

2020  
VISION

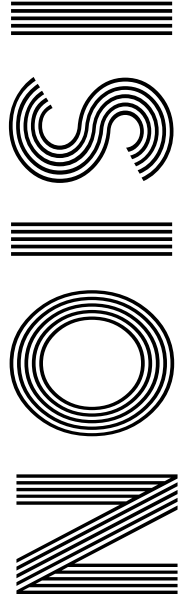
UK'S  
NOT SO  
SMART  
MOTORWAYS

LOVE IS IN  
THE AIR

Online dating tips

CHOCAHOLIC

*Ways to use leftover Easter eggs*



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MARY BERRY

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# Editor's notes...



Brett Shohet, Editor

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

What a strange time we are living in. These are difficult times, but we will get through them. If we look back through history

and all the events we have gone through, we are still here and we will get through this too.

I'm looking at this as an inconvenience for now. But also looking forward to who I will be and where **VISION** can be after this period. It's what we have done in the past that has made us who we are right now, and it's what we do right now that will make us who we are in the future.

I'm making sure I stick to a routine and treat every day as normal within the restrictions that have been laid out. Get a good night's sleep, eat cleanly and healthily and be safe.

But the most important thing is knowing that we are here for one another. Local businesses are going to need us more than ever right now.

Before that next purchase, ask yourself, can I get this from my local business? That one call could change their business' future or their families. Also reach out to me. If you want a chat or need to find a business that is not featured in **VISION**. I accept the challenge to find someone who can help you and also help their business.

Stay safe and I hope you all enjoy this edition of **VISION**Hornchurch.

*Brett*



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Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry  
CO-ORDINATORS | Rebecka Fryer, Amy Pollard, Tim Green  
CONTRIBUTORS | Andrew Wilkin, Tabatha Fabray, Charles Rae, Amelie Gregory, Marie Pierides, Geraint Roberts

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WORD LADDER: WILD, WILL, WALL, GALL, GALE, GAME

# *(not so)* SMART MOTORWAYS

## ARE SMART MOTORWAYS ONE OF THE TRANSPORT INDUSTRY'S LEAST CLEVER IDEAS?

The concept of the smart motorway is, on initial inspection, a good one... a smart one, in fact.

It uses active traffic management to increase the capacity of a motorway, with the main premise being to free up the hard shoulder for regular traffic use.

Also factoring in variable speed limits, the aim is smoother flow of traffic, quicker journey times, a reduction in both noise and air pollution, and fewer road traffic collisions.

On that basis, the concept, first introduced back in 2006 on the M42 in the West Midlands, is a sound one. The vast majority of us will have been in a situation where overhead information boards divert, guide and advise us in smart motorway settings, and we'll have experienced the benefits.

Sure enough, more than £2billion of contracts

have so far been issued in order to extend, renovate and convert existing routes into smart motorways, with the M1, M4, M5, M6, M60 and M62 all actioned. In addition, other variations, such as controlled motorways, dynamic hard shoulders, all lane running and through junction running routes – which use the same concept but cannot be fully utilised for hard shoulder use, for instance, because of bridges – have come into effect.

However, in recent years, the effectiveness and safety levels of this traffic management solution have been called into question. Despite a conversion cost of between £5million and £15million per mile, the Campaign for Better Transport has consistently claimed no positive impact on CO<sub>2</sub> emissions.

Most alarmingly, though, is a swell of evidence suggesting that rather than reducing collisions and

accidents, smart motorways are actually causing them.

This point was first raised by the RAC, who discovered that motorists' confusion over whether a smart motorway was, effectively, 'in use', led to many driving on the hard shoulder when they were not permitted to.

Then, in January of this year, a Freedom of Information Act revealed a 20-fold increase in near misses on smart motorways, caused when a motorist has broken down and has with no hard shoulder or safe space to retreat to.

The original M42 pilot scheme offered emergency refuge areas (ERAs) 500m apart – that's less than a third of a mile. The logic therefore is that anyone sensing they are breaking down can 'limp' to the next safe space.

However, some stretches of the M25 have these spaces up to 1.6 miles apart, leaving motorists in real danger in the event of mechanical failure or a collision, with no means of removal. In real terms, this has led to 38 deaths on smart motorways across the UK.

To that end, Police Federation of England and Wales chief John Apter said, "I do not like the term 'smart motorways' because it infers they're a good idea. They're anything but, and a recipe for disaster. It's a death trap. It's inherently dangerous and putting lives at risk."

It seems a full-scale review of smart motorways is imminent, and this apparently innovative measure to alleviate the ever-increasing demands we have on our roads could find itself consigned to the annals of road traffic experimentation.



# It's a date...

## TOP TIPS TO GET YOU BACK IN THE GAME

**A**re you single, spent too long huddled around your radiator and run out of shows to binge on Netflix? Now's the time to revamp your online dating profile, ready for when you can start getting out there again – hopefully in time for a summer romance...

### NAIL THE PROFILE

- ♥ Use recent and unfiltered pictures. Most people who are serious about dating prefer to see the real you as opposed to manipulated images. Don't just post selfies – include pictures with friends too.
- ♥ Be honest. Don't lie about your age or your past, and if you're between jobs, that's fine too.

- ♥ Be open, but don't give it all away – mention that you like travel, for example, but leave it to them to find out what your top five destinations are.

### FIRST DATE TIPS

- ♥ Activities such as minigolf or bowling are low-pressure ways of getting to know someone.
- ♥ Avoid the conventional cinema, but an open-air cinema is a fun alternative. And a great excuse to cuddle if the weather turns chilly.
- ♥ Go to a comedy club to see if you share the same sense of humour.
- ♥ If you both listed a love of food on your profiles, then dinner should definitely be on the cards.
- ♥ Stay safe. Let someone know where you are going, and share your location via WhatsApp once you get there. Have someone nearby so they can come to the rescue, if needed.

### RED FLAGS

- ♥ Run away if they're a sore loser or an ungracious winner on your activity date.
- ♥ If they spend longer staring at their phone than into your eyes, hit the road.
- ♥ Beware if they have absolutely everything in common with you – they might have stalked your social media.
- ♥ Everyone has a past, but constantly mentioning their ex is not okay.
- ♥ Neither are any of these things: ordering for you, being overly critical of everything, and arriving late with no excuse or apology.



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# Building a CAPSULE WARDROBE

With the rise of sustainable fashion and consumers beginning to understand the need for having a conscience in their fashion and style decision making, building a capsule wardrobe makes more sense than ever before. We live in a world where convenience is key, and fast fashion retailers have made it all too easy to buy into new trends every season. Yet so many women still find themselves standing in front of their bulging wardrobes at a loss, with nothing to wear. A capsule wardrobe saves you time and money in the long term, and means less of a headache.

You can build a capsule wardrobe from 20 key items. From these 20 items it is possible to create 30 different outfits (and more) – you just need the know-how to pull the pieces together. All of these pieces will last a lifetime in your wardrobe and are worth investing in. Once you are happy with your reduced wardrobe, you can still add some fresh new pieces in each season, but in a more considered way, knowing what else you already have to work with. Accessories can be a great way to do this, and they are the best way to add some print and colour into your wardrobe.

### TOP 20 KEY ITEMS

- |   |                        |
|---|------------------------|
| 1. The Leather Biker Jacket                   | 12. The Lace-up Boot   |
| 2. The Pleated Midi Skirt                     | 13. The Blazer         |
| 3. The Basic T-shirt with a Twist             | 14. The Trainers       |
| 4. The Slogan Sweatshirt                      | 15. The Loafers        |
| 5. The Cashmere Sweater                       | 16. The Breton T-shirt |
| 6. The Block Heel Boot                        | 17. The Denim Shirt    |
| 7. The Slip Dress                             | 18. The Aviator Jacket |
| 8. The White Shirt                            | 19. The Statement Bag  |
| 9. The Buffet Dress                           | 20. The Jumpsuit       |
| 10. The Coated Jeggings or Leather Leggings   |                        |
| 11. The Straight-leg Jeans in a mid-blue wash |                        |

Alex Standley is a personal stylist with 15 years' experience in the fashion industry. If you would like to find out more, please visit [www.luxeopardlifestyle.co.uk](http://www.luxeopardlifestyle.co.uk) or get in touch at [alex@luxeopardlifestyle.co.uk](mailto:alex@luxeopardlifestyle.co.uk)



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braiding your hair down in a standard fishtail braid.  
**STEP 8:** Gently loosen the sides of the braid and tie the end with a hairband.  
**STEP 9:** With the rest of your hair, create a standard fishtail; taking sections from each side and crossing over until the hair is fully braided.  
**STEP 10:** Gently loosen the sides of the braid to create a fuller look and then tie off with a band.  
**STEP 11:** Twist the back braid into a bun and pin securely.  
**STEP 12:** Wrap your first fishtail braid over the top of and around your bun in a clockwise direction and pin in place.  
**STEP 13:** Use your fingers to gently make the fishtail braid fuller to cover the pins.  
**STEP 14:** Add a decorative clip or hairslide for an ultra-glam finish.



Photo credit: www.missy/sue.com

### HOW TO ACHIEVE THIS LOOK:

- STEP 1:** Pick up a section of hair on the left side of your head and divide into two sections.
- STEP 2:** Take a small piece of hair from the back right side of your chosen section, cross it over the top and add to the front of your chosen section.
- STEP 3:** Then take a small piece of hair from the front left side of your chosen section, cross it over the top and add to the back of your chosen section.
- STEP 6:** Continue step 2 and 3 until your braid reaches the top part of your left ear.
- STEP 7:** Once you reach the ear, continue



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# Spring Sheen

Ditch winter's charcoals and greys and be fearless with these five spring make-up trends.

## Watercolour shadow

This gorgeous trend is so easy to achieve. Take several shimmery shades – pastel lilacs, blues, greens and pinks all work – and dust over different areas of the lid, gently blending as you go. Finish with a touch of gold in the inner corner to brighten.



## Glitter lips

Yes, you read that correctly: GLITTER ON YOUR LIPS! Make-up artist Pat McGrath uses this look on her models; with lips that are painted, dusted with fine glitter then drenched in gloss. Whether you like a little sparkle – or a lot – this is one look that will get you noticed.

## Pink all over

This may sound like a daring look, but done right it's super-feminine and pretty. Using an all-purpose colour, dab a light wash over your eyelids and then blend that down to the top of your cheekbones. Finish with a dab on your lips.



## Golden glow

If colour isn't your thing, you'll be delighted to know that au naturel will be also a hot trend. For a youthful, dewy glow, start with a cream foundation and use a highlighter or bronzer to contour cheeks. Keep lips natural, but finish with a dab of eye gloss – another must-have product.



## Merraid eyes

Seafoam green shade will leave you looking as lovely as Ariel herself. However, any green or aqua blue will work. The trick with this is to be bold, covering the lid and under the lashes with the same hue to create a bright and vibrant look.



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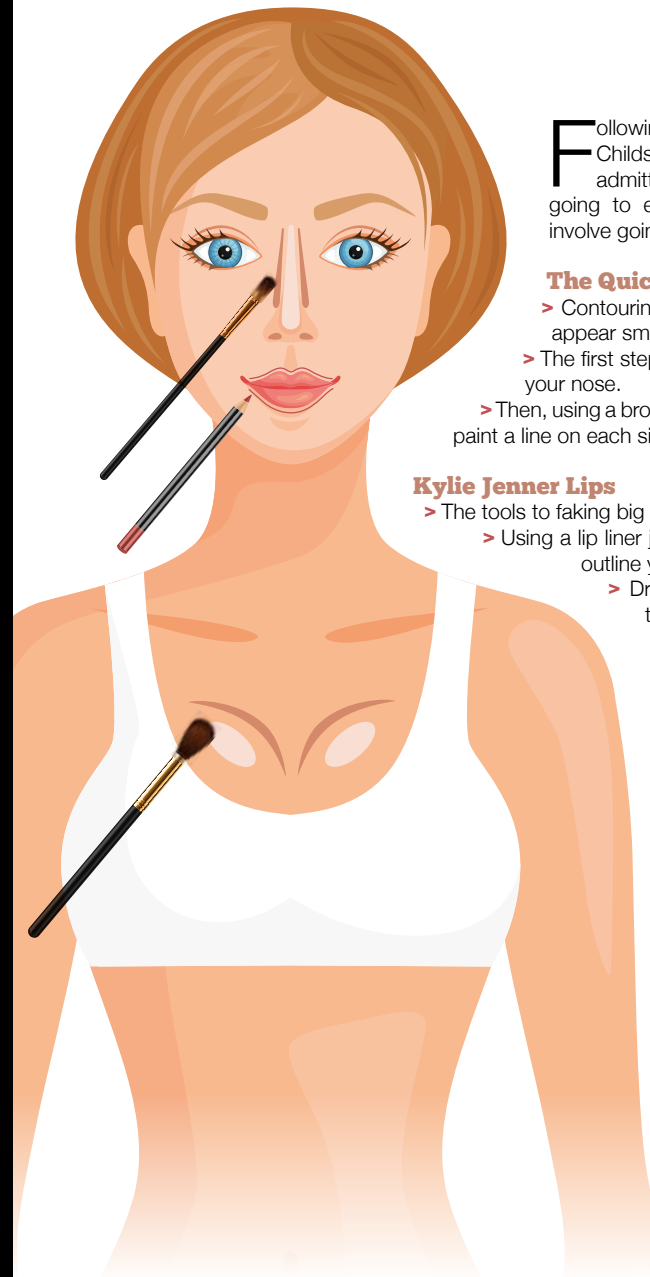


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Following the news that former *TOWIE* star Amy Childs was among a long list of celebs who openly admitted to having cosmetic surgery regrets, we're going to explore some quick beauty fixes that don't involve going under the knife...

**The Quick Nose Job**

- > Contouring the side of your nose will instantly make it appear smaller.
- > The first step is to use concealer to highlight the middle of your nose.
- > Then, using a bronzer a few shades darker than your foundation, paint a line on each side of your nose, and blend, blend, blend.

**Kylie Jenner Lips**

- > The tools to faking big lips without fillers are all in your make-up bag.
- > Using a lip liner just one shade darker than your lipstick, over-outline your lips.
- > Draw an 'X' just above the Cupid's bow, and then complete the lip outline from that point. This creates an exaggerated outline, while still sticking to the natural shape of your lips.
- > After you've applied your lipstick, add a hint of concealer or highlighter to the centre of the lips. This will create an ombré effect, which makes the lips look even bigger. This can also be achieved by using a lipstick in a slightly lighter colour in the centre, for a more subtle and natural effect.
- > Go one step further with ombré lips by playing with more than one shade of liner and lipstick. The internet is filled with helpful tutorials to nail this trick.

**Bigger Chest**

- > A push-up bra is a girl's best friend if you want that extra lift. However if that still doesn't cut it, a silicone insert can also be used inside each cup.
- > Contour. Contouring isn't just for your face – you can fake a rounder and bigger bust by contouring the top of your chest and creating a fuller, more voluptuous shape.



# GYM ANYTIME

## THE SCIENTIFICALLY PROVEN BEST MUSIC FOR YOUR GYM ROUTINE

From stretches to dips, lifts to sprints, turns to curls, our time in the gym is a very personal, private affair.

With that in mind, there's nothing more satisfying or motivating than the feeling of working out. But across warm-ups, nutrition and body conditioning, what if the thing that is stopping us from achieving our full potential in the gym is something as simple as the music being piped out of those little buds that rest in our ears?

Scientists now believe that what we listen to, if anything, when working out can have a dramatic effect on performance. There have been countless studies over the years that all point to the reality that the brain is stimulated by music and converts that motivation into physical energy.

There are other strands. Listening to music can also act as a distraction technique from the pain of exercise, as well as fending off boredom. Indeed, a study in 2018 conducted



by the University of Maryland found that having a soundtrack to your workout meant a 28 per cent increase in enjoyment compared with no auditory stimulus.

But what about the genre of music? Typically, we would expect high-energy styles to engage and motivate us most. Dance music, tracks with strong percussion, heavy riffs and even the rather cliched genre of 'driving music' can all work well. Certainly, regular and repetitive rhythm is a big driver to adopting a 'trance-like' state for exercising, taking a level of consciousness out of what we do and ensuring we can compete harder and for longer.

Ultimately, though, scientists found that the music we respond to best is a matter of personal taste. Our own music preferences dictate the positive effects, but those effects are real, given that listening to music we like can expand blood vessels by up to 26 per cent, helping the flow of oxygen-rich blood to improve performance and, with it, PBs.



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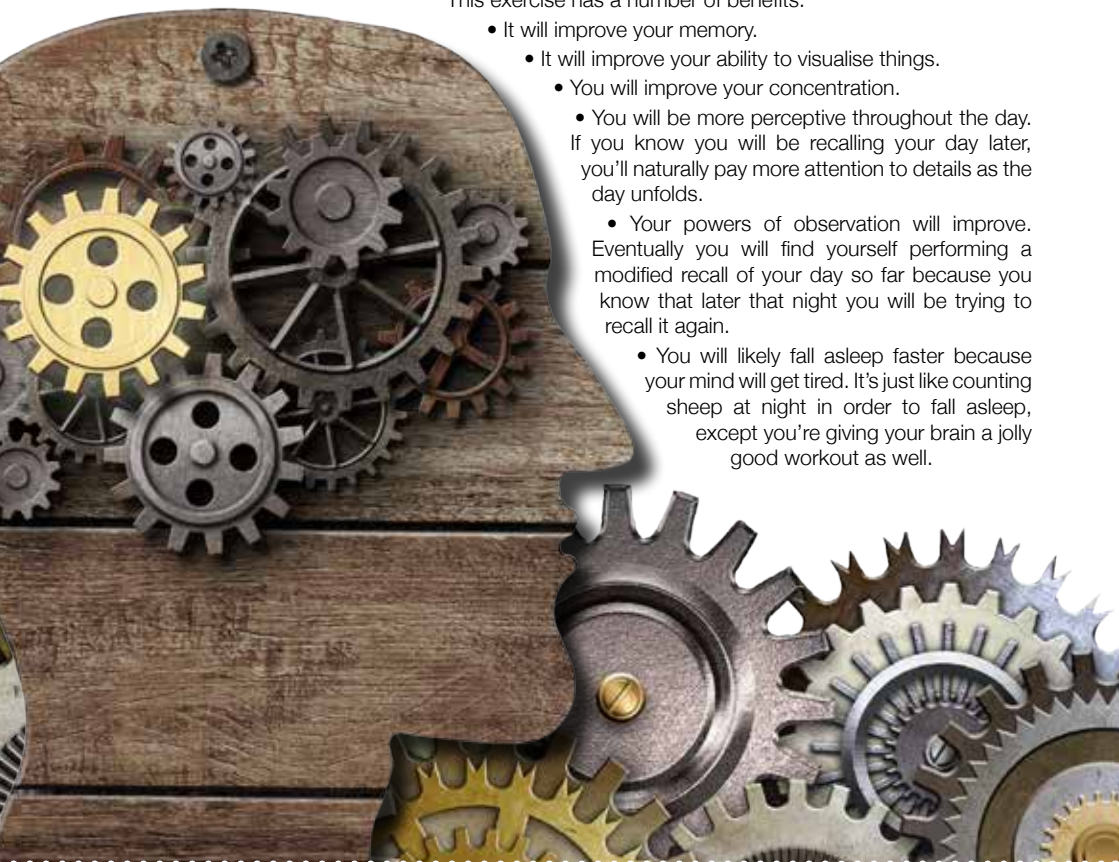
Like anything, your memory must be maintained and regularly exercised to keep it in top working order. Try out this easy exercise over a four-week period – you'll soon find your brainbox reaching new heights of efficiency.

When you are about to go to sleep, think over what you did that day from the time you got up until you got into bed. Start with the time you woke up, then follow your entire day step-by-step until the time you went back to bed. Try to recall as much detail as possible, visualising in your mind each and every step from beginning to end.

Don't worry if in the beginning you can't remember much detail – you'll probably move rapidly from task to task or think of the day in larger, broader sections. It's important to really try to slow down and remember as much as you can to take in as much detail as possible. With time and practice, you will soon start to notice significant improvement in your recall of events and details during the course of the previous day.

This exercise has a number of benefits:

- It will improve your memory.
- It will improve your ability to visualise things.
- You will improve your concentration.
  - You will be more perceptive throughout the day. If you know you will be recalling your day later, you'll naturally pay more attention to details as the day unfolds.
- Your powers of observation will improve. Eventually you will find yourself performing a modified recall of your day so far because you know that later that night you will be trying to recall it again.
- You will likely fall asleep faster because your mind will get tired. It's just like counting sheep at night in order to fall asleep, except you're giving your brain a jolly good workout as well.



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**A**re you worried about the amount of sugar your child is getting from the food and drinks they consume every day?

One of the main issues with young children is that some parents use sweets and chocolate as rewards for good behaviour. But do you ask yourself what effect sugar can have on your children?

For children between the ages of 2 and 18, the recommended daily sugar intake is a maximum of 6 teaspoons, which is equivalent to 25 grams or 100 calories. To put this into perspective, an average milk chocolate bar has 23 grams of sugar which is the vast majority of your child's limit for the day. Sugar is also hidden in so many foods and drinks that we would never expect. It's hidden in juices, pasta sauce, rice and even bread.

If you are a parent of a picky eater, you likely cater to what your child wants. As long as they are eating something, you are satisfied. What you may not know is that catering to your child's pickiness can have a negative effect on their behaviour, health and overall well-being. For example, if your child will only eat certain foods such as macaroni cheese and chicken nuggets, each one of their meals is loaded

with calories, sugar and carbohydrates. When every meal that your child eats is so high in calories and sugary carbs, it won't be long before they start putting on weight and developing vitamin deficiency from not eating fruit, salad and vegetables.

**What can you do about it?**

When it comes to reducing your child's sugar intake you need to make the changes gradually, otherwise it will have a negative effect.

Instead, one or two everyday swaps per week can make a huge difference. For example, put a low-sugar (full-fat) yoghurt in their lunch box, swap fruit juice for water infused with chopped-up fruit, or swap a chocolate bar for an apple. A prime example to avoid is Innocent Smoothies for kids. Despite the marketing hype, these "healthy" fruit juices are concentrated sugar, and can contain more sugar than full-sugar (Original) Coke. CoCo Pops is actually a staggering 84 per cent sugar. Frightening.

If you would like more information on this, contact Graham Phillips at Prolongevity, call 07768 275802 visit [www.prolongevity.co.uk](http://www.prolongevity.co.uk) or email [graham.phillips@manorpharmacygroup.co.uk](mailto:graham.phillips@manorpharmacygroup.co.uk)



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# The Sirtfood Diet

DISCLOSED



*Sirtfood Green Juice*  
kale, rocket, parsley, celery, ginger,  
green apple, lemon, matcha green tea

No, not the Seafood Diet, as in you see food and you eat it, although we do love that one. The Sirtfood Diet, which was used by Adele to help achieve her dramatic new look, is designed to supercharge your metabolism, leading to highly effective weight loss.

### What is the Sirtfood Diet?

The Sirtfood Diet involves eating foods that are high in sirtuin activators. Sirtuins are a type of protein that protect the cells in our bodies from becoming inflamed, although they are also said to help regulate our metabolism, increase our muscle mass and burn fat.

### What can I eat on the Sirtfood Diet?

If you have read anything about Adele's weight-loss journey, then you may have heard that she was able to indulge in both red wine and dark chocolate, and yes, this is true. Both of these treats are high in sirtuin activators and are therefore on the menu.

Other foods you can eat include:

Apples | Walnuts | Medjool Dates | Soy | Strawberries | Olive oil | Rocket | Coffee

### Is the Sirtfood Diet good for you?

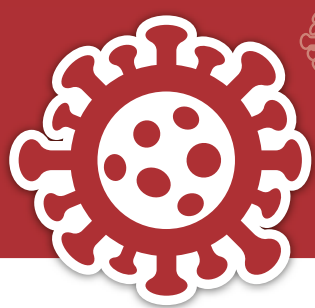
With many people changing from the Cabbage Soup Diet and the Grapefruit Diet in favour of long-lasting, healthy eating habits, is this diet sustainable long term?

Fortunately, the Sirtfood Diet allows you to eat a variety of nutritious foods, meaning your vitamin and mineral intake will be fairly high. However, it is restrictive and low in calories (it is recommended to eat no more than 1,000 calories a day in the first week), meaning that this plan can be hard to stick to.

### How much weight can I expect to lose?

A Sirtfood Diet 'expert' claimed that you can lose up to 7lbs in just one week. However, a more realistic and healthier aim would be 2-3lbs.





# CORONAVIRUS

Advice on how to combat Coronavirus (COVID-19) Supplied by GOV.UK

## THE ADVICE FOR ANYONE IN ANY SETTING IS TO FOLLOW THESE MAIN GUIDELINES.

The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature. If you have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to.

To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue away immediately. Then wash your hands or use a hand sanitising gel.

Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

At the current time and based on our understanding of what is known of COVID-19 and other similar respiratory viruses, it is likely that older people and those with chronic medical conditions may be vulnerable to severe disease. As more information emerges, recommendations may change.

### PREVENTION:



wash hands often with soap



avoid touching your face



disinfect objects and surfaces



avoid close contact with people



stay home



Avoid contact with sick people

### TREATMENT:



no vaccine to prevent 2019-nCoV



no specific treatment for 2019-nCoV



drink plenty of liquids



take pain and fever medications

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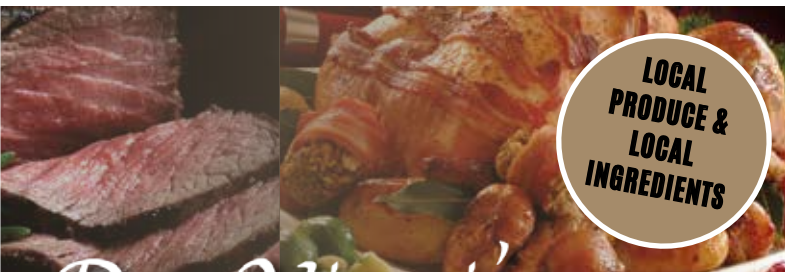
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**FOOD & DRINK**



# Fine Foodies

Last month we introduced the first five of our ten finest foods to keep you looking young and healthy, on both the inside and the outside. Here are the final five.

### Chocolate

Not only is chocolate a proven mood enhancer, but chocolate that contains at least 70 per cent cocoa is loaded with proteins and vitamin B, meaning just a couple of squares will help burn fat and improve your skin and hair.

### Tomatoes

You say: "Tomato;" I say: "Wow, you look fantastic." Tomatoes have proven to be double trouble for ageing. Brimming with those brilliant antioxidants and carotenoids that help fight the oxidation that ages skin cells, they also boost collagen production, keeping skin taut and youthful.

### Wild salmon

Wild salmon, though more expensive than farmed, is thought to be better for you as it is lower in fat

and there is less chance of contamination from pollutants, but both kinds are loaded with omega-3 fatty acids. These nutrients not only protect your heart by boosting arterial function, but they also help you produce sebum, your skin's natural oil, which keeps hair healthy and skin plump and youthful.

### Nuts

These delectable delights are literally small anti-ageing bombs, thanks to their concentrated sources of vitamins, minerals and other phytochemicals, including antioxidants. Though all nuts offer nutritional benefits, walnuts in particular are high in omega-3 and omega-6, which help keep your hair glossy and your brain young, as they are proven to help prevent cognitive decline.

### Wine

If you want to age like a fine wine, then start drinking in moderation. Studies have shown that wine protects against heart disease, diabetes and age-related memory loss. Red wine in particular contains resveratrol, a compound that may activate genes that slow cellular ageing.

part 2





# FULL OF THE JOYS OF spring

Fancy putting a spring back into your step this season? Why not try one of these nourishing and nutritious, not to mention tasty, spring vegetables that are in season this month?

### SPRING GREENS

You may not know this, but spring greens are actually the first cabbages of the year, although they do not have a hard core but instead can be recognised by their thick, green leaves. Part of the brassica family, spring greens contain a whole host of essential minerals and vitamins, including vitamins A, C, K and iron.

Spring greens peak from April to June and are best served in a stir-fry or added to a stew or soup.

### SPRING ONIONS

Spring onions are incredibly versatile vegetables as they have a milder taste than most other onions, meaning they can be eaten raw or cooked. Often used in Asian cooking, spring onions, or scallions as they are also known, are an excellent source of vitamin

C and calcium.

Add to a spring vegetable omelette, make a pea, mint and spring onion soup, or simply chop up and scatter over a salad.

### SPRING PEAS

The spring pea season is short but is definitely worth taking advantage of as fresh spring peas are sweet and delicious. You have two options when it comes to spring peas – garden or sugar snap. Both can be eaten raw or cooked and they have identical nutritional profiles; however, sugar snap peas can be more flavourful.

Peas are surprisingly high in protein compared to other vegetables and are a great source of dietary fibre.

Make a pea pesto with rocket and parmesan, add to a kedgeree or create your own homemade mushy peas.

### OTHER VEG IN SEASON IN APRIL INCLUDE:

- Asparagus
- Kale
- Chard
- Spinach



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# Start the day off... UNBEATABLE BREAKFASTS

**D**itch the sugary cereal and buttered toast in favour of starting off your day in the best possible way with these morning power-ups...oh, and they're delicious too.

### OAT SMOOTHIE



Is it a drink or is it porridge? Frankly, when it tastes this good who cares? Cook water and oats in the microwave then blend with milk, banana, dates, vanilla, cinnamon and ice and top with a dusting of nutmeg. Slightly more substantial than your average smoothie, this is perfect for those wintery mornings when you crave something quick and nourishing.

### AVOCADO ON TOAST



Ditch the margarine, because if you want something truly delicious and nutritious atop your toast, it has to be avocado. Supremely versatile, you can slice, mash and even blend them. Add a poached egg and some bacon for a post-workout protein boost, mash with feta and olive oil for a delicious and quick spread, or add some chilli flakes for a bit of early morning heat. Deliciously simple.

### SHAKSHUKA



This Turkish treat is perfect for a weekend brunch, and unlike a fry-up you can throw everything in the one pan. Simply fry garlic, onions and peppers, add a tin of chopped tomatoes and simmer until reduced, then make a hole and crack eggs into your sauce and poach. Serve with pitta and Greek yogurt mixed with crushed raw garlic and olive oil.

### BULLETPROOF COFFEE



If you're still not convinced by the nutritional benefits of brekkie and rely on caffeine to get you through, then consider supercharging your morning Americano, paleo-style. Blend high-grade organic espresso with coconut oil and butter for a brew that claims to give you a prolonged energy hit, as well as sharpening your focus and keeping you feeling full. With the fat slowing down the absorption of the caffeine this is more fuel than food, and is not for the faint-hearted.



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# TRAIN TRIPS

To remember



TRAVEL

If you're dreaming of a holiday with a difference when the coronavirus epidemic has been brought under control, check out some of these truly memorable train trips.

### KOBLENZ TO MAINZ

For so long, the prospect of the Rhine Valley would bring about notions of wartime in arrowing a route through West Germany. These days, however, there is nothing but houses, vineyards, castles and a stunning river to transport passengers into a slightly grand, slightly gothic adventure.

- is a five-star step back in time to a glorious age of European opulence; and given there are only 65 passengers on board, you'll most likely make some friends too.

### THE ROCKY MOUNTAINEER

Often the go-to train ride in the world, the excursions up through the Canadian Rockies are the stuff of adventurer folklore. From glacier-fed lakes to green forests, rivers, snow and an incredible array of wildlife, the Rocky Mountaineer is one of many trains transporting passengers into an icy wonderland straight out of Narnia.

### THE GHAN

One for those with the stamina of a camel, the Ghan route extends almost 1,900 miles across Australia, offering an awe-inspiring if, at times, somewhat monotonous trek through the outback wilderness of deserts, wide-open spaces and solitude.

### FORT WILLIAM TO MALLAIG

Finally, if you're looking for something a little closer to home, consider this spectacular 42-mile trip that features, among other stunning sights, the long viaduct seen in the *Harry Potter* films. Mixing mountains, glens, slopes and lochs, Scotland provides quite the most stunning panoramas on this memorable journey.

### THE DANUBE EXPRESS

If you want to splash out and spend a few days in absolute luxury, the Danube Express - with its stops at Prague, Vienna, Berlin, Sarajevo and more





TRAVEL

# CONQUERING CORNWALL

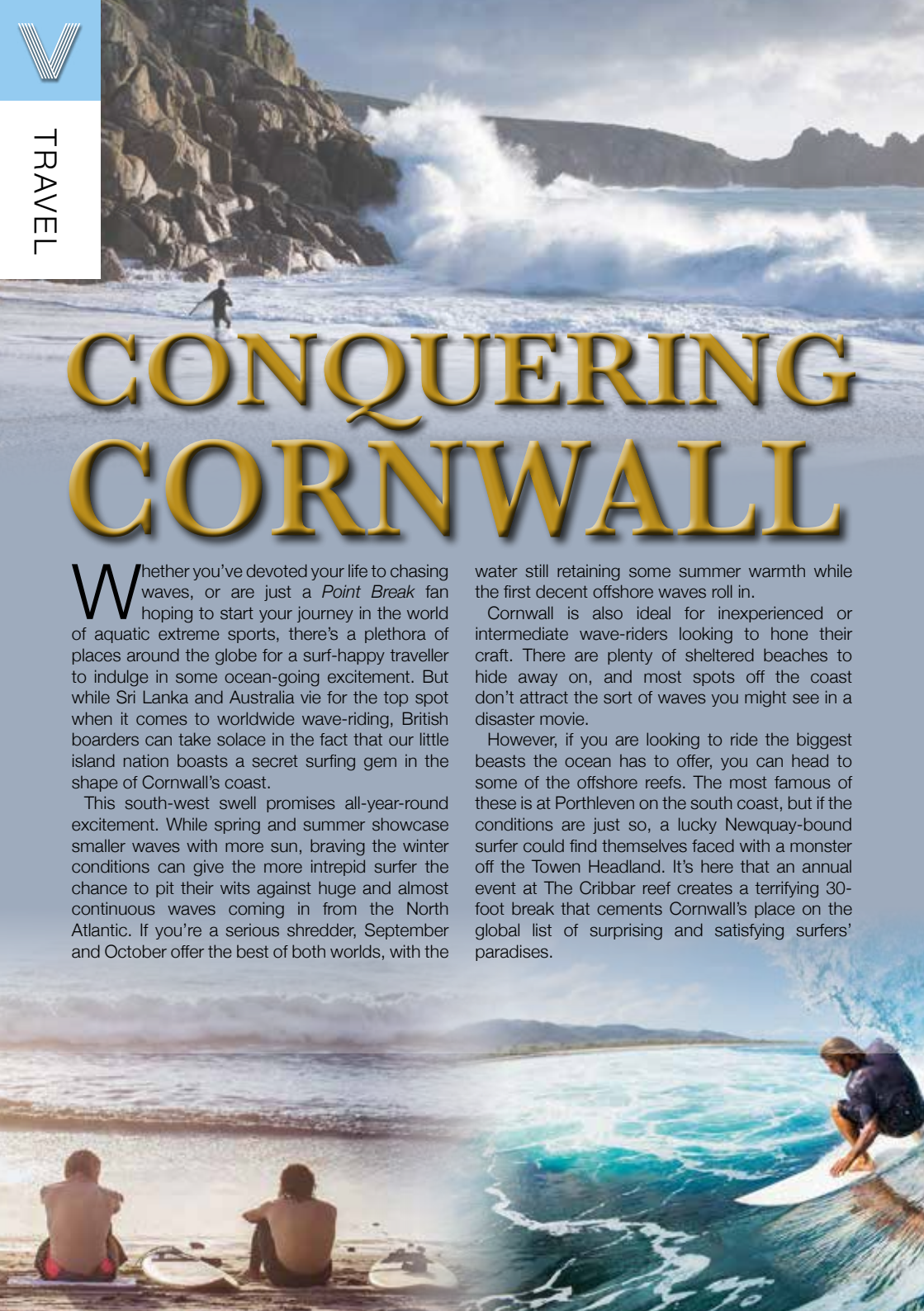
Whether you've devoted your life to chasing waves, or are just a *Point Break* fan hoping to start your journey in the world of aquatic extreme sports, there's a plethora of places around the globe for a surf-happy traveller to indulge in some ocean-going excitement. But while Sri Lanka and Australia vie for the top spot when it comes to worldwide wave-riding, British boarders can take solace in the fact that our little island nation boasts a secret surfing gem in the shape of Cornwall's coast.

This south-west swell promises all-year-round excitement. While spring and summer showcase smaller waves with more sun, braving the winter conditions can give the more intrepid surfer the chance to pit their wits against huge and almost continuous waves coming in from the North Atlantic. If you're a serious shredder, September and October offer the best of both worlds, with the

water still retaining some summer warmth while the first decent offshore waves roll in.

Cornwall is also ideal for inexperienced or intermediate wave-riders looking to hone their craft. There are plenty of sheltered beaches to hide away on, and most spots off the coast don't attract the sort of waves you might see in a disaster movie.

However, if you are looking to ride the biggest beasts the ocean has to offer, you can head to some of the offshore reefs. The most famous of these is at Porthleven on the south coast, but if the conditions are just so, a lucky Newquay-bound surfer could find themselves faced with a monster off the Towen Headland. It's here that an annual event at The Cribbar reef creates a terrifying 30-foot break that cements Cornwall's place on the global list of surprising and satisfying surfers' paradises.



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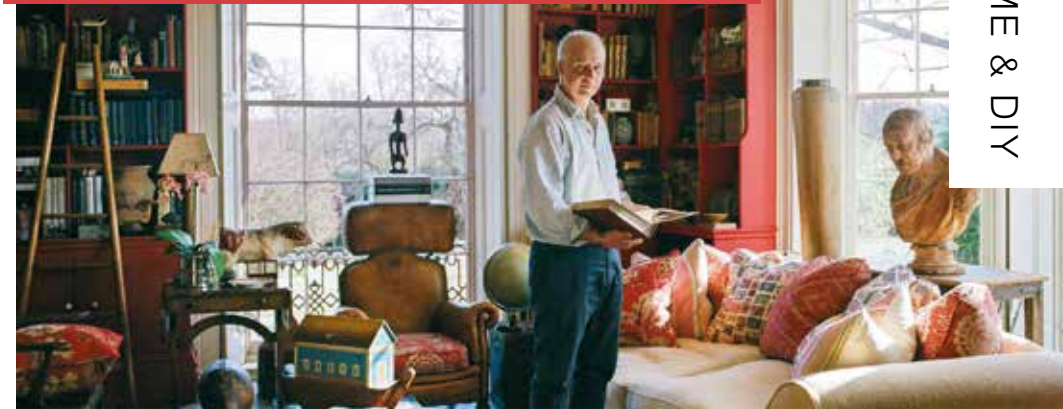
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# THE WORLD IN YOUR LIVING ROOM



HOME & DIY



Recreating the idea of interior discovery from one of the UK's most dynamic brands

The fact that interior designer Andrew Martin delivers his brand of playful, adventurous, multifaceted design from a showroom in Chelsea is perhaps at odds with the area's formal, stuffy, rather bland feel.

Sure, SW3 presents arguably London's finest exemplar of pouting, polished, Victorian and Georgian wealth, but its look jars slightly with the bright, breathless brilliance of a designer who recently celebrated 40 years at the front of a mode that celebrates intrepid spirit, hidden cultures and the world's kaleidoscope of customs and crafts.

Consider wallpaper that displays excerpts from *Pride and Prejudice*, or takes the form of old maps or sheets of stamps; think of stools, coffee tables, seats and sofas inspired by 1960s and 1970s looks, but that retain a cheeky modern-day irreverence; or what about Muhammad Ali, Kate Moss or Britain-themed cushions...?

From statement pieces to one-offs, Andrew Martin's position as an interiors visionary is exemplified in the sense that its flagship store in London has the feel of a mid-level nightclub. There is warmth, variety, detail and depth at every turn, but even the most playful of items has quality at its heart.

Founded by Martin Waller in 1978, the brand trod carefully through the somewhat cheap sheen of the 1980s, then flourished in the decade that followed as multiculturalism became a buzzword for style. Bolstered by the exposure of more than 20 books on the subject and a celebration of travel, in 2020 the Andrew Martin brand is now a platform for discovery in our own homes. And whether you've got a stool made to look like a petrified log is irrelevant.

"What we are about is detail, culture and the ability to have fun," says the founder. "It is about turning away from the formal and having fun – it is about injecting humour and philosophy into our surroundings, and this is something anyone is capable of."

Photo credit: andrewmartin.co.uk, Jooney Woodward via howtoperfect.com



HOME & DIY

# WILD LIFE



biophilic design

## BIOPHILIC DESIGN CAN BRIGHTEN YOUR MOOD, YOUR OUTLOOK ON LIFE AND YOUR HOME

For many years, people have been saying that feeling glum can be countered by getting outside and being at one with nature. But with wet, long winters, and given that many of us live in concrete jungles, spending time outdoors is neither practical nor desirable. The solution is to bring the outside in... biophilic design.

Of course, no one is suggesting you start knocking down any of the walls of your home or take inspiration from the set of the film *Jumanji* as far as interiors go; this is a subtle trend in which nature leads the way. And the best part? You get all the benefits of the great outdoors – calm, clarity, peace of mind – without having to go near a campsite.

### HOW TO CREATE YOUR BIOPHILIC HAVEN...

#### Let the light in

Pull back the curtains, wash the windows and let the natural light flood in. If your home is naturally gloomy, use large mirrors to create the illusion of space and brightness, and don't forget to fill the place with fresh air too.

#### Go green

Not only does the colour green bring life and vigour to your home décor, it also possesses meditative qualities which quieten and soothe the mind.

#### Plant life

Possibly the most obvious way to bring nature into your home: is to buy a plant. Hanging baskets with vines that adorn your walls, potted herbs on your windowsill and a gorgeous succulent on your coffee table. Beautiful, oxygen-giving and living works of art.

#### Texturise

Reclaimed wood is very popular in interior design right now, and this characterful, evolving material also adds an earthy warmth to your home. Any natural material, in fact, is ideal for the biophilic trend, from wool blankets to granite countertops and stone ornaments – just be ambitious, and let the outdoors flow in.



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# Dishwasher

## NO-NOS



HOME & DIY

**A** dishwasher is designed to make your life easier. That being said, there is nothing easy about trying to salvage your kitchen treasures.

Therefore, it is a good idea to know exactly what you can and can't put in your dishwasher.

**1 SHARP KNIVES:** If you have invested in a set of self-sharpening knives or the one that claims to be the sharpest knife in the world, don't go and ruin its reputation by putting it in the dishwasher, as the cycle can warp the metal and cause the blade to become dull.

**2 CAST IRON PANS:** Although cast iron is known for its durability, put it in the dishwasher and all that changes, causing rust and stripping its non-stick properties.

**3 CRYSTAL:** If you have a set of expensive crystal glasses, you will want to avoid cleaning them in the dishwasher as the high temperatures can cause them to chip and become cloudy.

**4 ALUMINIUM PANS:** Even if you have old aluminium pans that you are not worried about staining or damaging, putting these pans in the dishwasher can lead to other items becoming marked. Always check to see if your pans are dishwasher safe before adding them to the cycle because harsh dishwasher detergents can dull the finish.

**5 WOODEN UTENSILS OR KITCHENWARE:** Your wooden spoons or bowls, should never be put in the dishwasher as the very hot water can cause the wood to crack or become warped.



# Hone your health with HOUSE PLANTS

House plants have become increasingly popular in recent years, along with a sudden shift in focus on sustainability and the natural world around us. With the ability to not only brighten up your home and increase your productivity, these versatile plants can also boost your physical and mental health.

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These attractive plants are ideal for people who want a low-maintenance house plant that has the ability to improve the air quality within their home. Specifically, spider plants are great at removing formaldehyde from the home, which is known for causing eye, throat and nose irritations.

### ALOE VERA

Chances are you have a moisturiser or other skincare product in your bathroom cabinet that contains this anti-inflammatory substance. So, why not have your own natural source of aloe vera in your home? Use the gel-like matter from the inner leaf to treat burns, sunburn, psoriasis and cold sores.

### LAVENDER

The ideal plant for your bedroom, lavender is known for its calming and stress-relieving aroma. If you suffer from insomnia or find it difficult to switch off in the evening, a lavender plant can help soothe any restlessness, anxiety or feelings of nervousness that you are experiencing.

### PEACE LILY

Not only will this beautiful plant lift your home this spring, it will also help to remove a whole host of toxins, including ammonia, benzene, xylene, formaldehyde and trichloroethylene. However, these plants produce pollen so should be avoided if you suffer with hay fever.

### SNAKE PLANT

These clever plants are amazing at improving indoor air quality, but be warned, you need several plants for the job to be done properly, so this is a good choice if you are happy with an abundance of greenery in your home.



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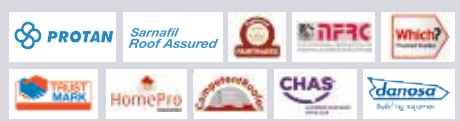
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## MAKING A DIY LIVING WALL IN YOUR HOME

We'll go to extraordinary DIY lengths when it comes to making our homes look welcoming, inviting and homely, but why not just let nature do the job for us? The growing trend in living wall art has reached the UK from its origins in south-east Asia, with green and flowering creepers adding benefits to your home that paint and wallpaper simply cannot provide.

*Conservation* – With the protection of nature and wildlife so talked about, the wall of your home can providing a truly functional base for new life, as well as improving air quality.

*Money-saving* – For only a small set-up cost, the subsequent insulation savings from prevention of heat loss can be considerable.

*Peace and quiet* – Your sea of green will also act as a noise insulator, softening the sound of passing traffic or people.

*Visual evolution* – Your living wall will grow, flourish and interact with walls, ceilings and furniture. It will reinvent with every passing season and disguise cracks, splits, faults and other wear-and-tear aberrations.

*Here's how to make one:*  
Choose an appropriate wall. You'll need a space with good exposure to sunlight | Screw in the planters at the bottom. Make sure you have good soil | Plant and train your plants up through a mesh, adding hooked-on pots at regular intervals | Keep regularly watered (about once a week). Either water manually or install an irrigation system to water the plants for you on a timer | Fertilise to keep plants healthy | Experiment beyond the usual perennials and introduce flowering plants, herbs and even edible plants into your wall design.



HOME & DIY



# MODERNISE YOUR mantel



**Y**ou may not think that spring is the right time of year to be considering upgrading your fireplace, but you couldn't be more wrong.

As most people's thoughts turn to their outdoor space, winter-focused products such as fireplaces and their surrounds are cheaper and more readily available.

### HOW TO CHOOSE THE RIGHT FIREPLACE MANTEL FOR YOUR HOME

Before deciding what mantel you want to use, you need to assess a number of key elements:

- > What type of fireplace do you have? Electric, gas or solid fuel?
- > What is your home décor like?
- > What size surround do you need?
- > What material would you prefer your mantel to be made of?

### WHAT MATERIALS CAN I CHOOSE FROM?

Whichever type of fireplace you have, you will be able to find the perfect mantel or surround to suit your property.

#### MARBLE

Arguably the most luxurious type of surround,

marble is a unique type of rock, which means that no two marble mantels will ever be the same. Ideal for a classic or traditional-looking home, marble suits all fireplace types.

#### CAST IRON

Perfect for period properties, cast iron mantels are durable and make an impact. Although expensive, they are highly sought after by people who like original features, so purchasing a cast iron mantel for your home should be seen as a solid investment.

#### WOOD

A cost-effective option, there are many different types of wood to choose from to suit every budget. Some of the main advantages of wood are that it is extremely versatile, easy to fit and non-imposing, making it ideal for first-time homeowners.

#### TILED

Tiled mantels are perfect if you want your fireplace to be the stand-out feature within a room. There are many tile designs to choose from and they also act as a non-flammable barrier, making them a good option for a wood fireplace.

Photo credit: castlfireplaces.co.uk, becklowen.com



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# AGED TO *perfection*

AT 85 YEARS YOUNG, MARY BERRY IS STILL  
AT THE PEAK OF HER POWERS

For so long one half of *The Great British Bake Off*'s dynamic judging duo alongside Paul Hollywood, Mary Berry coached amateur bakers through years of soggy bottoms and wheat-free triumphs. Yet in the context of her wider career, the baking doyenne's stint on the hit BBC reality show – which ended when Channel 4 swiped the contract, leaving Mary to mark her loyalty by refusing to move with it – accounts for only a very small part of a baking success story that has seen her rise to prominence with every bit the beauty of a loaf of bread.

In more than 50 years delighting on screen, at cookery demonstrations and in the pages of countless cookery books, Mary Berry's culinary career has taken her far and wide. Ever since discovering a passion for cooking in her domestic science classes at school in Bath ("the first thing I made was a treacle sponge and everybody seemed to enjoy it"), Berry's career has always revolved around the kitchen in some way, shape or form.

There were home visits to show people how to use their electric ovens in the early days, studies abroad at France's prestigious Le Cordon Bleu, plus cooking for the Egg Council and the Flour Advisory Bureau. She even worked as a magazine food editor while raising her family – it's been a varied but produce-led career.

Berry penned her first culinary tome, *The Hamlyn All Colour Cookbook*, back in 1970, and since then she's overseen a further 75 tomes of kitchen cleverness.

Like many chefs, her preference for fresh, locally sourced produce shines through. A Royal Horticultural Society Ambassador who proudly tends her own vegetable garden at home in Buckinghamshire, Mary places great importance on the idea of home-grown, seasonal produce. "I think people more and more are wanting to know where their food comes from," she says. "If it comes from your own garden or your allotment, you know all about it, don't you?"

When it comes to home cooking, Mary follows the traditional route, favouring what is available rather than sugar-free or pesticide-ridden fodder. "We grow what we eat," she says.

Famous for her bakes, Mary likes to use "all the natural ingredients", and you won't catch her shaping her recipes to fad diet requirements. "I don't do low fat," she says firmly. "I'd rather have a smaller portion." Perhaps these calorific but micro portions are the answer to Mary's trim figure. "I don't have a slimming secret; I believe in everything in moderation," she says.

That moderation now sees her 85 years young, fit as a fiddle and, inevitably, eyeing up the next project. This year she is fronting BBC show *Best Home Cook*, and as the weather warms up, she will be seen around the country at a number of food events.

"The great thing about food is it keeps on evolving," she says. "It's so rich, so diverse and, more than anything else, so tasty. It keeps us all coming back for more and I'll never tire of sharing my passion with other people."

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# LOCAL NEWS

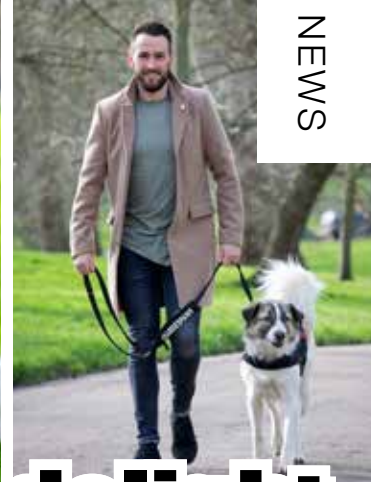
*from your neighbourhood*



LOCAL NEWS



Photo courtesy of Flick digital and the Kennel Club



## Sean and Barrie delight crowds at famous dog show

A former soldier from Hornchurch and a dog he rescued from Syria were named finalists at the world's most famous dog show last month.

At Crufts last month, Sean Laidlaw and Barrie were competing in the Friends for Life Category, which celebrates the unique relationship people have with their dogs, the important role man's best friends play throughout our lives and the support they give us in the face of adversity.

Sean is a veteran who suffers with post-traumatic stress disorder. He worked for the British Army, but following a period of leave realised he was unable to adjust to civil life, so he returned to the army as a bomb-disposal expert in Syria.

One day on duty he heard a strange noise coming from a collapsed school building. Inside he found a very young puppy, surrounded by her dead siblings. It took Sean a couple of days to gain trust from Barrie, but once he took her back to his barracks they were never apart.

While Sean was on short leave back in the UK, his

contract was cancelled and he realised he may not see Barrie again. Sean did everything he could to get Barrie brought back to the UK so they could be together.

Now Barrie lives with Sean and his fiancée and helps him deal with his PTSD and anxiety. They have started taking part in races and many dog events to raise awareness of how animals can help mental health. Barrie gives Sean someone to talk to, without judging and commenting – just a listening ear and a pair of eyes. Barrie saved Sean's life the moment he saved hers.

Although they didn't win, Barrie was delighted with her experience.

On her Facebook page after the event, Barrie said she'd compete again next year.

She wrote: "Thank you @crufts, You've been great. Maybe I didn't win the Friends for Life Award but I definitely stole the show (if you know, you know). We are going home with a £1,000 cheque for @warpawsrescue."



Photo credit: Jarkob Weijde/Shutterstock.com

# Supermarket worker urges shoppers to keep calm

A supermarket worker in Hornchurch has called for members of the public to remain calm when buying food during the coronavirus crisis.

The woman, who has asked to remain anonymous, said she was confronted by a stampede of people when she opened the shop doors.

She said: "Questions included: 'Where's the pasta?' and, 'How come you've got no toilet roll?'."

"Yet people still managed to fill their trolleys up with God knows what. We get a delivery every day except Sunday at our store. Today the delivery is twice the normal amount. Staff have to work twice as hard to

get the barren shelves filled. Tomorrow it will start again. The shelves will be emptied. No time to take a minute because of the chaos.

"Then the larger than normal delivery will arrive. Staff working non-stop to serve the customers to fill the shelves. It's the savage mentality that we will run out of stock. We won't. We just can't keep it on the shelves long enough.

"We are still allowed to go out to buy groceries. It's only if you're in isolation that you can't leave. But family, friends, neighbours can and online orders can still be made. Please stop panic buying."

# Pub landlord admits to killing seven-year-old

A landlord has admitted killing a seven-year-old boy who suffered a fatal electric shock when he was playing in a pub garden.

Harvey Tyrrell (pictured) collapsed at the King Harold in Romford, Essex, on September 11, 2018, and died an hour later in hospital.

David Bearman, 72, from Hornchurch, admitted gross negligence manslaughter after failing to fit the pub with safe lighting and a further charge of stealing electricity worth £22,995.23.

Bearman appeared at the Old Bailey via Skype during the brief hearing.

A second pensioner, Colin Naylor, 73, denies gross negligence manslaughter and is set to stand trial on April 27. However, the trial may be rearranged as a result of the coronavirus pandemic after the Old Bailey announced all trials over three days will be postponed.

Judge Anthony Leonard QC bailed Bearman ahead of sentencing on a date to be fixed and said: "The pleas you've entered today will be taken into account by the judge in sentence and in your favour.

"It will be a matter for that judge as to what discount you will get.

"Your sentence cannot be dealt with at present because of the position of your co-defendant but you will be sentenced as soon as it is proper."



Photo credit: Met Police

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# Sports centre moves forward after topping out

Hornchurch's new sports centre is a step closer to being finished after a ceremony last month marked a major milestone in construction.

Councillor Damien White, the leader of Havering Council, along with cabinet members, council staff, Everyone Active and Metnor Construction, visited the site as the 'topping out' ceremony marked the highest point of the building work being completed.

With the steel frame and roof now installed, the next steps will be to complete the external cladding, as well as the tiling, before the centre opens its doors later this year.

The council is delivering the new facilities, working in partnership with Everyone Active, who manages the council's leisure centres.

Once open, residents will be able to enjoy a 25m eight-lane swimming pool, a 20m wide learning and

diving pool with movable floor to change the depth, a 100-plus station health and fitness suite, three exercise studios and top-class changing facilities.

Cllr Damien White said: "We are incredibly excited to see the design for the new Hornchurch Sports Centre coming to life before us. Once completed, the centre will offer a whole range of activities and services that the community can get involved in to keep fit and healthy.

"We are committed to investing and improving our leisure and sport facilities across the whole borough."

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

# Bus stop damaged again as it's hit for third time

A bus stop on Collier Row Lane in Hornchurch has been hit and smashed for the third time after a bus crashed into it last month.

Councillor Dilip Patel, who owns Collier News in front of the stop, has suggested that the canopy is too close to the edge of the pavement and believes moving it back would prevent similar incidents occurring.

He said: "When there are parked cars, it means buses have to swing in to the bus stop, which is what has caused these incidents to happen.

"They have tried to suggest getting rid of two parking spaces to prevent it from happening, which I have fought and will carry on fighting against, as parking away from the parade of local shops would cause them to suffer.

"They don't need to get rid of parking, especially because we need parking; all they need to do is move the canopy back one foot."

We reached out to Transport for London but they were unable to comment.





Photo credit: Sky.com

# Young actor has high hopes after prime-time role

A young actor from Hornchurch says he wants to become a big star after bagging a lead role in a Sky One prime-time series.

George Wakeman, 10, is currently starring in *Breeders* opposite *The Hobbit* and *The Office* star Martin Freeman.

George first got involved in acting when he was five years old.

He said: "I was at a soft play and a man and woman came up to my mum and said: 'Is this your child?' And my mum was like: 'Has he done something?' They were like, 'No, no, no, we just would like him to audition for a new programme we are working on.'

"I filmed *The Secret life of 5 Year Olds*, which was a documentary. I loved being in front of the camera. I suppose you could say I got the taste for it."

To boost confidence, mum Leanne signed him up to a theatre school called The Pauline Quirke Academy in Romford and an agency called Coopers Casting,

which is actually run by a family friend.

In *Breeders*, George plays Luke Worsley, a seven-year-old kid. The show tells the story of Paul and Ally and the challenges of parenthood.

Speaking about his character, George said: "He is scared of everything. He is the opposite of me, but I suppose there are some similarities, like being clumsy sometimes."

George said he was delighted to work alongside a major star like Martin Freeman.

He revealed: "It was fun to meet a star who I had seen on TV then got to meet in real life. Martin was funny, he always made jokes and helped with my acting skills, advising me. We would read through our lines together before we filmed them."

"I've had some really good reactions from some of my friends. They were excited to see me on TV when the *Breeders* adverts popped up, and my school and teachers have been really supportive too."

# Youth due to face robbery charges in court

A boy from Hornchurch who was due to appear in court this month to answer two counts of robbery will have to wait after the hearing was postponed because of the coronavirus outbreak.

He'll answer two charges of robbery at Basildon Youth Court after reports that a number of expensive

coats were stolen in Brentwood and Shenfield last year.

A group of three boys from Romford and a boy from Woodford Green will all answer identical charges when the hearing is rearranged. Courts have been told to deal with urgent work only and hold hearings remotely where possible.



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# Public is helping charity take its next steps

The chief executive of a Hornchurch charity which looks after youngsters with special needs has updated its supporters on its future.

Mark Halls said that, although the charity was at risk of closure a year ago, there have been a number of positive developments since then.

First Step was finally granted permission to make changes to its lease, which means that work can now start on a project to build a new nursery which will secure the charity's future in the long term. The new nursery is expected to cost £200,000.

He said £54,000 has been received in cash donations while another £12,000 has also been pledged.

The charity has also been awarded a grant of £75,000, which couldn't be approved until the lease

had been signed.

This should happen shortly, and the focus is now on funding the charity for the next 18 months until the nursery provides income.

He said: "We don't want to end up with a gap where reserves become exhausted before the nursery produces the funds we need. This won't prevent us from getting on with our work but we have already had fantastic generosity in the last couple of weeks.

"One shopkeeper gave us £2,500. It's these sorts of acts that show the public recognises how important we are for children with disabilities. We're fortunate to have the standing we do have – that's because of the generosity of businesses and community in the area."

## Care home to close after inspection report

A care home in Hornchurch is due to close after being rated inadequate overall by the Care Quality Commission (CQC).

Alton House has been in special measures since October 2018, when it was rated inadequate for being safe and well led. There were 15 residents at the time of the most recent inspection.

It was also rated as requires improvement for being caring, effective and responsive following an inspection in January. The results were published last month.

Alton House leadership has now made the decision to move all residents out of the service and is working with Havering Council to ensure suitable alternative placements have been identified for people.

Inspectors said people were not supported to have

maximum choice and control of their lives. People were also not always treated in a kind and dignified manner.

Some staff members were not competency assessed and had not received training to handle medicines. Records confirmed that four staff members had not completed medicines training and eight staff members had not had their competency to administer medicines assessed.

Alison Murray, CQC's head of adult social care inspection in London, said: "It is always sad when a provider decides to close a service. It is paramount that people get good-quality care, and that was not happening at Alton House.

"Everybody who was living at Alton House has now moved out and we wish them well in their new homes."

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# JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS



Last month at the Queen's Theatre, we hosted our very first Jobs and Apprenticeships Fair, bringing a variety of employers and training providers to the constituency to meet with jobseekers and school-leavers. It was hugely successful, and a number of attendees secured interviews during the event. We hope that they have since found employment.

We were looking forward to the community litter pick, which we were due to host in partnership with Keep Britain Tidy, its Eco-Schools programme and Havering Council. The event has been postponed due to COVID-19. A number of primary schools from the constituency were due to get involved as part of the 2020 Great British Spring Clean campaign. In Westminster, the Chancellor has announced in his budget several measures to support our high streets, including a review of business rates and measures to reduce employer's National Insurance Contributions, which will benefit more than 500,000 businesses. The government is looking to support a further generation of entrepreneurs and businesses with a £28million package of up to 10,000 start-up loans.

We recently visited one of Hornchurch's own entrepreneurs, Danielle Everitt, owner of the Final

Checks Academy in Hornchurch High Street, to meet her first cohort of students as they complete their BTEC Diploma in Hair and Make-up. Danielle first opened Final Checks approximately four years ago and it has evolved from a hair and make-up studio into an academy providing students with valuable real-world experience.

In addition to the largest cash increase in public services since the Second World War, the budget includes measures to support individuals, via the raising of the National Insurance Contribution thresholds, freezing fuel and alcohol duties and the removal of VAT on women's sanitary products once we have left the EU. Universal Credit claimants will be able to retain more of their benefit each month, and £400million has been pledged to tackle rough sleeping.

For up-to-date information, including Barking, Havering and Redbridge University Hospitals NHS Trust guidelines and government guidance on self-isolation, support for the vulnerable, those in education settings, employers as well as access to benefits and Statutory Sick Pay, please visit Julia's website [www.julialopez.co.uk/coronavirus-advice](http://www.julialopez.co.uk/coronavirus-advice)

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News from

# Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association

Last month I wrote about the free on-road parking spaces Damien, the leader of the council, had announced he was giving back to Havering.

It took some digging around, but I managed to get the council to release the figures for the number of free parking versus location. From the 1,000+ on-street parking bays, Hornchurch and Upminster will benefit from fewer than 150 spaces.

At the same time, places that did not lose the free parking in the car parks will now also enjoy free on-street parking – Romford gains 150 spaces and Gooshays a whopping 210.

I will post the document I received on the RA website [www.hxra.org](http://www.hxra.org) if you want to take a look.

Many of you will be looking at a letter from the council with the new council tax charges for next year. I hope you were not too shocked.

We, the councillors, were called into a meeting at the town hall to discuss and vote on the options open to us. The administration had produced a budget that increased the cost of running the council, gave the members additional allowances (doubling the allowance for deputy mayor) and created new posts that allowed further payment.

The Resident's Associations worked together to produce an alternative budget, which reduced the allowances to the members and reduced budgets

where we believed they were too high (i.e. the communication budget of around £1million could be cut back). We also suggested a £175,000 saving on moving *The Living Magazine* moving online with a limited number available in print in the libraries. We removed unnecessary posts where we believe the committees to be toothless and only used to pay off the chairman, we managed to find the money to give back the free parking and we also looked at how money was distributed around Havering for events.

It was noted that Hornchurch received around £700 to help with Christmas lights and decorations and yet Romford received £37,000 for the light switch-on event and a further £48,000 for free events.

We have no issue with Romford receiving a little extra, but surely this is way out of line and should not be funded by the taxpayers across the whole of the borough. It was our suggestion that sponsorship should be found.

Needless to say, even though the council is struggling for money, the administration voted in its budget proposal.

We will continue to fight to get back the free parking. Several of the traders have requested that we ask for a cheaper one-hour parking, 50p for one hour, rather than the free half-hour. Would you rather a free 30 minutes or a cheaper one hour?

Stay safe and be nice to each other.

## 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) 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 two games since the last issue because of the coronavirus outbreak, losing one game and drawing a game. Jonny Meluish captained the team for the first game and the man of the match was Finley Tolan.

Jack Corbin scored his first goal for the club in the second game, which also saw a goal from Archie Potts. There were double man-of-the-match performances from Harry Martin and Lewis Munn.



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# AFC HORNCHURCH



LOCAL NEWS



Photo credit: Peter Trinder and Billerday FC

## Urchins sitting third as season suspended

Hornchurch notched up their first win in five games when Mark Stimson's men secured an away win against struggling Bishop's Stortford, thanks to goals from Chris Dickson and Matt Johnson.

Although Bishop's Stortford enjoyed the lion's share of the possession during the first period, it was the Urchins who went in with their noses in front before Matt Johnson made the game safe with just 13 minutes to play. Hornchurch keeper Joe Wright made several fine saves.

Top scorer Chris Dickson fired the Urchins into second place as they saw off Haringey Borough 2-1 at home in their next game,

although the home side had to endure a fightback from the visitors who scored in the 90th minute.

In their final game for the time being, Hornchurch came from behind to secure a 1-1 draw away at Corinthian Casuals, with all the goals coming in the second half. Jordan Clark equalised for Hornchurch 12 minutes after the home side went in front, although Mark Stimson would have been frustrated after his men dropped two precious points in their push for the play-offs.

Shortly before Hornchurch were due to take on Lewes at home on March 14, the Isthmian League announced all matches would be suspended.



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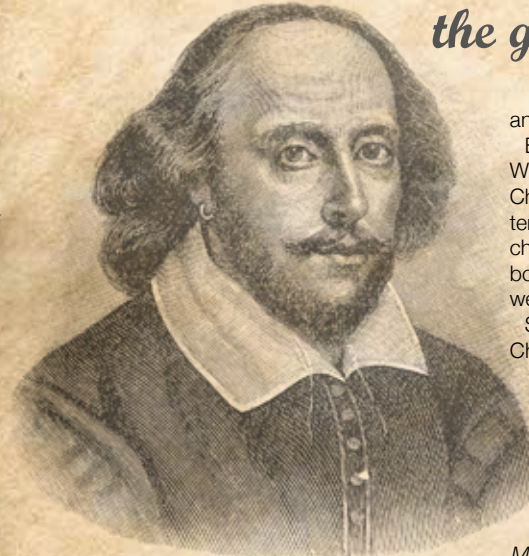
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# SHAKESPEARE

*the great English icon*



and twins Hamnet and Judith.

Eventually the family ended up in London, where William was part of an acting company called Lord Chamberlain's Men. There were typically around ten actors in a company, comprising a lead actor, character actors and some comedians. Young boys typically played women's roles as women were not allowed to act.

Shakespeare wrote plays for the Lord Chamberlain's Men. He worked as an actor as well. His plays became very popular in London and soon the Lord Chamberlain's Men was one of the most popular acting companies in the city, even performing for Queen Elizabeth I and James I. Some of Shakespeare's early plays include *The Taming of the Shrew*, *Richard III*, and *A Midsummer Night's Dream*.

It is perhaps apt that two of England's greatest heroes share the same date for their death, although centuries apart.

St George and William Shakespeare have been continually linked as they both died on April 23 and they are celebrated in the UK each year.

Shakespeare, coincidentally, was born on the same date in 1564.

Shakespeare is considered by many to be the greatest writer of the English language and is also one of the most influential. Through his works he is credited with introducing nearly 3,000 words to the English language. In addition, his works are the second most often quoted after the Bible.

Many of his plays are taught in schools not only in the UK but around the world.

Shakespeare was born in Stratford-upon-Avon, the third of six children. His family was reasonably well off and he went to the local grammar school where he learned about poetry, history, Greek and Latin.

When William turned 18 he married Anne Hathaway. They soon started a family: daughter Susanna

After a theatre landlord closed down the premises, several members of the company dismantled the theatre and moved the timber across the River Thames to another spot. There they built a new theatre called the Globe Theatre.

The Globe Theatre became the place to be in London. It could house up to 3,000 spectators and had a uniquely designed stage with a painted ceiling, columns and stage wall. They had specially trained musicians who made special effects noises during the plays.

Many of Shakespeare's greatest plays were written in the last half of his career. These included *Hamlet*, *Othello*, *King Lear*, and *Macbeth*. His success in the theatre, as well as his investments in land and the Globe, made Shakespeare a wealthy man. He purchased a large home in Stratford for his family, called New Place. William retired to his home in Stratford and died on his fifty-second birthday.

But he did not forget his unique link to St George, and Henry V's speech, in which he urges his troops into battle, ends with this classic line: "Cry God for Harry, England, and Saint George."



# JUICER OR BLENDER?

With many health professionals now advising that you eat a whopping 10 portions of fruit and vegetables a day for optimal health, it can be a good idea to drink your recommended daily intake rather than struggle to eat it. However, should you be juicing or blending?

### Pros of a juicer:

- ✓ Juices provide the majority of vitamins and minerals found in whole fruits and veg
- ✓ Juices are healthy meal replacement options

### Pros of a blender:

- ✓ Smoothies include fibre so leave you feeling fuller for longer
- ✓ No waste – you will drink the whole fruit or veg that you add
- ✓ The fibre helps to aid your digestive system, flushing out any toxins in your body

### Cons of a juicer:

- ✗ Juicer removes vital fibre from your produce
- ✗ Juices made from only fruit are high in fructose which is absorbed quickly, leading to a sudden spike in blood sugar
- ✗ Juicing can be expensive – you need a lot of produce to create one glass of juice

### Cons of a blender:

- ✗ Messy to clean
- ✗ You need to add liquid, and ice is preferable
- ✗ Can struggle to blend hard fruits and veg



### Best health-boosting combinations for juicing

Apples, carrots and parsley | Carrots, oranges and ginger | Beetroot, carrots, lemon, ginger and apple | Spinach, cucumber, celery, lemon, ginger and apple

### Best health-boosting combinations for blending

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WHAT DOES YOUR

# birth flower

SAY ABOUT YOU?

Everyone knows what star sign they are, and most know their birthstone, yet not very many are aware of what their birth flower is.

Starting in our next issue, we will be running a regular feature on each month's birth flower, revealing what your birth flower says about your personality, plus tips on how to grow your flower in your own garden.

### WHAT IS A BIRTH FLOWER?

Every month has a flower that symbolises that month, and it is said that the characteristics of this flower may be inherited or passed on to the people who are born during that month. These flowers are known as birth flowers.

### WHAT IS THE HISTORY OF THE BIRTH FLOWER?

It was the Romans who first started the concept of flowers as gifts rather than just as

decorations, by giving flowers to people on the day of their birth becoming commonplace. It was this act that led to the creation of the birth flower.

### WHY DO WE GIVE FLOWERS AS GIFTS?

Today, people tend to give flowers as gifts to convey a certain message, normally of love, congratulations or commiserations. Flowers are a simple and effective way to express emotions without actually saying a word. As gifts, flowers are always warmly welcomed owing to their sweet fragrance and visible beauty, but they are actually so much more than that, with each flower symbolising something different.

### WHAT IS THIS MONTH'S BIRTH FLOWER?

Just to give you a little taster of what is to come in next month's first birth flower feature, the birth flower of April is the daisy. This flower is known for conveying innocence, love and purity, with people born in this month being playful and loyal.



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**Autumn** - Application: phosphorous and potassium feed for root development + moss control.  
**Winter** - Application: heavy dose of moss control+ iron feed to toughen grass over the winter months.

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# USE YOUR noodle in the Garden

## FIVE WAYS TO USE A POOL NOODLE IN YOUR GARDEN

If you think the only purpose of a pool noodle is to keep your child afloat, then think again. There are many ingenious and innovative ways that you can use these naturally buoyant and highly water-resistant swimming aids in your garden.

### Home-made sprinkler system

Whether you want to regularly water your grass or your flower bed, a sprinkler system is a handy tool to have. However, you don't need to go out and buy one. Simply puncture holes in your noodle, stuff one end with foam and secure with duct tape and then insert your hose into the other end. Place vertically for a kids' fun water toy.

### Trampoline springs cover

Improve the safety of your trampoline by using pool noodles. Simply cut a slit down one side and slot over the springs and metal edges.

### Plant protector

It wouldn't be spring without the arrival of sunflowers and other big, beautiful blossoms. Unfortunately, the more towering the plant, the more likely they are to bend and snap. However, if you surround each stem with a pool noodle, they will stand tall and proud throughout the summer.

### Drinks holder

If you find your cans of fizzy drinks often get knocked over in the garden, then a pool noodle drinks holder is exactly what you need. Glue two pieces of noodle together, then simply cut out a small circle, insert your drink and you can sip safely in the knowledge that your beverage will not be spilt.

### Floating mood lights

Lighting is a key component in creating a relaxing and inviting summer garden vibe, but you don't need to spend a fortune on outside lights. Just take a selection of different coloured noodles, cut into rings and insert LED tea lights (don't use real tea lights).



Photo credit: capturingparenthood.com, sharealily.net, home-talk.com, creativescrafflow.com

# What a BEE!



The good news is that protecting these little wonders is not just good for the environment, but is also a joy in itself. Several organisations run bee initiatives, from Bee Walks, in which volunteers traverse set routes to map out observations of bee activity, to community and education groups at libraries, stalls and fetes that raise money and awareness.

You can also create a buzz in your own back garden, by...

- ✂ using bee-friendly plants. Patio pots, herbs in a planter, hanging baskets and crocuses create colour and help bees flourish;
- ✂ considering fruit and veg as well. Bees will be instantly attracted to these;
- ✂ planting throughout the seasons to provide food and shelter all year round;
- ✂ keeping the grass long. This is another way to provide shelter;
- ✂ removing pesticides. Throw away that 'bug gun' and let nature do its bit;
- ✂ welcoming in 'beneficial insects'. Hoverflies, beetles and ladybirds will all help your bees flourish.

**B**ees aren't just a summer visitor – they require nectar and pollen across all four seasons and are pivotal to stable, vital food supplies. So many of our varied, colourful and nutritious diets are driven by the work of the simple bee, which boasts more than 20,000 varieties. From helping plants grow and flower – producing everything from almond to vanilla, apples to squashes – to making our wildflower meadows beautiful, bees are understated in their importance.

With all this in mind, the protection of our beautiful and curious bees has really come to the fore in recent years. Their decline across wild spaces has been caused by loss of habitats and food sources as well as exposure to pesticides and the effects of climate change.

*Why not start a buzz in your community, and help nature in the process?*



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## THE BENEFITS OF HAVING A PET FISH FOR CHILDREN WITH AUTISM



PETS

You'd need to have a heart of stone to not feel a sense of joy when watching a fish perform its underwater ballet. Graceful, quiet and strangely hypnotic, the simple, soothing sight is one of life's simple pleasures, and one that can be appreciated in your very own home.

It makes perfect sense, then, that fish make ideal pets for autistic children. Studies have shown that gazing at aquariums, whether small or large, can lower blood pressure and heart rate. This also makes our marine life an effective antidote to highly emotional outbursts, which can be so severe in some with autism that they can physically endanger the child. Better still, an aquarium in the home can prevent fits of rage by offering a soothing constant for the highly sensitive.

Pets in general have been found to benefit those with autism, and while cats and dogs have many wonderful attributes, they aren't quite as easily attainable or maintainable as our finned friends. For starters, fish are low maintenance, requiring very little from their owner other than a daily sprinkle of food and the occasional tank clean. They are also very unlikely to respond when a child is emotionally charged, unlike their four-legged counterparts who are armed with claws and teeth.

Another benefit of investing in an aquarium is that it helps development and social skills. Fish don't judge; they are patient listeners and offer unconditional love. They also teach empathy and a sense of responsibility for your child. A fish cannot feed itself; it has

needs that must be met by its caregiver, and such obligations can lay the foundation for helping your little one lead an independent life in the future.

And finally, there is that bond, for there is very little that can come between a child and their fish.

Happy  
Fish





KIDS

LOVE YOUR LEFTOVERS:

# Easter Eggs

**W**ith the average child set to receive eight Easter eggs over the Easter weekend, worth a whopping £56, it can be a good idea to find out some interesting and fun ways to use up any leftover chocolate to avoid unnecessary waste.

### CREATE A CHOCOLATE FONDUE

What could be more fun than making your own chocolate fondue? You could even ask your little ones to make a selection of tasty and nutritious fruit kebabs to dip in the decadent dish. Simply melt your leftover chocolate in a bowl and then get dipping.

### MAKE A CHOCOLATE FACE MASK

If you have girls who love a pampering session, why not make your own chocolate face masks? They can even lick them off after. All you need to do is melt a quarter of a cup of chocolate (preferably dark), add one tablespoon of cream and a few drops of honey, and then apply to the face.

### CONCOCT A CHOCOLATEY DRINK

Everyone loves hot chocolate with a few marshmallows thrown in for good measure, and thankfully, now you have all this leftover chocolate, you can make your very own version. Simply heat 150ml milk and 50ml double cream in a pan and then add 50g chocolate. Optional: add the zest of half an orange.

### CHOCOLATE MUG CAKE

If your kids love baking but you hate the mess, then this is the perfect idea for you. Start by cracking an egg into a cup, then mix in 4 tablespoons of flour and 2 tablespoons of cocoa. Finally add 3 tablespoons of milk, 3 tablespoons of oil, ¼ teaspoon of vanilla extract and a tablespoon of broken-up chocolate Easter egg. Mix well and pop in the microwave for 3 minutes.

Still got some chocolate left? Why not donate it to your nearest food bank or homeless shelter?



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# PUZZLES & TRIVIA



PUZZLES

Answers can be found on the Contents Page 4

**ACROSS**

- 1. Rhesus (anag) (6)
- 4. Less attractive (6)
- 9. Slope (7)
- 10. Freshness (7)
- 11. Female relation (5)
- 12. Words that identify things (5)
- 14. Mistaken (5)
- 15. Covered with water (5)
- 17. Breed of dog (5)
- 18. Have a moderating effect on (7)
- 20. Strong desire for a thing (7)
- 21. Votes into office (6)
- 22. Unkempt (of hair) (6)

**DOWN**

- 1. Workers' groups (6)
- 2. Large Spanish estate (8)
- 3. Lift up (5)
- 5. Incandescent (7)
- 6. Indolent (4)
- 7. Cooks in the oven (6)
- 8. Goodwill (11)
- 13. Infallible (8)
- 14. Stand for small objects (7)

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- 15. Assent or agree to (6)
- 17. Smash into another vehicle (5)
- 16. Regal (6)
- 19. A fever or shivering fit (4)

**DID YOU KNOW?**

- ▶ Newborn puppies are born with their eyes and ears sealed shut. It takes around a fortnight for their sight and hearing to develop
- ▶ The dog Laika is thought to have been the first animal to go into space and orbit the Earth
- ▶ Dalmatians are all white when they're born. Their spots start to appear when they're around two weeks old
- ▶ A dog's sense of smell is much more sensitive than a human's. Dogs are often used by the police to search for missing people
- ▶ Wild dogs evolved over several hundred years to become the domestic dogs of today
- ▶ There are more than 400 different breeds of dog

**SUDOKU**

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# BREXIT & THE HOUSING MARKET

NOW BORIS'S BREXIT IS SECURED, WHAT DOES IT MEAN FOR OUR BRICKS AND MORTAR?

The brazen upward surge of the UK housing market offers cause for both celebration and concern for the nation's population.

A seemingly unerring rise over the past decade sees house prices currently at record highs. For those looking to get on the ladder, the task seems less achievable than ever before, while even property owners find themselves on a runaway train that demands even more from them should they wish to step up.

The only real winners in the housing market are those looking to sell up and drift away from the madness, and in some quarters the uncertainty over Brexit has only exacerbated fears of what may happen with our biggest life investment.

In the first instance, however, the UK experienced a positive surge in the aftermath of the Conservatives' comprehensive General Election victory in December 2019. A stable and growing economy

clearly bolsters the housing market, and the 'getting done' of Brexit appeared to release waves of pent-up uncertainty that had stagnated the market for the best part of three and a half years.

It's perhaps no coincidence then that prominent 'remain' UK cities such as Cambridge, Bath, Bristol and York are now top of the tree in terms of an upturn in buyer demand.

Before COVID-19 hit the country, this 'gloves off' idea was great news. With the ability to invest, and continued government house-building programmes, the market was set to be boosted.

That said, with stagnancy comes stability, and in the past few years the market has been fairly steady. The fears from experts were that when sellers got a little carried away, it would rock the property ladder somewhat, and that would mean uncomfortable exchanges for those looking to put down roots.

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## THE LAW REGARDING GRANDPARENTAL CONTACT



Grandparents often approach us at Mullis & Peake LLP to get help understanding their contact rights. If there is a breakdown in the relationship between yourself and the children's parents, it can mean that the children do not get to spend time with their grandparents.

Currently, the law offers no automatic right for grandparents to spend time with their grandchildren; however the courts do tend to acknowledge and value these relationships. Grandparents often play an important role in the lives of their grandchildren, and the bond between a grandparent and grandchild can be just as strong as a parental one.

A way of resolving this could be attending a Mediation session, which can be cost effective and less stressful than court intervention. This would involve inviting the other party to a meeting, whereby a qualified mediator will attempt to resolve the issues. If mediation is unsuccessful or the other party does not wish to participate, then

an application for a Child Arrangements Order (CAO) can be made. A CAO is an order setting out where a child will live and who they will spend time with.

Generally, it is only those with parental responsibility of a child who can apply for a CAO and grandparents do not automatically have parental responsibility. The Court will look at each case on an individual basis and make the decision as to who the child will live with and spend time with. The first concern of the court when considering a CAO is always the child's welfare.

If you are a grandparent in need of legal advice regarding spending time with your grandchildren, please get in touch with the family team at Mullis & Peake LLP Solicitors. We specialise in all aspects of family law and can help guide and advise you on the processes and options available to you. Our qualified solicitor/mediator can assist in potentially resolving the issue without having to issue court proceedings.

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Roisin McCorry  
Head of Family Department  
roisinmccorry@mplaw.co.uk



Angela Sharma  
Senior Associate Solicitor  
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Jessica Thrower  
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# ASPIRE to Inspire



As we enter a difficult period in our lives, with change happening everyday, could you do with a little motivation? Check out our top four inspirational businessmen and women for 2020. They will activate your ambition in no time.

**JUSTINE ROBERTS**  
Founder and Chief Executive of Mumsnet, an online parenting community that brings mums together, Justine Roberts has campaigned on issues including special educational needs, improvements in miscarriage care, freedom of speech on the internet and, most recently, #PublishParentalLeave.

*Motivational quote:* "Good enough is good enough" (on juggling parenting and business).

**JAMAL EDWARDS**  
Having begun his love of videoing by filming foxes in his West London council estate garden, Jamal is now the proud owner of SB.TV which has attracted more than 300 million hits globally for its music videos. Arguably his most viral moment was guiding Princes William and Harry through their first Google Hangout.

*Motivational quote:* "The only failure is not trying."

**BETHANY FIRTH**  
Paralympic swimmer and gold medalist Bethany Firth was all set for Tokyo 2020, which has been postponed to 2021 due to coronavirus sweeping the globe. But this doesn't mean she isn't still dedicated to encouraging people to get in the pool when they re-open following the pandemic. Bethany is a proud supporter of Swimathon, the annual fundraiser for Cancer Research UK and Marie Curie, which has also been postponed.

*Motivational quote:* "You can achieve anything if you put your mind to it."

**TIM COOK**  
When Tim Cook took over as Apple CEO, critics were unsure about whether he would be able to deliver. However, Apple stock increased by a whopping 480% after he took over in 2011, and in 2018 it became the first publicly traded company to reach a \$1trillion market cap. And, with the greatly anticipated AR headsets and glasses launching in the next few years, his reign is only set to strengthen.

*Motivational quote:* "Let your joy be in your journey, not in some distant goal."

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MOTORING



**OUTLINING RECENT CHANGES MADE TO THE DRIVING THEORY TEST**

The safety of drivers and pedestrians on our roads has rarely been a hotter topic, particularly with car ownership now at a record high in the UK.

And with the ongoing evolution of the motorcar, so too has the driving theory test developed to suit the times, as well as to keep prospective drivers on their toes... or is that pedals?

for reading, learning and developmental difficulties that, while disadvantaging someone on a written theory test, wouldn't necessarily have any adverse effect on their ability to drive a car or 'read' the road.

**What's not changing?**

Remaining the same is the process by which those taking their theory test will revise: they will use the same books and software as before. In addition, users will still have to answer 50 multiple-choice questions in 57 minutes, with a requirement to answer at least 43 correctly.

The hazard perception part of the test also remains the same as before.

These changes to the driving theory test will not apply to those looking to qualify for motorcycle, lorry, bus or coach licences.

The changes come into effect from April 14.

**What is changing?**

The theory test is moving with the times and will now be using video clips instead of written case studies. It follows that visualisation is a common-sense route to take, given the nature of driving itself, and the government expects this linear delivery – whereby the user will then have to answer multiple-choice questions on what they see – to be a more realistic representation of our roads.

The new format also compensates



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# BECKHAM'S MIAMI VICE

DAVID BECKHAM IS SETTING HIS SIGHTS ON NEW SUCCESS, ALBEIT FROM THE DIRECTOR'S BOX

Almost 20 years after the Miami Fusion franchise folded, the Miami Beckham United group bid was successful in purchasing an expansion team and, with it, giving top-level soccer its own name again in the area.

For Becks, it's the latest indelible imprint in a career of firsts. His love of the US is only secondary to his love of football, and stepping up from the changing room to the boardroom was a pathway the former Manchester United, Real Madrid and AC Milan star was always going to tread.

Just a month after the official founding date of Inter Miami – January 28, 2020 – the team played their first match. It came away at Los Angeles – a trip of some 2,700 miles – and ended in a narrow 1–0 defeat, with former Arsenal man Carlos Vela scoring the only goal of the game. However,

head coach Diego Alonso, the ex-Uruguay striker who played for five Spanish clubs across two divisions, won't be dismayed.

In fact, a squad that should already be decent enough to compete for minor honours could soon be bolstered by the arrival of some big names from the European football scene.

Giants of the game Lionel Messi and Cristiano Ronaldo – who have won 11 of the last 12 Ballon d'Or trophies between them – plus other big names, have been linked with future moves to the club, so you could say that the future looks bright for the Herons.

There's also a new stadium to look forward to in the form of a purpose-built, 25,000-seater stadium at Miami Freedom Park in Fort Lauderdale, at a construction cost of \$60million.

The facility will offer restaurants, retail outlets and hotels, as well as a training centre.

By now, the team were expecting to be playing home matches at the temporary ground of Inter Miami CF Stadium, which is on the former site of Lockhart Stadium – the home of the Fort Lauderdale Strikers. However, the blanket postponements of sporting events, almost globally, has delayed the early days of this football revolution.

When live action does return, Inter Miami have said they will be entering a reserve side into the third tier of US Soccer, USL League One. That will allow them to keep their match-day squad in the MLS competitive, while also giving those players fitness and game time.

Another impressive marker in an incredible

sporting legacy, Beckham made just short of a century of appearances for LA Galaxy in the MLS and scored 18 goals, in the process becoming the first Englishman to win league titles in four countries (having also achieved the feat with Manchester United, Real Madrid and PSG).

Ten league titles in England, Spain, France and the United States, 100 Champions League appearances, the first English player to score at three World Cup Finals tournaments and the fourth-highest number of games as captain of the national team – Beckham's place in football folklore, as a player at least, is assured.

If he can achieve even 10 per cent as owner of a football club as he did as a player, he will be adored on both sides of the Atlantic Ocean – watch this space.



# TOKYO 2021

## THE NEW SPORTS

### 4. SURFING

In the latest instalment showcasing sports set to debut or return at the Olympics in Tokyo, which has been postponed until 2021 due to coronavirus, we take a look at surfing.

The sport of surfing has had a choppy ride with Olympic chiefs over the years. It was more than half a century ago that the pioneer wave rider Duke Kahanamoku encouraged the IOC to make it an official Olympic sport.

He passed away in 1968 at the age of 77, and it has taken until now for the decision-makers to agree to the Hawaiian's proposal. His name will no doubt be mentioned this summer.

Shida Beach, around 40 miles from the Japanese capital, was due to be the venue for the surfing event.

Ocean-based, rather than in a wave pool, heats will be 20-25 minutes long, with four people going at a time. The best two from each will advance.

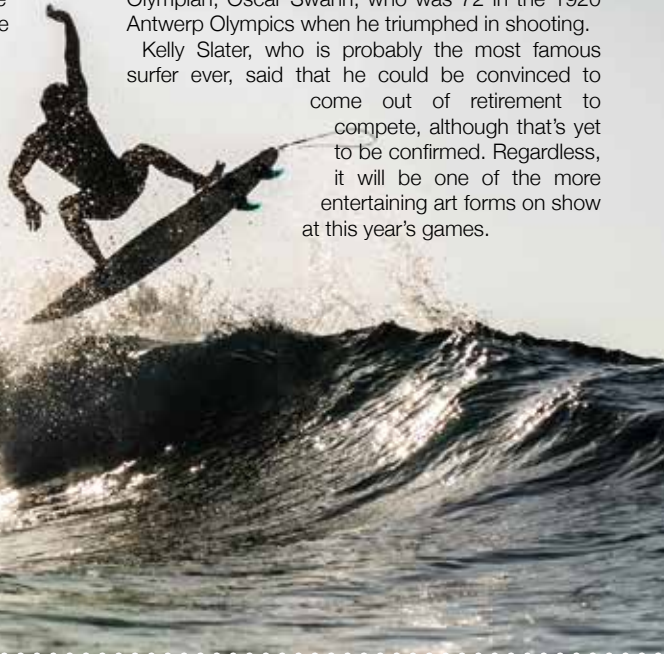
There will be the usual rules of surfing protocol to adhere to, with penalties and possible points deductions given

to those who infringe, such as interfering with the competitor closest to the wave.

Speed and power, plus the difficulty of each manoeuvre attempted and completed, will impact the judges' scores.

As a sport, surfing pays less attention than most to age. It is possible that an athlete approaching their fifties could compete in the event, but that would still be some distance short of the age of the oldest Olympian, Oscar Swahn, who was 72 in the 1920 Antwerp Olympics when he triumphed in shooting.

Kelly Slater, who is probably the most famous surfer ever, said that he could be convinced to come out of retirement to compete, although that's yet to be confirmed. Regardless, it will be one of the more entertaining art forms on show at this year's games.



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Handmade sofas & chairs designed especially for you to your required specifications. Also providing in re-upholstery & repair work. 01708 444125

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### THE LAUNDRY MAN

From everyday washing, drying & ironing. We can pretty much launder anything & everything. Self service launderette available. 01708 447710

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### CMS PLUMBING HEATING & BATHROOMS

Corgi registered, 20+ years' experience, public liability insurance, offering free quotes. No job too small. Based in Gidea Park. Call Craig 07855 589185

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Painting & Decorating & all Home Maintenance & Repairs est. 1986. Cheap Rates for OAPs, Small Jobs Welcome 01708 444611

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# PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

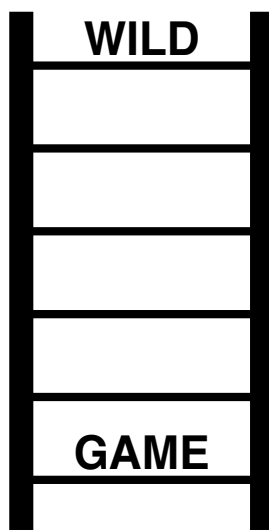
- ▶ ANGELOU
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- ▶ DAHL
- ▶ DICKENS
- ▶ GRISHAM
- ▶ JOYCE
- ▶ KING
- ▶ LEWIS
- ▶ LUDLUM
- ▶ MARTEL
- ▶ ORWELL
- ▶ PLATH
- ▶ RANKIN
- ▶ RENDELL
- ▶ ROWLING
- ▶ TOLSTOY
- ▶ TURGENEV
- ▶ TWAIN
- ▶ WOOLF

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N	N	W	M	A	R	T	E	L	B	B	E	A	R	S
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X	W	U	L	N	R	U	N	M	S	H	T	K	L	L
U	A	I	O	I	T	K	T	I	S	I	Z	N	D	P
I	I	K	S	K	U	A	I	I	K	G	V	Q	U	I
R	N	T	Y	G	U	D	R	N	E	N	U	E	L	Y
W	I	L	S	Q	G	Z	F	G	R	A	D	L	F	
E	A	D	Y	P	L	U	L	E	W	I	S	R	S	I

## DID YOU KNOW?

- ▶ If an adult's blood vessels were laid end to end, they would go around the Earth's equator four times
- ▶ Newborn babies don't shed tears, as their tear ducts are not fully developed at birth
- ▶ The lung on your left side is slightly smaller than the one on your right
- ▶ The removal of wisdom teeth is one of the most common procedures in the UK
- ▶ A person's ears and nose keep growing for their entire life
- ▶ Around 25 per cent of all the bones in the body are in the feet
- ▶ Your heart beats around 100,000 times a day, 36.5 million times a year

## WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

## MAJOR GLASS AND GLAZING

As a family company, Major Glass and Glazing specialises in all aspects of glass and glazing, both residential and commercial, and prides itself on its ability to deliver quality installations

### Our specialist glazing services include:

- Upvc, Aluminum and Timber Windows & Doors
- Conservatories, Orangeries and Roof Lanterns
- Bi-fold Doors
- Double Glazing Repairs
- Fascia & Soffits
- Architectural Glazing
- Table Tops
- Mirrors
- ...and more



We are based in Hornchurch, Essex, and are dedicated to providing a cost effective service with unrivalled customer satisfaction.

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01708 476666



## BERTHER ROAD, EMERSON PARK £950,000

Superbly located close to the railway station and within walking distance of the town centre is this pair of stunning, rarely available, brand new family homes which are both available for immediate occupation. Each property has 4 double bedrooms, 2 luxury en suite shower rooms, spacious family bathroom, reception hall with g/f cloakroom, lounge and one has study, bespoke fitted kitchen/family rooms & separate laundry rooms. Landscaped gardens, OSP. Awaiting EPC.



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