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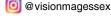
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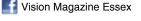
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At the time of print all content in VISION was relevant and up to date according to COVID-19 government guidelines

Editor's notes...



Hello and welcome to this month's edition of VISIONHornchurch.

I hope everyone has managed to navigate this second lockdown without too much trouble, as we now come through the other side of it.

The hope is now that families can be with their loved ones this festive season without too many restrictions - no one should be alone at this time of year.

I think life at the moment can be especially isolating for business owners, who are most likely trying to climb over the biggest hurdles they've ever faced. I must say, we local businesses are doing ourselves proud - I'm not saying we're all thriving, but we're surviving, and that's admirable. As a fellow business owner, I always make myself available for a chat. Whether you're looking for someone to bounce ideas off or merely fancy a general conversation, it's always good to put your heads together and see what others are up to. Network is net-worth, after all.

Times are tough, but it's important to know that we're not alone. In my most difficult moments, I always take a step back and think: we're in a storm right now, and no sailor ever became good by sailing in calm seas. This experience will harden us and make us

Thank you so much to all our readers and loual clients - as with every year, you've been fantastic. I hope everyone has a great Christmas.







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MERRY CHRISTMAS!

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THE WORLD AROUND US Purt 2

In the second of our environmental series that looks at the key drivers in the health and well-being of the planet, we're looking at the legacy of our rainforests.

At the end of the 1980s, the realisation that the world's rainforests were being removed at an alarming rate truly propelled a green revolution – one that continues to thrive today.

Where eco awareness and the preservation of our planet are now a part of everyday life, the way we embraced the saving of the Amazon rainforests had never before been seen.

The realisation that deforestation was claiming an area the size of 20 football pitches every minute – for the acquiring of timber and repurposing of land for cattle ranching – was profound, but the deafening screams of those early environmentalists are now just faint murmurs. So what has happened to those green expanses?

Sadly, the problem still exists. A quarter of the Amazon has disappeared, probably never to return, while some speculation suggests the remainder may be felled within 50 years if tighter restrictions are not forthcoming.

Globally, one in four people depends directly on forests for their livelihood, and as many as 120 prescription drugs worldwide are derived directly from rainforests.

And yet, there are two sides to every story. Many South Americans will point to the economic necessity of monetising a natural resource, just as the UK has done with oil and gas. Even the Brazilian president Jair Bolsonaro has called the destruction of these plant- and animal-rich expanses "cultural"; and in a country that has more than 20 million people living in poverty, it's not difficult to see why resistance is strong.

To conclude, it seems that while the days are gone where almost every other charitable programme was driven towards preserving these incredible habitats, it's simply a case of having our attention diverted to other ills. Three decades after we first reached out to our rainforests, the battle to save them lives on.





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COFFEE SHOP UGLY CHRISTMAS JUMPER

If you love nothing more than a Starbucks first thing in the morning, why not showcase your devotion by sticking a coffee cup directly onto your jumper? Start by cutting your cup in half lengthways and gluing it to the lid. Then glue two pieces of felt to the inside of the cup, glue Velcro tape to the felt and to your jumper and attach.

COUPLES' UGLY CHRISTMAS JUMPERS

What could be more cringe than you and your significant other wearing matching garish glittery Christmas jumpers? Using hot glue, stick on seguins that say "Mr" and "Mrs" and then add as much tinsel, glitter and baubles as you can stomach.

LIGHT-UP UGLY CHRISTMAS JUMPER

Whatever design or slogan you choose for your DIY ugly Christmas sweater, the addition of Christmas coloured fairy lights will only ever make it more tacky. Simply turn your jumper inside out, decide where your battery holder should go and then sew in your LED lights.

SNOW GLOBE UGLY CHRISTMAS JUMPER

One of the more inventive options. All you need is a plastic bowl, a selection of cheap Christmas decorations and a glue gun to create your very own 3D snow globe on the front of your jumper.

CUTE KIDS UGLY CHRISTMAS JUMPER

If your children are taking part in national ugly Christmas jumper day. then this DIY Christmas tree jumper is just the ticket. Plus, they can help you make it. All you need is some felt, mini shatterproof baubles, festive beads and hot glue.

Photo credit: ilovetocreate.com, creativefashionblog.com, thesamanthashow.com, brit.co,

hether you have designer stubble or a fullon Santa beard, there is no excuse not to get festive when it comes to your facial hair this Christmas. From baubles to bells, sweets to knits, check out these six fantastically festive beard decorations.

is the festive beard design for you. Best for bushy canes and you are good to do.

1. Beard Baubles: If you want a weird and wacky Christmas beard design, then look no further. Mini baubles hanging from your whiskers will ensure you start trending on social media sooner rather than

2. Beard Glitter: A simple yet highly effective idea, a glitter beard will ensure you are the centre of attention for all the right reasons. Simply apply some glitter glue to your beard and then sprinkle with your chosen glitter. Why not use multiple colours for even more oomph?

3. Beard Candy: If you or your kids love candy canes, then this beards, all you need to do is adorn your beard with 4. Beard Jingle Bells: For those who don't mind

> being heard before they are seen, beard bells provide a fun and frivolous way to

> > jazz up your face. Ideal for Christmas

carolling. 5. Beard Knits: Does your mum love to make you an annual Christmas jumper? If so, why not ask her this year to knit you a beard warmer instead? It's festive and perfect for keeping

out the winter chill.

6. Beard lights: Last but definitely not least, it wouldn't be Christmas without some well-placed fairy lights, and what better location for these colourful decorations than on your face? Just make sure you buy a clipon set to avoid a terrible tangle in your bristles.





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BEAUTY The magic of

Then you think about milk and skincare, it's hard not to imagine Cleopatra luxuriating in a bath of the white stuff in a bid to preserve her vitality and beauty.

But how exactly can milk be used to perk up your complexion? Let's find out...

Milk contains vitamin A. which is essential for healthy new cell division, making it ideal for those who are prone to dry, flaky and peeling skin. Next time you have sunburn, apply full-fat cold milk to the affected area.

To boost collagen production

If you are battling with the first signs of ageing, the vitamin D within milk can help to increase collagen production, slow down the appearance of fine lines and wrinkles and help fade dark spots and marks. Why not try out the Egyptian queen's method and soak your skin in a milk bath?

To fade acne scars

Milk has skin-lightning properties that are ideal for evening out skin discolorations and acne scars. Apply raw milk topically to your face using a soft wash cloth three times a week for optimal results.

Milk contains lactic acid, which has the ability to moisturise, hydrate and nourish your skin. Dip a cotton ball into cold, raw milk and dab all over your face. Leave for 20-25 minutes and rinse with cool water.

Create a raw milk and oatmeal face scrub that will gently remove excess dead cells, sebum and dirt and leave your skin feeling super soft.

- > Check that you are not allergic to milk before trying any of the above
- > Use milk from grass-fed cows if possible
 - > Stop using immediately if you experience any redness or discomfort



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to the boil and then filter immediately.

FOUR COMMON

AND HOW TO TREAT THEM

s well as the common cold and seasonal flu, not to mention COVID-19, there are several ailments that many people suffer with during the cold winter months.

Let's take a closer look at them and their most effective treatments.

1. PAINFUL JOINTS

If you suffer with arthritis, you may find that your joints become even more painful and achy in the colder months. Although there is no way to avoid the effects of the cold completely, ensuring you partake in regular exercise, manage your weight and continue to take any prescribed medication can lessen any pain or discomfort you are experiencing.

2. COLD SORES

If you are prone to cold sores, you may find that you are particularly susceptible in the winter when your immune system is compromised. Try to ensure you get as much rest as possible, keep your lips moisturised and use a topical treatment when needed.

3. ASTHMA

The dry and cold air in winter can make the symptoms of asthma worse by irritating your airways and causing your muscles to spasm, resulting in loss of breath. You can counteract this by limiting your time outside, wearing a scarf when you do go out and always having an asthma action plan in place.

4. SINUS INFECTIONS

If you have a weakened immune system, are a smoker or suffer with seasonal allergies, you are more likely to suffer with sinus infections. Symptoms include a runny nose, headaches, pain or pressure in your face and a sore throat. Try placing a warm compress on your face, using a decongestant and breathing in steam from a hot shower.

TOP TIPS FOR KEEPING HEALTHY THIS WINTER

- > Eat more fruit and veg
- > Embrace natural daylight
- Wash your hands regularly
- Stay hydrated



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JANGOVER CURE

en it comes to hangovers, prevention is always preferable to cure, but that is easier said han done, especially with the festive season already upon us. Fortunately, the world is awash with hangover cures - some more palatable than others.

PICKLE JUICE FROM POLAND

Long before sports energy drinks hit the market, athletes used to drink pickle juice to replenish the electrolytes in their bodies after a workout. This effective, yet slightly disgusting, remedy works in the same way for hangovers.

Hangover cure rating: 4/5



SPARROW DROPPINGS IN BRANDY FROM HUNGARY

A variation on the traditional "hair of the dog" remedy, Hungarians decided somewhere along the line that this hangover cure would work even better with the addition of bird poo. Yuck.

Hangover cure rating: 1/5



VODKA SOCKS CREATED BY ESTONIA

An incredibly bizarre tradition that is highly popular in this northern European country. After too many alcoholic beverages in Estonia, the hungover reach for a pair of vodka-soaked socks. The socks in

question should also be soaked in hot water, with the idea that the wearer will sweat out the booze from the night before.

Hangover cure rating: 2/5



AMERICAN IV DRIPS

This increasingly popular hangover cure originated in Las Vegas, aka Sin City. The premise is simple: clients are hooked up and left to relax and recover as they are tube-fed a selection of hangover-busting vitamins, minerals and nausea medicine.

Hangover cure rating: 5/5



OTHER BIZARRE HANGOVER CURES FROM AROUND THE GLOBE INCLUDE:

- > Raw eels and almonds from medieval England
- > Sheep's brain from South Africa
- > Pork spine, ox blood and cabbage leaf soup from South Korea
- > Green ant tea from Australia
- > Kvass a fizzy drink made from rye bread from
- > Menudo a spicy tripe soup from Mexico

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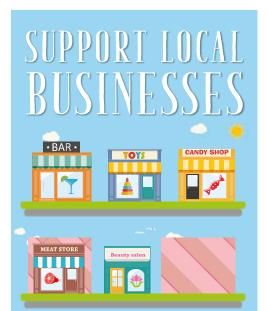
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YOU WILL NEED: 200g white sugar | 4 cups of fresh or frozen cranberries | 250ml water | Zest of an orange | Optional spices - cinnamon, nutmeg and allspice

HOW TO MAKE: Rinse cranberries | Boil water and dissolve sugar | Add cranberries and simmer on a low heat until most of the berries have burst | Grate in some orange zest and add a small pinch of your preferred spice

NB: Cranberry sauce will continue to thicken as it cools.

YOU WILL NEED: 2 chopped onions | 1 large chopped carrot 1.3 litres stock - preferably turkey, but chicken will do 3 tbsp plain flour | 5 tbsp white wine | Turkey neck (optional)

HOW TO MAKE: Add the onion, carrot and turkey neck to a pan | Pour in stock and simmer for one hour | Strain to remove the vegetables and meat, then return liquid to pan | Combine flour with white wine and then add to stock | Heat gently until thickened | Season to taste | Leave to cool and chill



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hen James Martin bade an extremely tearful farewell to his Saturday Kitchen colleagues in March 2016, it was imagined the chef would be turning his hand to new projects after 10 years fronting the popular BBC weekend cookery show.

Of course, as these things often materialise, the popular Yorkshireman reappeared less than six months later fronting a copycat culinary conflab over on ITV.

Regardless, the 48-year-old's switch to commercial TV has also spawned a run of cookery series, reaffirming his place as one of the most popular chefs on television.

Of course, life on the small screen is already a secondary career for Martin, who excelled with wooden spoon in hand from a young age. Indeed, he was almost asked to leave a cookery class at the age of 12 for serving flambéed chicken and mangetout while his prepubescent classmates struggled to create fairy cakes. He went on to study catering at Scarborough College, coming

top of his class for three consecutive years, and was then offered a job working in London with Antony Worrall Thompson, one of the judges for his final exam.

His accomplishments, however, weren't served up to him on a plate – as a Yorkshireman, Martin was taught from birth that "you don't get owt for nowt". The hard graft paid off, it seems, as he was made head chef of the first Hotel du Vin in Winchester when he was just 22.

Two years later, he began to appear on our screens in shows such as James Martin: Yorkshire's Finest and Ready, Steady, Cook – his affable nature and dry, self-deprecating humour making him an instant hit with viewers.

From weekend shows to cooking adventures at home and overseas, the chef's fascination with food is unrelenting, as evidenced in his recent return to our screens for Saturday Morning with James Martin.

"It's been a great ride so far," he says, "and the stove is still warm."



DRINK



How to store

If you can manage to keep champagne in your home long enough to actually have to store it, you need to make sure you are doing it correctly. One hard and fast rule is that you should store champagne horizontally to keep the cork moist, as a dry cork can lead to shrinkage. You should also store bottles in a cool, dark and humid place.

How long can you store a bottle for?

If you have an unopened non-vintage bottle of champagne, it can typically last for between three and four years. Vintage champagne, however, can last up to 10 years. You will notice that champagne changes as it ages, becoming a deeper golden colour and losing some of its fizz.

Understanding the labels

If you have ever looked at the label on a champagne bottle, you will know that they are covered in confusing terms that can stump even the most avid wine lover, so let's take a closer look at what they all mean:

- > Brut Nature = Zero grams of residual sugar per litre
- > Extra Brut = Less than 6 grams
- > Brut = Less than 12 grams
- > **Extra Dry** = 12–17 grams
- > Sec = 17-32 grams
- > **Demi-Sec** = 32-50 grams
- > **Doux** = 50 grams or more
- > Non-vintage/vintage = Non-vintage denotes grape juice from multiple vintages; vintage will only be produced in a good vintage year and matured for at least three years before being released.
- > Grand Cru/Premier Cru = These refer to the classification of the vineyard. Grand Cru is top, Premier Cru is second.



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SOME OF THE BEST PLACES TO VISIT FOR WALKING HOLIDAYS IN THE UK

In troubled times, there's nothing nicer than putting on a pair of sturdy walking boots and disappearing off into the yonder; and the UK has some of the most stunning scenery ready to be explored.

Here are five very different walking holidays that will help you blow away the cobwebs:

For evit... Talk to the Welsh about Dylan Thomas and they may well point you around his home town of Laugharne, with spectacular views over the Taf Estuary. His *Poem in October* documents a walk he took on that very route, and now outdoors philosophers can do the same.

For wildlife and nature... The wilds of Cumbria offer spectacular views wherever you are, but head to Howgill Fells for a hike that brings you out at the highest waterfall in the UK. Peaceful, breathless and beautiful in every way, it's a wondrous place to relax.

For foodies... Cornwall's love of everything homely

and rustic extends through to its walks, with the route along the South West Coast Path greeting intrepid walkers with all manner of villages and enclaves. From five-star restaurants to cosy pubs and comfy cafés, fantastic food is around every corner.

For geology... When the Earth was created and rock types were being dished out, Dorset was clearly hogging space at the front of the queue, with the 27-mile route along the Jurassic coast from Weymouth to Swanage providing all manner of stunning ecological features, not least the spectacular Durdle Door.

For wild winter walks... If you're brave enough to venture out to the Highlands, then you'll find a variety of walks, low climbs and vistas that are simply unparalleled. With a backdrop of lochs, remote islands, wild forests and icy peaks, there is little clean-air inspiration Scotland cannot provide.







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aving children across a broad age spectrum can often be taxing when it comes to keeping them all amused and happy, but here are a few ideas that work right across the board, from tiny toddlers to troublesome teenagers.

Cooking up a treat

Whether baking a cake, preparing a stew for dinner or simply working together to get a few sandwiches on plates, the kitchen has always been a staple for family life (and the odd party).

Cooking creates a true bond among children, not least because they can enjoy the fruits of their labour afterwards.

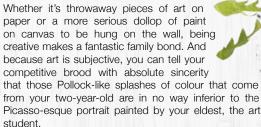


From balance bikes to mountain bikes and any sort of wheeled machinery in between, venturing out on a ride is a great way of connecting our kids with the outdoors. Follow an established route, explore a new area, set up a treasure hunt or simply go off-piste into wooded areas getting outdoors is great fun.



What better way to embrace the best playground of them all than by getting the kids involved in tending to the garden? From mowing the lawn to planting, clearing out the shed or even trimming back the bushes, the view from your window will be all the better for a family afternoon in the yard.

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have been played out by our forefathers. Nowadays it's a date for hangovers, sporting events, ridiculously early opening hours at clothes retailers and furniture stores, and the continuation of a blizzard of relatives... some welcome, others less so.

The reason we call it Boxing Day remains somewhat shrouded in mystery. It has been celebrated for almost as long as records go back, and certainly the giving of Christmas 'boxes' has a large part to play in the provenance.

One popular theory dates back to the Middle Ages, when churchgoers would collect money for the poor in alms boxes. These were opened in honour of Saint Stephen, whose feast falls on December 26.

Other records reference Roman tributes to the day, though in the 19th century the tradition in 1832, taken on by the Victorians who embraced the giving of gifts and the looking after of established tradespeople, employees and other service providers, as atonement for a driven and at times brutal regime focused on self-preservation and self-improvement.

What can be certain is that Boxing Day is very much a British tradition. It's unsurprising to see the event celebrated similarly in Australia, Canada and New Zealand, but elsewhere, the US included, it's largely regarded as a second day of Christmas rather than a named day in its own right.

This Christmas, perhaps when it's good for us to reflect on what has been a challenging year, perhaps the pure, selfless, charitable tradition of Boxing Day should return to the fore... but remember to go about your goodly deeds with a glass of something warming.



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when a flat roof is replaced there are Building Regulations that the homeowner and the contractor must comply with. Failure to comply can leave the homeowner open to major problems when selling the property.



INFORMATION REGARDING THE REGULATIONS.

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THE RETURN OF SHABBY CHIC AND HOW TO PULL IT OFF

The revolving circle of décor and design has, over the years, gripped a nation of amateur Interior designers. Shabby chic, a style that first came to prominence in the 1980s, is making a concerted return to prominence.

Its invention was as a rebellion to the hard, shiny, ultra-modern, clean-cut image of three decades ago, when yuppies and electronica ruled the roost. The term 'shabby chic' was thought up by fashion journalist Min Hogg.

And the concept hasn't strayed too far since from distressed furniture to unmatching fabrics and colours, a rustic, rugged essence that's based on comfort and quantity, rather than image and minimalistic posturing.

To achieve the shabby chic look really is to open your imagination, either by pooling existing items or exploring flea markets, thrift stores and antique shops.

Many people think repainting and running a grooved spatula across an old set of drawers is the sum total of shabby chic, but it's about much more than that. Soft background colours flatter furniture and make items the focal point of a room, so think about using whites, beiges or even light greys.

Pastels - baby blues, pale pinks, grainy greys and warm yellows - work best, while that base of brightness means retro, darker shades of wood can match and contrast, be that on tables or chairs. Meanwhile, wicker and throws soften edges and enhance comfort, and wrought iron provides structure.

As far as the walls and surface tops go, flowers, mirrors and pictures using worn frames will assist you in topping off the perfect shabby chic room, with knick-knacks, signs and cushions adding to the mix.

Past that, the only limit is your imagination. And the best thing about shabby chic is that it needn't cost the earth - adding wear and tear to your own items is cheap, if not free.

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obody likes to look at a big, bare wall, but there are only so many family pictures that one room can take, so why not have a go at this simple, yet stunning, DIY glass wall art? You only need a few basic craft materials and a little bit of creative flair and you are good to go.

YOU WILL NEED

- > Multipurpose, water-based craft paints (small pots) in your preferred colours
- > Masking tape
- > Glue gun
- > 1 glass picture frame
- > Paint brush soft acrylic or watercolour brushes work well

HOW TO MAKE

- > Ensure the glass within the frame is secure; if not, use a glue gun to stick it in place
- > Allow the glue to fully dry before continuing
- > Mask the edges of the frame and use a clean, dry cloth to dust the glass
- > Decide upon your design you could use your initial, a flower or a simple inspirational quote
- > If using a stencil, position your chosen design under the glass or go freehand
- > Paint your design in layers, allowing the paint to dry between each coat
- Once your design is fully dry, remove the masking tape and display proudly on your chosen wall

TOP TIPS FOR PAINTING ON GLASS

- > Always clean the surface before painting
- > Handle the glass carefully to avoid fingerprints
- > Choose the right brush synthetic brushes can create visible brushstrokes, whereas natural hair brushes allow for more paint to be applied in one stroke and provide a smoother coverage
- > Do not apply too much pressure with your brush
- > Avoid overworking the paint
- > Always blot your brush after rinsing it to eliminate any excess water
- Clean away imperfections while the paint is still wet, using a wet brush, toothpick or paper towel
- When the paint has dried, use a razor blade to scrape or trim off any imperfections

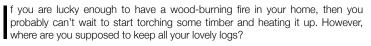
OTHER IDEAS FOR DIY GLASS ART:

- > Use markers to write out your favourite quotes
- > Press flowers (two pieces of glass required)





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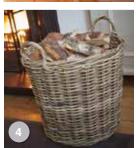


- 1. Fill any gaps: If you have supporting pillars of wood, or you are using a partial dividing wall to separate two rooms, why not take advantage of any hollow spaces or gaps and fill them with logs? Not only does this look stylish, but it is also a great way of using up an otherwise wasted space.
- 2. Pile high: For those who want to make a statement with their logs, this big and bold solution is for you. Effectively building a feature wall of firewood, you can utilise any unused alcove in your home to create this eve-catching display. This is not advised if you have young children owing to the risk of injury.
- 3. Create a cubbyhole: If you have a wood-burning stove rather than an actual fireplace and you are looking to build a surface for it to sit on, you should remember to factor storage into your design. This multitasking brick stage includes both room for both logs and kindling.
- 4. Go rustic: One of the simplest ways to stylishly store your logs is to use a large, country-style basket. Make sure you pick one that is big enough to fit all your log-burning supplies and is both sturdy and strong. Alternatively, for a more contemporary look, opt for a metal design.
- 5. Be sneaky: If you have an outdoor storage area for your logs, you only need to display a handful in your home, so look for unused space in your property, such as under the stairs or eaves where you can create a bespoke storage space.

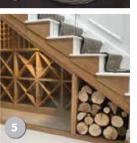














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o keep out the cold and to keep energy costs down, buildings have become increasingly airtight, with improved insulation and highefficiency windows and doors. Although this is good for your bank balance, it is not so beneficial to your

Fortunately, there are ways in which you can improve the air quality in your home this winter.

KEEP YOUR HOME CLEAN

During the winter, when you are unlikely to have your windows open, dust, animal dander and mould can become a problem. Therefore, you need to stay on top of your cleaning regime. Vacuum at least twice a week, regularly wash your bedding and clear away any clutter.

If you have a forced-air heating system in your home, you need to ensure you are changing the filters on a regular basis. This is because electrostatic filters work to trap dust and other airborne irritants rather than allowing them to circulate around your home.

INVEST IN AN AIR PURIFIER

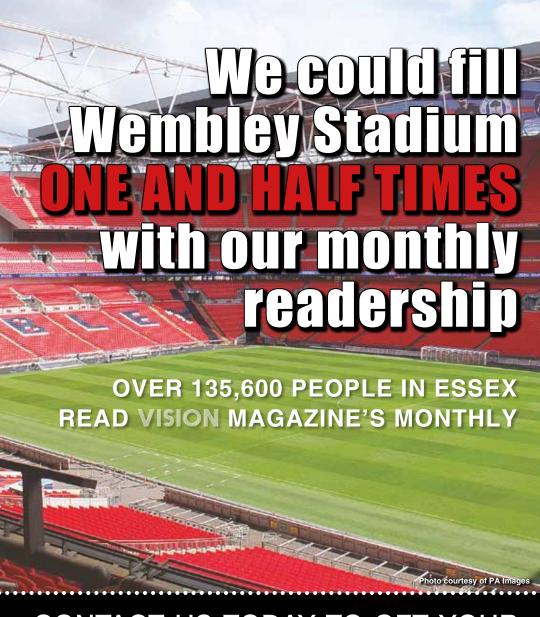
If you struggle with allergies but can't control the source of the problem, for example you do not want to give up a family pet, an air purifier can help to catch some of the irritants that trigger your symptoms. A dehumidifier can also be a great idea if your home is prone to damp as it can help prevent the growth of mould.

HAVE YOUR CHIMNEY SWEPT

Wood-burning fires are lovely in winter but they need to be used responsibly. Avoid burning wet logs or coal as these can produce hazardous particles. You should also ensure that your chimney is cleaned at least once a year so that smoke can escape.

INSTALL A CARBON MONOXIDE DETECTOR

Carbon monoxide is odourless and can be deadly. However, even at non-fatal levels it can be dangerous for people with weakened lungs.



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LOCAL NEWS

from your neighbourhood





Aschool community in Hornchurch has raised nearly £20,000 to support the family of a hardworking young mum of five boys who died suddenly.

Natasha Sinclair worked as a learning support assistant at Clockhouse Primary School, Collier Row, while her children all attended Harrow Lodge Primary School on Rainsford Way. Two are still pupils at the

Harrow Lodge headteacher Lynette Searle set up a GoFundMe page with the aim of raising £20,000 for the family, and as VISIONHornchurch went to press, supporters were close to their target.

Mrs Searle paid tribute to Natasha on the page.

She wrote: "Everyone who knew her would agree that she had a heart of gold and would drop everything to help a friend in need.

"We feel her loss acutely and also care deeply about the future of her boys which is why we've set up this fund in order to assist the family through the toughest of times and to show our love and compassion for them. They are part of our school family and we want to support them at this sad and tragic time."

Mrs Searle said Natasha's family had asked her to share their thanks and appreciation for the donations given to a family in great need and distress.

Donate at gofundme.com/f/natasha039s-memory



Posters and events bring **Black History Month into focus**

↑ striking display of influential historical figures and Athe impact they have had on the world was a focal point for Black History Month at Havering Sixth Form in Wingletye Lane, Hornchurch.

The posters, set up on easels in the Atrium, gave details of some well-known people, such as Nelson Mandela and civil rights activist Rosa Parks, and also some lesser known, like filmmaker Sir Steven Rodney McQueen and author and actress Mava Angelou.

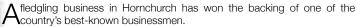
As well as the posters. Black History Month was celebrated with an Unsung Heroes and Heroines competition for students who were asked to research

and promote their chosen figure in a format of their choice, such as a written article, podcast or artwork. Prizes included a £50 Amazon voucher and a £25 Nando's voucher.

A Black Lives Matter (BLM) focus group discussion was held for students to express viewpoints and debate issues, and BLM themed articles and creative writing will be featured in this month's college magazine. The Writeous.

A range of Black History Month online webinars and masterclasses were recommended for students to take part in.

Dragon delight for small business owner



Jamie Leadbetter set up Chester's Canine Cookies in the first lockdown, and recently he was recognised by Theo Paphitis on Small Business Sunday. Each week, Theo rewards small businesses that tweet him and describe their business in one tweet.

Every Monday evening at 8pm, Theo reviews and chooses his favourite six who are then retweeted. As he has around 500,000 followers, this provides a massive boost to the chosen lucky businesses.

Jamie said: "I didn't expect to win. You get access to a huge network of people and potential partnerships as well as access to part of his website. which is a great help.

"I've seen more people on my Twitter page and there has also been a knockon effect on our other social media channels. Business has grown and there is the potential for it to grow more. As a result, we're now stocked in an independent pet shop. This has given us a platform and a real head start."



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Urchins pay tribute to a loyal club servant

Tributes have been paid to a man who served Hornchurch FC for a quarter of a century.

Brian Davie, (pictured middle row, second from left) who died recently, joined the club in 1978 and was made reserve team manager. For the next three years he was first team coach, and was appointed assistant manager in 1982.

In April 1983, he was appointed first team manager, but after a difficult stint in charge he became youth team manager in December of that year.

Brian was first team assistant manager and physio from 1984 until 1987 before joining the committee and becoming the programme editor. After he was appointed vice chairman of the club in 1993, he became chairman in 1995. He held this position until 1999 when he went back to being vice chairman, a position he would hold until he left the club in 2003.

A statement on the Hornchurch FC website read: "The thoughts of everyone at the Club who knew him go to all the members of his family at this sad time."

Tiptoes raises more than £11,500 for SFH

A Hornchurch shop has raised more than £11,500 for Saint Francis Hospice by encouraging customers to donate instead of charging for services.

Lee Blackledge, who runs Tiptoes Shoe Repair in the High Street, wanted to support the charity after it cared for his dad Ron in 1997. Lee came up with the idea of asking customers to put money in a collection box on the counter rather than asking them to pay for work that required little cost or effort.

Lee, who also owns Home Sweet Home, explained: "It is always good to raise money for charity, but it is even nicer if you have a connection with the charity, and our family will always have a personal connection with the hospice.

"The care my dad and family received went beyond nursing and inspired me to raise money for the hospice."

The father of two says the initiative has worked well and people feel like they are getting something for nothing, even though they are giving money to the hospice

Lee's mum Kathleen Blackledge has been volunteering at the hospice for 20 years.



NEWS

LOCAL NEWS

JULIA LOPEZ MP



Hornchurch and Upminster

membrance Sunday is the most important day in the parliamentary calendar and was especially poignant this year. While services were pared down because of COVID-19 restrictions, many people still turned out on the streets, and I was able to lay wreaths on behalf of residents at the war memorials in

Upminster and Hornchurch, It is hard to accept the disruption of lockdown to our national way of life. the liberties that people have fought and died for, and the ceremonies through which we remember those sacrifices. We thought this year not only of the armed forces community but also of those working so tirelessly during the pandemic and the loss of life that has been inflicted by the virus.

This month, I have been speaking about the challenges of the COVID-19 restrictions to small businesses and entrepreneurs, such as Margaret of Taylor's Hair Studio and Kerry and her team at The Vanilla Room in Hornchurch, I had hoped to join the 25th anniversary celebrations of The Vanilla Room but these have had to be postponed because of the national lockdown. The government has reintroduced the furlough scheme and is putting in place a range of other funds to support businesses through these difficult days.

I am pleased that schools will stay open, and I know how grateful we are to the teaching and support staff in nurseries, schools and sixth forms for their work. I visited Langtons Infant School in Hornchurch and have had calls with the heads of Nelmes, Broadford, Mead and Benhurst Primaries to talk about how we can help schools with challenges like assessments and remote learning.

The Mayor of London has been asking for a second bailout of Transport for London from Transport Secretary, Grant Shapps, and I have had three meetings with Grant to make sure that the needs of outer London boroughs were firmly understood during negotiations. TfL has now received from government up to £1.7billion in bailout funding to make up for fare revenue lost as a result of COVID-19. Contrary to rumours, there will be no extension of the congestion



charge zone to outer London.

Before Parliament's vote on lockdown, I attended meetings with the Health Secretary, Number 10 and our hospital trust, to learn more about COVID-19 figures, hospital pressures and the government's plan. We continue to push NHS commissioners for a stronger plan to tackle local backlogs to blood testing, and we keep a close eye on hospital admissions given that Havering, at the time of the call had recorded the highest number of positive cases in London among

Finally, as we approach the end of the transition period, the government is looking to create freeports to boost investment and regional employment opportunities. I was pleased to attend Ford's Dagenham plant to meet other MPs and business representatives to talk about a bid led by London Gateway and Tilbury ports, with input from Ford. I hope we can make as much of this opportunity to boost jobs, skills and growth in the Thames Estuary as possible.

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Community and council offered free school meals

lavering Council funded free school meals for Those most in need during half-term after the government rejected a motion recently.

The leader of Havering Council, councillor Damian White, said: "The most important thing here is that we support those most in need during the COVID-19

"This goes beyond politics. We have taken this decision with only one agenda – to ensure children do not go hungry over half-term.

"This is why I instructed officers to find a way of ensuring those who qualify for free school meals continue to get the support they need during halfterm. This is around 7,000 children from the borough, and they will receive £15 per week to pay for food. We will also do the same over Christmas if needed. This

is part of our ongoing support to residents throughout the crisis."

Meanwhile, several restaurants in Hornchurch also came forward to help families in need.

They included Da Vinci's on Station Lane in the town. Owners Craig and Annelisa Kavanagh explained on social media why they felt compelled to help.

They posted: "It is important that we help those in need during these times and it's great to see that our community spirit is stronger than ever. No children should go hungry this half-term and no parent should be without, so if you would like to help feed the children in need please call our restaurant; any donations would be appreciated."

Other local restaurants to help included the Fat Pizza

College receives grant for COVID response

New City College, which includes the Havering Sixth Form campus in Wingletye Lane, Hornchurch, and Ardleigh Green campus in Ardleigh Green Road, has received a grant of £200,000 as part of the Mayor of London's COVID-19 Emergency Recovery Support

The money, which was a share of a total £10million handed out to the skills sector, paid for laptops and servers to ensure staff could teach remotely and students could learn online during the lockdown. This equipment continues to be needed during the new challenges that are now being faced.

Deputy CEO, Suri Araniyasundaran, said the grant would be helpful in supporting NCC's staff and students to continue teaching and learning in the COVID-19 environment, and in addition, the college would not have to redirect financial resources from other essential investments.

New City College has campuses in Havering, Epping, Redbridge, Tower Hamlets and Hackney.





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ANDREW ROSINDELL



MP for ROMFORD



ommemorating Remembrance Sunday this year was a particularly solemn affair. For the 20th time as Romford's MP, I was there at the War Memorial in Coronation Gardens to lay a wreath in tribute to all those heroes who died fighting to give us the freedom and liberties that we enjoy today, but too often take for granted.

In Havering, we were encouraged to "Remember at Home", but many veterans and local people from Romford, myself included, were not deterred from standing in our usual places to remember the sacrifices our forebears made in defending our nation and the freedom of our people. Today, those freedoms are curtailed, as once again we face lockdown.

This latest lockdown is not one that I support, hence I voted against in November. For the sake of my constituents' livelihoods, their jobs and businesses, their homes and their health, as well as the wider UK economy, but also for the sake of their cherished liberties, I believe it is time for these restrictions to end. Millions did not give their lives for us to be stuck at home, without the comfort of our friends and

In this Christian, family-oriented country of ours, it would be unforgivable to keep families separated at Christmas. Christmas is a time to rejoice, a time to remember the blessings of country, family and God. It is not a time to be sat alone, only seeing loved ones via Zoom.

I wish all my constituents a wonderful Christmas and pray they can spend it with their loved ones.



Anger at planning application

Residents on the old RAF Hornchurch officers estate are urging people to sign a petition urging Havering Council to throw out a planning application for 21 flats on the only green space on the estate.

The Cavendish Residents' Group, who started the petition, said the development, from Anchor Hanover, will destroy 10 healthy horse chestnut trees that were originally planted for the officers and their families by the Ministry of Defence, just before the start of the Second World War. The group set out more objections to the proposal on change.org

The page reads: "The trees and green space have been especially valuable during the lockdown period: an oasis for the elderly residents, some of whom are housebound. The loss of the trees and green space will also have a negative impact on the natural wildlife on the estate, the different species of birds, bats, hedgehogs and squirrels that are currently present.

"Out of respect to those brave airmen who gave their lives during the Battle of Britain for our liberty and freedom, please protect RAF Hornchurch heritage site by showing your support and signing the petition."

As **VISION**Hornchurch went to press, 1,419 people had signed the petition. To sign the petition, search for 'Stop the proposed building of 21 flats on RAF Hornchurch Estate & Save Our Trees' on change.org

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News From **Councillor Paul Middleton**

St Andrews Ward, Hornchurch Residents' Association

Nearly December already. What has happened to this year? For me it has flown past; for others it has felt like waiting for a month of Sundays. Whichever it is for you, I hope you are safe and healthy.

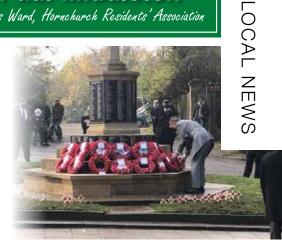
COVID-19 is still with us. The full lockdown should be lifted around December 2; I wonder if we will go from full lockdown back into local restrictions.

Fingers crossed we are given a break for Christmas and New Year - if we are, please do not go mad. The virus cannot move by itself; it needs humans to spread it. Consider that when you visit friends and family.

I urge people not to 'stock up' (more than they do normally) or to panic buy - the supermarkets have plenty for everyone.

Remembrance Day was very different this year, given that the normal march through the streets in Hornchurch up to St Andrew's Church did not take place. The residents were asked not to gather and only one member from each organisation was allowed at the wreath-laying ceremony. It was still a lovely event. Bryan Vincent from the Hornchurch Residents' Association was our chosen representative for Hornchurch/St Andrews Ward.

I would like to remind you that the Royal British Legion (RBL) relies on the donations gathered from the yearly poppy sales. We would normally have a small army (please excuse the pun) of poppy sellers at various points around the town. If you want to donate, this can be done online (google RBL donations).



Theft of 'keyless' motor vehicles is on the rise in Hornchurch, the Ford Kuga being a popular model to be stolen. Thieves are able to pick up the signal from the keys using a device from outside your home. Once they have the signal, they can unlock the car and start the engine.

If you have a keyless vehicle, remember to place BOTH sets of keys into a Faraday bag; a metal biscuit tin has also been rumoured to work. You need to block the signal from the keys when you are at home. Also consider getting a full steering wheel lock.

Stay safe and well. Have a great Christmas and a Happy New Year.

Festive trail coming to town

The director of an estate agent in Hornchurch will be coming together with a local school to spread some much-needed festive cheer later this month.

Before lockdown closed schools for months. Niall Hebron, of Hunters at 39 Station Lane, Hornchurch, had agreed to sponsor Ardleigh Green Infant and Junior Schools.

A Christmas Trail will run from November 30 until December 20, and Hunters will provide boards located around Hornchurch that contain clues and letters.

Participants will be required to come up with words and phrases associated with Christmas. There will be prizes for those who submit the most answers.

Any people taking part will be asked to dress up in a Christmas theme and post their photos to social media, while Niall will also be offering two Fortnum & Mason hampers as prizes.

Niall explained: "I used to support a local school, so when Ardleigh Green reached out to see if I would be interested, I was delighted to offer support. I look forward to seeing people getting involved in and around Hornchurch in the festive spirit. As the school can't host a Christmas fayre, this will be a great alternative."

For more details email ardleighgreenshoolspa@ amail.com

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New COVID marshals hit the streets of the borough

New COVID marshals were deployed across Hornchurch and Havering last month to support the fight against coronavirus.

The marshals will work with residents and encourage compliance with the current COVID-19 restrictions, including encouraging the wearing of face coverings to those who are not exempt, and social distancing.

They will be deployed in areas where the council has received the most concerns about non-compliance, including in smaller shopping parades, outside schools, around transport hubs and in parks.

The marshals will work with council officers to encourage people to do their bit and help slow the spread of COVID-19.

Though the marshals have no formal enforcement powers, they will escalate breaches and issues where non-compliance continues.

They will work with the council's public protection team or the police, who have the authority to take enforcement action. This could include a penalty of between £200 and £10.000.

Councillor Damian White, leader of Havering Council, said: "It has been pleasing to see that so many in our community have adapted well to the new national restrictions, but unfortunately there are still those who do not seem to grasp the severity of the situation.

"As the numbers continue to rise, it is more important than ever that people do not become complacent.

"As such, I am pleased to welcome our new COVID marshals, and thank them for their support in our fight against this dreadful virus.

"We all need to work with our new marshals, our enforcement and compliance teams and the local police to do our bit and beat this awful virus."

Heater warning issued ahead of winter

People in Hornchurch and across London are being warned to take extra care when heating homes as many prepare for a work-from-home winter.

The warning comes from the London Fire Brigade after statistics have shown that portable heaters have caused more than 700 fires, injured more than 140 people across the capital and claimed 13 lives since 2015.

Deputy Assistant Commissioner, Charlie Pugsley, said: "Whether you're set up to work from your dining room table, working on your sofa or have a home office, it's important that you stay warm, but also take every precaution to stay safe this winter.

"Sitting in one place for a period of time can make

you feel cold, and portable heaters can be a good way to stay warm without heating your entire home, but it's important to take a minute to consider how safe your workspace really is. If you have a heater under your desk or your paperwork leaning up against it, you could be putting yourself, your home and your family at risk.

"It's absolutely vital that heaters are kept well away from curtains, furniture and paperwork and are never used to dry clothes. Always sit at least a metre away from the heater, as it could set fire to your clothes or your chair, and position it where it won't be knocked over. Make sure you turn it off and allow it to cool before you move it or put it away."



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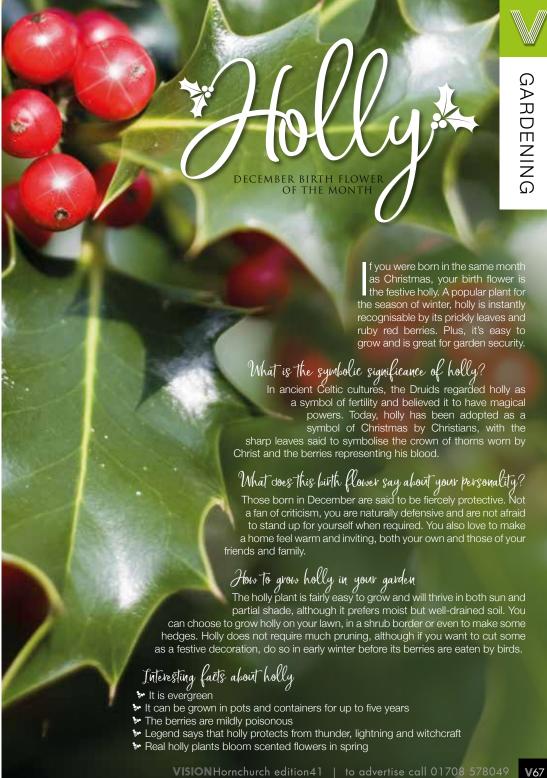


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n the first instance, an obsession for hobbyists, nerds and those looking to reap havoc around airports for the lucky few jetting off on holidays. Yet how we perceive drones in 2020 is beginning to change, not least in their ability to save lives.

More and more now, search-and-rescue teams are using drones to survey huge areas guickly and efficiently. Predominantly this is because missions - at sea, on mountain ranges or even in remote wildernesses - are dangerous, time-consuming and particularly expensive. They can demand huge quantities of manpower and can be exhausting.

Drones provide an efficient, versatile, unmanned resource that can take on the workload of what could be hundreds of volunteers, and in a way that is much guicker too. Whether across trees, water or rocks, a drone has the range and the ability to get close to the ground in a way that a rescue helicopter would never be able to.

From specific events, such as the recent wildfires across Australia, to flood and avalanche disasters in China, to missing person searches in any location. it's estimated that it takes 25 people 35 hours to

search one square mile for missing persons, compared to the 30 minutes it takes a drone to cover the same area.

It's little wonder the producers of this tech are seeing the value of their companies rocket, with emergency services, the police included, ordering drones in huge quantities in order to make their work easier.

Some drones even have built-in delivery capabilities, enabling urgent blood supplies to be transported to hard-to-reach areas. This was particularly effective with the delivery of 7,000 units of blood - that's 25 per cent of the national blood supply - outside Rwanda's capital city Kigali in 2018, which saved more than a thousand lives.

From geek toys to go-to devices for emergency services, the popularity of drones will continue to ascend.









Ithough you may want your pet to be able to enjoy your festive food with you, the majority of Christmas fare is both toxic and dangerous for dogs and cats. However, that doesn't mean they can't tuck into a treat or two over the upcoming weeks.

Canine Crimbo Cookies

YOU WILL NEED: 2 cups wholewheat flour 1 cup plain non-fat Greek yogurt 1 tbsp baking powder 1 cup all-natural peanut butter | Water

HOW TO MAKE: Preheat your oven to gas mark 5/190°C | Line a baking tray with parchment paper



minutes until brown | Leave to fully cool

Festive Feline Titbits

YOU WILL NEED: 1 small chicken breast 1 apple 300g oat flour (you can make this by whizzing up oats in a blender) 2 eggs 1tbsp catnip

HOW TO MAKE: Preheat your oven to gas mark 6/200°C | Cook the chicken for 25 minutes until cooked through | Leave to cool and then shred into thin strips | Peel and cut the apple and slice into small pieces | Place the apple in a pan and add water until the apple is covered | Simmer for 20 minutes until the apple has softened | Add the chicken, apple, eggs, flour and catnip to a blender and whizz until combined | Roll out the dough to 1cm thick | Cut into your preferred Christmas shape or design | Place on a lined baking tray and bake for 15 minutes until golden | Leave to cool completely

Festive foods you should not give to your dog or cat include: Chocolate | Mince pies | Christmas pudding Onion gravy | Bones from carcasses | Anything too fatty or salty

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Why the Help to Buy: Shared Ownership continues to create homes out of houses

or all its speculation, criticism and conjecture, the housing market represents one of the most stable industries in the UK. Only amid the perils of negative equity in the 1990s did the bricks and mortar of people's fortunes really begin to crumble; yet for large periods outside that time, investment in property has largely been deemed a safe one.

Of course, as a result of this, the market has become much more competitive, and the growing difficulty with which first-time buyers, in particular, are able to get on board means the government's introduction of Help to Buy schemes has gone a long way to guiding people along the footpath to realising those dreams.

The concept is simple – if you cannot afford the mortgage on what would be 100 per cent of a home, Help to Buy: Shared Ownership will allow you to buy a share of the property, which could be anywhere between 25 and 75 per cent of its value.

You would effectively pay rent on the remaining share. This means the initial deposit is smaller and mortgage finance more accessible. On the plus side, owners still enjoy a decent proportion of true investment and, along with that, benefit from rises in market price over time.

The criteria to get involved is sensible. Those applying need to earn less than £80,000/year (£90,000/year in London). Furthermore, you would need to be a first-time buyer, or have owned before while being unable to buy now; or perhaps are in an existing shared ownership arrangement and are looking to move.

Variations to the rules exist for the over-55s and disabled applicants, but for the most part the success of the scheme, which is being repackaged and relaunched for 2021, is evident in the millions of people who have stepped onto the property ladder since its launch four decades ago.

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The idea of starting a private pension fund is something that would have confronted most adults, and yet still only two-thirds of us are said to be building a reserve that will service us in our retirement.

This lack of forward planning has brought about a concept known as pension paralysis. Many of us will recognise the

idea of spending

necessity, not a choice - and yet the accumulation of a pension fund, particularly when matched by employer contributions, can have dramatic uplift by the time we bid farewell to the daily grind of full-time employment.

As an example, someone in their thirties earning £35,000/year who manages to put away 20 per cent of their income, and have that matched by an employer, will end up with a pension fund that pays in the region of £1,200/month on retirement.

However, if the decision to begin to put money aside is left until we're in our forties, that drops to less than £850/month, dipping to below £500/ month in our fifties.

While pension paralysis in the short term means providing for our home, our children or our social lives, the end effect can mean a drastic impact on our quality of life in retirement.





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LEICESTER CITY	2-0	EVERTON	
LIVERPOOL	6–1	STOKE CITY	
NOTTINGHAM FOREST	3–3	SHEFFIELD UNITED	
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WEST BROM ALBION	4_4	TOTTENHAM HOTSPUR	
West Ham United	2–8	BLACKBURN ROVERS	
Wolves	3–3	ASTON VILLA	

tis the football

BOXING DAY 1963 - WHEN FANTASY FOOTBALL BECAME REALITY

f there's one thing that's characterised the opening exchanges of the new Premier League season, then it's goals. It seems defence-minded football has been banished to the substitutes' bench and instead our teams are simply aiming to outscore each other.

Though even the likes of Harry Kane, Raheem Sterling, Mo Salah and Pierre-Emerick Aubameyang will have to go some if they are to match the achievements of the rugged footballers of old who trotted out onto veritable mud baths of pitches on December 26, 1963.

They wouldn't have known it at the time, but these old-school soccer stars were about to take part in a day of festive football goal gluts, and an afternoon that's gone down in sporting folklore.

In total, 66 goals were scored across the 10 First Division matches. Six sides shared six goals as Chelsea triumphed 5-1 at Blackpool, while

Nottingham Forest and Sheffield United drew 3-3, as did Wolves and Aston Villa.

West Brom and Tottenham trumped that with a 4-4 draw at The Hawthorns, while both Liverpool and Burnley romped to 6-1 home wins, against Stoke City and Manchester United respectively.

Pity those poor fans at Filbert Street and Hillsborough who saw their Leicester City and Sheffield Wednesday sides win by relatively normal 2-0 and 3-0 scorelines (against champions Everton and Bolton Wanderers respectively).

But on a day on which it appears it wasn't just the supporters unable to shake off the large amount of Christmas Day merriment, Blackburn Rovers hit a magnificent eight away from home at West Ham United: and Fulham arouably snatched the ultimate plaudits from a festive flurry of worthy contenders with a magnificent 10 at home to poor lpswich Town.

Jürgen, Pep, Frank, José... over to you.



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OCTOPUSH Splash of the day

t first glance, the sport of Octopush looks a bit like ice hockey gone wrong, namely that the ice has melted and the playing arena resembles a swimming pool. That's actually because the playing area is a swimming pool, and rather than manoeuvring a puck across a surface of cool, slippery, frozen matter, competitors dive to the murky depths of a pool and attempt to score in their opponents' goal.

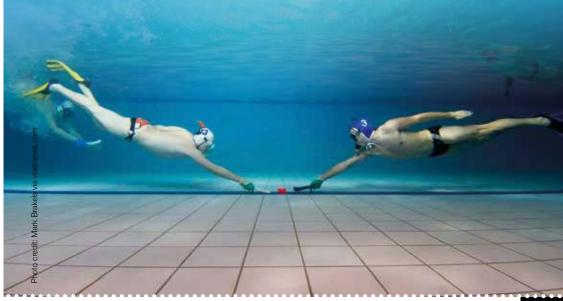
While it might be peculiar to label any sub-aqua sport as fast paced, in pushing, protecting and working the puck towards enemy territory, in this game of underwater hockey (to give it its formal title), the pursuit actually offers all the drive and drama of a competitive pursuit played on dry land.

There's also significantly more tactical intelligence at play than you might first imagine -it's all very well

shielding a puck from an opponent as you look for a competitor to pass to, but the need for air means that no one in possession can hang about for too long without having to return to the surface to refuel their lunas.

The other great thing about Octopush is a lack of potential injury. Of course, a mass of swirling, swarming bodies below the surface presents something of a hazard, but the cushioning effect of the water ultimately means any contact with opponents is minimal.

Octopush is rapidly growing in popularity, with more than 100 registered clubs across the UK. It combines agility, strength, stamina and teamwork, and our fascination with sport means we'll even take on characteristics of amphibians if we can savour that, sweet, slightly chlorine-laced taste of victory.



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Channel

Celebrating the 30-year anniversary of the breakthrough on the most ambitious construction project of them all

t is a piece of engineering that many thought impossible, some considered economically unfeasible, and a few even purported was largely unnecessary; and yet, three decades after contact was made between English and French engineers deep under the sea, the Channel Tunnel continues to celebrate linking and uniting the UK with mainland Europe.

It is estimated that more than 400 million people have ventured deep below the channel, either as a first step towards business or pleasure on mainland Europe or as venture in the opposite direction.

The idea was first conceived way back in 1802, where oil laps would light the route for horse-drawn carts to make the dark, dank descent under the sea. But it wasn't until 1987 that some significantly updated plans saw the first boring of the tunnel.

In connecting the UK and France, the engineers were finally doing away with outdated and overstretched ferry and boat services across the channel. Indeed, it's now the case that 30 per cent of all goods traded between the UK and continental Europe go through the 'Chunnel', worth more than £150billion each year.

It was on the night of December 1, 1990, that one of the 11 mighty boring machines carving a way through rock, which last saw the light of day during the Jurassic period, finally broke through. In doing so, it linked Britain to mainland Europe for the first time in more than 50,000 years, dating way back to before the English Channel swamped the deep valleys that intersect our two great nations.

In that moment, a project that cost £18billion, the most expensive construction project ever attempted, and a unique three-way 25-mile rail link (for Eurotunnel Shuttle, Eurostar and freight trains), moved a step closer to becoming reality. Engineers Graham Fagg and Philippe Cozette shook hands through a 30-inch hole some 50 metres below the seabed, celebrating a unique act of engineering unity.

Now, some two and a half decades after it opened to passengers, it's still natural to wonder at the design (which is actually three large cavern pipes, one in each direction and a service tunnel in the middle). It all means that, whether departing Folkestone in an old banger or London St Pancras in first class, mainland Europe is never more than an hour away.

It has transformed not just our ability to holiday on mainland Europe, but also our perception of travel as a whole – an island nation finally connected to its continent.

As time has gone on, the Channel Tunnel – one of the seven wonders of the modern world – has only ever felt its reputation enhanced. Perhaps it is the ease with which we can board a train to France, effectively without even leaving our car; perhaps it is the relatively low cost (a one-way trip can be taken for as little as $\mathfrak{L}60$); perhaps it is simply the customer-friendly approach adopted by Eurotunnel – namely that if you miss your allocated crossing you can simply hop on the next one – or the salubrious pleasure of boarding Eurostar.

Or perhaps it's simply the case that no matter what other emotions have been stirred up through Brexit and our nation's desire to return to a more independent existence, we will always embrace our European cousins and the adventures that lie beyond the tracks.



SHINING LIGHT ON GOOD HEADLAMP ALIGNMENT WHEN DRIVING ABROAD

aving just made the crossing to France and technology over the years, new cars are often fitted finding ourselves out on the expansive French motorways, many UK drivers would have experienced the strange sensation of a succession of drivers on the opposite carriageway flashing their lights frantically.

No, this isn't a friendly welcome from our continental neighbours, nor is it some kind of automobile backlash resulting from failed Brexit negotiations. Instead, what's happening is that you are blinding other road users with your incorrect headlamp alignment.

In the UK, headlamps are configured to shine to the left, towards the edges of the road and away from the middle. This is to guide motorists away from curbs and ditches, while preventing oncoming drivers from being blinded by our lights.

That means in France, or any country that drives on the right, that same light is actually being shone directly into drivers' faces.

With various advancements in headlamp

with a switch control that automatically redirects the headlamps for driving abroad. However, many cars still don't have this function, therefore it pays to know what to do when driving abroad, for both your own safety and that of others.

If manual headlamp realignment cannot be done from the control panel of your car, the most common solution is to buy a set of headlamp unit lenses (or glasses). These deflectors are attached and block out a small amount of your beam, thus keeping light away from other drivers.

These days, it's not a request that headlamps are configured properly, it's the law. 'Do it yourself' beam deflectors - the sort your dad might have made out of black sticky tape in the 1970s - are no longer legal, and deflectors must be operational as soon as you head off the ferry, even in daylight

It's not worth taking the risk when driving abroad... be safe at all times.







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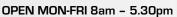












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PUZZLES & TRIVIA

ACROSS

- 1. Set of playing cards (4)
- 3. Neck injury (8)
- 9. Genuine (7)
- 10. Kick out (5)
- 11. 17th Greek letter (3)
- 12. The beginning of an era (5)
- 13. Enclosed (5)
- 15. Bird sound (5)
- 17. Turned to ice (5)
- 18. Statute (3)
- 19. Exposes secret information (5)
- 20. Country whose capital is Reykjavik (7)
- 21. Longing (8)
- 22. Refuse to admit (4)

DOWN

- 1. Shamefully (13)
- 2. Showing a willingness to achieve results (3-2)
- 4. Doglike mammals (6)
- 5. Planned in advance (12)
- 6. Sanction (7)
- 7. Unenthusiastically (4-9)

1	2		3	4	5		6	7
		8						
9					10			
11					12			
		13						
	14							
		15		16				
17							18	
19				20				
21						22		

- 8. Food shop (12)
- 14. Proportionately (3,4)

18. Lessen (5)

16. Banner or flag (6)

DID YOU KNOW?

- ► Hummingbirds are the only birds that are able to fly backwards
- ▶The short-horned lizard squirts blood from blood vessels around its eyes when defending itself. This is because the blood vessels rupture under pressure
- ► A giant panda will typically eat for around 12 hours a day
- ► Elephant ears help to keep the animals cool by radiating heat
- ▶ Young jaguars are blind at birth. They learn to hunt by living with their mother for two years or more
- Wolves can go for more than a week without eating
- ► A fox can communicate with other foxes by using its tail
- ▶The bald eagle has a wingspan of around eight feet

SUDOKU

							2	9
1	8			2		5		
			5	9		8		
	7	4					8	
			9		6			
	9					6	1	
		2		4	3			
		7		8			4	2
8	4							

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