said the move was the best thing she has ever done.

Pat Ainsworth admitted she doesn't even know how she mustered the energy to walk into the furniture store on the town's high street to ask about volunteering after her husband Jimmy died.

She explained: "I was in a bad place — mentally. Three months after I lost Jimmy, I was walking past the shop when something just pulled me in."

Jimmy was one of the few people in the UK who were trialling a treatment devised in America. Pat cites the drug as the reason why she got more wonderful years with her husband than anyone ever expected.

"I feel proud that he helped pioneer medicine that's

now readily available and helping people living with cancer today," beamed Pat.

Pat described volunteering for Saint Francis Hospice as the best thing she's ever done and the reason why she was able to start living her life again.

She said: "I love it here. It's helped me grieve and given me back a purpose. I feel so privileged to be working for this wonderful organisation. We're one big family — here to give people a better life."

Pat has some simple advice for anyone considering volunteering or hospice care.

She commented: "Please don't hesitate."

If you'd like to find out more, please visit www.sfh.org.uk/volunteer, email volunteering@sfh.org.uk, call 01708 758614, or pop into one of Saint Francis Hospice's stores.

Mixed November 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.

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

Gidea Park have played two games since the last issue, winning one and losing one. Goalscorers were Finley Tolan with two goals and Charlie Grace with one.

Archie Lovett and Charlie Grace were named man of the match in both games.



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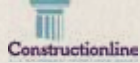
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AFC HORNCHURCH

LOCAL NEWS

Photo credit: Hornchurch FC



Urchins leading the way as they top the respect table

Hornchurch FC top the respect table across the Isthmian Leagues which focuses on player and management dissent and behaviour.

They have minus eight points in the respect table which puts them joint top alongside Bognor Reis Town and Hertford Town.

Dissent Points are awarded as follows; red cards and misconduct behaviour is 10 dissent points, yellow cards and bench cards is five dissent points, bench mis-behaviour are one dissent point and excellent behaviour (awarded by the referee) is minus dissent point.

The club's form has also been top draw with some impressive

wins last month.

Charlie Stimson scored a hat-trick as The Urchins progressed into the FA Trophy following a win over Basildon Utd. Marvin Morgan, Daniel Uchechi and Lewwis Spence completed the scoring in a 6-1 win.

Also, for the third season in a row Hornchurch have been drawn against Chelmsford City in the Essex Senior Cup. The 4th Round tie will be played at the Melbourne Community Stadium on Monday, December 2, 7.30pm kick off.

In the league Hornchurch conceded first for the seventh game in succession, but after the break, goals by Saunders, Ronnie Winn and a Dickson brace saw them win 4-2 against Brentwood Town.



www.afchornchurch.com



Simply the best council in London and South East

People in Hornchurch are served by the best council in London and the South East of England for delivering outcomes that make a real difference to residents' lives – and that's official.

According to the annual 'Which Councils Are Best?' report from IMPOWER, Havering is the fifth best council in England and number one in London for using resources in the most effective way.

The IMPOWER index focuses on in seven areas. These include children's social care; older people; all age disability; housing and homelessness; and waste

and recycling. Other areas looked at are health and social care interface, and children with high needs.

Andrew Blake-Herbert chief executive of Havering Council, said: "The IMPOWER report shows that our residents continue to receive excellent value for money on the things that make a real difference to their lives. This is more than keeping our streets clean and safe, collecting rubbish on a weekly basis and maintaining our roads. It is also about providing life changing support and care to our young, older and most vulnerable residents."

Police smash human trafficking group

Nearly 20 people, aged between 17 and 50, were arrested following a series of early morning police raids targeting those suspected of being involved in an international human trafficking group.

Met Police officers swooped on addresses in Havering, believed to include Hornchurch, and others in Redbridge, Barking and Dagenham, Newham, Brentwood and Tower Hamlets. From these addresses, 17 people were arrested on suspicion of modern slavery, controlling prostitution, Class A drug offences and firearms offences.

All the suspects have been taken to a central London police station where they remain in custody. A total of 29 potential victims of human trafficking, women aged between 20 and 40, were recovered from the London addresses. They have been taken to a place of safety. An additional four searches were also carried out in Romania resulting in the arrest of one man.

Detective Chief Inspector Richard McDonagh said: "The Met recognises the seriousness of modern slavery and the devastation it brings to people's lives. We have an investigative capability across Frontline Policing and have invested in specialist resources through our Central Specialist Crime – Vulnerability Investigations Team which tackles complex cases. This allows us to target offenders and support victims."

"Today's synchronised operational activity spanned 16 addresses in east London and four addresses in Romania with the aim of, in one fell swoop, dismantling an organised crime network and providing support to the victims."

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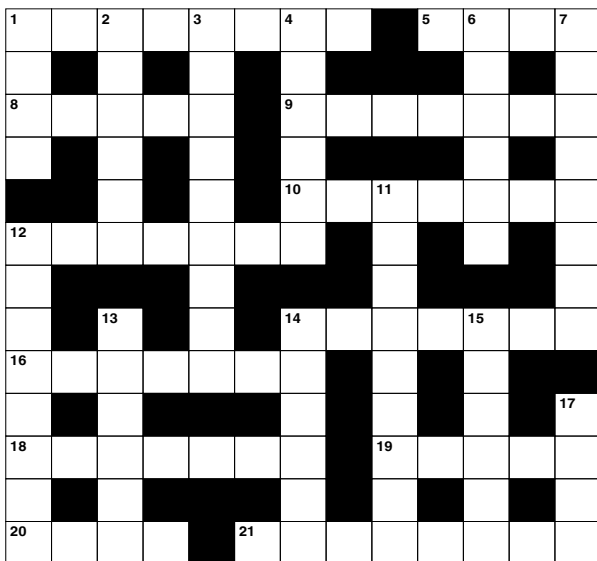
PUZZLES & TRIVIA

ACROSS

- 1. Very small African parrot (8)
- 5. Mire (anag) (4)
- 8. Criminal (5)
- 9. Beyonce ____: singer (7)
- 10. Strongly influencing later developments (7)
- 12. Enhance a photo (7)
- 14. Degree of eminence (7)
- 16. Boring (7)
- 18. Set up (7)
- 19. Gemstones (5)
- 20. Opposite of won (4)
- 21. Small falcons (8)

DOWN

- 1. Hoist (4)
- 2. Closely woven fabric (6)
- 3. Using both eyes (9)
- 4. Having a jaunty appearance (6)
- 6. Alyssa ____: US actress (6)
- 7. Determined (8)
- 11. Clumsy (9)
- 12. Fitting (8)
- 13. Love affairs (6)
- 14. Smear or blur (6)



- 15. Action of making use of something (6)
- 17. Poses a question (4)

DID YOU KNOW?

- Mastercard was known as Interbank from 1966 to 1969 and Master Charge from 1969 to 1979
- Porsche also makes tractors
- The first product to have a bar code included was a packet of Wrigley's gum
- Nokia was named after Nokianvirta, the Finnish river, where the business first began as a paper mill in the 1800s
- There are 22 stars in the Paramount logo, although the original has 24
- Hilton was the first international hotel chain
- The values on the Monopoly board game have been the same since 1935
- Cheerios cereal was originally called Cheerioats

SUDOKU

8								9
3	1				5	2		
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		1	6				3	5
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FESTIVE FOOD

no-nos for your pets

Christmas is a time to overindulge as a family, and for animal lovers, that extends to their pets.

Now you may think you are being kind in giving your pet their very own Christmas dinner, but there are certain festive foods that they should not be eating.

Snacks & Sweet Treats

✗ MINCE PIES

These pastry-encrusted traditional Christmas treats include raisins, currants and sultanas, all of which can be fatal to dogs.

✗ NUTS

Certain nuts can be toxic to animals, so it is best to avoid giving any varieties to your pets just in case they have a bad reaction.

✗ CHOCOLATE

Chocolate can be deadly to your pets so it should be kept out of reach at all times. Don't forget about tree chocolates.

The Main Event

✗ TURKEY SKIN & BONES

Although a few slices of turkey meat will not harm your pet, the skin of the bird is too

fatty for their digestive system and the bones can pose a choking hazard.

✗ PIGS IN BLANKETS

So delicious, and your dog would probably think so too, but these Christmas dinner accompaniments are simply too fatty and salty for your pet.

✗ STUFFING & GRAVY

Although not toxic to pets, both of these are high in salt and fat as well as containing several herbs and spices that may irritate your pet's stomach.

Puddings

✗ CHRISTMAS PUDDING AND CHRISTMAS CAKE

Just like mince pies, these both contain raisins, sultanas and currants that can be fatal to your pets.

✗ ICE CREAM AND CREAM

Cats and dogs both find it difficult to break down lactose which is found in both of the above tasty desserts; therefore, it is advised not to give them any. Even lactose-free ice cream can be problematic.





HOW TO OCCUPY YOUR KIDS ON THOSE LONG CAR JOURNEYS OVER CHRISTMAS

What is the most dreaded phrase that children typically say on long car journeys? Yes, you guessed it, it's "Are we nearly there yet?"

This innocuous-sounding question is often uttered within minutes of leaving the house and turns even the most patient parent into a bad-tempered tyrant.

Check out our free car games and eliminate boredom for good.

1. TRAVEL BINGO

Think of 5 or 10 things to find that can be seen from your car window. Create a bingo card with these items listed and then simply let your kids find them and cross off throughout your journey.

2. I'M GOING ON A PICNIC

This is a great memory game for children aged 5 upwards and can have as many players as you like. The first player says "I'm going on a picnic and I'm bringing...", followed by something that begins

with A. The second player repeats what the first player said and then adds something beginning with B, and so on.

3. 20 QUESTIONS

An oldie but a goodie, this guessing game can be enjoyed by children of all ages. Player one thinks of a person, place or object. Then the remaining players take turns to ask questions which must be answered with only yes or no. After each answer the questioner may have a guess.

4. WHO CAN STAY QUIETEST THE LONGEST?

If you really can't take any more of your children complaining and bickering, this is the game to turn to. Engage their competitiveness and enjoy five or hopefully more minutes of blissful silence.

5. ELECTRONIC DEVICES

If all else fails, you know you can always turn to the iPads and smartphones for a quick boredom fixer.



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Should you buy a SLOW COOKER?

Owning a slow cooker is now nearly as common as owning a toaster or a kettle, with many praising the virtues of this time-saving kitchen appliance.

And what better time to invest in a slow cooker than in winter when the nights are cold and your belly screams for foods that are warm and comforting, but is this cooking device right for you?

How does a slow cooker work?

A slow cooker works by cooking food for long periods of time at a low temperature. Heat is created in the base of the appliance and is then transferred up the sides of the cooker to slowly heat your food. Most slow cookers have the option of cooking at either a low or a high temperature, depending on how long you have to create your meal.

What are the benefits of a slow cooker?

- ✓ You are highly unlikely to burn your food.
- ✓ You can use cheaper cuts of meat.

- ✓ It frees up your oven or hob for other cooking.
- ✓ Minimal washing-up.
- ✓ It uses less energy than a standard oven.
- ✓ It is portable, convenient and saves time.

What are the downsides to using a slow cooker?

- ✗ Diluted flavours owing to condensation can lead to bland food.
- ✗ Not all recipes are suitable for slow cooking – such as meat that needs browning.
- ✗ Fresh spices and herbs can be overpowering in the slow cooker, so always use less than the recommended amount.
- ✗ It can be inflexible.
- ✗ No quick-fix meals.
- ✗ Tinned and even frozen veg does not work as well in a slow cooker – fresh produce is best.

Slow cookers are good for curries, soups, stews, casseroles, sauces and even mulled wine.

Best slow cooker brands: Crock-Pot Slow Cooker, Sage by Heston Blumenthal Fast Slow Pro Pressure/Slow Cooker, Russell Hobbs Chalkboard Slow Cooker 3.5L.



Things to consider for a NEW YEAR BREAK on a budget

Whether you fancy some winter sun or a romantic city break, booking a last-minute New Year break on a budget can be a challenge, to say the least.

But fear not – it can be done.

Choose a less-popular destination

Certain areas of the globe are known for their New Year's Eve party extravaganzas – think New York, Las Vegas and Sydney – but if you don't want to be paying off your New Year break for the next 12 months, consider going to a less-popular destination such as Budapest or Prague.

Consider going en masse

If you have a large group of friends who enjoy going away together, look into the option of renting a house rather than staying in a hotel. For those who don't have their heart set on going abroad, there are some great deals to be had on shared

accommodation in the UK – you could even rent out a castle.

Take the risk of booking last minute

Most people like to have their New Year's Eve plans set in stone at least a few weeks before the big event, if not more, but one way of finding a super-cheap deal is to wait until the very last minute. Yes, this is risky, and you may not have a lot of choice in terms of your destination, but if you can't be spontaneous on New Year's, when can you be?

Compare prices

You may think it would be cheaper to book a budget package deal with flights, accommodation and transfers included, but that is not always the case. It is advisable to shop around to get the best deals.



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How to clear festive debt

According to a national debt charity, nearly eight million people in the UK expect to fall behind in their finances in January after overspending on Christmas.

1. Don't bury your head in the sand

If you are serious about clearing your debt, you need to know exactly what you are dealing with.

2. Look at areas of spending you can cut back on
Whether that be your daily shop-bought coffee or cancelling your gym membership.

3. Switch providers

An ideal time to evaluate all direct debits and see if you can save money by switching providers.

4. Look for 0% balance transfer deals

If you have overspent on your credit cards, now is the time to switch to a 0% balance transfer deal.

5. Set a realistic budget

Once you have paid all your bills, set a budget for any disposable income and utilise the rest to pay off your debts.

6. Pay off your most expensive credit card first

There is no point paying equal amounts off all of your credit cards if one has a much higher interest rate than the rest.

7. Pay more than the minimum amount

Paying back the minimum amount on your cards means you will likely only be paying off interest, not actual debt.

8. Sell any unwanted gifts or home stuff

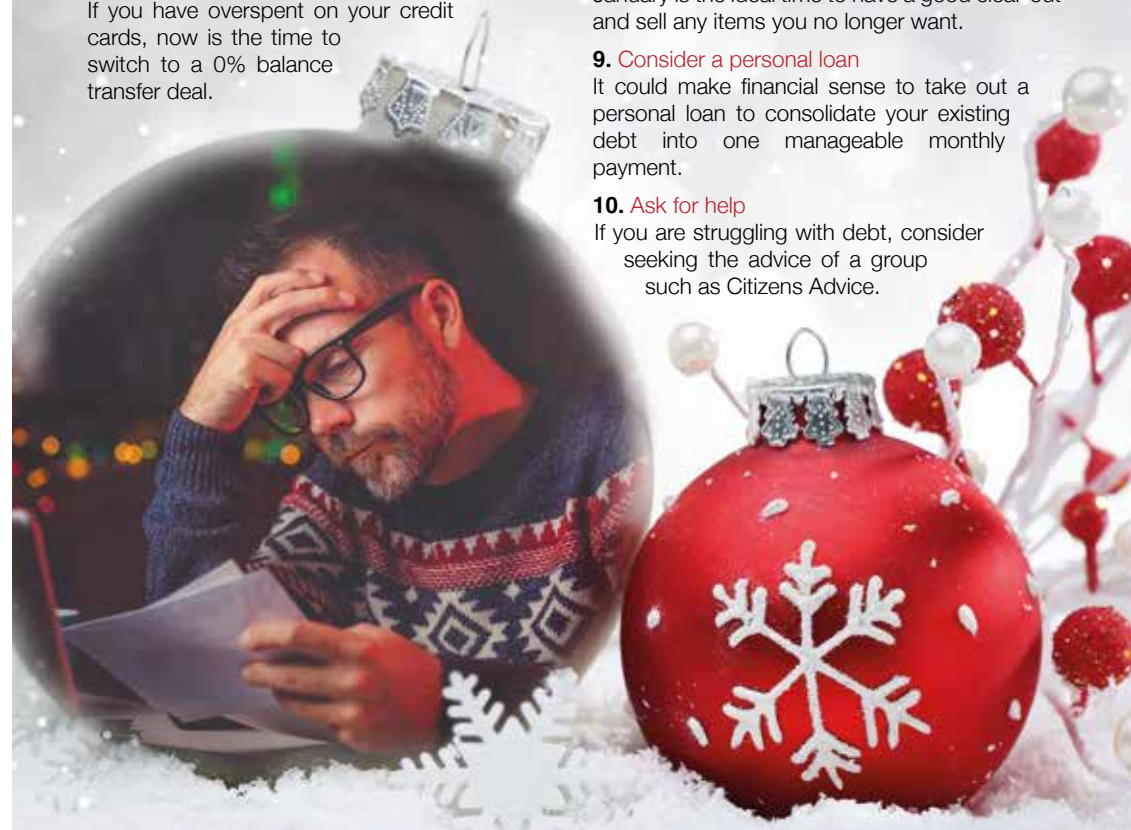
January is the ideal time to have a good clear-out and sell any items you no longer want.

9. Consider a personal loan

It could make financial sense to take out a personal loan to consolidate your existing debt into one manageable monthly payment.

10. Ask for help

If you are struggling with debt, consider seeking the advice of a group such as Citizens Advice.





From NETWORK to NETWORTH

The concept of network marketing may be nothing new, but the rewards of time and financial freedom have never been greater... providing you do your homework first.

Those of us of a certain age will remember the Avon lady coming round and selling her beauty wares on weekday nights. For this journalist at least, it was a first initiation into network selling (not that anyone had thought of such a snazzy name for it back in the 1980s).

With the advent of the internet and a surge in the number of people registered as self-employed in the UK, the concept of embarking on a business model that promotes person-to-person selling, often with home as an office, is an appealing one.

From a consumer perspective, the concept works best and gleans the most trust from a single-tier network – in other words, being sold to by one person, be that sponges and make-up, food, computer equipment or anything else. It's the most basic form of selling, with one person selling

products to another having acquired stock from a supplier, even if that includes an initial set-up fee.

Where network marketing's reputation becomes sullied is when multiple tiers come into effect, and where the premise is to recruit other salespeople further down the chain. While in some instances this may be legitimate, the set-up of this begins to lean towards a pyramid scheme, where exploitation of those lower down the chain is compounded by the risk that the structure will collapse completely.

If you've been attracted by network marketing, here are a few things to tick off before pursuing:

- ✓ Is the company reputable?
- ✓ Are you responsible for selling tangible products rather than recruiting others to sell for you?
- ✓ Are you enthusiastic about the products?
- ✓ Is there a clear and quick path towards you making money, with little or no investment?

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LIFE AND TIMES OF *Mr Kipling*

"Through one of the marvels of modern science, I am enabled, this Christmas Day, to speak to all my peoples throughout the Empire.

"I take it as a good omen that wireless should have reached its present perfection at a time when the Empire has been linked in closer union. For it offers us immense possibilities to make that union closer still."

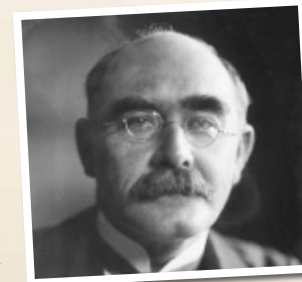
These 62 words were spoken by King George V in 1932 in the first ever Christmas broadcast to the nation on the radio.

Historians see it as one of the great speeches of the twentieth century and it is catalogued in the British Library. The majestic words, which were widely acclaimed, were written by one of the greatest British authors, Rudyard Kipling.

He was born in Bombay, India, on December 30, 1865. In 1870, Kipling was sent to England to stay with a foster family in Southsea and then went to boarding school in Devon.

In 1882, he returned to India and worked as a journalist, writing poetry and fiction in his spare time. Books such as *Plain Tales from the Hills* (1888) gained success in England, and in 1889 Kipling went to live in London.

In 1892, Kipling married Caroline Balestier, and the couple moved to Vermont, USA, where they had their two daughters. In 1894 Kipling wrote his most famous book, *The Jungle Book*. In 1896, a quarrel with his wife's family prompted Kipling to move back to England and he settled with his own family in Sussex. His son John was born in 1897.



Other books followed, including *Kim* (1901) and *Puck of Pook's Hill* (1906). *The Just So Stories* (1902) were originally written for his daughter Josephine, who died of pneumonia aged six.

In 1902, Kipling bought a seventeenth-century house called Bateman's in East Sussex where he lived for the rest of his life. He travelled a lot, including repeated trips to South Africa in winter.

In 1915, his son, John, went missing in action while serving with the Irish Guards in the Battle of Loos during First World War. Kipling had difficulty accepting his son's death – having played a major role in getting the chronically short-sighted John accepted for military service – and subsequently

wrote an account of his regiment, *The Irish Guards in the Great War*. He also joined the Imperial War Graves Commission and selected the biblical phrase inscribed on many British war memorials: *Their Name Liveth For Evermore*.

Despite his personal friendship with King George, Kipling declined most of the many honours that were offered to him, including a knighthood, the Poet Laureateship and the Order of Merit, but in 1907 he accepted the Nobel Prize for Literature.

Kipling died on 18 January 1936 and is buried at Westminster Abbey.



Malabar Point, Bombay, 1865



The Kiplings' first daughter Josephine, 1895



Embossed cover of the first edition of *The Jungle Book*



2nd Lt John Kipling

RACING LINE

LEWIS HAMILTON WINS SIXTH WORLD TITLE TO CLOSE IN ON MICHAEL SCHUMACHER'S RECORD

He may have lost "the battle" in failing to fight off a late rally by his Mercedes-Benz team-mate Valtteri Bottas, but Lewis Hamilton won the war by finishing second to secure his sixth world Formula One championship title in Texas at the start of November.

The Stevenage-born driver needed to be within seven places of the Finn to clinch the drivers' title, and even though he started fifth on the grid, Hamilton came within four laps of sealing the championship win with a race victory.

But in the end, Bottas' DRS overtake was irrelevant, such was the Briton's advantage on the season leaderboard. This latest crown took him past Juan Manuel Fangio's five titles and within one of Schumacher's tally.

The 2019 renewal of the championship has had it all – dull and one-sided races, intriguing battles and unexpected results. Hamilton, by his own admission, won the "boring races", often leading from the first corner to the chequered flag.

Germany's Hockenheim circuit saw his only uncharacteristic mistake, as he exited with 11 laps remaining in treacherous track conditions. At the time he

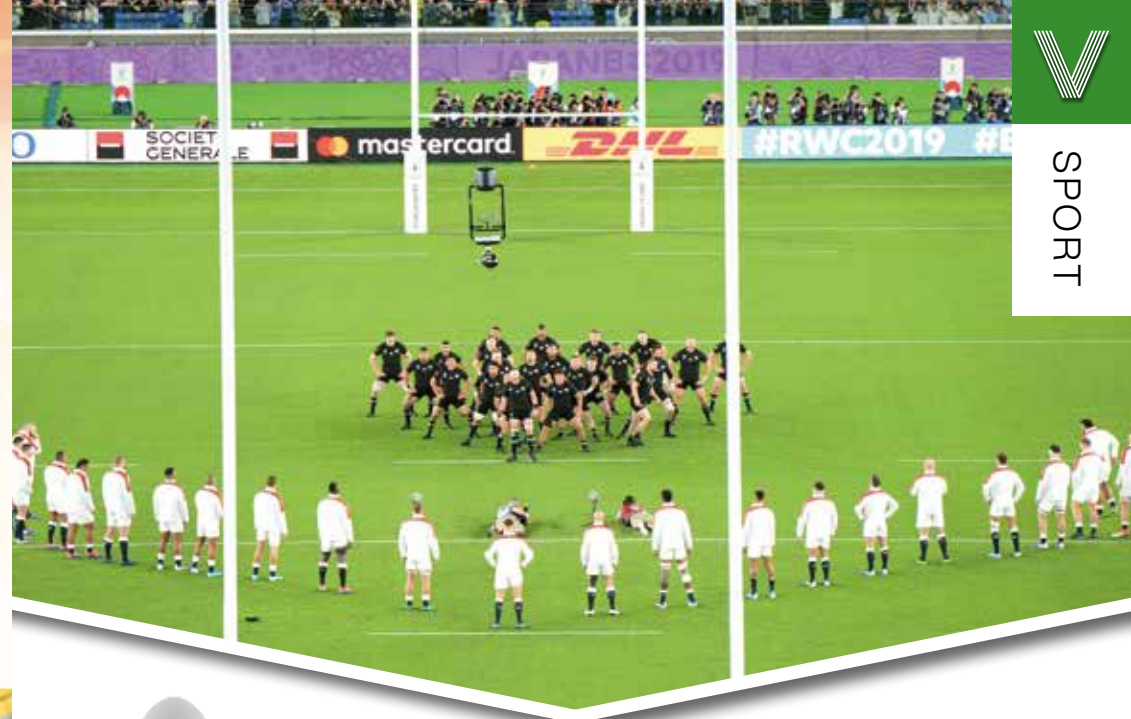
commented that it was his "worst day at the office".

Winning more than half of the 19 races is one big reason why Hamilton has topped the table for the third straight season, not to mention the fifth time in six years, and yet there are still two immediate records in the racer's sights.

He currently equals his own highest seasonal points total of 408, so any scoring finish in either of the last two races will see him surpass that. In addition, his 10 GP wins this season leave him just one short of his previous best.

The sign of a true champ is one who keeps on winning despite his success, and Hamilton this season has once again embodied that unrelenting spirit.

Photo credit: Pixathlon/Shutterstock



The FINAL HURDLE

England's 2019 World Cup might have ended with defeat to a familiar foe, but in the land of the setting sun there was at least a sporting silver lining on show.

You would suppose that any team capable of beating the Wallabies and the All Blacks in a Rugby World Cup should go on to clinch the Webb Ellis Cup with something to spare, but England's failure to drag themselves over the final hurdle in Yokohama was as much down to South Africa's dogged spirit as it was the Red Rose running out of steam.

Some 16 years on from England's only World Cup win, Eddie Jones's side looked set to exorcise demons of pitifully poor recent tournaments, especially after scoring in excess of 35 points in each of their pool matches.

Then, beating South Hemisphere giants Australia and New Zealand respectively in the quarter- and semi-finals, they set up a huge final clash with the


Springboks.

However, England's final was over almost as soon as it began, with prop and vital scrum component Kyle Sinckler accidentally caught by the elbow of his own team-mate Maro Itoje after just two minutes.

It left them susceptible in the scrum, and South Africa won five penalties on their way to a 32-12 victory, with a somewhat deceptively large margin of victory opening up in the closing stages as England went for broke. Their opponents were as decisive as England were wasteful, and the experience will go down as a case of what might have been.

And yet, what we should gain from this is the confidence to compete with the very best. The Six Nations begins in less than three months' time and, with Wales, Ireland and France all in periods of transition, it would be a brave person to bet against the World Cup experience making England even more likely to land silverware in the spring.

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Fuelling THE THEORY

IS PREMIUM FUEL REALLY WORTH THE EXTRA INVESTMENT?

We've all seen those suffixes at the petrol station – "Super", "V-Power", "Premium", "Nitro+", or "Ultimate" – luring you to the more expensive pump as you prepare to dole out anything up to £100 to fill up your tank.

For some of us, whether it's petrol or diesel, simply filling up is enough of a financial chore, without wanting to contemplate voluntarily spending more on jazzed-up fuel. For others, premium denotes performance and longevity, but does the added investment pay back? In the long term, the answer is, surprisingly... yes; but don't bother if you're driving a Nissan Micra.

In short, if you own a high-spec vehicle, then filling up from the premium pump could be a sound move. The fuel's higher-octane rating means it works better with engines of a higher compression, so that leads to increased performance and more-efficient maintenance of your system.

The downside is cost – on average, performance fuel will cost you around 10p per litre more. Spin that out over the course of a year's motoring and you've added on a fair whack to your road bills, but on the plus side your car will be running more efficiently, and for longer. There's also the prevention of "engine knock" to consider – that's where unburned fuel pre-ignites in a vehicle's engine, damaging interior components.

But all this largely only applies to premium vehicles, where higher-octane motors mean higher-octane fuel. For what you might describe as "everyday cars", go for the cheaper option. Your little run-around will have a standard octane rating of 95, meaning that the electronics are configured so that the vehicle will run in a satisfactory way on the regular fuel.

Put another way, there's a good chance upgrading your fuel will make little noticeable difference... except to your wallet.

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WHAT'S ON *in your area*

WHAT'S ON

Creative Writing Group

Hornchurch Library, 44 North Street,
Hornchurch, RM11 1TB
December 2, 7pm



This group is led by local author and playwright Kevin Gill.

Beginners are welcome. Please bring a piece of writing with you, whether it is poetry or prose.

This is a free event to meet other likeminded writers.

Visit www.facebook.com/Hornchurchwriters for more information.

Dementia Friendly Carol Service

St Andrew's Church, 222 High Street,
Hornchurch, RM12 6QP
December 4, 2pm – 3pm

A service of carols which is intended to be dementia friendly.

Messy Church – Christmas Nativity

24 North Street, Hornchurch, RM11 1QX
December 5, 4.30pm – 6.30pm

Join in with the drama, activities, games, prayers and food.

You are welcome to come dressed as one of the people in the Nativity Story – Mary, Joseph, Shepherds, Angels, Wise Men or an animal from the stable.

Christmas Trail

Ingrebourne Valley Visitor Centre, Hornchurch
Country Park, Squadrons Approach,
Hornchurch, RM12 6DF
December 7, 10.30am – 3.30pm

Escape the Christmas rush and enjoy some family time with the Christmas Trail at Hornchurch Country Park.

This is a self-led trail. Pick your trail sheet up at the

visitor centre.

£3 per child. Children must be accompanied by an adult. For more information, visit www.essexwt.org.uk/nature-reserves/ingrebourne

Life Christmas Concert

Frances Bardsley Academy for Girls,
Brentwood Road, Romford, RM1 2RR
December 7, 7pm

The Life Education Trust, a local multi academy trust which manages Frances Bardsley Academy for Girls, will be hosting the annual evening of festive fun with special guest Philippa Hanna.

There will also be an opportunity during the evening to give to the Heads Together charity.

The event is free but tickets are required for entry. For tickets, go to eventbrite.co.uk and search The LIFE Christmas Concert.

Havering Christmas Land

Harrow Lodge Park, Hornchurch, RM11 1JU
December 8 – December 24

As well as decorating the historic Harrow Lodge House building inside Harrow Lodge Park, the secret garden next door to the building will be turned into a stunning Christmas lights walk through.

Entry into the walk will be £2.50 per person, with all money raised going to Havering Mind.

The attraction will also feature a Santa's grotto, character nights, event nights and food and refreshments.

For more information visit Havering Christmas Land on Facebook.





WHAT'S ON

in your area

Hornchurch Jazz Club

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

Join the Sutton Army for National Christmas Jumper Day.

Whether it's your cutest or ugliest jumper, you know you want to wear it.

DJ Phill Green will bring you all to the dance floor from 8pm to 1am.

A Not So Silent Night

**All Saints Church, Ardleigh Green Road,
Hornchurch, RM11 2LG
December 14, 7.30pm – 9pm**

Sound Company, a local choir, present an evening of Christmas music featuring classics like *O Holy Night*, *Virgin Mary had a Baby Boy*, *Tomorrow Shall Be My Dancing Day*, *Glow* and many more.

Tickets are £7 for adults and £3 for children. Mince pies and mulled wine are included in the price.

Christingle Service

**St Andrew's Church 222 High Street,
Hornchurch, RM12 6QP
December 15, 10.15am – 11.30am**

A celebration of Christingle with well-known carols. Christingle oranges are distributed during the service with all the decoration already done. The candles on top are lit during the service.

Music for Christmas

**Holy Cross Church, 120 Hornchurch Road,
RM11 1PX
December 21, 7.30pm**



Havering Singers with junior voices from St Mary's Catholic Primary School and chamber orchestra

present Music for Christmas.

Tickets are £10 for adults and £5 for children aged five to 15. Friends of Havering Singers are £8.

They can be bought from choir members, on the door, by calling 01708 341265 or by visiting www.haveringsingers.co.uk

Wedding Preview Event

**Ingrebourne Links Golf & Country Club,
New Road, Wennington, Rainham, RM13 9FL
January 19**



Photo credit: www.ingrebournelinks.com

Come along to view the venue dressed for a wedding.

If you prefer a more personal experience on this day, book an appointment with the dedicated events co-ordinator by emailing events@ingrebournelinks.co.uk

Volunteering Event & Time to Talk

**H.A.D, Whittaker Hall, 1a Woodhall Crescent,
Hornchurch, RM11 3NN
January 23, 10am – 1pm**

Join Havering Association for People with Disabilities (H.A.D) for refreshments and an informal chat to find out more about volunteering.

Meet existing volunteers, find out about roles and opportunities and have a chance to ask questions.

H.A.D provide a range of services and activities for people with physical disabilities and carers in the London Borough of Havering to improve their quality of life, promote independence and meet their physical, emotional and recreational needs.

For more information, visit www.facebook.com/events/406441056690881

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