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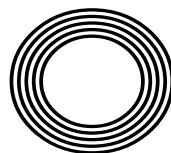
DEBORAH MEADEN

*How the entrepreneur made
her mark*

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Her evolution from TV star to public activist

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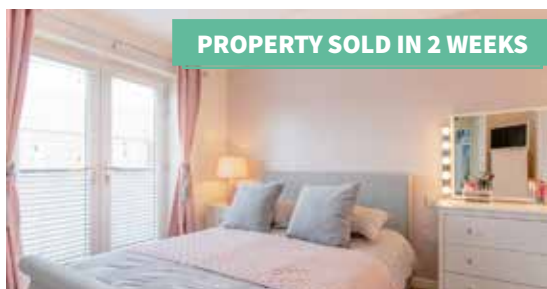
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Hunters are pleased to offer this well presented three bedroom semi-detached house situated in Aveley. Close to local amenities, Lakeside and Kenningtons Primary Academy is 0.3 miles Ormiston Park Academy is 0.2 miles Purfleet Train Station is 1.7 miles

The property comprises; entrance hallway, lounge with patio doors to the rear garden, fitted kitchen/diner with built in appliances, ground floor W/C, family bathroom, three bedrooms with en-suite shower room to the master, rear garden with artificial grass and shed.



PROPERTY SOLD IN 2 WEEKS



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FOR SALE



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The property comprises; entrance porch, entrance hall, open plan lounge / dining room with parquet floor, modern fitted kitchen, built in appliances, free standing fridge freezer, space for washing machine and dishwasher, patio doors leading to rear garden, a detached garage accessed via service road, off road parking for two cars. To the first floor are three bedrooms and a modern family bathroom. Romford Station 1.2 miles.

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January 2020

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CONTACT US

www.visionmagessex.com
hornchurch@visionmag.co.uk | 01708 578049

@visionmagessex @visionmagessex

Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry

CO-ORDINATORS | Rebecka Fryer, Amy Pollard, Tim Green

CONTRIBUTORS | Andrew Wilkin, Tabatha Fabray, Alex Pearson,
Dean Shaw

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 a very Happy New Year.

Thank you for all your support and feedback last year.

Because of this we have a **VISION** of us growing to even more areas in 2020, including areas out of Essex.

Personally, I will be looking to make 2020 a year to remember, with a move to a new house as we are looking to move from an apartment.

I have also been asked to be the president of a local business networking group I attend. What a privilege – it will give me an opportunity to connect even more with the people in my community.

I hope you all keep up your New Year's resolutions and make 2020 a year to remember.

In local news, Isla Caton is cancer free, the town could soon be home to a new retirement village and a woman celebrates 10 years of volunteering.

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

VISION is your magazine for your town. I hope you all enjoy the January 2020 edition of **VISION**Hornchurch.

Brett



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THE STORY OF BEN STOKES' CLIMB FROM ZERO TO HERO

The history of sport is filled with tales where triumph has emerged out of failure, yet very few have tasted both sides in such quick succession as England cricketer Ben Stokes.

The 28-year-old was the standout winner of the BBC Sports Personality of the Year Award in December, a fitting culmination for a sportsman who had been forced to reach deep into mental and physical reserves of strength in order to drag his career back from the depths.

Just two years previously, Stokes' fracas outside a nightclub in Bristol had seen the all-rounder arrested, splashed across the front pages, removed from a lucrative New Balance sponsorship deal and facing the very real prospect of his cricket career being brought to a premature end. In the aftermath of a police prosecution that dragged on for some 11 months, the Durham-based powerhouse may eventually have been exonerated of blame, but he'd missed the England Ashes tour down under, and was facing a huge climb back into national team contention.

Perhaps it was the catastrophic way the national team performed in their 4-0 drubbing in the Southern Hemisphere that necessitated Stokes' acceleration back to the front line, but the person who returned was not only smarter and wiser, he also brought with him a calmness and humility, qualities that immediately began permeating through to his teammates.

No better was this seen than in our World Cup campaign of 2019. In the opening match he scored 89 against South Africa and claimed two wickets, as well as taking what was labelled one of the greatest catches of all time in dismissing Andile Phehlukwayo. And yet, after surprise defeats to Pakistan and Sri Lanka, with two matches remaining, England were faced with the prospect of seeing off India and New Zealand in order to guarantee a semi-final spot.

The mercurial Stokes stepped up with a 79 against India to help guide his side through to the knock-out finale, where they effortlessly brushed aside the Aussies in the semis.

And then the final. To seasoned, age-old watchers of the sport, the way Stokes constructed an imperious 84 not out, the way he batted through a 15-run super-over to lead England to World Cup

glory was breathtaking; and to a new generation switching on for the first time, his contribution will be felt going forward in the tens of thousands of kids picking up a cricket bat for the first time.

As if his efforts in the short-form version of the game weren't indelible enough, just a month after his Lord's heroics, he brought England's 2019 Ashes challenge back from the dead with a stunning 135 not out in the third test at Headingley, where his side recovered from being bowled out for 67 in their first innings to pull off an almost inconceivable run chase of 359 in the second innings to level the series.

In the past, where victories in cricket were often long-fought, hard-grafted, attritional battles, Stokes has invigorated a sport that is more modern, engaging and aspirational than ever before. More than that, he has proved to a watching world that even in a generation of computers, social media and digital lives, true heroes are made on the outdoor tracks, pitches and greens, and he is truly one of ours.

What's the score?



Introducing

THE NEW £20 NOTE, COMING TO A BANK NEAR YOU... SOON!

As far as physical currency goes in the UK, everyone continues to talk about the perfection of the polymer. Once just a thing of curiosity when taking a trip to Australia, the polymer note is now a key component of our money stocks, and its versatility and durability – it lasts two and a half times longer than a paper note – will again be on show when the new £20 note is launched in February.

It was back in 2016 that JMW Turner was announced as the face of the new note, and some four years on – and, more pertinently, 221 years after the painter was born – he'll be rolled out across the UK on February 20.

The featured quote, "Light is therefore colour", originates from a lecture he gave in 1818, and is a reference to his innovative use of light, shade, colour and tone.

The note has all the usual bells and whistles we associate with the note denominations, from a security window that reads "Twenty" on one side and "Pounds" on the other to a metallic image over the main window that appears grey, before switching to blue and gold on the reverse.

With other effects, such as the Queen's image showing through, a number that shows up under ultraviolet light, silver and purple foil patches and raised print on both sides, this purple-themed £20 note is surely the most decorative and high-tech yet.

Attributing the note to Turner is a fitting and somewhat belated way for us all to give something back, after the artist left a number of paintings in his will "to the nation".

While he'd certainly be proud of this little piece of art, you can pick up your very own Turner original for just 20 quid.

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THE FUTURE OF FASHION is fluid

Gender-free fashion is set to become even more popular in 2020, with well-known high street brands such as H&M and ASOS showcasing their gender-neutral fashion collections as well as more high-end designers such as Chanel leading the way in this fashion forward movement.

WHAT IS GENDER-FREE FASHION EXACTLY?

Gender-free fashion, in a nutshell, is clothing that can be worn by all genders: male, female, transgender and any other type of gender that a person may class themselves as.

WHAT ARE THE BENEFITS OF GENDER-FREE FASHION?

> Gender-free fashion is more sustainable.

Gender-free fashion garments can be shared among the sexes, meaning an item has more chance of being reused and recycled rather than ending up in landfill.

> Gender-free fashion can help put an end to stereotypes.

Gender-free fashion strives to eliminate common stereotypes by creating clothes that can be worn by anyone; no more delicate fabrics that are only for girls or strong lines that are designed exclusively for men.

> Gender-free fashion is all inclusive.

You may have always coveted one of your boyfriend's shirts, but chances are it just doesn't fit you properly. Gender-free fashion provides both women and men with the opportunity to wear all styles regardless of their gender.

HOW CAN I WEAR THIS STYLE OF CLOTHING?

- > Shop around online and check out gender-neutral fashion on Instagram to see what you like.
- > Start by adding just one gender-free item to your outfit.
- > Don't be afraid to experiment with different styles.
- > Women – opt for a loose-fitting boiler suit in a neutral colour or an oversized dress shirt paired with unisex trousers.
- > Men – take it slow and steady with a handbag, or be bold with a lace top or pussy-bow blouse.



FASHION

Photo credit: H&M



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KERRY'S TOP TIPS

SALON OWNER

How do you pick the perfect hair colour shade?

Kerry and her team have a passion for beautifully coloured, easy to manage hair, inspiring women across Hornchurch and Upminster since 1995. In an era when we're bombarded with new celebrity haircuts, styles and colours almost daily across social media, the salon team has become loved by clients for their ability to simplify the personal style journey. There is no need to get overwhelmed by the vast range of possibilities. Simply follow these **3 handy tips** from the award-winning TVR team!

1 Consider your skin tone

If you have a pink, red, yellow or olive skin tone then warmer hair colours such as golden blonde or auburn brown shades will suit you best. If your skin tone is cooler with hints of citrus or blue then you can consider edgier colours like a blue-based ash blond or a purple-tinged shade.

2 Don't stray too far from natural

Stick to within two hair colour shades of your natural hair, either lighter or darker, and your hair will match your complexion. Feeling nervous? A colour technique called Balayage creates a more gradual colour effect, when expertly applied it can add movement, warmth and definition.

3 Baby steps

For a dramatic colour transformation, you really need to take your time. Your hair's history and condition, as well as your lifestyle and how often your new colour will require maintenance should all be considered.

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Skin: **DEEP** BEAUTY

THE BEST GADGETS FOR GREAT SKIN

We've never cared more about our skin, nor felt our dermis, epidermis and hypodermis were quite so much in demand.

Looking after our outer shell these days really is a skin-deep exercise, and luckily there are a number of gadgets on the market that make our complexions a considerable pleasure to maintain:

FOREO IRIS
 A strange-looking contraption that's held to the eye. It vibrates gently, gradually stimulating the lymphatic system so that puffiness around the area is reduced. It also feels quite nice.

ZIIP BEAUTY
 If you're au fait with nano-currents, you'll know that these little impulses are renowned for burrowing into the skin and aiding the increase in collagen and elastin production. Collagen is the most abundant protein in our bodies, and aiding its supply will strengthen your bones and add structure to your skin.

REVIVE LIP THERAPY
 While "a moment on the lips, a lifetime on the hips" may be a rather crueler reflection of putting on weight, we should at least glory in our perfect pouts. While going down the Leslie Ash route could be deemed a step too far, the ReVive Light Therapy Lip Care tool will send a ray of infrared light onto your mouth, promoting collagen growth for thicker, fuller lips.

DRx SPECTRALITE FACEWARE PRO LED FACE MASK
 It's got a Freddie Kruger-type look that's as off-putting as its long-winded name, but this somewhat sinister-looking face mask can do wonders to your entire visage. It fires almost 200 red and blue lights onto the skin, zapping acne-producing bacteria, reducing redness and stimulating collagen... and it does it all in three minutes, so your hammer horror look needn't be taken out in public.



DIY Miracle MOISTURISERS

You may have been tempted to make your own moisturiser before but have been put off by the vast amount of ingredients you needed to buy, and the lengthy processes needed to mimic your usual store-bought product.

However, these homemade lotions are simple, cheap and highly effective; not to mention kind to your skin.



'FEEL GOOD FACIAL' MOISTURISER

You will need:

- ½ cup coconut oil
- 1 tsp vitamin E oil
- 6 drops of an essential oil such as lavender or ylang ylang

How to make:

Mix all of the above in a bowl (use a hand blender if your coconut oil is very solid) • Once you have a smooth and creamy paste, place your mixture in a jar

It really is that simple; the coconut oil acts as a moisturiser and the vitamin E is an antioxidant that protects your skin from sun damage.



'BODY BLITZER' MOISTURISER

You will need:

- ¼ cup coconut oil
- ½ cup shea butter
- ¾ cup cocoa butter
- 1 tbsp aloe vera juice
- 5-10 drops of essential oil

How to make:

Heat the shea butter, coconut oil and cocoa butter until melted • Remove from heat and add the aloe vera juice and oils • Store in an airtight container

When choosing your essential oils, make sure you pick the right ones for your skin type – rose is good for dry/ageing skin, citrus oils are good for rejuvenation and patchouli or lavender are ideal for reducing the appearance of stretch marks.



'FOOT REVIVER' MOISTURISER

You will need:

- 1 cup honey
- 2 tbsp whole milk
- ½ orange

How to make:

Warm the honey and milk in a pan • Stir in the juice of half an orange • Mix well and leave to cool • Apply to clean feet and leave on for 45 minutes

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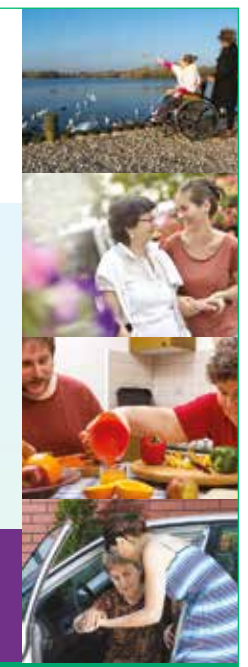
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The Antioxidant

To reduce the risk of infections, diseases and cancer

INGREDIENTS

½ cup apple cider vinegar (120ml) • ½ cup filtered water (120ml) • 1 inch piece of fresh ginger, peeled • 1 tbsp honey • ¼ tsp Ceylon Cinnamon

PREPARATION

Combine the apple cider vinegar, water, ginger, honey and cinnamon in a blender and blitz until smooth • Divide among four shot glasses



The Daily Wellness Wonder

To boost immunity and aid alertness

INGREDIENTS

¾ cup filtered water (180ml) • 3 cups fresh kale (195g), chopped • ½ cup fresh parsley (15g), loosely packed • 2 large carrots, chopped • 2 cloves garlic

PREPARATION

Combine the water, kale, parsley, carrots and garlic in a blender and blitz until smooth • Strain the mixture through a fine-mesh sieve into a liquid measuring cup. Discard the solids • Divide among four shot glasses



The Anti-inflammatory

To limit the prospect of pain arising from inflammation and swelling

INGREDIENTS

2 oranges, juiced • 2 lemons, juiced • 1-inch piece fresh turmeric, peeled • ¼ tsp black pepper • ¼ tsp cayenne

PREPARATION

Combine the orange juice, lemon juice, turmeric, pepper and cayenne in a blender and blend until smooth • Divide among four shot glasses

Photo credit: Inspiredtaste.com



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TIME TO EXERCISE

The Thruster

This is one of the simplest resistance band exercises you can do; it's great for quads, hamstrings, glutes, core, shoulders, upper back and triceps.

Stand on the band, legs shoulder width apart. Hold the two ends and lift your hands up to shoulder height. To start off, do a squat with your hands kept next to your shoulders.

Once you are standing up again, push your arms up over your head, then lower them back down to shoulder height.

The Chest Fly

Most of us want to improve upper body strength, and with this stretch you can do that easily.

Simply secure the band to something behind you, grab each handle and extend arms out to meet in front of the body, before lowering arms back out to the standing position.

The Glute Kick-back

They say the legs are at the core of real fitness, so getting your glutes in shape is a great idea.

Simply drop onto all fours, wrap the resistance band around below your left shin, or further forward by holding it in your hand. Then loop it around the ankle on your right foot. Lifting that leg off the ground, extend to full length and feel the stretch.

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STRESSED! *who's stressed?*

You can be forgiven for feeling a tiny bit stressed in the New Year, with Christmas only just behind you, the dreaded return to work looming, not to mention the little matter of debt that you may have accumulated over the last few months of overspending (and, let's be honest, overindulging as well).

Thankfully, there are several techniques that can help relieve this stress.



EMBRACE THE OUTDOORS

You may be tempted to join a gym in the New Year, but getting outside in the fresh air is much more beneficial to both your physical and your mental health. Exercise lowers your body's stress hormones and boosts your serotonin levels (the happy hormone), and fresh air has the added benefit of increasing the amount of oxygen in your body, lifting your mood and energising you from within.



SPLURGE ON SOOTHING SCENTS

Burning a candle or using essential oils is a great way to calm your mind, improve your mood and diminish any anxiety you are feeling.

Some of the most soothing scents include lavender, bergamot, sandalwood, ylang ylang, orange blossom and chamomile.

AVOID ALL STIMULANTS

If your heart is already racing owing to stress or anxiety, the last thing you need is caffeine. Avoid, or at the very least limit, your coffee, tea and energy drink intake.



FOCUS ON THE POSITIVE

Whatever the reason for your anxiety, it is not helpful to become fixated on the problem. Instead, try to focus on things that you are grateful for and elements of your life that bring about feelings of positivity.



LAUGHTER REALLY IS THE BEST MEDICINE

You may not feel like laughing, but this free activity is brilliant for improving your mental well-being and for reducing stress. When you laugh, your muscles relax, plus, in the long term, it boosts your immune system.







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Go bonkers for Beetroot

If you have not already embraced the 'purple trend', now is the time to do so.

Incorporating more beets into your diet this January is arguably the easiest way to improve your health, both physically and mentally.

Why try beetroot?

Beetroot is an incredibly underrated and underused vegetable; it is versatile, tasty and, when in season, which is right now, it is great value for money. Not to mention the fact that this purple root vegetable is packed full of nutrients and minerals including iron, folate, magnesium, betaine and other antioxidants that help protect your body from free radicals.

Beets are also known for:

- Lowering blood pressure
- Preventing dementia
- Preventing constipation
- Lowering cholesterol
- Improving performance when exercising

The history of beetroot

Beets were first cultivated by the Romans and soon became popular owing to their ability to be converted into sugar, as well being used as an aphrodisiac. Nowadays, beetroots are more associated with central and Eastern European cooking; most famously in borscht, a delicious beetroot soup.

How can I eat beetroot?

Another great thing about beetroots is the myriad of ways that you can eat them: raw, dried, pickled, roasted, boiled, pureed or juiced – you can even use beet leaves on a salad. Roasting is arguably the most popular method, though, as it is extremely simple to do and produces sweet and tender beetroot that can be eaten warm right away or later when cooled on a salad. Simply trim your raw beetroot (no need to peel), drizzle with olive oil, salt and pepper and roast at 200 degrees for 45 minutes.

Inspirational beetroot recipes you can try at home:

- Beetroot and pear puree
- Red velvet beetroot cake
- Beetroot, goats cheese and walnut salad
- Risotto with beetroot greens



FOOD & DRINK

Jumping for JACKFRUIT

Veganuary is upon us once again, and for the carnivores among us, the thought of going meat-free (not to mention all the other tasty animal products that we are asked to forgo) can be an unsettling thought.

However, what if there were a vegan ingredient you could cook with that mimicked the meat-eating experience?

What is jackfruit?

Jackfruit, also known as jack tree, is a relative of the fig, mulberry and breadfruit family. Originating in southwest India, this bulbous fruit is most famous for its ability to imitate pulled pork or other meat-based meals.



Jackfruit Curry

YOU WILL NEED:

1 onion 🟡 1 tsp ginger 🟡 3 garlic cloves 🟡 2 tbsp curry powder 🟡 1 tbsp flour 🟡 1 cup vegetable stock
1 can coconut cream 🟡 1 can tomatoes 🟡 1 can jackfruit – drained and rinsed

HOW TO MAKE:

Cook onion until soft 🟢 Add ginger, garlic and other spices 🟢 Lower heat and add flour
🟢 Pour in stock, cream and tomatoes, cook for 3 minutes 🟢 Add jackfruit 🟢 Cook for 20–25 minutes 🟢 Shred the jackfruit

BBQ Pulled Jackfruit

YOU WILL NEED:

1 red onion 🟡 1 tsp cinnamon 🟡 1 tsp cumin 🟡 2 tsp smoked paprika 🟡 2 tsp chipotle Tabasco 🟡 1 tbsp apple cider vinegar 🟡 4 tbsp BBQ sauce 🟡 1 can chopped tomatoes 🟡 2 cans young jackfruit in salted water

HOW TO MAKE:

Cook onion until soft 🟢 Add spices 🟢 Add Tabasco, vinegar and 3 tbsp BBQ sauce 🟢 Add tomatoes, jackfruit and 200ml water 🟢 Simmer for 30 minutes (lid on), stirring to break up jackfruit 🟢 Remove lid and cook for a further 10 minutes 🟢 Shred jackfruit and add 1 tbsp BBQ sauce



Jackfruit (no tuna) Sandwich

YOU WILL NEED:

1 can young jackfruit in water 🟡 ¼ cup finely chopped red onion 🟡 1 tsp Dijon mustard
4 tbsp Veganise (vegan mayo) 🟡 Relish

HOW TO MAKE:

Rinse jackfruit and pat dry 🟢 Shred with a fork 🟢 Mix with all other ingredients 🟢 Season to taste



Photo credit: www.veganmag.com



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Weekday dinner cheats

If you find yourself starved for both food and time when you get home from work, try one of our weekday cheats - five easy meals that you can make from scratch in under 20 minutes. They're each filling, nutritious, and if you're catering for just yourself, you may even find there's enough left over for lunch the next day.

Tuna 'Puttanesca' Spaghetti

An Italian classic (with a saucy reputation), this recipe has added tuna for a protein boost.

Make a classic tomato sauce base with added chopped olives, a generous squeeze of anchovy paste (depending on your preference for fishiness), and grab a tin of tuna. Leave to simmer for 10 minutes while your spaghetti cooks and then serve. Done.

Chicken Schnitzel with Green Salad

A great one for relieving yourself of that post-work aggression.

Lay your raw chicken breasts in between two layers of cling film on your worktop and beat with a rolling pin until they're about 2-3mm thick. Using a mix of breadcrumbs and parmesan, dip your chicken in flour, beaten egg and breadcrumbs, then fry 2-3 minutes on each side till golden. Yummy.

Thai Green Curry

Readymade curry pastes make this a doddle.

Fry chicken, prawns or tofu with a few spoonfuls of curry paste, Add the coconut milk, lime leaves, fish sauce and sugar and stir well. Leave to simmer for 10 minutes as the rice cooks, adding the veg midway so it doesn't get too soggy. Simple yet sumptuous.

Sizzling Beef Stir Fry

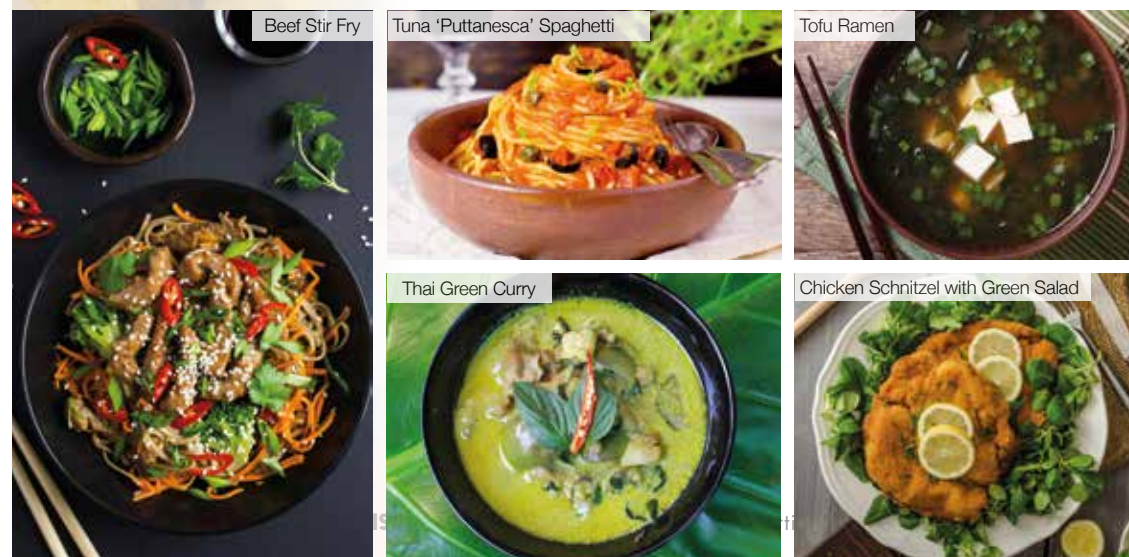
For maximum flavour... fast.

Marinate your beef strips in the morning in your sauce of choice, then upon returning in the evening, fry for 3-4 minutes before adding vegetables and extra sauce, plus a portion of ready-cooked noodles. Who said cheats never prosper?

Tofu Ramen

Why tofu means top marks.

Rehydrate dried mushrooms in a mix of boiling water and miso paste. Fry your tofu and any veg you fancy, then add your broth. Pre-cooked noodles, chilli flakes and even a boiled egg can be added to this simple, warming soup. Superb.





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HOME & DIY



If the recent festivities have left your oven looking a little grubby (to put it lightly), then these three chemical-free, and budget-friendly, home remedies are exactly what you need. Say goodbye to grease and hello to a squeaky-clean cooker.

Easy Peasy Lemon Squeezy

Lemon is a natural bleaching agent as well as having the ability to degrease. Simply:

- Take two lemons and cut them both in half • Squeeze the juice into the baking tray and place the rest of the lemons on the tray • Fill the tray halfway up with water • Place the tray in the oven and turn on to 120 degrees • Leave for 30 minutes • Remove the tray, turn off the oven and wait for it to cool slightly • Scrub your oven and rinse



Baking Soda Saviour

This store-cupboard staple is abrasive, plus it naturally absorbs grease, making it the ideal ingredient for cleaning your oven. Simply:

- Remove the oven racks • Make a paste with ½ cup baking soda and 3 tbsp water • Apply to the inside of your oven wearing gloves • Leave for a few hours and overnight if possible • Use a damp cloth (or spatula if needed) to wipe off the paste • Optional – spray oven with white vinegar and wipe clean again to remove any leftover grease



Salt and Vinegar (solution, not crisps)

Common table salt can act as an abrasive, whereas white vinegar is great for removing stubborn stains. Simply:

- Turn on your oven to 65 degrees to heat • Sprinkle a thin layer of salt onto the bottom of the oven • Put on gloves and scrub the bottom with a sponge until the grease starts to lift • Spray white vinegar into the oven • Use a wet rag to remove the rest of the grease and dirt



BACK TO BLACK

WHY DARKER SHADES FOR YOUR INTERIORS ARE GOING TO BE ALL THE RAGE IN 2020

In decades past, the use of black for interiors was strictly the domain of goths, emos, moody teenagers and nightclub owners.

But 2020 may well be about to turn all of that on its head, with dark shades set to stand up for themselves as slick, stylish and luxurious layers in the coming year.

Here's your five-step guide to using black:

BLACK ISN'T ALWAYS BLACK

Our perception of the colour "black" is pretty ubiquitous, but for the purposes of interior design, you should experiment with an array of different shades, from medium greys right the way through to the inkiest, flattest black.

COMPARE AND CONTRAST

The majority of colours really shine when they're used in contrast, and dark shades are no different. For a look that embraces polar opposites, try black and white; while for something slightly more considered, opt for wood shades as a way of offsetting your base colour. Light greys,

reds, yellows and light blues work equally well in providing the contrast that sets a room off.

A WINDOW TO A NEW WAY OF THINKING

A dark grey or black room will only work if you can show it off with light, preferably natural light, so choose a room that will display your daringly dark style by splashing it with natural niceness.

TEXTURE OVER TONE

Visual satisfaction goes well beyond the colour itself, so using a textured finish (perhaps a mottled or bevelled wallpaper, or wood panelling that offers a glorious three-dimensional take) with clever lighting can produce an array of shades, tones and shadow that's a world away from a basic black.

COMPLEMENTING YOUR TASTE

And, of course, using an array of fabrics and fashions in terms of furniture, cushions, lampshades, carpets and rugs will add to the intensity of detail that only black can provide.



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DIY bed canopies



If you want to bring a touch of elegance to your bedroom while at the same time creating a cosy focal point, then look no further than a bed canopy.

Bed canopies are fairly expensive to buy, but incredibly cheap to make. If you decide to do one home DIY project in the new year, this should be it.

CHOOSE THE CANOPY FABRIC

With canopies being available in a wide variety of materials, colours and textures, the world really is your oyster. For a luxurious vibe, opt for velvet or silk, or if you favour a more laid-back look, opt for linen or mesh.

CHOOSE THE CANOPY HANGING ELEMENT

Arguably the easiest way to hang your canopy is with an embroidery hoop; simply unscrew the hoop, pass the fabric through it, ensure it is even and reseal the hoop. Alternatively, you can utilise copper pipes to create a larger canopy that cascades

around your whole bed.

Or, if you are wanting a more natural vibe, you could even use a simple (but sturdy) branch which can be hung from the ceiling with a few chains and basic hooks.

INSTALL THE HOOKS & HANG THE CANOPY

As a bed canopy will be hanging above your head, it is important that all the screws are secure; drywall anchors are a good idea and will ensure that your bed canopy does not fall down. Enlist a helper when attaching the fabric to ensure it is hung evenly.

ADD SOME CREATIVE TOUCHES

Once your bed canopy has been installed, you can personalise it with accessories to ensure that it matches the décor of the rest of your room. Fairy lights are a great idea for a child's room or even for adults who want to feel like they are sleeping under the stars. Curtain tie-backs are another popular option.

Photo credit: design'sponge, urban outfitters and www.countryliving.com



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HOME & DIY



How to BLEED A RADIATOR

A step-by-step guide

Be honest. How often (if ever) do you bleed your radiators? This household maintenance task is vital if you want to ensure your home stays warm without costing you a small fortune.

✓ STEP ONE:

Turn on your central heating so that all your radiators have warmed up before you begin the bleeding process; this will ensure that there is sufficient pressure in your radiators to push out any trapped air.

✓ STEP TWO:

Check each radiator for signs that it might need bleeding; this includes any cold spots in your radiators or clucking sounds that they are emitting. If a particular radiator takes longer to heat up than the rest, this could also be a sign that it needs bleeding.

✓ STEP THREE:

Turn off your heating so that you do not burn yourself or create an unwanted flood in your home.



✓ STEP FOUR:

Put some old towels underneath the radiators that you are planning to bleed; discoloured water may flow from your radiator and you do not want to stain your carpet.

✓ STEP FIVE:

Take your radiator bleed key and insert it into the bleed valve; this can be found at the top or bottom of the radiator and looks like a round hole with a square inside. Turn the valve anticlockwise; you should then hear a hissing sound as the trapped air escapes.

✓ STEP SIX:

You only need to turn the key about halfway round as the valve does not need to be fully open to successfully bleed the radiator. Wait until you can no longer hear air and then turn the bleed valve clockwise to reseal.

✓ STEP SEVEN:

Repressurise your heating system; if the needle gauge in your boiler is on yellow, not green, you need to do this.



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JAPANDI

WHAT IS IT?

It's the interior trend everyone is talking about for 2020, but are you brave enough to pull it off?

There are some brave, peculiar and ambitious interior trends that evolve over time, with many originating out of our ability to combine established styles. In new designs that echo and reflect traditional designs, we link cultures, embrace originality and, in the case of Japandi, create a bridge between Scandinavia and Asia... and that's no mean feat.

Japandi is a combination of Scandi and Japanese styles. This hybrid combines Japanese minimalism, which defines the simplicity, space and clarity of the platform, with the warmth, comfort and select colour of Scandi design. The effect is a look that has space but detail.

A bedroom would therefore showcase plain walls and bedsheets, in bright tones, and be complemented with wooden furniture, classic shapes and a hint of nature, where functionality is important but cleanliness prevails.

A dining room would again combine bright, white walls with a statement piece of wooden furniture, with detail coming as much from the sparsity of a look as from the objects within.

Darker tones are allowed to prevail, providing the key echoes of feng shui are abided by, with chairs positioned with the intention of inviting someone to sit, relax and reflect on their surroundings; while the use of large windows and exit points – both practically and visually – into outside space patterns perfectly a Japandi style that aims to bring the outdoors into our living spaces.

Rather than drawing in styles, it seems the year 2020 is set for interior reinvention, the like of which we've never seen before. Regional design standards have never been so exposed to a global market, and with that comes a dynamic merging of ideas, and you sense Japandi will be the first of many.



Photo credit: Heals.com, Maisondumonde.com, H&M Home



THE DESIGN IS MINE

The work of Thomas Heatherwick, revealed

Thomas Heatherwick is the sort of designer whose work you know without ever really knowing it.

Consider the iconic cauldron that was on display at the London Olympics in 2012, muse over the renovation of the Hong Kong Pacific Place, even scoff ever so slightly at the cancelled Garden Bridge which was intended to flourish over the River Thames in all its green glory.

In reality, whether successful or not, whether well received or otherwise, Heatherwick Studio has been dabbling with the brilliance of design innovation since its formation, by Thomas Heatherwick, in 1994.

It was eight years before the Terence Conran-mentored Royal College of Art graduate hit gold with his Rolling Bridge design at Paddington Basin, yet the variation in work styles that followed – from monastery renovation to bespoke sculptures and quirky furniture through to the commercialisation of the old freight depot north of Kings Cross station – proved that Heatherwick's appetite for reinvention has never been sullied by his critics.

Perhaps his most famous creation of all has been the modern Routemaster bus. A design that has influenced everyone in the capital and plenty more outside it, its tribute to the original proves the designer has not just the vision to create, but also the modesty to respect a classic.

In interviews, Heatherwick, 49, speaks of design being a single discipline, three-dimensional creation, rather than something that is multi-faceted, and insists all good work must be likened "to solving a crime... the answer is there, and your job is to find it".

Where Heatherwick's work will head to next is unclear, but whether on pavements, across skylines or simply in the form of interiors that amaze and enchant, the studio has played a major role in leading us to ask incredible and intense questions of our everyday surroundings.



Photo credit: www.heatherwick.com

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Jameela Jamil

It’s unusual for a radio or TV star to have such a handle on the more sensitive issues relevant to the fast-paced generation we live in today, but Jameela Jamil’s evolution from model, photographer and fashion scout to someone speaking out over abortion, cancer, eating disorders and mental health is rapidly making her one of our most important ambassadors.

Ask where Jameela Jamil’s passion for tackling the tough questions in life has come from and the 33-year-old Londoner is left in no doubt. “It all started for me as a journalist and a broadcaster – it has been about a passion I have for interviewing people and asking questions,” she says.

“In the early days that was all about fashion and socialising, and looking into other people’s lives. But then, I think the older you get, the more you really want to scratch below the surface, and if you do that with other people, you need to be prepared to look inwards as well.”

Jameela believes that although the internet has helped in making private problems public, we could still be doing more to help each other. “We walk past each other in the street and really have no idea what is going on under the surface, and through my own personal experiences I have found being open is one of the best therapies available. If I can encourage other people to do that, and it has even 10 per cent of the positive benefit I have taken from sharing my issues and worries, we’ll be able to overcome even greater challenges.”

For Jameela, those challenges began in earnest quite soon after she broke through on the E4 show *Music Zone*. Discovering she was pregnant, the presenter took the decision to have an abortion. She has said since, “It was the best decision I have ever made... both for me and for the baby I didn’t want, and wasn’t ready for, emotionally, psychologically and financially.”

Since then, she has been a stolid ambassador for hypermobile Ehlers-Danlos syndrome, a genetic disorder causing loose joints, joint pain, stretchy skin and abnormal scar formation; has beaten cancer twice, and recently spoke up about eating disorders, something she encountered in her early 20s.

Jameela also revealed that she survived a suicide attempt in 2013, and has suffered from post-traumatic stress disorder.

“The list of things I’ve experienced makes me a brilliant case study for a lot of people,” she laughs. “No matter what you have, no matter what you look like, we all struggle, and we all need help from time to time.”

Indeed, as far as style and appearance goes, Jameela – who is in a relationship with musician James Blake – believes we are slowly finding ourselves capable of ignoring some of the unrealistic icons splashed across the internet.

“We all have things we want to change and we can all work towards that. We are all self-critical – I absolutely hated my height for a long time... it was a real challenge to my mental health as I felt so exposed.

“What I’ve learnt over time is you shouldn’t let any part of your shape influence you negatively, only positively. If I only wore flat shoes or trainers then I’d be running away from my height.

“Instead I want to embrace it, and everything else I need to change about myself. That’s got to be the right way to go.”



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Proposed plans for new retirement village submitted

Proposed plans for a new modern retirement village in South Hornchurch, which focus on improving residents' well-being and creating new green spaces, were submitted recently.

The Solar, Serena and Sunrise Courts site will provide 175 new high-quality apartments, all of which will be designed to meet the needs and aspirations of people who are approaching, or who have reached, retirement age.

The redevelopment of Solar, Serena and Sunrise Courts is part of the first phase of Havering Council's 12 Estates regeneration joint venture with Wates Residential. The £1billion programme is set to deliver around 3,500 high-quality homes over the next 12 to 15 years, doubling the amount of council rented accommodation and more than doubling the number of affordable homes.

The plans show the main building will feature communal facilities, which include a residents' lounge, a treatment studio for health and wellness, and a communal lounge for a wide range of activities.

These communal facilities will also provide space for group activities, local projects, meetings and functions.

The plans extend to the garden area, which will have distinct zones to encourage a range of well-being activities, such as relaxation, lawn games and a community growing area for accessible gardening. A social area will enable residents to socialise in a safe, welcome and attractive space.

Under the proposed designs, a large proportion of the new apartments will be designed as wheelchair adaptable. There will also be flexible storage space for either bicycles or mobility scooters.

Director of regeneration, Neil Stubbings, said: "The 12 Estates project is about creating local homes for local people. Our borough has such a diverse range of residents, so it is important we ensure our regeneration creates homes fit for everyone."

"The plans we are submitting will create a community where Havering's elderly residents can live safe and independent lives."



Red Hot Kili-Trekkers get set for charity climb

Having Sixth Form sports tutor Mike Smith has been training hard for an adventure of a lifetime when he and nine of his friends – together known as the Red Hot Kili-Trekkers – will climb Mount Kilimanjaro for charity.

Mike, who teaches BTEC sport at the Sixth Form in Hornchurch, has been working out in the gym and cycling to get fit, as well as completing a practice climb up Ben Nevis, a Gold Duke of Edinburgh expedition and a five-day hike on the Yorkshire Moors.

The Red Hot Kili-Trekkers are hoping to raise more than £30,000 for four charities: Teenage Cancer Trust, Alzheimer's Society, MIND and David Randall Foundation.

The trip will begin on February 14 and continue for

12 days, with the climb itself taking eight days.

Mike said: "The trek to the top will take six and a half days and then the trek back down takes one and a half days. On the last day up we will leave our base camp at around midnight so that we get to the summit between 9 and 10 the following morning.

"I am looking forward to the challenge but I'm quite nervous. I think I will be fine with the physical side of things, but I am a bit worried about altitude sickness which can make you lethargic, dizzy and give you headaches."

Mike would like more donations so that he can raise as much as possible.

If you would like to donate, please sponsor Mike at www.gofundme.com/f/two-climb-challenge

Apple-Jane is chosen as Mayor's Cadet

A student at Havering Sixth Form College in Hornchurch has been selected as the official Mayor's Cadet to accompany the Mayor of Brentwood on civic engagements.

Apple-Jane Hayward is the first ever Mayor's Cadet to be selected.

As part of her role, she'll attend events with councillor Keith Parker, meeting and greeting people from local charities and organisations.

The 16-year-old has been a member of the Brentwood Sea Cadets for four years, is a volunteer Explorer Scout and was Havering College's 14-16 Student of the Year when she studied catering at Quarles Campus last year.

Along with her brother Miles, Apple-Jane was awarded the prestigious Master Coxswain earlier this year.

This is the highest award in the Sea Cadets for waterborne activities and is rarely achieved.



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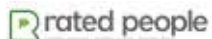


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Inspirational Isla is finally cancer free

A five-year-old girl from Hornchurch had her dream come true when she was declared cancer free.

Isla Caton was diagnosed with neuroblastoma in March 2016, and since then her family has raised more than half a million pounds for her treatment.

Her mum Nicola said: "We were told she was in remission in March, then in September scans showed a tiny relapse. When we went back for our latest scan, the doctor emailed us later to say it was all clear."

As **VISION**Hornchurch went to press, the family was preparing to travel home for a week so they could spend Christmas together before Nicola, dad Michael and Isla returned to Spain in January for radiotherapy.

Although they will return home for good in January, they will then travel to New York for a vaccine which

will hopefully ensure the cancer will never return.

Nicola had a message for everyone who has given money to the family.

She said: "I just want to say a massive thank you because without each and every person who donated, we wouldn't be where we are now. Every single penny went towards treatment and we got a miracle."

However, the family still needs to raise funds to pay for the vaccine.

Nicola added: "We need to raise at least £15,000 before February, so any fundraising offers are welcome as this isn't just in case, this is here and now."

To donate to Isla, go to www.justgiving.com/campaigns/charity/thebradleyloweryfoundation/islcaton

Scooter rider critical after collision with bus

Detectives are appealing for witnesses following a serious collision in Hornchurch.

Police were called just after midnight on December 8 to reports of a collision involving a Route N365 bus and an electric scooter on Hornchurch Road at the junction with Abbs Cross Lane.

Officers and the London Ambulance Service attended.

The 43-year-old rider of the scooter was taken to an east London hospital where he remains in a critical

condition at the time of writing.

Detectives from the Roads and Transport Policing Command are investigating and they would like to speak with anyone who saw the collision or the moments leading up to it, or has dashcam footage.

The driver of the bus stopped at the scene. There have been no arrests.

Anyone with information is asked to call the Serious Collision Investigation Unit on 020 8597 4874 or via 101 quoting reference Cad 271/08Dec.



MP says constituency is London's strongest Tory seat

The MP for Hornchurch and Upminster says she believes it is now the strongest Conservative seat in London.

Julia Lopez MP made the comment after she swept to victory. She received 35,495 votes while her nearest competitor, Labour's Tele Lawal, got 12,187. Thomas Clarke, Liberal Democrat, got 3,862 votes; Peter Caton, Green, got 1,920 while the British National Party's David Furness received 510.

Mrs Lopez MP, who had a baby a week before the election was called, said she was grateful for her support.

She said: "Thank you to the wonderful people of Hornchurch and Upminster for going out on a dark December day for democracy. Thank you to all the incredible activists who have been out in this weather and for the positive support we have received."

Turnout for the constituency was 66.8 per cent.

Four charged after man dies at golf club

Police investigating the death of a man from Hornchurch have charged four men with GBH.

Police were called to a golf club on Fen Lane, Upminster, just before 11pm on December 7 to reports of an altercation.

When they arrived, they found a man being restrained. He collapsed a short while later and officers administered first aid. The man was then taken to an east London hospital.

The man, who was 37, died on December 9.

As **VISION**Hornchurch went to press, he was still to be formally identified but his family had been informed.

Paulo Pinto, 50, of Rivenhall; Gaetano Schembri, 24, of Grays; Shkelzen Mataj, 39, of Luton and

Melchione Schembri, 58, of Grays were arrested at the scene on suspicion of GBH.

They were charged on Monday, December 9 and kept in custody to appear at Barkingside Magistrates' Court on Tuesday, December 10.

The men were released on bail and were due to appear at Snaresbrook Crown Court on January 6.

Detectives from Specialist Crime North (Homicide) are investigating.

Any witnesses or anyone with any information is asked to call police on 101 or contact via Twitter @MetCC. Please quote CAD 8238/07DEC.

To give information anonymously, contact Crimestoppers on 0800 555 111 or online at crimestoppers-uk.org

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Site visit to new sports centre brings learning to life

Construction and built environment students from Havering College got the chance to find out what happens on a large-scale building project when they left their classes to visit the site of the new Hornchurch Sports Centre at Harrow Lodge Park.

They had a tour of the site followed by a presentation by Metnor Construction, which is running the project.

Metnor's project manager, Shaun Powell, said: "We wanted to provide an opportunity for local students to see construction on a grand scale. It was fantastic to see the students show such an interest in our project."

The visit followed two other site tours where students were also able to see first-hand the work going on at Wates Group building projects.

The first was to a site in New Road, Rainham, where the students were taken up to the 10th floor and had a bird's eye view of the surrounding area, including the college.

The second visit was to a Wates site in Hornchurch which demonstrated to the students how vital safety, cleanliness and tidiness is on a working project.

Alan Burgess, programme manager at the Havering Colleges Rainham Construction Centre, said: "These were all amazing experiences for the students and are so important because they cannot be recreated in the classroom. Giving them access to real-life projects is what education is all about and really brings their learning to life."

Iris lucks out with volunteering



Iris Lucke, 83, has been volunteering at Saint Francis Hospice's charity retail store in Hornchurch for 10 years.

Shortly after she retired from a 25-year career working in school meals, Iris's husband passed away suddenly. She also had both hips replaced.

Iris said her grief and low boredom threshold got the better of her until she started volunteering at the shop. She urged anyone else with spare time to volunteer.

She said: "Volunteering has been my saviour and has helped me with my grief. It's a cup of tea, a laugh, and being around great people. I would be tearing my hair out if I didn't work. We all look out for each other here. I'll carry on volunteering for as long as I can. As you get older, you like to think that you're still needed somewhere."

If you'd like to find out more, you can visit www.sfh.org.uk/volunteer or email volunteering@sfh.org.uk

Alternatively, call 01708 758614, or visit one of the Hospice's stores.

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Double scoop for children's services at awards



Children and young people in Hornchurch and across Havering benefit from some of the best council-run services in the country – and that's official.

The Cocoon, one of east London's only dedicated support hubs for children in care and care leavers, won the Leaving Care Award for being the initiative that has done the most to help young people leaving care to make a smooth transition to adulthood, at the Children and Young People Now Awards.

Meanwhile, the council's Early Help Volunteering Service was awarded the Public Sector Children's Team Award for doing the most to improve the life chances of babies and young children, especially in disadvantaged and hard-to-reach communities.

Robert South, Havering's director of children's services, said: "This is a major boost for our staff and services and a real testament to their continuous hard work, commitment and professionalism."

"These annual awards are one of the sector's highest accolades and celebrate innovation, as well as demonstrate how we are positively impacting the lives of local children and young people. Congratulations to our staff on their fantastic success."

Two wins out of three 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. The club has a number of teams.

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

Gidea Park have played three times since the last issue, winning twice and losing once. The player of the month is Charlie Grace.

Meanwhile, the boys were mascots and ball boys for Hornchurch on December 28 when they took on Brightlingsea Regent.

Gidea Park Rangers FC relaunched just ahead of the 2015/16 season. Former players include Danny Cowley, manager of Championship club Huddersfield Town.

For more information, search Gidea Park Rangers on Facebook or call 07939 524470.

Owners want pub to become local landmark

Hornchurch's newest pub opened for business last month.

The Hop Inn in North Street welcomed its first customers on December 21 with a variety of interesting local delicious drinks, including a 2014 Brentwood beer and SS9, an aged ale from Leigh-on-Sea.

Owner Phil Cooke said he and Alison Taffs were looking forward to working in the town.

He said: "We deliberately chose a secondary location not on the High Street for locals as that's what we want to be – a local. We've had lots of support and people reaching out – we look forward to welcoming everyone."



LOCAL NEWS



News from

Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association

What will 2020 bring?

I remember as a younger man reading about all the advancements we will likely see in the future – there were flying cars, trips to the moon and robots in every house. This was all due by the year 2000, which at that stage felt like it was half a lifetime away.

We have reached 2020 and there are no flying cars. Trips to the moon are not going to happen (yet). Many people have some sort of robot in their homes (be it a floor cleaner or something that cuts the grass for them) but nowhere near what I was expecting. Oh well – I guess we still have things to look forward to.

On the council front, I can report that the leadership team may be dropping the idea of compulsory controlled parking zones (CPZs) or permit parking. As far as I am aware there has been no official dropping of that project; however, many of the smaller projects we had lined up over a year ago which were all put on hold are now starting to move again.

If I have misread this and you do get a letter asking about a CPZ in your area, please read the consultation very carefully and think what it means. Personally, I believe we can deal with issue areas as they arise and not go for a blanket CPZ. If you have issues with commuter parking, please contact your local councillors and get their input into a solution. It might need a CPZ, it might not, but there are other options.



Stock image

The free weekend parking (in council-owned car parks – not on-street parking) ended at the beginning of January. I hope you took advantage of it.

We are still fighting the council to reintroduce the free half-hour parking in Hornchurch and Upminster. It is damaging the businesses and will have a longer-term detrimental effect on our towns. Please support local businesses if you can and shop local.

If the leadership team at the council listens to us in February, we might get the free parking back. Fingers crossed.

I will say goodbye for now – may 2020 be a great year for you.

Town shop joins #millionpoundselfie

A shop in Hornchurch has lent its support to a new charity which wants to raise £1million for a variety of good causes.

People are being urged to take selfies and upload them to social media with the hashtag #millionpoundselfie.

From the interest generated, it is hoped people will make donations to charities that are less well known.

Julie Allsop owns Mr Simms Olde Sweet Shoppe on Hornchurch High Street with her husband Philip and explained why the shop wanted to get involved.

She said: "I think it's a great way of raising money for the charities. Everyone can join in and it's a great way of raising such much-needed cash. We support

a number of local schools and charities and we help where we can."

The #millionpoundselfie has been taking the country by storm, with more than 50,000 users hashtagging their photos.

The idea is the brainchild of barber Simon Ford who was inspired to launch Million Pound Selfie by the sad news that one of his Saturday girls' mums needed £30,000 for an operation that had been refused by the NHS for her mother's cancer.

To find out more, search for #millionpoundselfie on Facebook, Twitter and Instagram, or visit www.millionpoundselfie.com

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Urchin youngster selected for England Schoolboys' squad

The Urchins progressed into the FA Trophy second round last month with a 1-0 win over Dulwich Hamlet.

The only goal in the match came in the 53rd minute when a free kick on the right from Matt Johnson was cleared as far as Nathan Cooper, who fired home a volley.

Their second round tie is on Saturday, January 11 (as **VISION** Hornchurch is distributed), against Aveley. In the Isthmian League Premier Division, Hornchurch continue their push for promotion, as they were unbeaten in their last five games at the time of going to print. Three draws

and two wins mean The Urchins sit in fourth with two games in hand on league leaders Folkestone Invicta.

Hornchurch youngster Thomas Duffy was selected to represent England Schools' Football U18s following trials on December 1. The players were first nominated by their county sides to attend regional trials that led to the construction of four regional squads.

The U18 England Schoolboys' squad will begin with some friendly fixtures, starting against the RAF on January 12, 2020, followed by a game against Australia schoolboys' on January 25, before competitive fixtures in the Centenary Shield against Scotland, Wales, Northern Ireland and the Republic of Ireland take place in April 2020.



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THE WINTER warmers warbling IN YOUR GARDEN

HOW TO BEST LOOK AFTER YOUR FEATHERED FRIENDS THIS WINTER

There's nothing that connects us with nature better than seeing the resplendence of birdlife active and happy in our front and back gardens. And yet, while these brilliant breeds are more than adept at dealing with the cold commotions of the winter months, a helping hand never did a house sparrow or a hawfinch any harm, right?

SUPER SEEDS
You can pick them up in your local pet shop or even make your own, but a ball of seeds, perhaps bonded with high fat suet, will help guide your fluffy friends through cold times.



GOING NUTS FOR PEANUTS
Crushing some peanuts and putting them in a bird feeder will provide an excellent snack.



WATER GOOD IDEA
Remember, frozen water isn't drinkable and you definitely can't clean yourself in it, so keep a check on birds' ability to get hydrated and stay fresh when the temperature really drops. Simply leave water from the tap out when things are freezing outside.

BOXED OFF
Put a birdhouse or nest box out nice and early so that your visitors have somewhere to bed in before the cold snap arrives. Boxes should be placed away from the sun and with a clear flying line into them to ensure their residences will be taken up.

PROTECT AND RESPECT
While respecting the habitats of other garden dwellers such as cats and foxes, ensure your birds are kept well away from predators.

SORRY FOR SOGGY FOOD
Keep a close check on soggy or slushy food, as birds won't be able to digest this. That means removing anything that comes into contact with rainfall or perhaps even melting snow.

If you can master these top tips for birds, your garden will be awash this winter with colour and song — a perfect paradise for winged wildlife.



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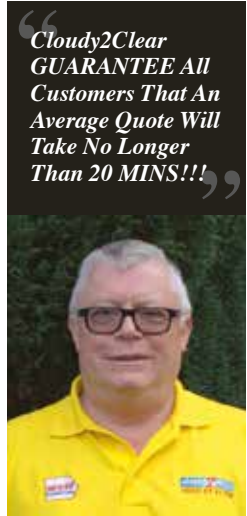
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Fire it up

Easy steps you can take to create your very own garden firepit

Nothing says “family and friends” quite like gathering round an open, glowing fire in the garden; yet the days of this sort of event only ever occurring in the summer, and with a sausage or two turning on a barbecue, are long gone.

Nowadays, firepits provide a practical, attractive and interesting focal point for people to socialise around, and, far from being just the domain of those long, lounging evenings of July and August, you can even fire one up in the winter months. Here's how:

1. LOCATION

Create a firepit in an area of your garden away from plants, overhanging bushes or trees, and where children typically won't be playing nearby.

2. SHAPE

Firepits are almost always circular. This gives maximum access around the edges and prevents any angled or sharp edges that people could trip over.

3. MATERIAL

This is where firepits get exciting – use stone blocks, concreted lumps of stone, terracotta plant borders or concrete blocks. Better still, if you're keen on upcycling, consider using an old washing machine drum on legs for a brilliant pot that looks sensational. Similarly, you could pick up the rim of a tractor wheel, or any other metal object that will hold heat.

4. BASE

Your base will mainly consist of a hard surface covered with gravel or sand.

5. GRILL

A simple grill suspended over the base gives you a platform on which you can cook food, or remove altogether for a simple fire by throwing on tinder, logs and any other flammable bits and pieces to give your firepit the fuel for winter warmth.



GARDENING





PLANT OF THE MONTH:
Raspberry Canes



January is one of the few months of the year where you might think there is nothing to be done or grown in your garden, but that is not the case. Raspberry canes are suitable for planting in the colder months, as long as the ground is not frozen, and will result in plump and juicy berries come the summer.

WHAT TYPE OF RASPBERRY CANES TO BUY?

There are two types of raspberry canes available: summer-fruiting varieties and autumn-fruiting varieties. Summer-bearing raspberry canes produce just one crop in May/June, whereas autumn ones can produce one or two crops each year, often in early summer and then again in late summer/early autumn.

HOW TO PLANT RASPBERRY CANES:

- Look for well-drained soil that also retains water well. Avoid heavy, clay soil.
- Choose a position that is partly shady to avoid full sun on the hottest days of the summer.
- Plant your canes 20 inches apart, with each row being around 5 feet apart to avoid overcrowding and for access.

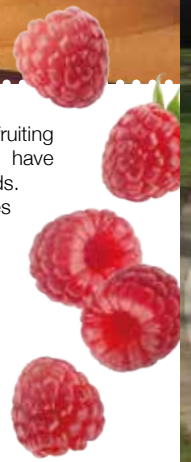
- Do not plant autumn- and summer-fruiting varieties next to each other as they have different maintenance and pruning needs.
- Alternatively, you can plant your canes in a raised bed with plenty of organic matter.

WHY GROW YOUR OWN RASPBERRIES?

Raspberries are sweet, delicious and versatile; however, they are also expensive to buy in the supermarkets. Why? Because raspberries do not continue to ripen once picked, so they are a bit of a nightmare for commercial growers. But for growing in your own garden, they are ideal.

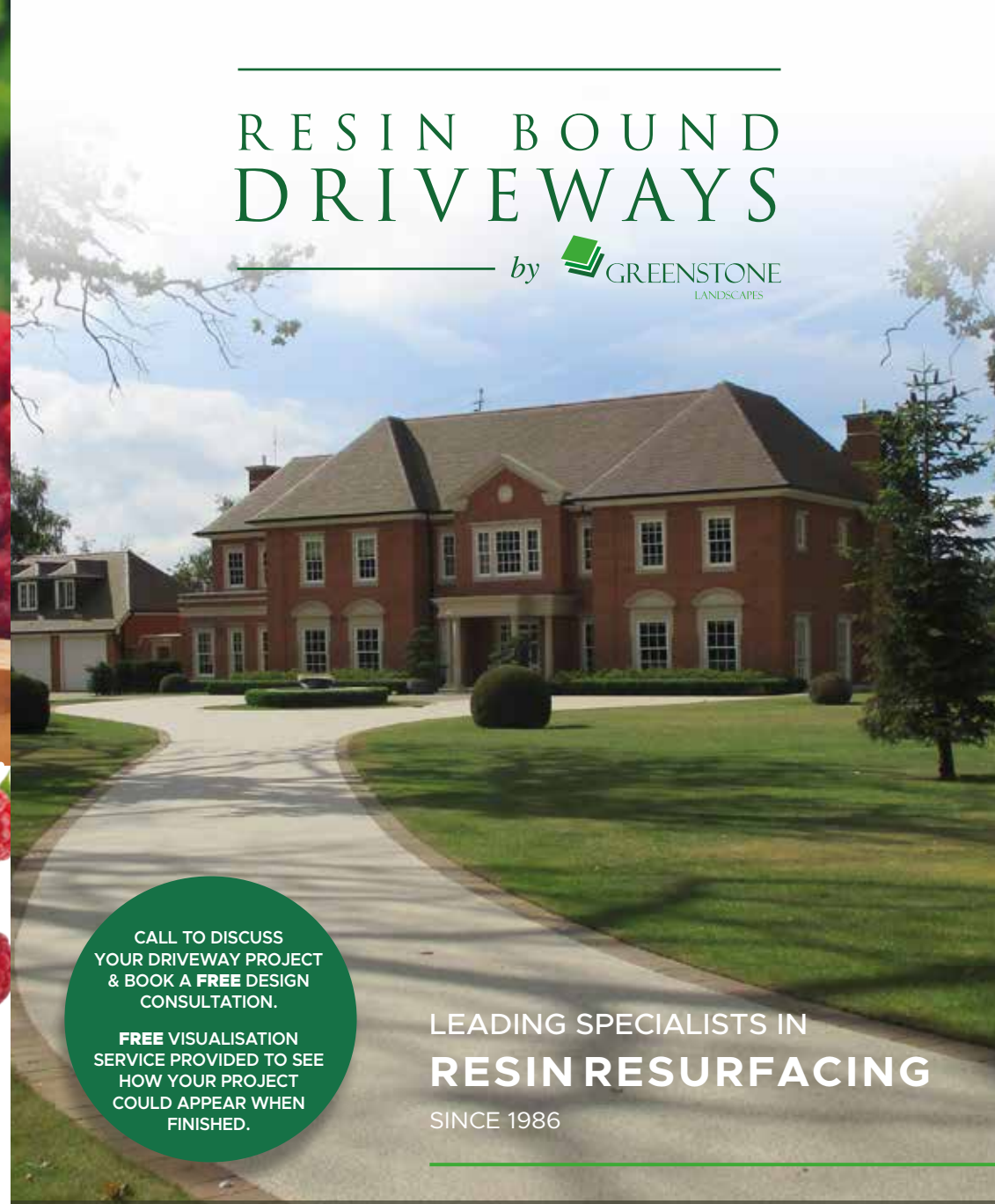
ARE RASPBERRIES EASY TO GROW?

The plants themselves are low maintenance, and, as long as they have the right growing conditions, will provide enough fruit for your family all summer long, making them ideal for introducing children to the joys of growing your own produce.



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The ultimate WINTER SURVIVAL

guide for pets

YOU MAY NOT LIKE WINTER AND THE COLD WEATHER THAT IT BRINGS, BUT FOR YOUR PET, THIS TIME OF YEAR CAN BE DEADLY

1. DO NOT LEAVE YOUR PETS OUTSIDE UNATTENDED

When it is particularly cold your dog should not be left outside unattended as it could quickly develop frostbite or hypothermia. The same goes for cats: if the temperature drops too much, try to keep your feline friends indoors. Rabbits and guinea pigs should be moved to the shed if the weather is particularly bad.

2. INVEST IN A DOGGY JUMPER

If you have a short-coated breed of dog, then consider purchasing a jumper or coat to keep it warm when out and about. It is also worth noting that if your dog keeps lifting its paws or stopping walking, it may be because the ground is proving too cold for it.

3. CHECK THAT YOUR CAT FLAPS DOES NOT BECOME FROZEN SHUT

If your cat is still going outside, make sure you check that the cat flap does not become frozen shut. It is also a good idea to have a litter tray inside for your cat during the colder months.

4. COLD PETS NEED MORE SUSTENANCE

You need to ensure that your pets are getting sufficient calories to keep themselves warm, especially if they are outside often. You should also keep them hydrated and check that your guinea pig's or rabbit's water bottle has not frozen.

QUICK PET PROTECTION CHECKLIST:

- ❄️ Wear reflective clothing (you and your dog) when walking in the dark.
- ❄️ Fit your cat with a microchip.
- ❄️ Check your garden for foxes/badgers.
- ❄️ Keep anti-freeze products out of reach.
- ❄️ Be vigilant of cats under cars.





PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

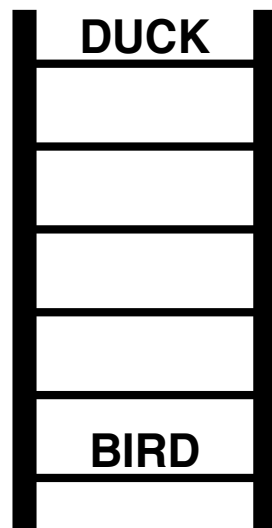
- ▶ ANNIVERSARY
- ▶ BARBECUE
- ▶ BIRTHDAY
- ▶ CHRISTMAS
- ▶ DINNER PARTY
- ▶ ENGAGEMENT
- ▶ FATHER'S DAY
- ▶ GOING AWAY
- ▶ GOOD NEWS
- ▶ GOODBYE PARTY
- ▶ GRADUATION
- ▶ HALLOWEEN
- ▶ MOTHER'S DAY
- ▶ NEW JOB
- ▶ OFFICE PARTY
- ▶ OPENING
- ▶ PROMOTION
- ▶ SAINT'S DAY
- ▶ WEDDING
- ▶ WELCOME PARTY



DID YOU KNOW?

- ▶ A male ostrich can make a roaring noise, similar to a lion's roar
- ▶ Annually, cows kill more people than sharks do
- ▶ Butterflies taste with their feet, as their taste senses are located there. They can taste by standing on food
- ▶ Wolves can go for more than a week without eating
- ▶ Under their fur, polar bears' skin is black
- ▶ A fox can use its tail to communicate with other foxes
- ▶ A typical panda eats for half the day
- ▶ Cheetahs are the only big cats that can't roar

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.



TRAVEL

God's OWN COUNTRY

THE TOP FIVE TOURIST ATTRACTIONS TO VISIT IN YORKSHIRE

NATIONAL RAILWAY MUSEUM, York

A railway buff's dream ticket, with a museum showcasing the very finest trains that have adorned the UK's spiderweb of tracks – from stunning, inconceivably powerful locomotives to miniature trains on narrow-gauge railways. This celebration of British engineering is complemented by exhibitions, galleries and outdoor play areas.

YORK MINSTER, York

One of the world's most magnificent cathedrals, it has been drawing advocates of faith, solitude and mind-blowing architecture since the 7th century. Put another way, when the foundations were laid at Paris's Notre-Dame, York Minster had already been welcoming people in for 500 years.

In 2020 it offers multi-sensory services, exhibitions, events and open days in a celebration of contemplative contentment.

ROYAL ARMOURIES MUSEUM, Leeds

A £42.5million purpose-built museum constructed in Leeds dock, the Royal Armouries looks at the passages and processes of war across the globe, with weaponry, artefacts, re-enactments

and tributes to those who have fought for their principles. And, as with all national museums, entry is free.

TROPICAL BUTTERFLY HOUSE, Sheffield

Whoever thought York would become renowned for its blend of tropical animals, from lizards to tarantulas, birds to snakes? Add in otters, owls and creepy-crawlies... oh, and a few thousand butterflies, and the Tropical Butterfly House in Sheffield – which also doubles as a falconry centre – is a natural world wonder. Last year it celebrated its 25th birthday.

THE BOTANICAL GARDENS, Sheffield

Situated very close to the city centre, Sheffield's Botanical Gardens are every bit the paradise of calm and serenity we associate with the likes of Kew or the Eden Project. The 19-acre site slopes majestically, offering wonderful views from green spaces, tree-clustered woods, bespoke gardens and spectacular Grade II-listed glass pavilions. With music, theatre, art shows and Christmas events, this is truly an all-year-round attraction for open-air enthusiasts.

Photo credit: Pexold/Shutterstock.com, Jeanette Teare/Shutterstock.com



Little WHITE LIES

Hilarious fibs parents tell their kids

Ask any parent – keeping your young ones in check is a tough task. And yet, the process is often made considerably easier with the clever use of some truth-bending.

A recent study found that a parent will tell more than 3,000 fibs throughout the process of elevating their child into adulthood, in protecting them from the truth, in not knowing an answer, or just wanting a quiet life.

Here are some classic little white lies that every parent will be able to relate to:

"If the wind blows you'll stay like that"
– an effective way to stop kids pulling silly faces

"If you don't brush your teeth they'll all fall out"
– perfect dental hygiene play

"Your eyes will go square"
– the classic incentive to move away from the telly

"Eat your greens or you won't grow up strong"
– a produce-themed exaggeration

"Unless you share you'll have no friends"

– harsh but (un)fair, and probably untrue

"When the ice cream van plays his tune it means he's run out"

– mean, just mean

Add in various threats that bad behaviour may lead to kids being sent away, parents going to jail or the small matter of the world ending, and it's incredible that our nippers even make it to adulthood in one piece.

It's believed that around the age of eight, kids stop believing everything they are told... probably because so many of those naysayer naughties never came true in the first place.

And yet, when it comes to little white lies, it's not always parents trying to pull the wool over their youngsters' eyes. The best piece of advice of them all – you know, that festive one – is truly a warning that needs to be heeded, because Santa really does know if they've been bad or good...



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PROTECT *my* PHONE *in Case of Theft*



Thankfully, long gone are the days when losing a mobile phone potentially meant opening your contacts, data and stored information up to the prying eyes of a thief.

Decent insurance policies mean landing a new phone can be quick and inexpensive, and stolen handsets can be rendered virtually useless to a thief given that there is a range of security settings in place to block them... but only if you've taken the time to set them up:

PIN

It's the simplest deterrent out there, and setting up a PIN or biometric authentication pass (such as fingerprint or facial recognition) is the quickest and most effective way to keep criminals at bay.

LOCATION LOCATION LOCATION

While police do not recommend embarking on your own Bergerac-like pursuit of a stolen mobile, a remote tracking service can tell you where your phone is in the event it's simply lost or has been picked up by mistake.

DROP AND LOCK

By logging in to another connected device, you can lock your handset and wipe data in seconds.

FACTORY RESET... WON'T RESET

Perhaps the best deterrent of all for a thief is the disabling of the factory reset function until additional authorisation has been provided.

From all the leading mobile phone manufacturers, these security processes come as standard the first time you turn on the mobile. However, in the rush to start using a new handset, it's common for us to skip parts of the process, so every now and again it's recommended you go back through to check your security settings.

Of course, the best way to prevent possible theft of your mobile is to keep it away, out of sight and in a zipped pocket or bag whenever you're not using it.



WHAT'S THE DEAL

with Deborah?



How has Deborah Meaden achieved cult status in the reality business show that has inspired a nation of entrepreneurs?

We've all seen it – the idea, the pitch, the raised eyebrows, the fluttering of notebooks, the casual panning of the camera across wads of cash, the inquisition, and finally, a handshake... or two, or more.

Since *Dragon's Den* first leapt onto our screens in January 2005, the format of the show has remained largely the same, with Deborah Meaden present in seat four since series three.

"Of course, at its heart, it's a television show, and we shouldn't look too far beyond that," says Meaden. "Yes, it would be lovely to think cash is handed over in the green room and new business partners retire to a local hostelry for a celebratory pint, but the rigours and demands of production schedules mean relationships on the day are brief and incredibly hands off, with even those successful deals.

"It is a strange concept for a few reasons,"

continues Meaden. "In real life, you would rarely shake hands on a deal just 20 minutes after first meeting someone, and the level of due diligence that is liberally cast aside during negotiations makes it a peculiar way to do business.

"However," she states, "real deals do get cut, and on occasions the format really does permit the instinct and desire to 'take a punt' over applying rational business sense, and I do feel we all need a bit of that from time to time."

Certainly, there has been nothing conventional about the 60-year-old's own path to an estimated wealth of £40million. Even today, she sleeps in until 8.30am then walks around her Somerset garden bare-footed in order to establish a feeling of being grounded.

In the past, the holiday park queen of the south-west took on all manner of jobs while working her way up, building finances and embracing the value of experience that accompanied roles as diverse as a bingo caller, pony ride supervisor and salesroom model.

"I'll never look back on any experience and say it

was a waste of time," she says.

"We build knowledge all the time, and learning on the job is by far the most valuable of all."

As for Meaden's advice for those either setting out for the first time or looking to inject renewed vigour into their business lives, she has the following five tips to consider:

ONE: You are the boss – the organisation will behave as you do, so be driven at all times.

TWO: Don't be distracted – only focus on the elements that will take your business forward.

THREE: Adapt your plan – be flexible and willing to change your way forward.

FOUR: Believe the dream – be passionate, authentic and optimistic at all times.

FIVE: Forgive yourself – you don't have to get everything right.

"The thing is, whether we are in a television studio at Salford Quays shooting *Dragon's Den* or sat in an office in Canary Wharf, what we're talking about is, essentially, all the same thing – business involves real people, these are life ambitions and livelihoods at stake, and there are few things more fulfilling in life than cutting a deal."

new year CHALLENGES FOR SMEs

Top 5 challenges that SMEs face this January and how to conquer them

CHALLENGE 1: Retaining valuable employees

January is the most popular month for people to change their jobs, so if you don't want to lose your best employees, you need to act now.

SOLUTION:

Make sure you regularly praise your staff and recognise their efforts, whether that be with a monetary award or another incentive.

CHALLENGE 2: Cyberattacks

Cyberattacks are on the rise. Last January, more than 1.7 billion documents were leaked. SMEs are not immune to these attacks, with 60 per cent of small businesses who have an online security breach going out of business within six months.

SOLUTION:

Invest in a cybersecurity solution that is tailored for SMEs and be vigilant when online.

CHALLENGE 3: Sustainability

Businesses are under pressure to become more sustainable. Fortunately, embracing sustainability is ultimately good for your brand and your bottom line.

SOLUTION:

Up your recycling efforts, aim for zero waste production, be more energy efficient and encourage a sustainable supply chain.

CHALLENGE 4: Navigating employee requests

People often evaluate their lives in the New Year and your employees may be seeking a healthier work/life balance.

SOLUTION:

Offer your staff flexible working hours and, if possible, embrace remote working.

CHALLENGE 5: Maintaining profits

Competition is fierce in nearly all industry sectors, and after the increase in sales in the run-up to Christmas, many SMEs struggle to maintain the same level of momentum in January.

SOLUTION:

Make sure you evolve as a business to deal with consumers' changing needs. Look into technology such as chatbots to satisfy customers' demands for fast responses.

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THE QUEEN VIC

The life and times of one of our strongest monarchs



HISTORY



You may have missed it, but the middle of 2019 marked what would have been the 200th birthday of Queen Victoria.

The May 24 milestone came and went without too much commotion, probably because the five-times great-grandmother to Prince George, Princess Charlotte and Prince Louis – who now reside in the palace where she was born – died way back in 1901.

Regardless, her influence on modern London and the world beyond is nothing short of remarkable, from the underground Victoria Line and the V&A Museum, to a spectacular lineage that sees five of her direct descendants currently sitting on thrones overseas.

Victoria's name was actually Alexandrina Victoria, and she wed her first cousin, Albert, at the age of just 20. During her lifetime she had nine children. She was fiercely strict, and admitted to hating being pregnant.

Her strange habits included having all windows open, even in winter, as well as insisting on proposing to husband Albert, in a break from tradition.

She stood just 5 feet tall, and was a widow almost twice as long as her marriage lasted (Albert died in their 22nd year wedded), and during Victoria's lifetime she survived eight assassination attempts. None of those occurred on the royal train – she was lucky enough to come to the throne at a time of significant technological and industrial advancement and was the first royal to take the new mode of transport when in 1842 she travelled from Windsor to Slough.

While Queen Victoria went through life ticking off a number of "firsts", there is one she can no longer claim as her own, and that is the amount of time spent as the longest-reigning monarch. Previously she held the record with a total reign of 63 years and seven months, but Queen Elizabeth II broke that record in 2015 and continues to add on the years.

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UEFA EURO2020: England Expects

Whisper it quietly, but England are the tournament favourites to win the Euros in 2020, and here's why.

Way back in 1996 we were waiting for football to come home, and some 24 years later the train is yet to pull in at Wembley Central. Yet what Gareth Southgate couldn't do as a player he may just achieve as a manager, if the bookmakers are to be believed.

Having qualified for the summer's pan-continental European Championships in sumptuous fashion, the Three Lions have every chance of clinching a major trophy for the first time since the 1966 World Cup, with semi-finals and final to be held at Wembley.

As UEFA delegates and bigwigs conducted a typically pompous draw in Budapest at the end of November, England's group became clear, as did the reality that they will perhaps never have a better chance to win a major tournament.

England were drawn in Group D along with Czech Republic, Croatia – who beat us in the World Cup semi-final in 2018 – and either Scotland, Israel, Norway or Serbia.

Not only does that line-up look palatable, but only eight teams of the 24 entrants bow out at the group stage, meaning it's arguably more difficult to exit the tournament than qualify in the initial knockings.

That said, other groups already look somewhat foreboding, with Germany, France and Portugal all locking horns in Group F; and even Spain perhaps not relishing the threat of Poland and Sweden in Group E.

- > **Group A:** Italy, Switzerland, Turkey, **Wales**
- > **Group B:** Belgium, Russia, Denmark, Finland
- > **Group C:** Ukraine, Netherlands, Austria (plus one team TBD March 2020)
- > **Group D:** **England**, Croatia, Czech Republic (plus one team TBD March 2020)
- > **Group E:** Spain, Poland, Sweden (plus one team TBD March 2020)
- > **Group F:** Germany, France, Portugal (plus one team TBD March 2020)

England have never been favourites to win a major tournament... until now. In Southgate's young lions we trust.

Photo credit: PixlHound/Shutterstock.com

UEFA EURO - Group stage - Matchday 1 of 3

England	11/16/20
Croatia	4/10

UEFA EURO - Group stage - Matchday 2 of 3

England	15/16/20
TBD	20/20

UEFA EURO - Group stage - Matchday 3 of 3

Czech Republic	21/16/20
England	20/10



TOKYO 2020

THE NEW SPORTS

1. SKATEBOARDING

In the first of a new series, we look at five sports preparing to debut at the Tokyo Olympics in 2020

Considering that, over the course of the last 120 years, the Olympics have embraced such bizarre sports as tug of war, rope climbing and pistol duelling, it seems somewhat perverse that it's taken until the year 2020 for organisers to have put in an order for some halfpipes and knee pads.

Better late than never, skateboarding debuts in Tokyo in 2020, with a watching world keen to see what the quirky pursuit will do for the reputation of such an iconic global tournament. And therein lies the rub – that while the IOC is keen to expand its reach into sports that resonate so readily with people all across the globe (and let's be honest, you'd be hard pressed to find someone who hasn't stepped onto a board at some point), the professional skateboarders are reportedly nervy about appearing under the somewhat formal, mainstream, structured Olympic tag.

With that in mind, it will be

interesting to see how the Japanese present the sport, which will debut from July 24. There are 80 spots open to competitors – 38 men and 38 women from outside nations, and two each for the hosts.

Judges will rate boarders on speed, difficulty, timing, stability and the overall flow of the performance, while special attention will be paid to the performers' ability to suspend in mid-air.

Qualifying for the Olympics continues right up until June, which means an intensive period of competition, with the male and female winner staking the kudos of being their country's sole representatives.

At the moment, the British number one is Sam Beckett from Norfolk (pictured), although with a global ranking of 92 he'll have to go some to get in the medals, in a sport typically dominated by the Americans.





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MOTORING

WE ARE IN THE MIDST OF AN ELECTRIC CAR REVOLUTION, BUT WILL GREEN NUMBER PLATES REALLY KEEP SALES RISING?

If you consider all the benefits of purchasing an electric car, screwing on a green number plate would probably be well down the list, except environmental boffins believe otherwise.

In a scheme that could come into effect as early as next year, a lairy green registration may be another step towards convincing people to swap petrol for electric power. That's because local authorities may allow green-plated vehicles to drive in bus lanes, or perhaps to park for free in otherwise paid-for bays.

However, in response to the plans, less than a quarter of drivers supported the idea, suggesting the real incentives to go green should come in the form of a more plentiful supply of charging points, better incentives for existing car owners and cheaper entry-level vehicles.

Some also warned that priority being given

to cars with green number plates may harbour resentment and possible road rage, particularly in busy city centres.

It was also claimed that to let green cars use bus lanes would slow traffic in those areas, thus encouraging public transport users to abandon buses and return to using their motors.

Regardless, with more than 25,000 electric vehicles registered in the UK last year, our adoption of green travel initiatives is clearly on the rise. It's a positive response for the government, who continue their pledge to hit their 2050 target of net zero emissions.

For that to happen, a few more of us will have to adopt electric cars, and with consumers receiving £3,500 towards the cost of a new vehicle, many more are considering leaving petrol and diesel vehicles in the slow lane.



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WHAT'S ON

in your area

The Wonderful World of Wildlife Photography

Hornchurch Library, 44 North Street,
Hornchurch, RM11 1TB
January 13, 7.45pm – 9.30pm

An illustrated talk on the wonderful world of wildlife photography.

The Havering branch of the Essex Wildlife Trust presents an illustrated talk on "The Wonderful World of Wildlife Photography" with Peter Clayton, local wildlife photographer.

There is parking and lift access available for this event.

Contact 01708 440297 for more information.

£3 donation which includes tea, coffee and biscuits.

Come and Sing Workshop – Handel's Messiah

St Andrew's Church, 222 High Street,
Hornchurch, RM12 6QP
January 18, 10am – 4pm

Join the Havering Singers for a day of singing parts of Handel's famous oratorio.

This is an opportunity to try choral singing or brush up on your skills.

£5 includes score hire and light refreshments. Free for students.

To reserve your space and receive details of the full day, email tickets@haveringsingers.org.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 coordinator by emailing events@ingrebournelinks.co.uk

Volunteering Event and Time to Talk

HAD, Whittaker Hall, 1a Woodhall Crescent,
Hornchurch, RM11 3NN
January 23, 10am – 1pm



Join Havering Association for People with Disabilities 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.

The Jack Clifford Swingtette

The Hornchurch Conservative Club,
25 North Street, Hornchurch, RM11 1RS
January 26, 8pm

A great end to the first month of the year with an evening of jazz standards from the Swingtette.

Jack blowing reeds leads his ensemble with a guest front line and a rhythm section of regulars Tim Huskisson on piano and Roger Curphy on bass.

£10 per ticket. For more information, visit www.hornchurchconservativeclub.co.uk/sunday-jazz

Nexus Fostering Drop-in Event

Suite 1, Ripon House, 35 Station Lane,
Hornchurch, RM12 6JL
February 5, 2pm – 3pm

A member of the Nexus Fostering team will be waiting to answer your questions.

This is a free drop-in session to have your fostering questions answered and for you to gather as much information as you need.

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SHEPHERDS HILL, HAROLD WOOD £1,750,000

Superbly located within this non estate position at the top of Shepherds Hill affording far reaching farmland views is this exceptional extended detached character property affording a road frontage of 100' and an overall plot size of just over one third of an acre. Set over three floors with four reception rooms, Christians style kitchen/breakfast room, six double bedrooms, three en suites and a family bathroom. Heated swimming pool. No onward chain. Awaiting EPC.



NELMES CLOSE, EMERSON PARK £950,000

Set within this small cul-de-sac location on Emerson Park offering extremely well maintained and presented family accommodation is this character detached family property. There are five double bedrooms, an en suite shower room and family bathroom/WC. To the ground floor there are three reception rooms and a kitchen/breakfast room. Externally there is off road car parking for 3/4 vehicles, an attached garage and sizeable store/workshop. EPC D.

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