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**SKY BROWN**

*GB's youngest summer  
Olympian in 50 years*

**QUIRKY  
LEAP  
YEAR  
FACTS**

**TEA FOR TWO**

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Dancing on Ice features UK's first same-sex couple

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Yes ☐ No ☐

Yes ☐ No ☐

Yes ☐ No ☐

Yes ☐ No ☐

Yes ☐ No ☐

Yes ☐ No ☐

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Yes ☐ No ☐

## Agent Three

Yes ☐ No ☐

Yes ☐ No ☐

Yes ☐ No ☐

Yes ☐ No ☐

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February 2020

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# Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Hornchurch. So, how are the New Year's resolutions going? Mine is still pretty good. I'm eating so much more healthily. I have so much more energy and sleep so much better.

Love is all around us this time of year, with Valentine's Day upon us. Yes, it's February already. Be sure to show your loved one how much they mean to you. Why not visit your local shops to buy that bouquet of flowers, card and gift? Remember to keep your £ local.

*Dancing on Ice* contestant Ian Watkins, better known as H from Steps, and his professional partner Matt Evers are our cover stars this month. They made history recently after becoming the first same-sex couple in the UK to compete.

In local news, residents are angry as Havering Council rules out the return of free parking, a boy raises more than £1,000 for charity, and an organisation campaigns for more BAME organ donors.

We welcome any of your stories for our local news pages. So if you have a story to share, please send it to hornchurch@visionmag.co.uk **VISION** is your magazine for your town. I hope you all enjoy the February 2020 edition of **VISION**Hornchurch.

*Brett*



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# SKY IS THE LIMIT

Sky Brown, at 11 years of age, has been picked for the GB Skateboarding team, making her the youngest summer Olympian in 50 years. We look at what she has achieved thus far, and what this sensational youngster might accomplish going forward.

Sky was born in Japan – Miyazaki to be exact, on the south-eastern coast – to a British father and a Japanese mother. The pre-teen prodigy still officially resides in south-east Asia but spends the majority of her time in the United States.

Global sports giant Nike made her its youngest-ever acquisition in February 2019, and she has appeared regularly in ad campaigns with iconic female athletes, including fellow Briton Dina Asher-Smith, American artistic gymnast Simone Biles and South African middle-distance runner Caster Semenya.

At the age of eight, Sky became the youngest female to compete in the Vans US Open Pro Series. Although failing to place in the medals, she did finish higher than a number of competitors 20 years her senior.

This year, Sky clinched gold at Simple Session, a senior women's competition in Estonia's capital of Tallinn, and on a park course specifically designed for male competitors typically twice her size. It is this increased success in competition, matched with a squeaky clean image and the potential of youth, that has elevated her into superstar territory, and she is expected to become a multimillionaire long before she is even able to buy an alcoholic drink.

Dancing is another of Sky's talents and she was the winning celebrity on the US reality TV show *Dancing with the Stars: Juniors* in 2018.

While experts agree Sky's natural talent for skateboarding is without question, it was feared she may not be ready to compete at Olympic level owing to a lack of speed or power from her slight frame.

However, the decision by the British Olympic Association to invite her to compete for them – a significant 'win' given Japan's interest in her and the fact that the 2020 event is being held in Tokyo – has cemented the old adage, 'if you're good enough, you're old enough'.

And yet some commentators have queried the extent to which someone so young is able to cope with the pressure not just of high-level competition, but also of the media glare that will surely confront such a young talent. In Sky's defence, she is a youngster who exudes confidence. She practises surfing, does karate, jujitsu, dancing and singing, thrives on activity and equips herself as a modern, fearless youngster too young to have experienced the pressures that often only begin to surface in the teenage years.

"I just go about things in the way that feels natural," she says. "I am enjoying myself too much to feel the pressure and I'm keen to keep pushing forward with these opportunities that I have."

Those opportunities are probably somewhat wider than she herself appreciates. Competitive events she can handle, and media commitments are, it seems, a doddle. Yet stepping up as a cultural icon across social media, whose movements and actions are going to be lapped up by an adorning fan base spread all around the world... Sky Brown is going to have a busy few years ahead.



“I AM ENJOYING MYSELF  
TOO MUCH TO  
FEEL THE PRESSURE”



29  
FEBRUARY

# LEAP OF FAITH

This year is a leap year, with 366 days instead of 365, the extra day falling on February 29.

The extra day is traditionally when women can turn the tables and propose marriage. It also means people born on February 29 can actually celebrate their birthday on the proper day.

Here are six facts about leap year:

**1.** The leap year's extra day is vital because a complete orbit around the sun takes slightly longer than 365 days – five hours, 48 minutes and 46 seconds longer, to be exact.

At one time, people observed a 355-day calendar with an extra 22-day month every two years. But in 45bc Julius Caesar ordered his astronomer, Sosigenes, to simplify things.

Sosigenes opted for the 365-day year with an extra day every four years to use up the extra hours. The extra day is added to February because it used to be the last month of the Roman calendar.

The system was then fine-tuned by Pope Gregory XIII. He coined the term leap year.

**2.** The tradition of women proposing on leap day is thought to date back to fifth-century Ireland when St Brigid complained to St Patrick that women had to wait too long for suitors to propose.

He then gave women a single day in a leap year to pop the question – the last day of the shortest month. Legend has it that Brigid dropped to a knee and proposed to Patrick that instant, but he refused, kissing her on the cheek and offering a silk gown to soften the blow.

**3.** Others believe the tradition originates from Scotland when Queen Margaret, then aged just five, declared in 1288 that a woman could propose to any man she liked on February 29.

She ruled that men who refused the proposal would need to pay a fine in the form of a kiss, a silk dress, a pair of gloves or one pound. To give suitors fair warning – and possibly a chance to escape – a woman was required to wear breeches or a scarlet petticoat on the day of the proposal.

**4.** In Denmark, a man refusing a woman's leap-day proposal must give her 12 pairs of gloves, while in Finland it's fabric for a skirt.

One in five engaged couples in Greece avoid getting married in a leap year because they believe it's bad luck.

In Italy, legend has it that women are erratic during a leap year, and several proverbs warn against planning important life events in a leap year. *Anno bisesto, anno funesto* means leap year, doom year.

**5.** Workers paid fixed annual or monthly salaries essentially work for free on February 29 because wages are not usually calculated to account for the extra day. And prisoners with one-year sentences must serve the extra day if the term crosses leap day.

**6.** People born on February 29 are called leaplings or leapers. The chance of being born on a leap day is one in 1,461. There are five million leaplings around the world.

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## Timeless DENIM

*Trends will come and go...  
...but denim is forever*



FASHION

**H**ere are just a few staple denim pieces that men and women should have in their wardrobes, safe in the knowledge that they will never go out of style...

### THE DENIM JACKET

As practical as it is en vogue, the denim jacket will never fail you. Women, make a floral spring/summer dress edgier by teaming it with a light denim jacket. For a more casual aesthetic, go for distressed denim. For a rock chick vibe, stud detailing will be your best friend.

Men, relive the early noughties and brave the double denim like Justin Timberlake and Britney Spears at the 2001 AMAs. Alternatively, wear a dark-coloured denim jacket over a casual white shirt and chinos for a subtle nod to the trend.

### SLIM AND SKINNY JEANS

Slim and skinny jeans aren't going anywhere.

Ladies, jeans and a blouse teamed with a chic

blazer and an oversized tote is a perfect smart/casual look that will take you from office to cocktail bar with ease. Mix things up by opting for white denim during the warmer months.

And gents, dark-coloured jeans with a shirt in a bold hue – the more daring, the better – complete with your favourite loafers, are great for standing out from the crowd. Team with a crisp white shirt and a sharp blazer for a smarter aesthetic.

### BOYFRIEND JEANS

Slim fit jeans are in, but that doesn't mean their comfier and more voluminous cousins are out. Au contraire, boyfriend jeans are hotter than ever, and can be enjoyed by men and women alike. Sometimes, if you're lucky, the very same pair.

Girls, make like an off-duty supermodel and pair yours with simple tank tops, trainers and oversized sunglasses. Timberlands, flip-flops, wedges and even sky-scraping heels are all approved footwear choices.



# WHAT IS AI BEAUTY?

## IS AI BEAUTY THE FACE OF THE FUTURE?

**A**I, or artificial intelligence, is already an integral part of our daily lives, with many people utilising smart technologies such as Siri or chatbots; so, of course, the beauty industry is also getting in on the action.

### WHAT IS AI?

To put it simply, AI is a computer system that imitates intellectual human behaviours; basically, you provide your personal information and then the computer uses an algorithm to provide you with the service, product or solution that you need.

Sometimes, it can predict your needs before you even know about them yourself.

### HOW IS AI BEING USED IN THE BEAUTY INDUSTRY?

#### 1. A BESPOKE SHOPPING EXPERIENCE

The beauty industry is completely over-saturated with products, which can make the buying process difficult. However, by completing a simple questionnaire before you shop, AI can provide you with a tailored number of products that suit your individual beauty needs. A certain make-up brand even has a custom-made foundation machine that promises to find your exact match.

#### 2. A PERSONALISED BEAUTY ROUTINE

If you have ever worried that you are applying your foundation wrongly or that you are missing parts of your face when applying creams, then AI can help you. There are now beauty tools available that use AI to let you know how to improve your make-up and skincare routine, such as a facial cleansing brush that uses skin sensors to analyse your skin.

#### 3. MORE RELEVANT PRODUCTS

If you sometimes feel that the beauty industry is just churning out more and more products to make money, then AI could signal the end of this. AI can utilise customer data to help strategically create products that are actually in demand, rather than marketers just guessing what we want.



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# Hair today

## GONE TOMORROW

### HOW TO SLOW HAIR LOSS WITHOUT OVERLY EXPENSIVE TREATMENTS

**M**en beware, there is an enemy in our midst and, for many of us, its presence is already being felt. It resides not on the dark web, nor in damp alleyways – instead, it lives in the follicles of your hair... at least, that's if you've got any of the damn stuff left.

Since the dawn of time, hair loss in men has been an inevitable by-product of getting older. Hair leaves the scalp and instead migrates downwards to emerge out of ears and nostrils. Yet with follicle technology having never been better, and putting to one side the cheats' method of a full-on hair transplant, consider the following inexpensive treatments that, while not solving hair loss, can certainly slow it:

#### Shampoos

Shampooing can be harsh on hair follicles, yet using a specialised formula (such as Davines' energizing shampoo) can stimulate the scalp, while hinds shampoo's DHT-reducing product reduces the rate at which hair falls out. Consider as well protein- and caffeine-heavy products for the shower.

#### Diet

A diet rich in oils, proteins and nutrients will send positive elements to the places your body needs them most. Consider too that smoking and alcohol consumption restricts the blood vessels, thereby reducing blood flow and circulation to the follicles.

#### Vitamin D

The *Journal of Dermatology* reported that people with alopecia are usually deficient in vitamin D, leading to the theory that the vitamin can help hair reset its growth phase.

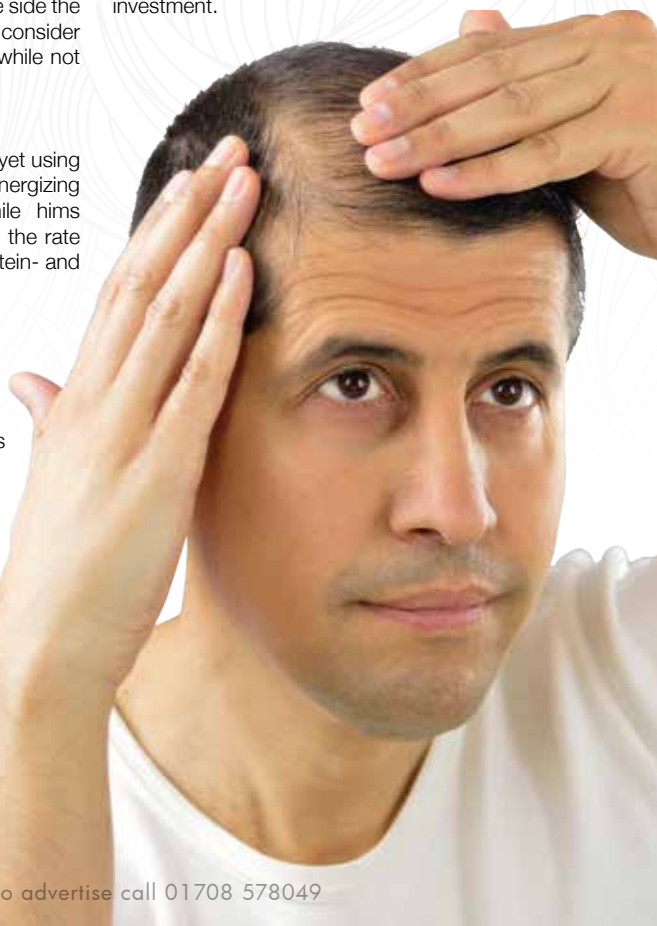
#### Stress

Stress is a known cause of hair loss, so cutting stress, boosting exercise and even practising meditation can improve not only

your hair retention but physical well-being in other parts of the body too.

#### Prescribed formulas

From over-the-counter formulas (the most common in the UK being Regaine) to platelet-rich plasma (PRP) treatment, which injects centrifuged blood back into the scalp at around £1,000 a go, speaking to a health professional about regrowth for follicles that are dormant, not dead, could be a worthwhile investment.



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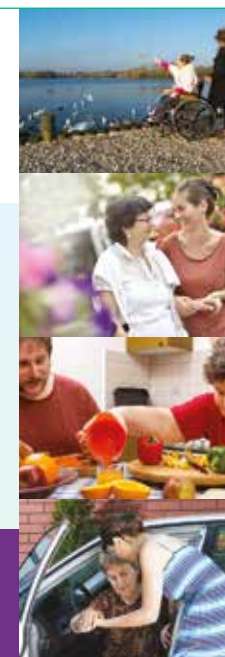
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# MADDENING MIGRAINES

Anyone who experiences migraines will know only too well the tell-tale signs, including nausea, vomiting, an increased sensitivity to light and sound, and, of course, the unbearable throbbing pain on the side of your head.

## WHAT CAUSES MIGRAINES?

Around 1 in 5 women and 1 in every 15 men experience migraines. The exact cause of this debilitating affliction is still unknown, although some experts believe that it could be the result of a temporary change in the chemicals, blood vessels and nerves in the brain. Migraines can also be hereditary, as well as be brought on by stress, tiredness and/or specific foods and drinks.

## HOW CAN YOU PREVENT MIGRAINES?

Although there is no sure fire way to prevent a migraine from happening, there are ways that you can lower your risk of experiencing one, namely avoiding the triggers that are causing your migraines, whether that be stress or a particular food. It is also advised to lead a healthy lifestyle with adequate sleep, exercise and ensuring that you

stay hydrated. Alcohol and caffeine should be avoided.

## HOW CAN YOU RELIEVE THE SYMPTOMS OF A MIGRAINE?

Sadly, there is no miracle cure, but there are some medicines that you can take to help alleviate your symptoms, such as painkillers like paracetamol or ibuprofen, anti-emetics and/or triptans. Triptans are a specific type of medicine that are designed to reverse the changes in your brain that actively cause migraines and are normally prescribed to people who suffer from severe migraines.

Other tips that may help you feel better include:

- Using a cold pack
- Dimming the lights or sitting in a dark room
- Using a heat pad
- Practising some relaxation techniques
- Trying not to chew
- Drinking some ginger tea
- Giving yourself a scalp massage





TEA FOR TWO?

# Why not try Kombucha?

**F**ermented foods and drinks have been experiencing a surge in popularity in recent years, with many people singing the praise of this refreshing, if not slightly sour, tea that is known for being rich in antioxidants and probiotics.

## How to make Kombucha at home (1L)

You will need;

- 1L water (dechlorinated) | 1 teabag (black tea is considered to be the best but other tea can be used) | 50-100g sugar (cane sugar is advised) | 1 small scoby (these can be bought online) | 100ml starter liquid (this will come with the scoby)

How to make;

- Boil 250ml water | Add the teabag and sugar, stirring until dissolved | Brew for 10 minutes | Remove teabag | Add the rest of the cold water | Add the scoby and starter liquid | Ensure you leave a minimum of a 5cm gap at the top of your liquid to allow for fermentation | Cover the jar with a cloth and fasten with an elastic band | Leave to ferment for 6-9 days at room temperature | It's then ready for the 'secondary fermentation'

process | Remove the scoby and add additional flavour if desired | Store in an airtight bottle with at least a 3cm gap at the top | Leave at room temperature for between 5-14 days

## What flavours can I add to my Kombucha?

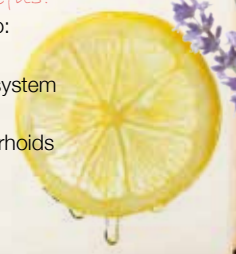
This is completely dependent on your taste preferences, but some of the recommended flavour ideas include;

- Berries or citrus fruits
- Dried fruits such as goji berries, figs or dates
- Frozen fruit
- Herbs such as lavender, mint or lemon balm
- Mild spices like turmeric, allspice or cardamom

## What are the health benefits?

Kombucha has the ability to:

- Improve your digestion
- Strengthen your immune system
- Reduce blood pressure
- Alleviate gout and haemorrhoids
- Improve liver function
- Fight cancer



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| 05 Mar | <b>Endometriosis, 7pm</b><br>Mr A Nnochiri, <b>Consultant Gynaecologist</b>  |
| 10 Mar | <b>Varicose veins, 7pm</b><br>Mr V Gadhvi, <b>Consultant General Surgeon</b> |

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\*Mini consultations are an opportunity to ask any questions you have and are not a formal outpatient consultation. If you wish to proceed to surgery or your consultant suggests that further treatment may be necessary, a full outpatient appointment will be required to assess your suitability for surgery/treatment.

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# TIME

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HOW LIVING LONGER MAY BE AS SIMPLE  
AS EXERCISING FOR 30 MINUTES PER DAY

We all know the secret to long life is health, well-being and happiness, and scientists believe that as well as human interaction and diet, our inclination to exercise can have a direct bearing on our mental and physical welfare.

New research from Copenhagen suggests the key to extending our lives beyond the average – 79 for a man and 83 for a woman – could be the simple action of exercising for 30 minutes each day. Not only that, but the results were actually better than for those who had worked out for 60 minutes.

Here are six key benefits that are only a run, walk, cycle, swim, game or gym session away:

**ONE** – The heart. Exercise helps to ward off the threat of stroke, cardiovascular disease and complications borne out of diabetes.

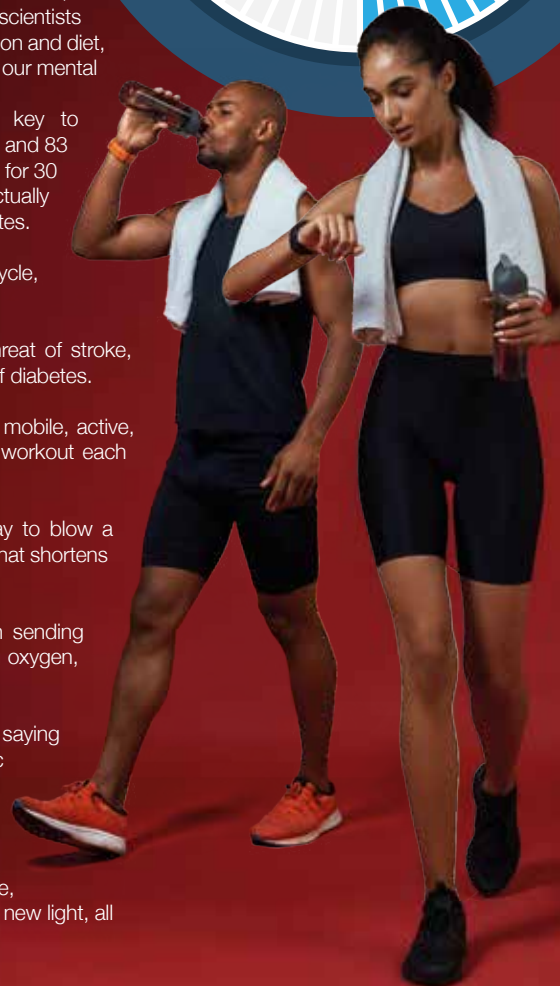
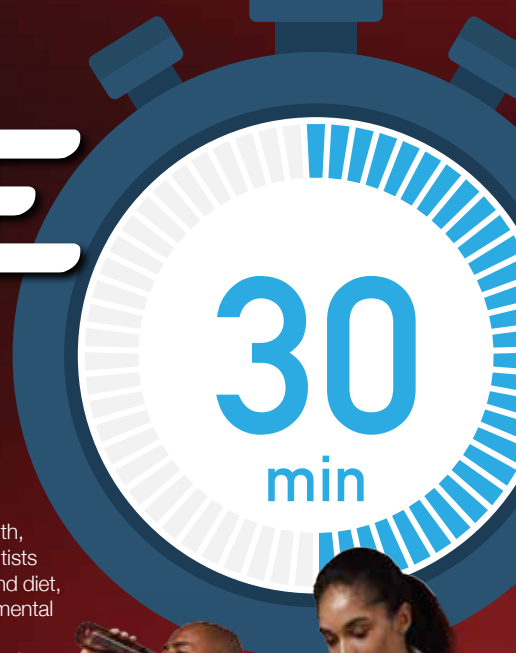
**TWO** – Weight loss. We know the value of keeping mobile, active, and preventing the build-up of fat, and a 30-minute workout each day will achieve that.

**THREE** – Stress. Getting sweaty is the perfect way to blow a breeze through worry, anxiety and the mental tension that shortens lives.

**FOUR** – Energy. It sounds strange, but rather than sending us to sleep, exercise will boost alertness by delivering oxygen, nutrients and activation chemicals around the body.

**FIVE** – Self-confidence. ‘Exercise is sanity’, as the saying goes. In building confidence and offering a dynamic sense of achievement, that half-hour investment can take you to a whole new level of belief.

**SIX** – Clarity. Exercise transports us to a place where our minds can flush away the stresses of everyday life, where we can step back and see problems in a whole new light, all the while working on new ways to tackle them.



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# A DESKERCISE A DAY *keeps the doctor away*

After a long day at work the last thing we want to do is slog away in the gym! Try these simple tricks instead so that you can keep lean, fit and healthy without having to move from your desk.

### CARDIO: Take the stairs

It may seem obvious, but if you want to crunch a few calories then take the stairs! To get your heart rate really going, tackle two stairs at a time every other flight and don't stop until you reach the top. And if you only have one flight of stairs, why not run up and down them a few times?

### GLUTES: The secret squeeze

Perhaps the easiest way to tone up at work is with this secret isometric glute exercise sequence. Squeeze the buttocks together, hold for 5-10 seconds and then release. Repeat this until you tire, and make sure you do it daily. Get ready for some perky results.

### ARMS: Pray for power

Ever wondered how to get rid of those bingo wings without having to leave your seat? Make

sure your feet are flat on the floor and bring the palms of your hands together in front of your chest. Push both hands together and as powerfully as you can until you feel the arm muscles contract. Push for 20 seconds, release and repeat.

### CHEST: Shrug it off

Note: do not attempt this exercise if your boss is near – it may not show you at your most enthusiastic! Raise both shoulders towards your ears, hold for five seconds, relax and repeat. If you are feeling extra stealthy, try these shoulder shrugs standing up whilst holding a paper ream in each hand to add some extra weight.

### CORE: The core issue

Perfect posture is essential if you're sat at your desk all day; it helps to prevent back pain or issues that often occur from slouching. Adjust your chair height to make sure your feet, hips and arms are at a 90-degree angle to the floor. Engage the core to keep your back straight and stomach muscles tense – now keep this going all day.



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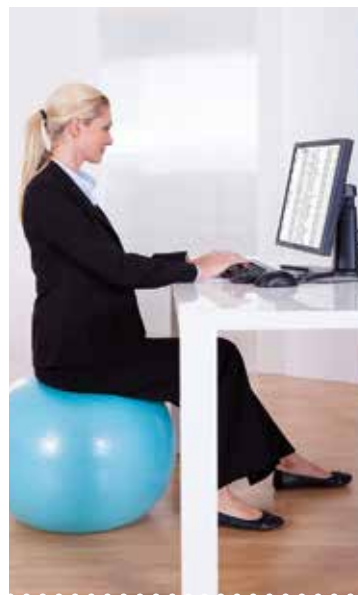
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## THE MISTAKES PEOPLE MAKE WHEN BOOKING FLIGHTS

**H**oliday fever... whether it's packing your case at home, arriving at the airport or stepping out onto foreign soil at the other end, vacation vivaciousness hits all of us at some point, and nothing else in the world matters.

And yet, what if you could wind back a few months to when you booked that flight and mend that badly timed departure you booked, or erase the hassles and inconveniences of connections, or just save a big wedge of cash? Here are five things you need to consider when booking flights:

### CHEAP = CHEERFUL?

Sometimes the cheapest fare will actually end up costing you more. A number of airlines offer a basic ticket with no luggage, no seat reservation and no frills. You may subsequently discover you're paying extra to check baggage in, or are adding cost at check-in to sit next to a loved one.

### FORTNIGHT FORETHOUGHT

Airfares start increasing sharply in the two weeks leading up to departure, and typically the best time

to book is around a month before. Buy flights too early or too late and airlines will be charging either uncompetitively or, worse still, at a premium.

### WEEKEND WOE

Don't book flights at weekends when everyone else is online. The best new deals hit sites early in the week, and prices generally hold up better during the daytime than in the evening.

### DAYTIME DALLIANCES

It may be convenient to have a bit of breakfast then saunter to the airport, but the best-priced flights are those very early in the morning. Getting a 5am plane out will also mean more time at your chosen destination, even if you do spend the rest of the day yawning.

### FLY PAST

Don't just settle on a departure from your nearest airport. An extra hour in the car may save you hundreds of pounds by going to a different departure location.

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# DO THE RUMBA

How this spirit went from being the preferred bounty of pirates to a premium tipple...

**W**hen Christopher Columbus introduced the Americas to sugar cane, he couldn't have possibly realised his actions would one day lead to the creation of one of the finest drinks around: rum.

Like many revelations, the discovery of rum was a happy accident, which occurred when sugar planters in the 17th century grew frustrated at the waste product of sugar: molasses. At a loss with what to do with the thick, syrupy liquid, any molasses they couldn't give away was simply discarded, until some bright spark discovered that by mixing the molasses with water and leaving to ferment in the sun, they created a spirit – rum!

Early rum wasn't the smooth and delectable beverage we quaff these days, of course. It was strong, unsophisticated and a great cure-all for the many ills that befell those living in the tropics; probably why it was nicknamed rumbullion or kill-devil.

And yet, despite rum's more acerbic qualities, it soon became popular as plantation owners sold it at discounted prices to local naval ships, knowing that their presence in the area would discourage pirates. For as we well know, no one loves rum as much as pirates...



The glorious golden spirit continued to garner popularity, to the extent that the British Navy couldn't go without it, and in the 1730s they adopted a daily ration of half a pint of 160 proof rum, which remained (though to a diminished strength) until 1969.

These days, rum is a billion-pound industry, and there are many wonderful brands that you can happily sip neat with just an ice cube or two. So next time you're relaxing with a finger of the finest, remember to raise a toast to the sugar planters who finally figured out why you should never EVER throw molasses away. Cheers, me hearties.



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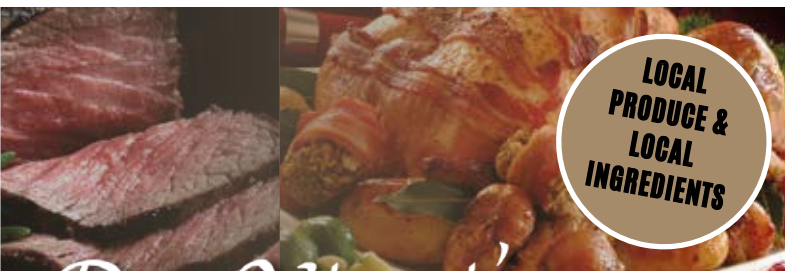
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**W**hether you want to save time in the kitchen, don't always have the necessary cooking appliances to create your favourite dishes or simply love a good hack, these four unusual tips will ensure you never look at cooking in the same way again.

### Use dental floss to cut

Sometimes, cutting with a knife can be tricky, especially if the food you are attempting to chop up is either very soft or prone to crumbling. Dental floss is a great tool for cutting foods such as a cake or a very mature cheddar, providing more precision and less mess than a knife.

### Use cling film pouches to poach eggs

Eggs are an easy and filling snack or meal; however, poaching the perfect egg can be a challenge. Avoid your eggs disintegrating by lining a cup with cling film, spraying with olive oil and cracking in an egg. Then tie it closed, drop it into simmering water and cook as normal.

### Place an ice cube in your burgers

Do you often worry about serving dry burgers at your BBQs? A simple trick is to press a small ice cube into the middle of your burger patty before cooking, sealing the beef around it and then grilling or frying as usual. The result? A moist and juicy burger that no one will suspect has had an ice cube in it.

### Cook chicken in glass jar

If you do not have a grill pan but have a craving for tender chicken kebabs, this hack is for you. Simply place your kebabs (on a wooden skewer) in a glass jar, cover with tin foil and cook in the oven until the chicken juices run clear.



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# ESCAR-G

Whether drizzled in garlic butter or fried with bacon, escargos remain one of the recognisable elements of continental cuisine. And yet, you don't have to travel to Europe to indulge in this delicacy - believe it or not, the snails in your garden are just as good for eating as their famous French cousins.

French food is famous across the world, but one of the most intriguing elements of this country's celebrated cuisine is escargots - or edible snails. If you like the sound of indulging in these munchable molluscs without having to cross the Channel, you may be surprised to know that your garden is currently teeming with a load of escargot just waiting to be cooked up, slathered in garlic butter and paired with a nice white wine.

Once you've headed out into the garden (preferably after a rainy day when the snails will be more numerous) and gathered up a large selection of snails, you need to make sure the animals are clear of any toxins they may have

digested in the wild - a process known as purging.

For the first two days, leave the snails in a container without any food, but make sure to wash them regularly. On the third day, stick some carrot in the container and wait a couple of days until the snails' droppings turn orange - now you know the animals are clean enough to prepare for the table.

Now, wash the snails once more and place them in the fridge inside a sealed container for a day - the cold will send them into a hibernated state. After getting them out of the fridge, place the snails into a saucepan of boiling water to cook for 20 minutes, before draining them and using tweezers to hook the fleshy insides out of the shells, being sure to remove the black cloaca.

Finally you can fry the meaty morsels in garlic butter, or sauté with smoked pancetta and sage for a daringly different gastronomical gastropod delight!



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HOME & DIY

## 5 uses for a PAPER BAG

If you think that paper bags can only be used for bringing your shopping home from the supermarket, then think again. These environmentally friendly carriers are ideal for a number of household tasks and DIY projects.

### MAKE DIY WOVEN BASKETS

You can never have enough storage solutions in your home, and these DIY baskets are ideal for smaller items such as keys or sewing materials. Simply cut your paper bag into long strips and then, starting with the base, start weaving. Finish with a handle if desired.

### CLEAN YOUR WINDOWS

If you have ever experienced problems in getting your windows to shine rather than streak, then a paper bag could be your saviour. Merely tear up your bag, scrunch it together and get scrubbing. You can also apply a light spray of white vinegar for increased sparkle.

### WRAP PRESENTS

With the sudden surge in nature-inspired design and décor, why not jump on the bandwagon and create some sustainable wrapping paper? Just cut up your paper bag, lay it out flat and then wrap up your item. Add some simple twine and a sprig of your favourite herb to create a unique and gorgeous gift.

### CREATE DIY LANTERNS

Whether you want to create an inviting atmosphere for your next party or just love to experiment with crafts and candles, this is the ideal project for you. Simply use silhouette stamps to create your chosen design and then pop an LED candle into your bag. Do not use a real lit tea light or candle for safety reasons as the bag is flammable.

### IN THE KITCHEN TWO WAYS

1. Ripen fruit. Place your fruit in a paper bag, seal and leave at room temperature for a few days. The result? Perfectly sweet and juicy fruit.
2. Make popcorn. Simply pour ¼ cup of uncooked popcorn kernels into a plain paper bag, seal and cook in the microwave for 2½ minutes or until the popping stops.

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## Tranquil Dawn

Dulux Colour of the Year



Interior designers and homeowners across the country have been waiting with bated breath to discover what shade Dulux has named as its Colour of the Year for 2020.

And it couldn't be more different from last year's strong Spiced Honey shade.

**Why has Dulux chosen Tranquil Dawn as this year's Colour of the Year?**

This cool-tone shade of green, which is extremely versatile, was picked to offer an antidote to an "increasingly disconnected" modern society.

**What exactly does this mean?**

Put simply, Dulux believes that modern technologies have left us feeling chaotic and lost, unable to identify with what makes us human. Therefore, this calming and natural shade is supposed to remind us of our real selves and the natural world around us.

**How can you use Tranquil Dawn in your home?**

What makes this colour different from other shades of green is its ability to subtly shift its tone depending on what other shades it is used with, allowing you to create many different vibes in your home.

**Design a luxurious living room**

Combine Tranquil Dawn with a soft, sandy shade to create a living room that is warm, inviting and promotes positive social interactions.

**Create a calming bedroom**

Jumping on the two-tone trend, paint the top half of your bedroom walls in Tranquil Dawn and the bottom in a soothing shade of bluey-grey. Not only will these make your bedroom appear more spacious, they will also bring the focus on to the bed, which should be the main feature in a room designed for restoration.

**Update your woodwork**

If you don't fancy steering away from your preferred wall colours, why not paint your woodwork in Tranquil Dawn? This versatile shade has been matched with 36 other colours by Dulux so there are literally thousands of combinations you could go with.







# REWIND DESIGN

## Introducing the Laura Hodges Studio

At first glance, Laura Hodges' style sensibilities appear to originate directly from the New York mode of interior design. Consider Tribeca and Greenwich Village and you'll be close to referencing her take on a look that embraces antique excellence with clean lines, draws in comfort and durability, and closes out with more than a hint of feng shui.

And yet, not only does this visionary now operate out of Washington, but her inspirations are also more Vivienne Westwood than Val Kilmer, given that she hails from the earthy, warehouse-driven, post-industrial blueprint afforded by 1980s Manchester.

In addition, the designer has travelled to more than 30 different countries in pursuit of a mood modus operandi that has her talked about as one of the true emerging names, in a marketplace for ideas that twists and turns at every new room,

corridor or window display.

"My mother was British, my father Jamaican and my grandmother Norwegian, and with a passion for absorbing ideas from the places I have visited, you could say I have a wide realm of influences all crashing and colliding together," Laura says.

In a material sense, that produces a look that's bold and classic, using high-contrast elements that are clean and classical.

It brings in vintage, antique and eclectic, yet on a base that's flat, uncomplicated and crisp. The premise is to move art and furniture to the foreground against a backdrop that complements its lack of complication.

"People are really responding positively to such a bold, tailored and sustainable approach," she says. "There is a lot of fog in the world and to bring forward any environment that offers a bit of clarity must surely be good for the mind."

Touted as one of the stylists to follow in 2020, Hodges' studio is already attracting major clients, but with a look and image that anyone can replicate, her design is as relevant for Bolton as it is for Baltimore.

Photo credit: www.laurahodgestudio.com



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# BACK TO THE FUTURE



FUTURISM, THE LATEST TREND IN HOME DÉCOR, TAKES ALL THE BEST ELEMENTS  
FROM THE PAST AND PLACES THEM FIRMLY IN THE MODERN WORLD

We may not be zooming around on spaceships just yet or wearing anti-gravity belts, but beloved 1960s cartoon *The Jetsons* certainly predicted some of the technology we now use daily. But beyond video calls and smartwatches, the futuristic family also had some very enviable décor in their Orbit City apartment, as style which is very much the basis of futurism.

Presenting a retro vision of the future, this trend incorporates many classic furniture pieces from the past – think the classic Eames lounge chair, the Thunderbird sofa and pendulum floor lamps – against a colour palate and textural backdrop that is extremely up to date.

Think stainless steel lighting fixtures and rich suede furnishings against a textural rose-gold wall, curvaceous fibreglass dining table and chairs with a huge overhanging light, and heavy granite coffee tables on textural rugs in ethereal hues.

A style that is utterly earthbound but also out of this world, it evokes all the best scenes from classic sci-fi... the *Star Trek* command deck if it had Laurence Llewelyn-Bowen at its helm, or a luxury condo on Magrathea.

So how do you incorporate a little stardust into your current home? Consider adding a little textural juxtaposition, such as natural stone sculptures or clay vases against embossed wallpaper. You can also invest in another current trend of the moment: cacti. These magnificent, verdant beauties stand out beautifully against a softer colour background and are reassuringly low maintenance as well.

In all, futurism isn't something to fear; it's to be embraced – oh, and by the way, it's here right now.



HOME & DIY

Photo credit: [www.home-designing.com](http://www.home-designing.com), [www.livingetc.com](http://www.livingetc.com)





# Off-Piste

## NOT OFF COLOUR

### FARROW & BALL AND THE PAINT NAME GAME

It's said there are more than 1,000 shades of white in existence, so with that in mind it's little wonder the paint purveyors of our interior design outlets may occasionally go rogue in naming their latest combinations.

While you might expect that of high-street brands such as Dulux and Crown, even 'next level' producers Farrow & Ball have started mixing up their paints (literally). The brand that sells itself on its insistence of using fewer binding agents and less water, adding in chalk, china clay, titanium dioxide and, most importantly, only using real pigments, has been going off-piste, albeit never off colour:

#### COLOUR #229 ELEPHANT'S BREATH

A graying beige to the untrained eye, this can be used by itself or as part of a 'stone' scheme, and thankfully doesn't come as a 'scratch & sniff' variety.

#### COLOUR #25 PIGEON

Apparently based on late 18th- and 19th-century paint collections, twitches would be forgiven for thinking the homing bird used to camouflage with trees and grass, given that the colour is closer to green than grey.

#### COLOUR #28 DEAD SALMON

This shade is a reference not to a deceased member of the fish community liberally splattered across your bedroom walls, but rather to the 'flat' or 'dead' finish of the salmon colour. While it remains slightly strange, it still sounds better than #290, Salmon Drab.

#### COLOUR #214 ARSENIC

A highly toxic semi-metallic substance that is grey or yellow in its raw form, and burns blue, is chosen to represent what many laymen would term 'medium green'. Figure that one out.

Other odd names include #276 MOLE'S BREATH, #245 MIDDLETON PINK, #W108 BROCCOLI BROWN and #40 MOUSE'S BACK.

Of course, when it comes to home decoration, it matters not whether you go Tom Ford or Henry Ford, whether you pay £10 for a pot of rich gloss or £100... ultimately it's all about whether it lands on the wall without any landing on the carpet.

Photo credit: Lorna Roberts/Shutterstock.com, homebase.co.uk



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# BOLD as bath

*Brighten up your bathroom with weird but wonderful wallpaper*

From hilarious books detailing *What to do on the Loo* to your Space Hopper 100yd trophy award gleaned from a late nineties trip to Butlins, the British bathroom has long been a place where we exhibit our most whimsical and wacky sides.

The current trend for zany wallpaper, then, makes a welcome addition to this unpredictable canon.

But before you head to the shops, bear in mind that silly can also be stylish. For example, walls adorned with meticulous depictions of tropical fish become a knowing nod to your nautical themed family bathroom. Meanwhile, wallpaper portraying a Victorian theatre audience in stunning detail makes a dull downstairs loo feel fanciful and droll.

Those with horticultural fancies can bring the outdoors in with bright blooms and roses realised in digital floral prints; skyscapes awash with beautiful songbirds in bold technicolour, or even an elaborate jungle scene resplendent with tropical palms, playful

monkeys and sneering tigers.

You can also keep it simple with a splatter paint-inspired wallpaper, which brings a modern touch to your toilet. Similarly, ombré patterns in rose pinks and twilight blues are perfect for those who want a moody and evocative powder room for late-night guests.

There are few interior trends that offer such versatility, to the extent that if your bathroom is already tiled, you can still devote even the smallest space to this decorative craft. Given the nature of the toilet, the back of the door makes a perfect place to entertain your visitors with a collage of your favourite film posters, magazine covers or comic strips – a design that is not only entirely unique but also affordable!

So next time you reach for the trusty white paint or black-and-white tiles, think: does this really show off my personality? For if ever there was a place we Brits like to lose ourselves, it's in the loo.



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# As BOLD as ice



**D**ancing on Ice glides over new ground as Ian Watkins and Matt Evers are unveiled as the show's first same-sex duo

.....

It's both encouraging and demoralising that ITV's dance reality show *Dancing on Ice* should court so many headlines over the decision to showcase its first same-sex couple – encouraging in the sense that prime-time television is embracing a move regarded as an industry first; demoralising in the sense that such a simple reflection of everyday society finds itself worthy of headlines in the first place.

Equality campaigners will also point to how long it has taken the terrestrial networks to reach this point, although there is still no indication that BBC big brother *Strictly Come Dancing* will follow suit.

The dancers in question are Ian Watkins – former member of Steps and better known by his stage name of H – and professional dancer Matt Evers, whose debut performance in the first week of January wowed the live audience and provoked widespread approval across social media.

The pair, who are both openly gay, have captured the imagination and admiration of the watching audience during an era in which LGBT issues are at the forefront of hearts and minds.

ITV's decision to feature the pair will almost certainly prove a ratings winner; but more

than that, it is hoped the move will set a positive precedent across other prime-time shows, reflecting the progressive values of acceptance, tolerance and respect that our nation has always found itself a world leader in displaying.

Watkins said after the first dance, "It was emotional, because I have wanted this for so long and it means so much to so many people, and the world is ready for this."

The judges – including Jayne Torvill, Christopher Dean and Ashley Banjo – were ubiquitous in their acclaim of the dancers, while John Barrowman broke down in tears in admiration of the duo.

He said to the performers, "I am emotional; it makes me happy on a complete multitude of levels, just because of seeing two men who represent someone who is like me, and to skate as well as you did... you've done it now, the nerves are out of the way."

Watkins and Evers are second-favourites to take the crown, though they have tough competition in the 2020 edition of the show, which regularly attracts viewing figures in excess of six million. Also present in the 12th iteration of the reality series are, among others, model Caprice, Paralympic sprinter Libby Clegg, presenter Joe Swash and former footballer Kevin Kilbane, with Diversity dancer Perri Kiely tipped as early favourite to lift the *Dancing on Ice* crown.

As for Evers, who is a former world figure-skating competitor, he credits both Watkins and the show's producers for taking such a positive step. "I just have to say thank you to the network, thank you to ITV and thank you to everybody at home who is accepting of this, because this is normal... this is absolutely normal. "This is my 12th series of *Dancing on Ice* and this year is special. This journey is going to mean a lot to a lot of people in this country and around the world."



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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Hooray for Henry

A boy from Hornchurch has raised more than £1,000 for St Francis Hospice where his grandparents were treated.

Henry O'Keefe was just six years old when his beloved nanny and grandad, Maureen and Tony, were both diagnosed with cancer in 2016. They both passed away in 2019.

As Maureen entered the final week of her life, Henry's mum Frances had to decide how she would tell her eight-year-old son what was to come.

Henry revealed: "It was a shock. I wanted to know what was happening so that I could make the most of the time I had left with Nanny."

One day, Henry brought in a large marble for his nan, wrote a letter saying how much he loved her and that she could think of him whenever she looked at it. Maureen, who had been unresponsive for days, woke up, reached out for the marble, and mouthed "I love you" to her grandson.

Maureen was just 67 years old when she passed

away at the hospice.

Grandad Tony was living with terminal lung cancer, but wasn't facing his illness alone.

Tony loved his home and wanted to be cared for there by the Hospice at Home nurses.

He died with them and his family around him four months after Maureen. He was 76.

Since losing his grandparents, Henry has been fundraising for the hospice and has raised more than £1,000.

It recently treated him to a day out at West Ham's training ground where he met the players, and he's won a citizenship award at school for his charity work.

Henry said: "I want to raise money for the hospice because they looked after them. Being at the hospice made me feel happy, but I feel sorry for the patients."

Frances said: "I know that one hour of Hospice at Home care costs £54 and a day of care on the ward costs £606, so we want to make up for all the hours we've had."





# Entries open for this year's Havering Half Marathon

Thousands of runners are set to take to the streets of Hornchurch later this year when the Havering Half Marathon returns. Entries for the event are now open.

Taking place on October 4, the race starts and finishes at Everyone Active Abbs Cross, Hornchurch, and it is once again being organised by Havering Mind.

Event coordinator Ciaran White said he is hoping for an increase on the 1,500 entries for last year's event.

He commented: "We want to build on the success of last year and make it once again a great event, which the whole community can get behind and support. The run is an ideal way not only to raise important funds for charity but also to show how

physical activity can have a positive impact on a person's mental health and well-being."

The entries for the event have been increased to 2,500 people, which organisers say make it the biggest sporting event ever to take place in the borough.

The event is supported by a number of local organisations, including Everyone Active who are providing the use of their Abbs Cross Sports centre facilities and helping out on the day with the water stations.

If you would like more information on the event, go to [www.haveringhalfmarathon.co.uk](http://www.haveringhalfmarathon.co.uk) or search Havering Half Marathon on Facebook.

## Fury as council rules out return of free parking

Furious locals gathered outside Havering Council leader Damian White's window after councillors voted not to reintroduce 30 minutes of free parking last month.

People from Hornchurch were among crowds to gather to voice their disapproval at the decision and accused the council of killing the high street.

Protestors also said they believed the reintroduction of the move would benefit the elderly.

Linda Monaghan summed up the view.

She said: "I think it's typical and very short-sighted

of them; they should want to help the high streets not destroy them."

Susan Fitzgerald said: "It's the death of the high street and favouritism to some areas of the borough. Out of touch with the residents."

Havering leader councillor Damian White said he believes the high street struggles are because of a change in shopping habits and said a four-priced parking strategy will be trialled.

Councillors voted 26 to 24 not to reinstate the free parking period.

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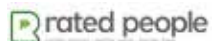
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LOCAL NEWS

## Inspirational young people get well-deserved recognition

Young people from Hornchurch were among those honoured for their achievements at an awards ceremony recently.

The Jack Petchey Foundation held two awards ceremonies at the Queen's Theatre.

Winners included James Devo, 17, who goes to The Campion School.

After being tasked with running an event as part of a group for his BTEC Business course, James went above and beyond.

James took on the sponsored cycle challenge himself, personally cycling more than 50km on the day as the group reached its overall target in just under six

hours. The final total was nearly £2,000.

Kian Crowley, 16, goes to Abbs Cross Academy & Arts College and also won a prize.

A school spokesman said: "He is an inspirational member of the Dance Department, GCSE Dance and AX Dance Company, participating in all extracurricular activities, as well as running a KS3 Dance Club and coaching students alongside the teacher.

"Kian has also inspired male students to attend the KS3 Dance Club and AX Jnrs, after being the only male student to win Silver at the Copper Box London Youth Games. He is a role model to many students at Abbs Cross and his passion is clear."

## Thompson looking to set pace with new team

A rising star from Hornchurch could be set to play a leading role in the 2020 Kwik Fit British Touring Car Championship (BTCC) season.

Bobby Thompson has been announced as the first driver for Trade Price Cars Racing and will bid to help the team build on their fourth-place finish in last year's Independent Teams' Championship.

He will make his debut for Trade Price Cars Racing when the new season gets underway at the end of March.

Bobby Thompson said he can't wait to get started with his new team. He explained: "As a new team, they had a fantastic year with plenty of success on track, and my goal is to help them build on that in 2020 and fight for more trophies.

"I've been able to learn a lot during the two seasons that I've spent in the BTCC so far, and I think I've shown I have the pace to run inside the top ten.

"The goal now is to do that on a regular basis, and I think it's something that we can do with ease based on how the car performed this year."







## Town organisation leading the way for more organ donors

An organisation in Hornchurch will be leading the campaign for more organ donors from BAME (black, Asian and minority ethnic) backgrounds.

Action on Blood successfully bid for funding to carry out a project to break down myths and increase support for donation. They'll also be ensuring that people know that the law in England is changing in the spring.

Action on Blood will use the funding to train five hair stylists and barbers in black hair salons across Essex and London as ambassadors so they can discuss organ donation with their customers.

Abiola Okubanjo, CEO of Action, explained: "We thought, who better to start the conversation flowing

than barbers and hairstylists? It's at the barbershop or hairdresser that arguments are raised or debated, the and, ultimately, opinions are influenced.

"Through this project we will ensure that it's the truth that people are debating – not myth, not hearsay, not superstition.

"We believe it's only when people know the truth that they can make the right decision."

As well as promoting donation, the project will have an important role to play in building awareness and understanding of the upcoming law change.

From spring this year, adults will be considered as organ donors when they die unless they have recorded a decision not to or are in one of the excluded groups.

## Police officer cleared of assaulting youth

A police officer accused of using unlawful force when he repeatedly hit a youth with his baton in Gidea Park has been cleared of assault.

DC Kevin Rowley, 37, allegedly struck the 17-year-old as he cried out: "I am a child... this is illegal. You can't do this." Footage of the incident, where an officer was seen repeatedly hitting a youth with a baton, was then circulated on social media.

But the officer was cleared of assault by beating after a day-long trial at Hendon Magistrates' Court.

Kevin Bamber, defending, told the court: "This was a police officer trying to do his job and in fact doing it in text-book fashion.

"He was aware at once that he was under scrutiny; he never had any problem being filmed or didn't welcome that scrutiny.

"Consider the actions based on the honest held belief

that that the defendant, even if he were mistaken, was trying to do his job.

"What he was doing was executing techniques he had been trained to do. What he was not doing, was not a loss of control of temper; this was not a fight, not a brawl, not retribution, not punishment.

"He was executing a technique he was taught, to a legitimate end."

Deputy Senior District Judge Tan Ikram said: "The law says that where an officer exercises his powers in using stop and search he may use reasonable force.

"What the prosecution has not done is satisfy me that when the officer acted at that time, is that he was using force which was not reasonable.

"The defendant is not guilty."

DC Rowley, dressed in a dark-grey suit, showed no emotion as he was cleared of assault by beating.

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# College has furry new addition to Sixth Form

Having Sixth Form College in Hornchurch has a new addition in the form of medical assistance dog April.

Eight-month-old Labradoodle April has changed Lydia Storey's life and is now her constant companion.

Lydia, who is studying GCSE Maths and Level 2 ICT, has a rare back condition where her legs give way suddenly and she can suffer from a form of blindness for a short time. She has also been diagnosed with hypermobility and has a cognitive disability which affects her ability to comprehend situations and apply practical skills.

She said April has changed her life.

Lydia revealed: "I used to be housebound, unable to go to school or meet friends like normal teenagers because I had no confidence and was too scared that I would collapse. But since getting April, I feel like I

have been given my life back and I'm now able to go out and about."

April has been trained to warn Lydia about when she may collapse by scent detection – when she senses a certain smell in her saliva, blood and sweat.

Lydia added: "When this happens she nudges and paws my leg to alert me to find somewhere to sit down so that I don't collapse."

"Sometimes April jumps onto my lap with her front legs. She's actually applying pressure to a certain part of my legs because the nerves from my back start to make my legs shake uncontrollably and she has to cover them to stop the pain and the shaking."

April also guides Lydia when she suffers sudden blindness for a short period of time. She is allowed to go everywhere with Lydia, including shopping and hospital appointments.

# Captain bowled over by record amount



The captain of Romford Golf Club said he has been bowled over with members' generosity after they raised a record amount for charity in its 125th year.

John Finch presented a cheque for £11,350 each to a representative from Breast Cancer Now and Corbets Tey School in Upminster.

John said he was delighted with the amount raised.

He said: "I chose these charities as they are both in my thoughts. Breast Cancer has affected my family this year, and having visited Corbets Tey School many times I know what a fantastic job the staff do there. I know this money will make a difference to better people's lives. I cannot thank the members enough."



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# JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS



The General Election now seems a long time ago (much to everyone's relief, I suspect). However, as this is my first column since the result, I wanted to thank Hornchurch residents for returning me to office with such an incredible mandate in December. I am especially grateful for the understanding shown to me during the campaign as a new mum – our little girl was born just eight days before the election was called.

Ours is now the strongest Conservative seat in the capital, and I want to assure residents that my team and I are committed to serving everyone regardless of party affiliation.

I also want to wish everyone a Happy New Year as we look ahead to an exciting new decade. We have had a busy start to the year as we are getting to work delivering the national and local pledges we made during the election campaign. After securing the money in the last Parliament to build a new health centre in Hornchurch, my team have already met the St George's NHS Hub project leaders to ensure the new facility is delivered quickly and leads the way in integrated health and social care services. We are hoping there will be plenty of opportunity for the local community to get involved with the project, and the NHS team have assured us that they are looking to consult residents and key stakeholders as things move along.

Policing is another top priority for Hornchurch

residents, and this month we had a long and productive meeting with the Met's commissioner, Cressida Dick, along with her most senior officers and our borough police commander. We were able to raise constituency policing issues at the highest level and made clear that we want to secure Havering's fair share of the new police officers being trained up.

We have been pleased to see action being taken this month to improve pedestrian safety on Suttons Lane, especially given the added challenge of construction traffic associated with the Bellway site. We had discussed safety issues on our visits to Suttons and Sanders Schools and had taken the matter up on behalf of teachers, parents and residents with Havering Council and Transport for London.

Finally, on Wednesday, February 19 between 2pm and 5pm we are very excited to be holding our first ever Jobs and Apprenticeship Fair at Queen's Theatre, Hornchurch. This event will give local jobseekers a chance to meet with potential employers and receive advice if they are trying to get back into employment. We shall be contacting local schools to encourage those interested in meeting companies offering apprenticeships to come along.

There is much more in the pipeline – we shall be posting on Twitter @JuliaLopezMP and our website.

As ever, do get in touch if you need our help or would like to arrange a free tour of Parliament.

## www.julialopez.co.uk





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

Here we are – the second month in 2020. What happened to January?

December and January are always a strange time in the life of a councillor. Work keeps coming in, albeit at a slightly slower pace, but it still comes in. We do our best to answer and help resolve all the issues and queries sent to us. However, we cannot please everyone all the time.

For those of you who use Lidl in Hornchurch, you might have noticed work has been ongoing to restructure the entrance/exit from the car park. This is all to do with the removal of the NRT (No Right Turn) restriction. The work will narrow the entrance and remove the island.

At the time of writing, this is due to be completed in early February. A word of warning though – until the camera is removed and the signposts stating the NRT in force has been removed, you may still get a ticket. Please watch for the change and treat it with caution.

As I write this, winter has not really hit here. It is damp and cold, but not freezing. Will we get a mild winter? Who knows? I look to the long-term forecasts and can get very different views from different agencies.

With waiting times only ever increasing in hospital A&E departments, too many people use the facility often for the wrong reason. If you can wait for a



doctor's appointment, you should. Please note, once you are assessed in A&E, if your condition is found to be non-urgent, you will spend several hours waiting.

Some of the pharmacies in Hornchurch are also able to help diagnose and prescribe drugs. There is also the walk-in clinic in Harold Wood. This is often overlooked. If you drive there – please remember to register your car registration number (every couple of hours if necessary).

I hope this catches you in good health. I am looking forward to the next few months. I hope positive change is in the air.

# Catching up with Gidea Park Rangers



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

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

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

Gidea Park Rangers have played three games since our last issue, winning one, losing one and drawing one.

Charlie Grace and Finley Tolan have been named players of the month. Charlie was praised for lots of goals and hard work while Finley has scored in all but one of the matches so far.

Meanwhile, Ashton Spicer and Finley Tolan won man of the match awards.

The team were mascots and ballboys at Hornchurch FC in December.

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# AFC HORNCHURCH

LOCAL NEWS

Photo credit: Peter Tindler and Billericay FC



## Urchins still pushing hard in promotion chase

Hornchurch FC have had a mixed start to 2020 in the BetVictor Isthmian Premier League and have also been knocked out of the FA Trophy at the hands of lower league side Aveley FC.

Despite the mixed form, the Urchins still find themselves in a positive position, with three or four games in hand over their competitors.

The year was kicked off with a 2-1 victory over Horsham, thanks to goals from Rickie Hayes and Chris Dickson either side of half-time.

Two draws followed the FA Trophy exit against Cray Wanderers and Leatherhead, but the Urchins can

still be positive of having a successful season this year.

Hornchurch announced the signing of 32-year-old striker Adam Cunnington from Romford on January 14, a player who has been known for getting on the scoresheet often, having scored 23 goals in 37 games for Billericay Town.

Cunnington has played as high as League Two, with spells at both Dagenham Redbridge and Cambridge United, and he recently played for Bromley in the Vanarama National League.

The 6ft 3in forward has a long list of clubs he's been at, having also played for Bristol Rovers, Tamworth and Kettering Town, to name a few.



[www.afchornchurch.com](http://www.afchornchurch.com)





PLANT OF THE MONTH:

Lilies

Who doesn't love to be gifted a beautiful bunch of lilies? Among the most recognisable flowers in the UK, lilies are known for their stunning scent, their bold colours and their imposing size. And, thankfully, they are relatively easy to grow.

When should I plant lilies?

Lily bulbs can be planted as early as autumn or winter, but they are perfectly fine to plant in early spring as long as they are in by the end of March.

Where should I plant my lily bulbs?

Lilies will reappear year after year, so it is important that you bear this in mind when choosing where to plant them. As a rule, they like a sunny spot or an area with some light shade. However, brightly coloured lilies keep their colour better in areas with consistent shade.

How to plant lily bulbs

Soak your bulbs in warm water for 12 hours before planting – this will save you 2–3 weeks of growing time | Plant your lily bulbs in groups of 3–5 for a more effective display | Dig a 20cm-deep hole for each group of bulbs | Spread a 5cm layer of grit over the bottom for improved drainage | Plant the bulbs pointy end up | Cover with soil

How to protect your lilies

Lily leaf beetles are your lilies' biggest threat, with the ability to munch their way through their foliage and flowers when they are in bloom. Luckily, these beetles are easy to see and can be easily squashed with your fingers. Alternatively, spray the beetles with a mixture of olive oil and water.

What do lilies represent?

Lilies symbolise humility and devotion and this is why they are the 30th wedding anniversary flower. They are also often used at funerals to symbolise that the soul of the deceased has had their innocence returned after death.




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## It's not **ROCKERY SCIENCE**

A rockery makes the perfect garden feature, adding structure and providing the ideal environment for alpine plants. Plus, you can recycle any unwanted bricks or tiles you have lying around.

### **FIND THE IDEAL SPOT**

Before you start building your rockery, you need to pick the perfect location that will allow plants to thrive. Alpine plants, the type you need for a rockery, need lots of light, so it is important that you choose an area that is not overshadowed by trees or shrubs.

### **CHOOSE THE RIGHT ROCKS**

Depending on your budget, you can either visit your local reclamation yard to pick whatever rocks you like (natural-looking ones work best), or you can utilise any broken bricks, tiles or even paving slabs that you have left over from another DIY project.

### **CLEAR THE GROUND**

The worst thing for a rockery is an abundance of weeds as they can weaken or damage it over the years. Therefore, you must ensure that you

thoroughly remove any existing weeds. Then you should add a layer of rubble on the ground, which will improve drainage and support the rocks. Finally, cover these with landscape fabric.

### **POSITION THE ROCKS**

Start with the larger rocks, creating a mountain shape, and make sure to point them in a variety of directions. Use smaller rocks and topsoil to stabilise them. Next, add smaller rocks in a horseshoe shape to create planting pockets.

### **MAKE ALPINE COMPOST**

If you want your plants to thrive in your rockery, then they need the right type of compost. Alpine compost should be made up of weed-free topsoil, leaf mould and horticultural grit.

### **ADD PLANTS IN EARLY SPRING**

Plants that love rocky ground include:

Alpine pink | Creeping thyme | Mount Atlas daisy  
Saxifraga | Fairies' thimble



GARDENING



# REACH NEW HEIGHTS

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**C**limbing plants are a great way to add height and structure to your garden, as well being ideal for covering up boring and unsightly walls or fences. Plus, there are so many bold and beautiful climbing plants for you to choose from.

## Climbing Hydrangea – Best for a shady wall

This hardy yet attractive plant is ideal for planting up a shady wall as it needs little sunlight to thrive. Expect beautiful white flowers and lime-green foliage that blooms in late spring.

Plant climbing hydrangeas all year round as long as the ground is not frozen or excessively dry.

## Winter Jasmine – Best for a low-growing wall or fence

Known for its dazzling yellow flowers, although not technically a climbing plant as it does not twine or have tendrils to hang on with, winter jasmine is a scrambler by nature. Therefore, it is the perfect plant for spilling over a low ground wall and providing a splash of colour in the winter.

Plant in early spring for winter flowering.

## Hedera Ivy – Best for sheds or dark corners

Arguably the most easy climbing plant to grow, ivy is extremely tough but can also be fairly invasive, so do not grow it near a tree or your home. However, it can make an attractive addition to your garden and is perfect for brightening up a particularly dark corner that would otherwise go unnoticed.

Plant all year round, preferably in limy soil, although it will grow pretty much anywhere.

## Mahonia aka Winter Sun – Best for a house wall

This evergreen shrub is best grown on a house wall so that you can fully enjoy its rich fragrance. Expect bold evergreen leaves and upright yellow flower spikes that will uplift any garden.

Plant in early spring, in partial or full shade.



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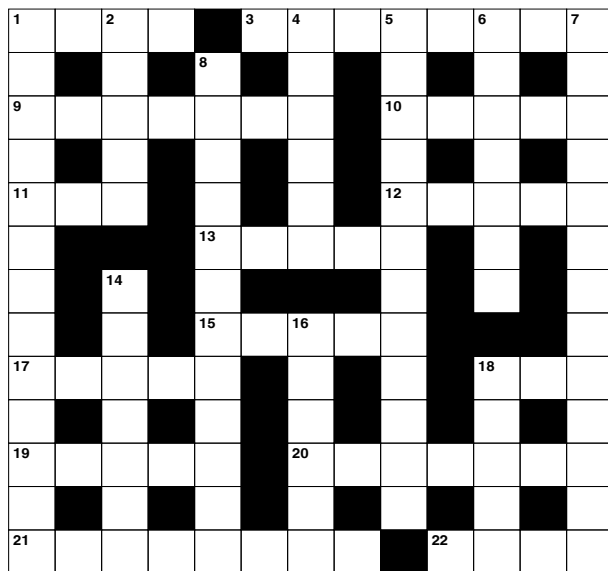
# PUZZLES & TRIVIA

## ACROSS

1. Creative disciplines (4)
3. Unyielding (8)
9. Shock with wonder (7)
10. Happening (5)
11. Cut of pork (3)
12. Public square (5)
13. At that place; not here (5)
15. Stem of an arrow (5)
17. Individual things (5)
18. Popular beverage (3)
19. Instruct; teach (5)
20. Mark the boundaries of (7)
21. Lenience (8)
22. In a tense state (4)

## DOWN

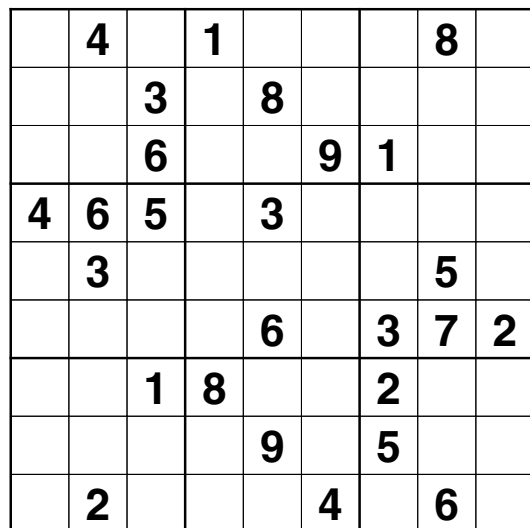
1. Misplaced in time or date (13)
2. Motet (anag) (5)
4. Small parrot (informal) (6)
5. By chance (12)
6. Mediocre (7)
7. Wastefully; lavishly (13)
8. Most perfect example of a quality (12)
14. Get ready (7)
16. Sour to the taste (6)
18. Shy (5)



## DID YOU KNOW?

- ▶ An octopus has three hearts. They need all of them to circulate blood through their bodies
- ▶ African penguins can swim underwater for up to two and a half minutes trying to catch small fish
- ▶ The cheetah is the world's fastest land mammal. It can accelerate from 0 to 60mph in three seconds
- ▶ Polar bears don't hibernate, but females enter into a dormant state while pregnant
- ▶ Dark patches around meerkats' eyes help them be effective lookouts by reducing the glare of the sun
- ▶ Unlike other cats, lions are social animals and live in prides. They can keep track of one another by roaring

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# BANISH BEDTIME BLUES

If your little one's bedtime routine has become a living nightmare, consider sprucing up their bed so they'll never want to get out of it

Every parent knows the perils of bedtime. The repeated calls to get pyjamas on, the never-ending stories, followed by the midnight excursions into your room which usually result in no one getting a decent night's kip. The trouble is, kids never want the fun to end, which is why turning their regular bed into a themed one could be a great way to make bedtime the final exciting event to end every day.

Deciding on your design and theme is really down to space, money and your little one's personal taste. And really, there is no need to spend a fortune when children have such vibrant imaginations. One of the cheapest and most obvious alterations is to attach wheels and a toy steering wheel to a basic wooden frame. Add a lick of red paint and you've got a racing car bed – licence not required! You can also erect a tent over the bed – because what child wouldn't want to pretend they were camping every night? Or perhaps a sail to transform it into a pirate ship?

If your little one is lucky enough to have a midsleeper (higher than a regular bed with the space underneath usually housing storage or a desk) you can afford to get really creative. You could add a slide, or even build a playhouse or cardboard castle, converting a boring old bed into a veritable playground.

But remember that, with kids, you sometimes don't need to do very much to bring magic to a dull routine. Just adding some fairy lights, glow stars or some cool new bedding can be enough to get them leaping under the covers, every single night.

Photo credit: matrixkids.com, Victoria Pearson for goodhousekeeping.com





# Choosing your PET NAMES

THE MOST  
POPULAR AND  
MOST PUZZLING  
PET NAMES IN  
2020

While the pet market has never been more buoyant in the UK, it seems neither has our ability to label our loved ones with popular and puzzling names in equal measure.

We looked at some of the quaint and curious titles given to four of our favourite fluffy ones.

## DOGS

The most popular dog names all revolve around the traditional, happy-go-lucky and cute echoes of having a pet in the home. That means Bella, Charlie, Luna, Lucy, Max and Bailey feature high up on lists, with the likes of Cooper, Daisy, Sadie and Molly also ranking as popular.

For unusual names, consider Shakespeare, Soup, Bug, Hawtry and, of course, plain old Dave.

And if you want to sound clever when beckoning your pooch over in the park, what about Mary Poppins?

## CATS

As far as felines go, Oliver, Bella, Simba, Chloe, Luna, Max, Lucy, Lily, Nala and Sophie all rank highly.

For the more unusual tags, try Tucker, Lulu or Winston. And again, for the clever clogs (or should that be claws), try Kitty-Purrry, Harry Pawtter, or even Mr Meowgi. Ouch.

## HAMSTERS

Low maintenance and incredibly tame, hamsters are loveable pets good for all ages. And while you might be happy to give them one of the UK's most popular names, in the form of Bob, Chewy, Comet, Fudge, Hamlet, Paws, Rocky or Stitch, could you really bring yourself to go for such leftfield options as Keyboard, Vanilla, Kujo or Rags? No... thought not.

## RABBITS

Finally rabbits, and if you believe Thumper, Cinnamon, Snowball or Oreo are a bit overdone, perhaps consider Bunilla Ice, Rabbit Downey Jr or Like Skyhopper.



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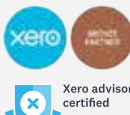
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# ADVERTISING IS

*an investment ...not a cost*

Sir Richard Branson always hoped 1994 would be a big one for his business. In the autumn of that year, the billionaire Brit entrepreneur launched his most brazen attempt at global domination: the release of his Virgin Cola brand.

In some ways, seeing Branson go up against the world's biggest drinks brand was the perfect boxing match. Not only did both companies personify their brand with the use of a posturing guy sporting a big, white, bushy beard, but the marketing ploy of Coca-Cola – to entrench a simple fizzy drink deep into the psyche of a global marketplace of customers – was very much from the Virgin chief's same school of thought.

What Coca-Cola mastered was the concept of subliminal advertising and low-level marketing. Consider the fact that, as customers, we're bombarded with all manner of advertising messages – brands are desperate to hold our attention, and for the most part they do it very well. And yet, researchers have found that, in many cases, the most effective campaigns are the subconscious ones we don't even notice going on around us. That's why even a colossal brand leader such as Coca-Cola will spend £6billion globally on advertising each year.

Forget the showpiece ads, big promotions and special offers – we're talking about discreet in-store branding or billboards,

simple page advertising, advertorials and TV activity with barely a bottle or a bubble in sight.

These adverts don't actually appear to be selling anything specific, yet they're embedding in our minds repetition and strengthening brand identity. That theoretical 'strength' translates into a level of comfort, familiarity and trust it's difficult to put a price on.

Branson knew this, and although he couldn't topple the world's biggest drinks company, his smorgasbord of Virgin brands – from gyms to holidays, financial services to internet connectivity – each involuntarily strengthened the others, which continues to today.

Our finest business brain saw advertising as an investment in the future, not a cost in the present... and these days he's toasting with something considerably stronger than cola.

Photo credit: s\_bukley/Shutterstock.com



BUSINESS & PROPERTY





# BRICKS & MORTAR



## What is the difference between buy-to-let and residential mortgages?

The buy-to-let mortgage revolution was one that the housing market constructed with all the speed and eagerness of a stunning detached property. It was perfectly situated (in a marketplace where rental prices were going through the roof), and as for the views, well, buy-to-let landlords could sit back for years, do very little, and watch their profits roll in.

At their peak in 2007, buy-to-let mortgage approvals hit 183,000, but increased taxes brought in by George Osborne in 2015 – amid fears buy-to-let mortgages were pushing property prices through the roof – have cut that figure back to around the 75,000 mark.

So while the trend of buying to immediately let out to tenants has waned, it should be noted that it's still an industry worth almost £250 billion a year... or, put another way, 3,800 mortgages are approved every month.

The key difference between a buy-to-let mortgage

and a residential mortgage is that, with the latter, you will live in the property yourself, rather than simply using it as an investment whereby tenants arrive from day one. As a result, with a buy-to-let mortgage, interest rates and fees tend to be much higher, while purchasers have to stump up a deposit of around 25 per cent (and sometimes as high as 40 per cent).

In addition, buy-to-let mortgages are often interest only, meaning landlords no longer profit from the likely uplift in value of a property. Naturally, with a residential repayment mortgage, an owner can walk away with sizeable equity should the market improve.

With a number of other tax changes – such as increased stamp duty on buy-to-lets, removal of a 10 per cent income tax saving owing to 'wear and tear', and an ability to offset interest paid on their own mortgage from the rental income declared to the taxman removed – the market for buy-to-let deals has become much tougher, matched with residential mortgages enjoying a three-year high last year.

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# CALL CHANGE

## HOW BRITAIN CONVERTED TO DECIMAL CURRENCY

For those who lived through them, the 1970s are often regarded as a decade of struggle. Yet while the Three Day Week, bin strikes, economic decline and David Bowie's morphing into alter ego Ziggy Stardust proved troubling for some, Britain could at least thank the decade for decimalisation, a positive event that saw us take a needy grip on our currency... if only people had more of it in their pockets.

This new dawn began the morning after Valentine's Day 1971. And sure enough, the people were quick to embrace a love affair with multiples of 10 and 100, in the process bidding farewell to the sixpence, florin, crown and half crown – some of which had been a part of everyday life for centuries.

In truth, although the conversion may officially took effect on February 15, changes had been phased in over the course of months and even years. Indeed, it was 1966 when Parliament announced we were set for the country's greatest ever single currency change. Then, in 1968, some three years before D-Day (Decimal Day), new 5p and 10p coins were introduced. Simple replacements for the existing shilling and two-shilling coins, they were followed by a 50p coin in the shape of a heptagon. And then, finally, on D-Day, half-pennies, 1p and 2p coins were worked into circulation.

A huge public information campaign was fired up in the days and weeks leading up to the big day, meaning, for the most part, that British shopkeepers and their customers were ready... but were the banks? In short, no – the huge task of removing an entire currency from the system meant a massive physical operation in every city, high street and rural bank. As a result, our financial institutions closed for four days to prepare for the changeover.

When they reopened, the way we bought goods and services would never be the same again.

2 FARTHING - 1 HALFPENNY  
2 HALFPENNY - 1 PENNY  
3 PENCE - 1 THRUPPENCE  
6 PENCE - 1 SIXPENCE - A 'TANNER'  
12 PENCE - 1 SHILLING - A BOB  
2 SHILLINGS - 1 FLORIN - A 'TWO BOB BIT'  
5 SHILLINGS - 1 CROWN  
20 SHILLINGS - 1 POUND



# TURNED OFF

## BY TECH

FIVE TORRID TECHNOLOGY FAILURES



### AMAZON FIREPHONE

An android mobile device designed to capitalise on the incredible success of the Kindle Fire eBook readers and Fire tablets, this 2014 launch was set to catapult the brand into the communications mainstream while also knitting together its retail and film elements.

The phone only lasted a year, though, as Jeff Bezos found the might of Samsung, Apple and co to be impenetrable.

### OCULUS RIFT

When Mark Zuckerberg got behind the virtual reality market, there was the expectation that technology and consumer interest would be catapulted forward, but it hasn't happened. As Oculus trips through new products – such as the Quest – a persistent lukewarm response seems to imply that headset hedonists are few and far between.



### GOOGLE GLASS

Evidence, as if it were needed, that while tech is a big part of our lives, we don't want to be imprisoned by it. The Google Glass threatened just that – 24/7 connectivity and the ability to answer stressful work emails even when relaxing in the bath. Great.

Ultimately, the failure of the 'smart glasses' came down to the fact that it was never going to be a big job to reach into a pocket and pull out a mobile phone.

### APPLE MAPS

When angling for a place in the Google Maps market, Apple launched its own cartography app, but users rapidly found the service to be inferior, with poor directional capabilities, a lack of detail on city plans and, in some cases, fictitious information. At one point, Ireland's Ministry of Defence had to warn users that a non-existent airport was showing near Dublin. Y'know, minor problems...



### SINCLAIR C5

The Sinclair C5 was a fully electric, low-riding vehicle that was meant to span the gap between car and bike. Owing to its low speed, poor battery life and the fact any encounters with buses or lorries were set to leave the rider paralysed by fear, production ceased after seven months.



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# WILDER vs FURY II

**FINALLY, IN 2020, WE SHOULD  
SEE THE HEAVYWEIGHT BOXING BRAGGING  
RIGHTS DECIDED ONCE AND FOR ALL... BUT WHO IS YOUR MONEY ON?**

**H**eavyweight boxing's ability to put on an event has never been so polished nor lucrative, with each of three soldiers of the ring currently vying for the right to call themselves the best in the world.

For a long time we considered Anthony Joshua to have things tied up, but even in the course of him winning back his WBA, IBF, WBO and IBO belts from Andy Ruiz Jr in December, his claim to be the greatest is refuted by two fighters whose time in the background is finally about to change.

On February 22, Tyson Fury and Deontay Wilder square up, with a British versus American clash at the MGM Grand expected to offer all the thrills and spills of their first bout back in December 2018, when the fight ended as a controversial draw.

While the bookies appear to be coming down narrowly on the side of Fury, who has battled back

from drink and drug addiction, in Deontay there is a measured, mean and driven fighter who, in another era of the sport, would have been a worthy world number one.

The winner of that Vegas clash will have the right to meet Anthony Joshua, as the triumvirate of top-level gloved warfare finally look to answer the question we've been posing for several years now – just who is the best?

Fury will pick up a £25million purse for the February rematch and, should he win, the follow-on fight against Joshua is expected to net even more.

And yet, with the likes of Dillian Whyte, Joseph Parker, Oleksandr Usyk and Adam Kownacki all waiting in the wings, don't expect the monumental battles of 2020 to do anything other than lay the foundations for what many believe is an extended golden era of heavyweight boxing to come.



SPORT





# TOKYO 2020

## THE NEW SPORTS

### 2. SOFTBALL

In the latest instalment showcasing sports set to debut or return at the 2020 Olympics in Tokyo later this year, we take a look at softball.

Five new pursuits have been added to the roster for Tokyo 2020, which kicks off on July 24. It will be the second time that the Far Eastern metropolis has hosted the Summer Olympiad... it would have been the third had the Second World War not intervened in 1940.

Softball, in essence, is a sport very much like baseball, and there will be six countries competing for the gold medal.

Last seen at the Olympics in Beijing 2008, the qualification process for Tokyo saw 2018 WBSC Softball World Champions United States, Europe/Africa winners Italy, Americas victors Mexico, and Australia as the Oceania representatives. Canada

qualified along with Mexico, while Japan is present as host.

Softball has seven innings, two fewer than

baseball, a bigger ball measuring two inches more in circumference, and a smaller bat. The pitch is also smaller than its compatriot and the pitching distance of softball is around 40ft from the plate, as opposed to 60ft in baseball. Also, whereas the ball is pitched overarm in baseball, an underhand technique is used in softball.

Returning after a hiatus of 12 years, following its removal for the 2012 Games in London, it was previously part of the programme between Atlanta 1996 and Beijing 2008.

The six countries will compete with a roster of 15 players each, with the 90 athletes helping to make up the estimated 11,091 who will compete in Tokyo.

Softball was invented in the late 19th century in Chicago as a game designed to move at a faster pace than baseball. Contrary to common knowledge, since the 1930s, the "soft" ball is actually hard... spectators beware.



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# DEALS ON WHEELS?



THE TOP 10 MOST EXPENSIVE **CARS** IN THE WORLD REVEALED

## TEN - £910,000 - Zenvo ST1

Assembled in Denmark, the Zenvo is a machine of incredible power, housing a 6.8 litre V8 engine with supercharger and turbocharger giving 1054 bhp.

## NINE - £1.1million - Ferrari LaFerrari

With 0-60mph in less than three seconds and on to 124mph in seven seconds, there aren't many quicker in acceleration.

## EIGHT - £1.2million - Pagani Huayra

Its unusual name celebrates the Incan god of wind. Unlike that god, it possesses a 6.0 litre V12 engine with two turbochargers for 620bhp.

## SEVEN - £1.3million - Aston Martin One-77

When James Bond wants to get away from or catch up with the bad guys, he should use this - 220mph top speed, 0-60 in 3.5 seconds from a 7.3 litre V12.

## SIX - £1.5million - Koenigsegg One:1

This is a Swedish megacar that looks more like a diecast model! It's low and wide and can do 0-60mph in less than 2.9 seconds, with a top speed of 280mph.

## FIVE - £1.9million - Ferrari F60 America

A stylish and classic look and bodywork, it's brutal along with its beauty - the perfect combination for a supercar. A 6.2 litre V12 gives 740 bhp and 0-60 in 3.1 seconds.

## FOUR - £2.6million - Mansory Vivere Bugatti Veyron

At last, we can hear you say - a Bugatti! Well, this one is a beast. An 8.0 litre engine, a top speed of 255mph and 0-60 in less than 2.5 seconds.

## THREE - £2.6million - W Motors Lykan Hypersport

This car appeared in *Furious 7* where it displayed its tremendous capacity and animal-like qualities. 0-60 in less than 2.8 seconds; a top speed of 245mph.

## TWO - £3.4million - Lamborghini Veneno

Possibly the most amazing-looking vehicle ever made, with a top speed of 221mph, and 0-60 in 2.8 seconds.

## ONE - £3.7million - Koenigsegg CCXR Trevita

The 1,004 bhp, 0-60 in 2.9 seconds and top speed of 254mph mean it's a shame there were only three of these ever made.





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# WHAT'S ON

*in your area*

**Ingrebourne Nature Tots**  
**Ingrebourne Valley Visitor Centre,**  
**Hornchurch Country Park, Squadrons**  
**Approach, Hornchurch, RM12 6DF**  
**February 11, 10am – 12pm**



As the seasons change, discover and learn each week through a range of fun, wildlife-themed activities, from bug hunting and leaf spotting to natural painting and stick creatures.

Suitable for ages 18 month to 5 years. Must be accompanied by an adult.

Please wear suitable clothing for the outdoors.

£6 per child and £4 per sibling. Call 01708 520364 to book.

## Free Legal Surgery

**Romford Golf Club, Heath Drive, Romford,**  
**RM2 5QB**

**February 11, 5.30pm – 7.30pm**

Free informative talk on wills, LPAs, inheritance tax and other related topics.

There will be an opportunity to get tailored personal advice in private at the end of the presentation.

Light refreshments will be served and there is no obligation at the end to instruct.

Numbers are limited. If you would like to register, email joanne.druce@fbarnes.co.uk

## Build Your Own Toad House

**Ingrebourne Valley Visitor Centre, Hornchurch**  
**Country Park, Squadrons Approach ,**  
**Hornchurch, RM12 6DF**

**February 22, 12.30pm and 3.30pm**

Discover the amazing life of toads and frogs, learn

how they survive in the wild and how you can help. Then, build you own toad house to take home.

Children must be accompanied by an adult.

£6 per house. Call 01708 520364 to book.

## Messy Church

**North Street Halls, Hornchurch, RM11 1QX**  
**February 27, 4.30pm – 6.30pm**

Come along to North Street Hall from 4.30pm for two hours as all ages explore a Bible story, take part in activities, make crafts, play games, discover new ways to pray, join in with the celebration and sit down together for a two-course meal.

Everyone is welcome.

## S.E.N.D Performance Night

**Fairkytes Arts Centre, 51 Billet Lane,**  
**Hornchurch, RM11 1AX**  
**February 28, 7pm – 10pm**

An evening of performance by people with special educational needs or disabilities.

Singers, comedians, bands, musicians, choirs, poetry and spoken word artists are welcome. Content must be family friendly.

This is a community event. Any groups or individuals interested in performing can email arts@havering.gov.uk, phone 01708 434135 or message via Fairkytes Live Facebook page.

For tickets, visit [www.seetickets.com/event/s-e-n-d-performance-evening/fairkytes-arts-centre-hornchurch/1455500](http://www.seetickets.com/event/s-e-n-d-performance-evening/fairkytes-arts-centre-hornchurch/1455500)



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01708 476666



## WYKEHAM AVENUE, BORDERS OF EMERSON PARK £1,150,000

Superbly located within this established residential turning is this impressive, extended and immaculately presented detached family home. Spacious reception hall, g/f shower room, sitting room, lounge/dining room, hand painted fitted kitchen/family room, utility room, 6 bedrooms, family bathroom/WC & family shower room. D/G & GCH. Electric gates, in and out driveway, integral garage, landscaped rear garden 98' x 55' incorporating a detached cabin. EPC D.



## GREY TOWERS AVENUE, HORNCHURCH £875,000

Superbly located being within the catchment area for Towers School is this slightly elevated detached family home within only a few minutes walk of Hornchurch Town Centre. Reception hall 13' x 10'4", lounge, study, bespoke fitted kitchen/family room, utility room, g/f cloakroom, 5 bedrooms (one being g/floor), en suite dressing room, en suite shower room/WC, family bathroom/WC. D/G & GCH. Off-road parking, south/south westerly rear garden approx. 83' in depth. EPC C.

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