A close-up portrait of Frankie Dettori, a man with short dark hair, wearing a white shirt and a dark jacket, looking slightly to the left.

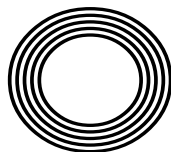
**LEARN
HOW
TO DO
PET CPR**

Dry January
The best places to visit

LEARN THE BASICS
of British Sign Language

Frankie
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The jockey's racing success in the saddle



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Editor's notes...

JANUARY 2022



Brett Shohet, Editor

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

I hope you all had a wonderful Christmas and New Year. Many people consider January to be a reset button, the chance for a fresh start. But I believe that if you want to make a change, you shouldn't wait for a set date to do it. Want to live a healthier lifestyle? Start exercising today. Want a change in your career? Make that first step today. It's all about mindset, not timing.

Similarly, getting the edge over your competitors can be as simple as having the confidence to forge a new path. If you do what everyone else has done, you'll get the same results. So have the courage to try something new.

Recently, I went to my first big event since the pandemic began. I went to see Pete Tong at the O2, and felt strangely emotional when I looked around at all the thousands of people getting together again and enjoying themselves. Here's hoping there'll be more of that to come in the new year.

2021 was a tough year, but 2020 was tougher. I'm proud of **VISION** and what we have achieved this year, and I want to acknowledge that we couldn't have done that without the support of our readers and clients. So a big thank you to you all, and I hope you have a fantastic 2022.

Brett Shohet

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly, Bryn Holmes

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

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British Sign Language

basic phrases

Around nine million people in the UK are deaf or hard of hearing, with deafness being the third most common disability in the world.

Currently, there are more than 151,000 British Sign Language users in the UK, not including translators and interpreters.

Whether you know someone who is deaf or hearing impaired or not, why not make 2022 the year you learn this useful new skill?

WHAT IS BSL?

BSL stands for British Sign Language, and it is the language of the deaf community in Great Britain. BSL involves a combination of hand shapes and movements, lip patterns, facial expressions, and shoulder movements. It also has its own grammar that is structured completely differently from spoken English.

WHY LEARN BSL?

Language is key to relationships and, for those who are deaf or hearing impaired, relying on lip reading and guessing games can act as a communication barrier. By learning sign language, you will be able to interact better with the deaf community. Plus, learning a new skill can be lots of fun.

UNDERSTANDING THE BSL ALPHABET

Fingerspelling is the method used to spell out names and places using hand signals and finger adjustments. While fingerspelling on its own isn't sign language, it can help you to communicate with someone who is deaf. It is often used to spell words that do not have a sign and for instances when the other person is not familiar with a particular sign.

British Sign Language uses two-handed gestures to spell words – see BSL alphabet below:



Photo credit: british-sign.co.uk

BASIC BSL SIGNS:

'How are you?'

- > With your hands flat, run your fingertips up your chest
- > Then move your hands forward with a thumbs-up gesture
- > When signing this phrase, use a questioning expression.

HOW ARE YOU?



'What is your name?'

(signed as 'name what')

To sign 'name'

- > Make the tips of your index and middle fingers (N shape) to touch your forehead
- > Then twist your hand forwards at the wrist until your fingers are in front of your face.

WHAT IS YOUR NAME?



To sign 'what'

- > Point your wrist out in front of you with your palm facing forward
- > Then put your pointer finger up and wiggle it from side to side
- > When signing this phrase, use a questioning expression.

'Please'

- > Place the fingertips of your dominant hand on your lips
- > Then move the hand away from your face, keeping hands in the same position
- > Mouth 'please' at the same time.

PLEASE/ THANK YOU



'Thank you'

- > Use the same sign as 'please'
- > Mouth 'thank you'.

'Sorry'

- > Make your hand into a fist
- > Rub your fist against the centre of your chest in a circular motion.

SORRY



FIND OUT MORE ABOUT BSL AT WWW.BRITISH-SIGN.CO.UK

HELP ME!

If you were in a dangerous situation, would you know how to discreetly ask for help?

Cases of domestic violence surged during the pandemic. Fortunately, there are several new services to help victims get the help they need without putting themselves in more danger.

1. SIGNAL FOR HELP GESTURE

Launched early in the pandemic to combat the rise in domestic abuse, this gesture can be silently displayed during video calls to alert family, friends or colleagues that someone needs help.

To make the gesture, put your palm up, tuck your thumb in and close your fingers.

2. PHARMACY ANI

A codeword scheme created by pharmacies to offer a lifeline to domestic abuse victims, if someone asks for an ANI (action needed immediately), a trained member of staff will take them discreetly aside to offer help or call the police. This scheme has been rolled out across Boots stores and many private pharmacies.

3. IPHONE EMERGENCY SOS

Apple's iPhones now come with a feature that allows you to discreetly make an emergency call and simultaneously share your location. From iPhone 8 handsets onwards, simply press and hold the side button and one of the volume buttons until the emergency SOS slider appears. Drag the slider to call the emergency services. To use this service on an iPhone 7 or earlier, rapidly press the side or top button five times until the slider appears.

4. ASK FOR ANGELA

Designed to prevent sexual violence in hospitality venues, all you need to do is approach a member of staff and ask for Angela if you feel unsafe or threatened and they will help you out of the situation.

5. SILENT 999

If you can't speak or you are scared you may be overheard, you can cough or tap your phone handset when ringing 999, and trained call handlers will recognise this as a distress signal. Alternatively, dial 55 once connected.

6. WHAT3WORDS

What3Words is a free smartphone app that gives every three by three square metre of the globe a unique three-word code. If you are lost, all you need to do is give the emergency services your code and they will be able to pinpoint your location almost immediately.



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THE LIFE OF VIRGIL ABLOH AND THE LEGACY THAT LIVES ON IN HIS MEMORY

There are many musicians, artists, and even sportspeople who have had the benefit of a notable name carrying them forward at some point in their lives.

Virgil Abloh, the American fashion designer and entrepreneur, had, by his own admission, that very platform when he interned at Fendi back in 2009 and began producing t-shirts for Kanye West.

The rap star was bowled over by such an edgy, modern, confident person, whose range of talent and influence circumnavigated not just textiles and fashion, but also engineering and architecture, for which he earned a degree and a master's respectively.

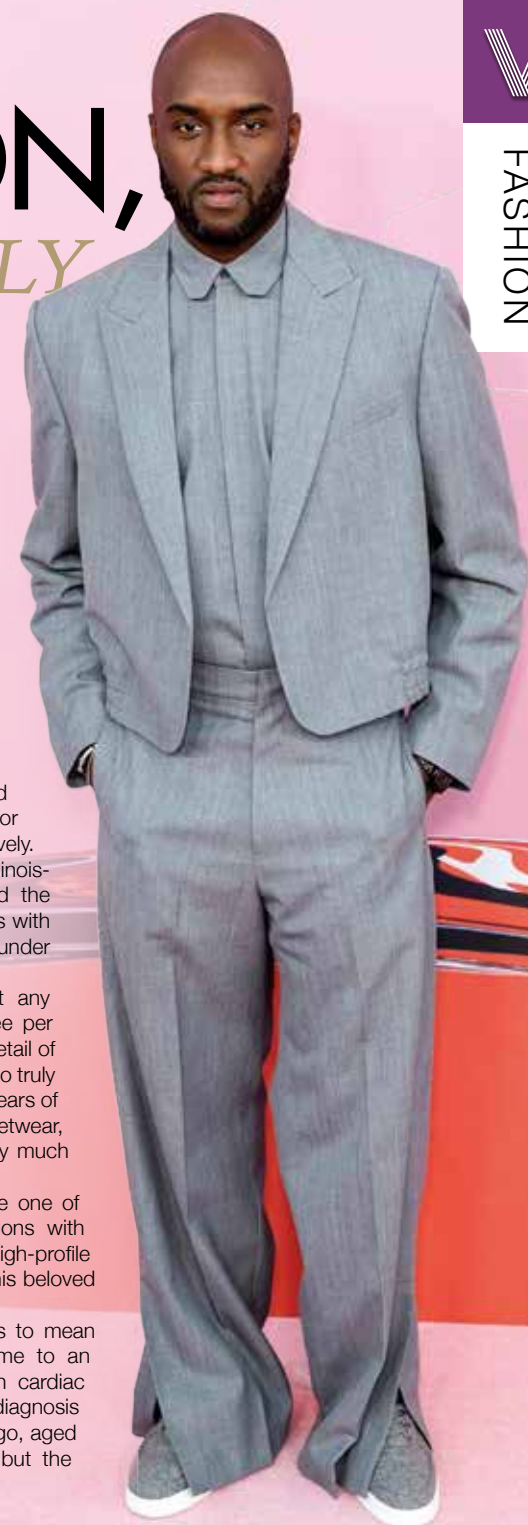
While Kanye's ability to open doors sent the Illinois-born creative into fashion houses and propelled the popularity of his first company, Pyrex Vision, it was with the high-end streetwear brand, Off-White, that founder Abloh truly excelled.

Revealing his *modus operandi* – namely that any product need only represent a difference of three per cent from another – proved a nod to the devilish detail of fashion and the fact that, in many ways, there are no truly original designs anymore. To that end, in the final years of his life, he was one of the first to call an end to streetwear, insisting that vintage styles were the future in very much the same way as they were the past.

The success of Off-White led Abloh to become one of Louis Vuitton's artistic directors, and collaborations with others from Nike to the US Open to Ikea saw high-profile stars such as Serena Williams laud the talent of this beloved family man.

Sadly, Abloh was harbouring a secret that was to mean his all-too-brief flirtation with fashion would come to an end. In 2019, the designer was diagnosed with cardiac angiosarcoma, a type of cancer. He kept the diagnosis private and died on November 28, 2021, in Chicago, aged just 41. The showreel may be over for Abloh, but the catwalk music plays on.

Photo credit: Ovidiu Hrubaru/Shutterstock.com





HOW TO REMOVE

Waterproof Mascara

As much as we love waterproof mascara and its unique ability to prevent make-up meltdowns, sometimes it's just too good at its job.

Discover below how to remove waterproof mascara with minimal fuss and maximum results.

Step 1: SOAK A COTTON PAD WITH EYE MAKE-UP REMOVER

The key to effective and less harmful waterproof mascara removal is in being as gentle as possible. Therefore, you want to choose soft pads that are not abrasive for your eyes. Opt for an organic cotton pad, soak in eye make-up remover and gently press to the eye.

Step 2: SWIPE DOWNWARDS

Wait a few seconds so that the eye make-up remover can fully saturate your eyelashes and then gently swipe downwards and away. Avoid tugging to reduce your risk of eyelash loss.

Step 3: USE A COTTON BUD

For stubborn mascara between your lashes, dip a cotton bud in eye make-up remover and gently clean the affected area. This will also help avoid unsightly smudges the next morning.

Step 4: DO NOT RUB

If you are still struggling to remove any mascara, refrain from rubbing or scrubbing as the skin around your eyes is up to 10 times thinner than on other parts of your face. Instead, repeat the above steps until you are happy with the outcome.

Step 5: TREAT YOUR EYELASHES

It is important that you care for your eyelashes if you want them to remain strong and healthy. Treat dry and brittle lashes to some TLC with a lash serum or mask that contains pro-keratin complex for optimum results.

Best eye make-up removers:

- > Maybelline Expert Eyes Moisturising Eye Makeup Remover
- > Neutrogena Gentle Oil-Free Eye Makeup Remover
- > Garnier Skin Active Micellar Cleansing Water
- > Simple Kind to Skin Eye Make-up Remover.



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HOW TO CLEAN hair-styling TOOLS

DID YOU KNOW THAT YOUR HAIR CAN BE DAMAGED BY PRODUCT BUILD-UP ON STYLING TOOLS SUCH AS STRAIGHTENERS?

HOW TO CLEAN HAIR STRAIGHTENERS/CURLING IRONS

If you want to achieve the perfect look, you need to ensure you are cleaning your flat and curling irons frequently, as both hairspray and thermal sprays can quickly build up on your styling tools.

Step 1: Unplug your tool and allow to completely cool down.

Step 2: Wet a micro cloth with lukewarm water and squeeze out any excess liquid.

Step 3: Rub the damp cloth gently over the surface of the plates.

Step 4: For stubborn residue, pour a small amount of nail polish remover onto a cotton ball and wipe over the plates.

Step 5: Allow your styling device to completely dry before using again.

NB: Never use face or baby wipes to clean your hair straighteners or curling irons and never submerge them in water.

HOW OFTEN SHOULD YOU CLEAN STRAIGHTENERS AND CURLING IRONS?

Ideally, you should clean your hair straighteners and curling irons after every third use to prevent build-up from becoming ingrained in the plates.

HOW TO CLEAN YOUR HAIRDRYER

Many people wrongly believe that you do not need to clean a hairdryer. In fact, the back vent can harbour a whole host of germs and bacteria.

Step 1: Remove or open the back vent.

Step 2: Use a toothpick or tweezers to remove any dirt or debris from the filter and then wipe clean with a damp cloth.

Step 3: Clean the nozzle and body with a damp cloth to remove any build-up of hair products.

Step 4: Allow the dryer to fully dry before using again.

Step 5: Repeat once a week for optimum results.



BEAUTY

Do you need a PERSONAL TRAINER?

Are your jeans feeling a tad tight after the festive season? Do you want to realise a healthier and happier you in 2022 and beyond? If yes, a personal trainer might be just what you need.

The motivation to succeed

January is one of the most popular times of the year for joining a gym, yet a massive 50 per cent of new members quit or stop going within six months. The beauty of a personal trainer is that you are committed to a particular time and place, and you are much more likely to work harder with a professional motivator by your side.

You can learn about health and fitness

Certified personal trainers aren't just fitness fanatics who choose to combine their passion and their job. They know about human physiology, body mechanics, exercise science, and so much more. This means that they can help you to train smarter to see the results you want.

A personalised plan

As the name suggests, a personal trainer will give you a personalised health and fitness plan that is specifically tailored to your body's needs and the results you would like to see. They will take into consideration any injuries you have, as well as any body imbalances that could be affecting your progress.

Nutritional advice

Weight loss is 80 per cent diet and 20 per cent exercise, so if you want to start shifting the pounds, you need to make sure you are eating the right foods to support your weight loss and your activity levels. A personal trainer will be able to advise you on proper nutrition, showing you how much protein you need and how to incorporate more fruit and veg into your diet.



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TOO MUCH PROTEIN?

No whey!

Do you know if you are getting enough protein in your diet? Essential for cell growth and repair, as well as building muscle mass, you should be getting a minimum of 10 per cent of your daily calories from protein.

How much protein do you need?

Most adults need around 0.75g of protein per kilo of body weight per day. For the average man, this is 55g and for the average women, it is 45g. This equates to two portions of meat, fish, nuts or tofu per day. As a guide, one portion of protein should fit into the palm of your hand.

Four signs that show you are not getting enough protein in your diet:

1. Swelling: One of the most common signs of a protein deficiency is swelling, also known as oedema. This most commonly occurs in the abdomen, legs, feet and hands.

2. Mood swings: Many of the neurotransmitters in your brain are made of amino acids, which means that a lack of protein can have a detrimental effect on your mood. Low levels of dopamine and serotonin, in particular, can lead to feelings of depression and aggression.

3. Hair, skin and nail problems: Proteins are essential for healthy hair, skin and nails, as these are all made up of proteins such as elastin, collagen and keratin. Brittle nails, thinning hair and flaky skin are all signs of protein deficiency.

4. Fatigue and muscle weakness: If you are 55 or older, a lack of protein can affect the muscles responsible for posture and movement. Over time, you can lose muscle mass and find it harder to carry out everyday tasks.

How to get more protein:

- > Snack on cheese and nuts
- > Replace cereal with eggs
- > Choose Greek yogurt – not Greek style
- > Pick quinoa over rice or choose high-protein pasta
- > Upgrade your coffee to a latte.



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LOVE YOUR LIVER

January is Love Your Liver Month, a national campaign led by the British Liver Trust to raise awareness of the importance of liver health.

One in three people in the UK is at risk of liver disease, with many people not realising they have a problem until it is too late.

What does the liver do in the body?

The liver performs a range of essential tasks, including producing proteins, storing vitamins and minerals, and breaking down toxins like alcohol and medications.

How to take care of your liver

Cut down on alcohol: One of the jobs of your liver is to process any alcohol you drink. If you drink

more than the recommended daily amount (more than 14 units per week), your liver will not be able to process the alcohol quickly enough, which damages your liver cells.

Top tip: Take three days off from drinking alcohol every week to give your liver time to repair itself.

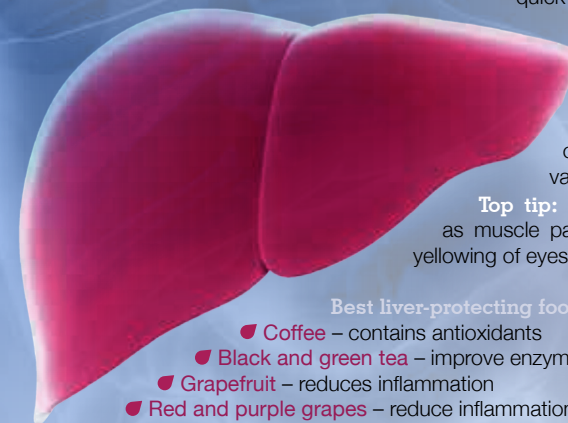
Maintain a healthy weight: A healthy liver contains very little or no fat. However, in some people, fat builds up in the liver and leads to a condition called non-alcoholic fatty liver disease. To prevent this, keep a healthy weight, eat a balanced diet, and stay physically active.

Top tip: Focus on long-term changes rather than quick weight loss.

Protect yourself from viral hepatitis:

Hepatitis is the term used to describe inflammation of the liver. Acute liver failure is one of the most common complications of a viral hepatitis infection. You can be vaccinated against both hepatitis A and B.

Top tip: Visit your GP if you have symptoms such as muscle pain, high temperature, loss of appetite, and yellowing of eyes and skin.



Best liver-protecting foods and drinks

- ☛ **Coffee** – contains antioxidants
- ☛ **Black and green tea** – improve enzyme levels and reduce fat deposits
- ☛ **Grapefruit** – reduces inflammation
- ☛ **Red and purple grapes** – reduce inflammation and prevent damage
- ☛ **Beetroot juice** – reduces oxidative damage and increases detoxification.

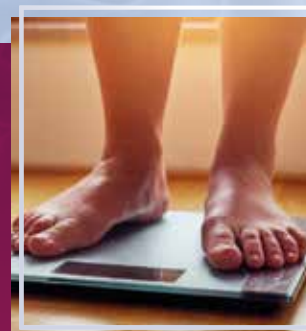


Photo credit: britishlivertrust.org.uk





Positivi-tea

DO YOU LOVE HERBAL TEA BUT CAN'T FIND THE RIGHT BLEND FOR YOUR TASTES AND HEALTH NEEDS? IF YES, THE BELOW DIY TEAS ARE EXACTLY WHAT YOU NEED

Calming Chamomile

If you are looking for a tea blend that can help you unwind in the evening, then this is the perfect choice for you. All the herbs used in this tea contain both calming and soothing properties.

INGREDIENTS: 2 tbsp of dried chamomile | ½ tsp of dried liquorice root |

1 tsp dried ginger root.

For a more potent insomnia remedy, switch the ginger for valerian root. Serve hot.

Happy Hibiscus

If you favour a more zingy and uplifting tea blend, then hibiscus is a great herb to use. Enjoy either hot or cold in the morning or as an afternoon pick-me-up.

INGREDIENTS: 2 tbsp dried hibiscus | 1 tsp mint leaves | 1 tsp lemongrass.

Rich Chai

Chai tea is incredibly popular owing to its health benefits, rich taste and filling nature. To make the below tea blend, crush the spices in a mortar and blend with black tea. Add milk to finish. Perfect with breakfast.

INGREDIENTS: 1 tsp dried ginger | ½ tsp peppercorns | 2 inches of cinnamon stick | 1 tsp cardamom | 1 tsp cloves | 3-5 tbsp Assam black tea.

Chocolate Delight

For those who crave something sweet, this herbal chocolate blend will not disappoint. Use boiling water to brew the tea and melt the chocolate. Enjoy at any time of the day.

INGREDIENTS: 1 tsp chocolate drops | 2 tbsp pure rooibos tea | 1 inch vanilla pod | ½ tsp cocoa shells.

Add a pinch of dried mint leaves for an After Eight-tasting tea.

Simple Two-Ingredient Tea Blends

1. **Rose petals and black tea** – rich in antioxidants; may alleviate menstrual cramps.
2. **Lemongrass and green tea** – has anti-inflammatory properties; may relieve anxiety.
3. **Lavender and white tea** – can help combat insomnia and improve mood disorders.
4. **Cinnamon and rooibos tea** – use to balance sugar levels and prevent premature ageing.
5. **Mint and green tea** – has antibacterial properties; can improve digestion.



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FRIDAY – SATURDAY 12 – 11pm **SUNDAY** 12 – 10pm



All hail the BACON BUTTY!

The bacon butty has been named the UK's favourite sandwich, beating both cheese and pickle and ham and cheese to claim the number one spot. With one in five picking this British classic, let's take a closer look at what makes a great bacon sandwich.

HISTORY OF SANDWICHES

The sandwich is named after John Montagu, 4th Earl of Sandwich, who is said to have ordered his valet to bring him a piece of meat tucked between two pieces of bread. Today, the humble sandwich remains the UK's favourite lunch, with one in five Brits claiming to eat one every day.

HOW DOES THE NATION LIKE THEIR BACON BUTTIES?

More than a quarter of Brits choose sliced white as their bread of choice when making a bacon butty. Coming in second is the French baguette, with wholegrain bread in third place. Somewhat surprisingly, it's mayonnaise, not ketchup, that is the nation's sauce of choice when it comes to making a bacon sandwich, with 48 per cent of Brits favouring this creamy condiment.

HOW TO MAKE THE ULTIMATE BACON BUTTY

While everyone has their own personal preferences when it comes to making a bacon sandwich, below is our go-to recipe for creating the ultimate bacon butty.

You will need: A white or brown bloomer loaf or even a roll | 4 slices of smoked back bacon | Ketchup or brown sauce | Butter – ideally salted Lurpack.

How to cook the bacon: Always pan fry your rashers rather than bake them in the oven | Fry over a medium heat so that the fat renders down and the meat caramelises | Fry until the bacon is fairly crispy but do not let it shrink too much.

How to make: Gently toast one side of the bread/roll in the leftover bacon fat | Generously butter the other slice | Add the bacon | Top with either ketchup or brown sauce | Sit back, relax and enjoy.



Credit: Brazen via foodhub@wearebrazenph.com





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Who to follow: @fatgayvegan



Chickpeas in abundance

Make way for the new cauliflower... that's right, the humble chickpea is the hot bean on the block. Not just for making hummus, chickpeas are actually versatile, delicious and wholesome – try seasoning with salt and spices before baking into the perfect snack.

They're also great on pizzas and add extra pizzazz to salads, not to mention aquafaba (the liquid from canned chickpeas), which makes the ideal egg substitute for vegan meringue. A very useful legume indeed.

Who to follow: @elavegan



Super stunning cocktails and mocktails

Unsurprisingly, Instagram has elevated the humble cocktail to masterpiece status, with beverages that are so visually stunning it's almost a shame to drink them. Whether boasting hyper-real hues, edible flower garnishes, or topped with clouds of candy floss, cocktail hour has never looked so good.

Who to follow: @moodymixologist



Home-baked bread

One of the more welcome side effects of the pandemic is that home-baked bread is on the rise. Whether you're interested in cultivating a sourdough starter, baking the kind of baguettes that would make a Parisian swoon, or creating focaccia art (yes, it's a real thing), Insta has an abundance of beautifully baked goods to inspire you.

Who to follow: @maurizio



Mochi madness

Japanese desserts are going to be big this year – in particular, the sweet little mochi. Made from soft and chewy rice and filled with either sweet red bean paste or ice cream, these gloriously glutinous buns are sure to bring joy.

Who to follow: @mochi_london



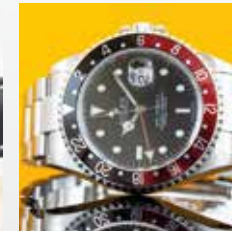
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KIDS

THE RISE OF Myopia



Myopia is one of the most common vision problems in childhood, affecting up to five per cent of pre-schoolers, nine per cent of school-aged children, and 30 per cent of adolescents. And, since the pandemic, cases in children are higher than ever before.

WHAT IS MYOPIA?

Myopia, also known as short-sightedness, is an eye condition that causes distant objects to appear blurred. Since the pandemic began, there has been a surge in diagnoses, with an increased amount of screentime being the most likely cause.

In children, myopia typically occurs between the ages of six and 13, and it often worsens during the teenage years before stabilising in the early twenties.

WHAT CAUSES MYOPIA?

Myopia occurs when the eyes grow slightly too long. This means that the light doesn't focus on the retina at the back of the eyes properly. It is not completely clear why this happens, but it often runs in families and has been linked to focusing on nearby objects, such as computers or books, for long periods of time during childhood.

DOES MY CHILD HAVE MYOPIA?

There are several signs to look out for that indicate your child may be short-sighted. These include:

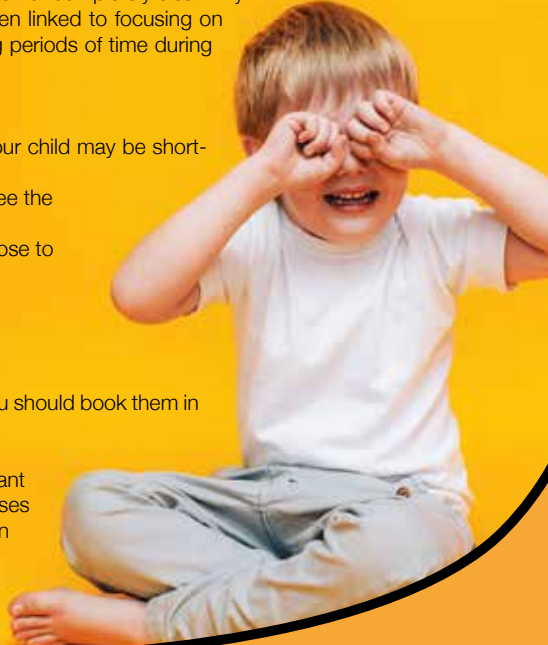
- Needing to sit at the front of the class at school to see the whiteboard
- Sitting close to the TV at home or holding a tablet close to the face
- Complaining of headaches or tired eyes
- Regularly rubbing their eyes.

HOW TO TREAT MYOPIA

If you suspect that your child may be short-sighted, you should book them in for an eye test as soon as possible.

There are several treatments for myopia, including:

- Corrective lenses that help the eyes to focus on distant objects – in the form of either glasses or contact lenses
- Low-dose atropine eye drops – these can slow down myopia in children
- More time outside and less time in front of a screen.





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HOME & DIY



ALTERNATIVE USES FOR peanut butter

Whether your child loves peanut butter sandwiches or you can't get enough of satay sauce, peanut butter is a store cupboard staple for many families in the UK. But did you know that it can also be used to overcome a whole host of household hurdles?

To clean leather: Shop-bought leather-cleaning products can be expensive. Luckily, peanut butter can be just as effective at restoring your leather goods to their former glory. Simply apply in a circular motion and buff away with a clean cloth.

To lure mice: Mischievous mice and creepy crawlies cannot resist peanut butter, which is why it makes the perfect pest bait. Smear a small amount near entrances or cracks in the wall, wait for them to get stuck, and then remove from your home. Or place a spoonful on a humane mouse trap.

To deodorize your home: If you have cooked fish and you can't get rid of the smell, peanut butter is the ideal antidote. All you need to do is add a spoonful into a frying pan, gently heat, and the odour should disappear in a matter of minutes.

To eliminate squeaks: Run out of WD-40? Peanut butter is a highly effective lubricant for fixing squeaky hinges or drawers. Just apply a small amount to the area and marvel as its natural oils banish the squeak.

To remove adhesives: Both gum and glue can be a nightmare to remove from surfaces in your home. However, with just a dab of peanut butter, you can easily wipe away these sticky substances. Apply a small amount to the affected area, leave to sit for a few minutes, and then wipe away with a clean cloth.



Update your BATHROOM on a budget

The beginning of a new year is one of the most popular times for home renovations. But don't worry if you are feeling the pinch from Christmas, as our below interior design tips promise to transform your bathroom for less.

Paint the ceiling: Instead of just repainting your bathroom walls in the same uninspiring shade, customise the space by adding a pop of colour to the ceiling. All you need is paint in your chosen colour, a stepladder, a roller and a brush.

Make sure you put down an old sheet first to protect your flooring, and opt for bathroom paint as this is designed to prevent mould and has a washable finish.

Add new storage: If your bathroom is more cluttered than calming, then why not look into some new storage solutions? Open shelving is cheap and can make your bathroom feel more spacious. Alternatively, you could repurpose an old ladder to use as a rustic towel rail.

Replace the shower curtain: You will be surprised at just how effective a new shower curtain can be at uplifting the overall feel of your bathroom. Incredibly cheap and with many designs to choose from, we recommend that you go bold with a bright colour or statement style.

Renew wooden flooring: Wooden flooring has become increasingly popular in bathrooms as homeowners embrace a more natural look. If your wooden floor is looking a little tired, a quick coat of paint or wood stain will instantly update the space. For a cosy feel, opt for a darker colour, and to open up the room, go light.

Invest in indoor plants: One or two well-placed houseplants will instantly transform your bathroom into an indoor oasis. From shower plants to trailing plants, a bit of greenery can turn a cold and clinical space into one that feels alive. Choose plants that don't mind a humid atmosphere, such as asparagus fern, spider plants and Chinese evergreen.

Photo credit: Future Plc/Collin Poole, Future Plc/Matthew Williams, Future Plc/Jamie Mason, Future Plc/Claudia Dulak via www.idealhome.co.uk

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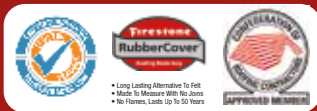


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I think we can all agree that the sooner we see the back of 2020 and this dreadful corona virus the better. That said, there are also some heart warming positives that we can take out of this situation. It has often been said that we can only really get to know one another and realise what is truly important in times of crisis. I think few would argue that in this case what has proven to be important is local community spirit.

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Stylishly SUSTAINABLE

Are you a conscious consumer? Check out the top sustainable homeware brands for 2022 below and spruce up your home while simultaneously limiting your impact on the environment. Who knew spending your money could feel so good?

AERENDE

The brainchild of Emily Mathieson, former travel writer for *The Guardian* and Condé Nast, Aerende was founded in 2016 with the aim of offering ethical and locally produced homeware items. From gorgeous candles to stunning wooden kitchenware, all Aerende products are produced in low-volume batches and are designed to improve as they age for enhanced longevity.

AESTHETE LABEL

Launched during lockdown, this vegan lifestyle and homeware brand offers minimalistic interior design products that won't break the bank. Browse its online store and discover a selection of handmade ceramics, candles and nature-themed photographic prints.

NOVE LIGHTING

NOVE is a British lighting company that is committed to using natural materials and traditional crafting techniques. Cork features highly in its designs, with founder Kirsty Saxon having fallen in love with this sustainable material during her many visits to Portugal. In fact, 'nove' means nine in Portuguese, as this how often you can harvest cork trees.

MÃEMARA

If you want to help protect the ocean from landfill-bound plastic and hazardous waste, then this is the ethical homeware brand for you. Founded in 2019, Mãemara offers a wide range of stylish homeware items, such as cushions and beanbags, as well as green botanical print tote and cosmetic bags.

RISE & FALL

A hater of fast fashion, Rise & Fall was created with the goal of making luxury shopping accessible for all. Offering its members up to 80 per cent off high-end homeware products, including bed linen, duvets and throws, £3 from every bed sheet sale goes directly to the youth homeless charity, Centrepont.



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HOME & DIY

Swooning over Kimberly



One of the most important things to know about Kimberly Duran, the face behind Swoon Worthy, is that she is 'obsessed with interiors'. And it certainly shows.

Swoon Worthy is a delightful interiors blog that features pretty pastels, quirky details, and tonnes of style. It's a mix she calls "eclectic boho glam" – a style we're completely on board with.

Meet Kimberly Duran

Kimberly describes herself as "a design-obsessed DIYer, an award-winning UK interiors blogger, a freelance writer, a professional candle-maker, and a crazy cat lady".

Kimberly's home is filled with pink, florals, and stylish gold detailing – the modern boho girl's dream. She may describe it as "artfully arranged clutter", but if that's what clutter looks like, sign us up.

Making your home Swoon Worthy

Kimberly's style is very accessible and versatile. You could make it work in your bathroom, kitchen, living room – anywhere that needs a touch of glam. She works to a budget, with a lot of DIY ideas you can easily recreate in your own home. To recreate her look, take a look at the following tips:

Keep rooms light and airy

There's a recurring theme throughout Kimberly's home, and that's plenty of light. All of the rooms are painted white or in light neutrals, which creates the illusion of space. The colour comes in the accent details, which include plenty of pinks, greenery and the occasional pop of colour.

Display all the way

A lot of decor experts will tell you to put clutter away, but when your clutter is as pretty as Kimberly's, you're going to want to display it. Choose items that fit with your colour scheme to create a stylish kitchen that looks far from messy. From your crockery to cookbooks, it all looks good laid out for everyone to see.

A touch of gold

Something that Kimberly does very well is to use gold in her decor to add a touch of luxe and glamour – which is exactly what modern boho is all about. Gold decor is very popular and affordable at the moment; however, you can always upcycle existing pieces with gold spray paint for a budget-friendly upgrade.



Photo credit: swoonworthy.co.uk



The season of COSYING UP

TIPS ON GIVING YOUR BEDROOM A WINTER MAKEOVER ON A BUDGET

As temperatures plummet and the dark nights set in, you won't be the only one contemplating hibernation this winter.

While you might not be able to spend the whole season in bed, you can at least make it a little cosier to help you get through the winter months.

Check out some budget-friendly ways of giving your bedroom a winter makeover.

CHANGE UP YOUR COLOUR SCHEME

One of the easiest ways to add a winter touch to your bedroom is to change up your colour scheme. Think grey tones or muted shades of pink and red. Cushions, curtains and ornaments can help you add some colour without going overboard with your spending.

EMBRACE WARMING TEXTILES

Bringing in some warming textiles can make your bedroom feel much cosier. Fluffy or bouclé throws, along with cushions, are perfect for this time of year, adding that hygge touch that will also keep you warm at night.

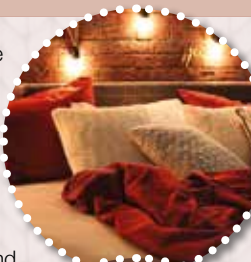
SOFTEN YOUR LIGHTING

Some softer lighting is just what you need to hide away from those dark winter evenings. If you don't have a dimmer switch, buy dimmable smart bulbs so you can lower your lights to create a warmer tone while also saving some energy. Adding candles or fairy lights can also create a winter-friendly ambience to help you settle in at night.

EMBRACE WINTER FRAGRANCE

Fill your room with winter fragrance to make your bedroom even more relaxing. Popular winter fragrances include warming vanilla, amber and tobacco, while spicy cinnamon and clove will help you capture the essence of winter.

Giving your bedroom a winter makeover is the perfect way to embrace nights in and rest up. With some simple changes, your bedroom will have that cosy Scandi vibe in no time.



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VERY PERI

Colour
of the year
2022



Photo credit: etonasterika/Shutterstock.com, www.pantone.com

As interior design enthusiasts everywhere waited with bated breath, Pantone announced its colour of the year – and it wasn't what anyone was expecting.

What is the Pantone colour of the year for 2022?

For the very first time, Pantone created a new shade that didn't already feature in its existing catalogue of colours. Described as "a dynamic periwinkle shade of blue hue with a vivifying violet red undertone", Very Peri marries the constancy of blue with the excitement and energy of red.

What does this colour symbolise?

According to Pantone, Very Peri is a symbol of the transitional times that we are going through as the world emerges from lockdowns and experiences unprecedented change. Its unique colour combination is meant to deliver dynamism, creativity, imagination and moving forward.

Furthermore, as our physical and digital worlds become more intertwined, Very Peri is a shade that looks just as at home in the natural world as it does on screen.

How to incorporate Very Peri into your home

Very Peri is an incredibly versatile shade that is suited to many different materials, textures and finishes within the home. If you are worried about using too much colour, Very Peri is a great shade for creating a feature wall, either with a splash of paint or some playful wallpaper. It also works just as well in transitional spaces, such as the hallway, as it does in the main rooms of your home.

Alternatively, you could invest in a few periwinkle home accessories or refresh some old wooden furniture with this warm and uplifting shade.



How much would you pay for a STEAK?

Steak has been hitting the headlines recently because of one man – Salt Bae, an Instagram-famous butcher-turned-restaurateur who serves gold-covered steaks for up to £1,500.

Loved by the likes of Leonardo DiCaprio, Naomi Campbell and Jason Statham, is this premium product really worth the hefty price tag?

Salt Bae, real name Nusret Gökçe, was born in Istanbul and started working in Turkish steakhouses at the age of 12. His fame started with a viral video that he posted in January 2017, showing himself suavely cutting and sprinkling salt on a piece of meat. He now has more than 30 million followers on Instagram.

Salt Bae opened his first Nusr-Et steakhouse in Istanbul in 2010 and, as his brand grew, he opened restaurants all over the Middle East, followed by locations in America and Greece. However, it wasn't

until 2021 that he came to London, with his first UK steakhouse opening in Knightsbridge.

If you head over to the Nusr-Et website, you won't find any prices – and it's not hard to see why. According to reviewers, you can expect to pay between £850 and £1,500 for a gold-covered steak, £100 for a burger, £25 for ice cream, and £11 for a Red Bull. Plus, you have to account for the 15 per cent service charge.

How to make your own gold-covered steak

If you want to enjoy a gold-covered steak but don't have £850 to spare, why not have a go at making your own at a fraction of the cost? All you need is butter, thyme, garlic, côte de boeuf (rib steak with the bone attached), and a pack of gold leaf edible sheets, all of which should set you back no more than £50.

Photo credit: Instagram/nusr_et. Copy credit: Thom Smith/idealresult.co.uk

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FRANKIE DETTORI

A book, a film and a few more hundred rides – Frankie Dettori's love affair with racing continues.

As sporting icons go, Frankie Dettori betters most, in spite of his diminutive 5ft 4in frame. Having turned 51 in December, the Milan-born jockey continues to push his place in the sport.

There's a new book, *Leap of Faith* – an autobiography detailing the passion, positivity and perseverance of someone still going strong.

There's the documentary movie, *Dettori* – a stunning showcase of a life as the rock star of racing.

Mostly, though, there is a competitive reality that many lose under the radar. So used are we to seeing Dettori on our screens, across entertainment shows and as a genuinely likeable celebrity face, it's easy to forget this is someone still powering around racecourses on a weekly basis.

In 2021, Dettori has had more than 200 rides, and more than one-fifth of those saw the charismatic Italian come home to the sound of victory cheers.

Dettori has succeeded off the back of something very simple – he is a fierce competitor, a charmer and an entertainer. From the early days of stardom in 1990, when in one season he became the first teenager since Lester Piggott to ride a hundred winners, to his legendary seven victories achieved at Ascot in September 1996, to finally breaking his Epsom Derby jinx at the 15th time of asking, the rider has always embraced what it is to live in the spotlight that shines so brilliantly over the sport of kings.

"I know how lucky I am to be living this life," says Dettori, who was sent by his father to the UK in 1984, aged just 14, to work for Luca Cumani, the Italian thoroughbred horse trainer and breeder. The premise was simple – become the world's best jockey.

"It is good days and some bad days, like everyone else, but I am grateful every day at what the sport has given me, and as much as I can pay back, I will."

A fixture on the racing card for more than three decades, and someone who has prolonged his freelance riding career since parting company with Godolphin Racing in 2012 in the wake of a six-month drugs ban – something he has described since as "a moment of weakness that I will always feel shame for" – Dettori can claim to have lived through multiple generations and incarnations of the sport.

"There is always an interesting balance between the jockey, the horse and the trainer," says Dettori. "Everything is configured around that axis and if at any point one of those three things begins to deteriorate, you simply won't win races."

Dettori, who lives near the Newmarket course with his wife, Catherine, and their five children, knows that retirement may be nearing. When that day comes, the jockey may console himself in the knowledge that his career in the media will continue to flourish. He is already a regular on Racing TV, and away from the track has spent many years exploring entrepreneurial pursuits, not least his chain of restaurants.

"I've always been someone who wants to have a lot of fun," he says – how else would you describe his stint in the *Celebrity Big Brother* house in 2013? "I have a passion for life and a thirst to reach out and take the next project, and I'm sure I'll always carry that on."

“There is always an interesting balance between the jockey, the horse and the trainer”





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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Public views wanted on new health and wellbeing hub

The public are being asked to give their opinions on a new integrated health and wellbeing hub to be built at the former St George's Hospital site in Hornchurch.

Planning permission was granted last month, following the government's announcement in 2019 that £17.4million would be given to the project.

Healthcare professionals – including people from the local clinical commissioning group, North East London NHS Foundation Trust and Barking, Havering and Redbridge University Hospital NHS Trust, as well as GPs – have worked on designs for a number of years now.

The hub will offer a number of health, care and community services all under one roof.

Residents of Havering, Redbridge, Barking and Dagenham will all be able to use the centre's amenities,

which are also set to include education and meeting spaces, as well as a café and a sensory garden.

Feedback on the proposals is now being sought by NHS North East London Clinical Commissioning Group until Friday, February 11, 2022.

Havering GP and clinical lead for the health and wellbeing hub, Dr Atul Aggarwal, said: "The hub aims to bring together a mix of health and care professionals in a single location to promote more joined-up working between the NHS, the council, and voluntary and community sectors.

"I'd encourage everyone to look at our proposals and share their feedback. This is an important opportunity for a major investment in health and social care facilities in north east London."

Submit your views at www.surveymonkey.co.uk/r/WLNJRHL



Resident wins best class in Mum's Guide awards

A Hornchurch-based sewing class has won an award from the Mum's Guide to Romford.

Elasha Creations, which is based in Fairkytes Arts Centre, has won the 2021 award for best activity class or group for school-age children.

Owner and mum-of-three, Nichole Goodison, who celebrated her 50th birthday days after winning the award, started teaching sewing to children and adults after studying fashion and working in the industry for more than 35 years.

Nichole said: "I'm still in shock that I won. I love teaching sewing and I'm told I have the patience for it. Winning has shown me that there are many creatives out there just itching to learn to sew."

Nichole believes you should be able to create your own style, whether with clothing, accessories or homeware.

She said: "Sewing not only gives you the opportunity to express yourself, but it also helps with the environment. If you can repair it, you're less likely to throw it away. Not to mention the self-confidence it brings when you learn a new skill and the development of fine motor skills.

"It is also very enjoyable. Children have very creative minds and sewing gives them a platform to show their uniqueness."

For more information, email Nichole at info@elashacreations.com

Women's hair loss support salon opens up

A hair loss support business for women has opened in Hornchurch.

Bear with the Hair opened its doors on Friday, December 17, at 151 Hornchurch High Street. The new business offers semi-permanent hair integration options, as well as a large variety of wigs.

Owner Kellie Green, who lost her own hair as a result of a serious illness, hopes to provide a safe place for women to come when they need help to feel like themselves again.

She said: "As a woman, losing your hair is one of the most distressing things you can go through.

"When a woman starts to lose her hair, she will tend to lose confidence. It's a whole range of emotions, with very little advice and help out there.

"Most women either muddle through with poor wig choices, through lack of advice and guidance, or



resort to other methods like coloured spray."

Kellie is a writer by profession, and while she enjoyed a successful career, she never really felt at home in the boardroom and is much more in her comfort zone when helping women feel better about themselves.

She previously ran her business on the side for five years, seeing clients from her home and completing training in new hair loss techniques at every spare opportunity.

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JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS



As the new year begins, I want to give constituents a progress update on some of my local manifesto commitments.

First, the new NHS Health Hub in Hornchurch. I secured government backing for the project in 2019, and Havering Council granted planning permission for the facility in November. The North East London Clinical Commissioning Group is now asking for residents' feedback on plans for health and care services at the hub, and I am encouraging everyone to submit their views to their consultation at www.surveymonkey.co.uk/r/WLNJRHL

Second, police numbers. The last set of figures showed that 2,070 extra police have been recruited into the Met. We are about to pass the Police, Crime, Sentencing and Courts Bill in Parliament to give officers extra powers, introduce tougher sentences and end automatic halfway release for serious crimes. We have also launched a comprehensive national drug strategy. But there is more work to do and I will be working to secure a long-term police base in Hornchurch after the Met Commissioner told me she is awaiting confirmation of the Mayor's intention to sell Hornchurch Police Station by March. Given Havering's population growth and changes to policing in the capital, we should not be reducing bases in outer London.

Third, a regional growth plan. I met the new Housing Secretary, Michael Gove, before Christmas to make sure areas like Havering and the Thames Estuary are included in the Levelling Up strategy due to be launched early this year, and get the council funding they need. The new Thames Freeport we secured is already attracting new businesses into the area and, when combined with transport infrastructure like the forthcoming Lower Thames Crossing, brownfield housing, environmental and skills investments, I think we can provide local people with better life chances and boost the economy long into the future.

Separately, I discussed the issue of cladding with Mr Gove on behalf of residents on the Kings Park Estate, Harold Wood, and the need for policy solutions as soon as possible. Meanwhile, recent constituency visits have included The Habbit Factory theatre group, which provides children of all abilities the chance to enjoy music, dancing and acting classes. We recently secured a funding boost for Hornchurch's Queen's Theatre to help with winter pressures, and my team and I also visited the East Side Brewery on the Elms Industrial Estate to support a new local craft brewer.

I hope **VISION** Hornchurch readers had a good break over Christmas and New Year. Do get in touch if you think my team and I can help you in any way at julia.lopez.mp@parliament.uk

www.julialopez.co.uk

ANDREW ROSINDELL



MP for ROMFORD



I would like to wish everyone a happy New Year and hope you had a very merry Christmas, spending time with family and friends and enjoying our wonderful Christian traditions.

2022 is, of course, the year in which Her Majesty The Queen celebrates her Platinum Jubilee, which I am sure you will join me in celebrating. I am delighted to say that preparations are well underway to make this a wonderful occasion.

The monarchy is a magnificent institution that has provided unity and stability to our nation for many centuries. I hope everyone in Havering will join me in celebrating our Queen's service to the United Kingdom, the Overseas Territories, Crown Dependencies and Commonwealth Realms.

I was immensely proud to have chaired meetings in 2021 of the Platinum Jubilee Group in Parliament, where the minister told us that the celebrations will include The Queen's Birthday Parade, when more than 1,400 parading soldiers and 200 horses will mark

The Queen's official birthday. There will also be a four-day bank holiday in June.

On another subject, I know residents of Hornchurch and Romford are deeply concerned about the introduction of domestic vaccine passports. I would like to reassure those people that I am vehemently opposed to this policy.

I also oppose new restrictions. This is thanks to the resounding success of the fantastic and unprecedented vaccine roll-out.

This year, I would encourage people to support local businesses, restaurants and establishments more than ever by shopping locally and dining locally, and therefore helping to protect jobs in our area.

Finally, on May 5 this year, we will have to decide who will run Havering for the next four years. I am campaigning to 'Keep Havering a Town and Country Borough' and will be promoting 23 great local candidates for my constituency of Romford who are supporting this.

Sixth Form raises awareness

A Sixth Form college recognised the International Day for the Elimination of Violence against Women with a series of events attended by more than 800 students.

New City College Havering Sixth Form organised seminars, information stalls and lectures from external speakers to highlight the issue, using recent tragic cases such as those of Sarah Everard and Sabina Nessa.

Talks came from organisations such as Havering Women's Aid, anti-FGM charities Forward and Survivors of FGM, and Domestic Violence, support group Survivors Together, and youth charity St Giles Trust.

The college's student services also ran stalls where students could find out about the different ways violence manifests, such as sexting and harassment, make anti-violence keyrings, and learn about consent.

Phil Hall, deputy principal of the campus in Wingleye Lane, Hornchurch, said: "The day was a



huge success, and it further upskilled our students' knowledge on this key and prevalent area.

"At NCC, we understand the importance of helping to keep our students safe, as well as ensuring that they understand that violence against women needs to be eliminated."

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LOCAL NEWS

Man charged with murder after fatal stabbing

A man from Hornchurch is among eight people to have been charged in connection with the murder of a man in Tunbridge Wells.

Xhovan Pepaj, 25, was found dead on December 4, having suffered multiple injuries from a stabbing.

Ciaran Stewart, 18, of Curtis Road, Hornchurch, has been charged with murder and conspiracy to commit robbery, following a hearing at Medway Magistrates' Court. A 17-year-old boy from Ilford, who cannot be named for legal reasons, faces the same charges.

Zach Cutting, 23, of Waltham Abbey; Ray Renda, 21, of Brentwood; and Nathan Rainforth, 20, of

Pilgrims Hatch, were all charged with conspiracy to commit robbery. They were due to appear before Medway Magistrates' Court on December 28, as **VISION** Hornchurch went to print.

Donte Simpson-Palmer, 18, of Ilford; Mohammed Miah, 25, of Romford; and Nathan Turner, 28, of Brentwood, have also been charged with conspiracy to commit robbery. They, together with Mr Stewart and the 17 year old, will appear at the same court on January 6. Mr Turner was also charged with possessing cannabis with intent to supply.

Three other people remain on police bail.

Micropub wins two prestigious awards

A Hornchurch pub has been named as London's pub of the year.

The Hop Inn Micropub was awarded two prizes by the Campaign for Real Ale (CAMRA): London Cider Pub of the Year and Pub of the Year, which they were presented last month.

Despite only opening in December 2019 – just prior to the COVID-19 pandemic – The Hop Inn, in North Street, has beaten off stiff competition from pubs of all sizes across London to win the accolade.

Owners Phil Cooke and Alison Taffs, along with their team, including Andrew Conway and Fraser Clarke, were handed two awards by CAMRA's London regional committees.

Alison said: "We champion real cider and perry from Kent and all over the country, so we were delighted to be named the best pub in London to drink cider.

"When we found out we had been named the best pub in the whole of London by CAMRA, we were astonished and thrilled. We had been visited by more than 50 of the CAMRA judges from all over London and came out on top from their judging."

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New data reveals extent of traffic accidents in borough

A recent report into traffic safety schemes has revealed the number of road fatalities and serious injuries in Havering in the last five years.

Overall, 94 people have been killed or seriously injured (KSI) in accidents in Havering between 2016 and 2021.

Hornchurch Ward was shown to have zero incidents where someone was KSI, while South Hornchurch had six. The ward of Upminster had the highest

number, with 12 people KSI.

It was also shown in the report that 596 people had received a slight injury in a road traffic accident over the last five years.

Hornchurch Ward had only one of these incidents, while South Hornchurch had the highest number of all Havering boroughs at 91.

The report was released as part of a meeting of the council's Environmental and Scrutiny Sub-Committee.

Man sought after attack leaves puppy injured

A puppy was left with an inch-and-a-half-deep wound after she was viciously attacked by another dog during a walk at Harrow Lodge Park in Hornchurch.

Daisy, a Jack Russell, is now recovering from surgery at the vets, after suffering the wound, bruising and muscle tears.

Owner Nessa Trew is now looking for the person responsible following the horrific attack.

She was walking through the park's middle field in December, past the car park on Warren Drive, when Daisy was attacked.

The other dog has been described as a blue Staffordshire bull terrier, while its owner, who walked behind holding his pet on a grey flexi lead, is thought to be a man with dark grey hair, wearing a black and red coat, jeans and a black hat.

Metropolitan Police have been contacted for comment.





Awards to celebrate small local businesses



Havering Council has announced the launch of the Havering Small Business Awards 2021/22.

With nominees chosen by the community, the awards will celebrate the excellence of small consumer businesses in Hornchurch and the borough.

The awards will be split into multiple categories, drawing on the variety of shops and businesses across Havering's eight town centres.

Businesses with the most nominations in each category will go through to the final round, where the public can vote in online polls to decide the winners.

Councillor Damian White, Leader of Havering Council, said: "2021 continued to be a tough year for businesses across the country, but we've seen so many shining examples of businesses not just surviving, but giving back to their communities and standing out as beacons of hope."

For more information visit www.havering.gov.uk/smallbusinessawards

Man jailed for five years after being caught with cocaine

A Hornchurch man has been sentenced to five years and three months in prison after being caught with a kilogram of cocaine, which was given to him by a reality star friend.

Gary Bear, 23, of Hornchurch, received the sentence at Snaresbrook Crown Court on December 17.

He had already pleaded guilty to the charges of conspiracy with intent to supply class A controlled drugs, possession with intent to supply class A controlled drugs, and possession of criminal property, at a hearing on July 9.

He will now serve his three custodial sentences for the crimes concurrently.

Another man, Michael Hassini, 27, of Brentwood, Essex, also pleaded guilty at the same court to the

same three charges on October 7, and received a sentence of six years and nine months' imprisonment on December 17.

Hassini was formerly a star on the hit ITV reality series, *The Only Way is Essex*, before his suspension from the show in 2016.

Both men were arrested on April 16 after Bear was stopped and searched on Staverton Road in Hornchurch. He was found to be in possession of a box containing a kilo's worth of cocaine hydrochloride.

Hassini had been seen supplying Bear with the class A drugs and was detained during the same stop. A vehicle search also recovered £37,000 worth of cash.

Detective Inspector Dave Williams from the Metropolitan Police Specialist Crime Command said: "The sentences that have been given for these convictions reflect the seriousness of the crimes that have been committed."

Young people speak up for climate change

A survey by Havering Council of young people in the borough has found that almost two-thirds of those asked are concerned about global warming.

Young people say they have already been doing their bit to tackle climate change, but that both they and their communities can still do much more.

The survey was run as part of the Havering Youth Climate Change Summit, which coincided with the UN Youth Climate Summit in Milan in September and ended shortly after the COP26 conference in Glasgow.

A total of 262 young people between the ages of 11 and 25 took part in the survey, which provides a snapshot of how the respondents see the impact of climate change on the environment and the part they could play to help improve everyone's quality of life.

Global warming is a concern for 63 per cent of the survey respondents, while 61 per cent said they are concerned about air and water pollution.

Councillor Damian White, Leader of Havering Council, said: "Hearing from young people is crucial as it helps us to understand what is important to them. The work we are doing now to become carbon neutral by 2040 will impact generations to come."



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News from

Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association

January has landed. How are your New Year's resolutions holding up? Is it a good idea to make a resolution? I usually avoid them, but seeing as we have had two years of lockdowns and restrictions, I resolve to make the best of any time I have with family and friends.

I hope you enjoyed the Christmas break. I will reiterate something I said earlier: please, where possible, shop local and keep our shops going. Many of the shopkeepers have had a terrible time over the last couple of years. Do what you can to help them.

I do not mean Sainsbury's, Tesco's, Poundland, etc. Look at the small independent shops. Can you use them or buy something from them rather than online or in the large corporates?

While you are out in the town, please keep an eye out for pickpockets. They are, unfortunately, still active in town. Keep your bags closed. If you see something happening, raise the alarm. If you withdraw cash from the bank ATMs, be aware of who is around you and do not get distracted. Feel free to ask someone who is too close to back away from you.

When in the town centre, if you come across a homeless person, a hot cup of tea or coffee is usually well appreciated. If you have the time, have a chat



with them; it can be very lonely. I do, however, urge you not to give them money or items directly. Please consider giving to local charities who can better assist the homeless. There are several charities in the area; they do great work and always welcome donations or assistance.

The Hornchurch Residents' Association team was out in our new gazebo at the Langtons Christmas Fair. The day was a success, with many visitors. In the next few months, you will hopefully see some of the team at pop-up locations. As your local councillors and action team members, we are there to help and give advice. If you see us, come and say hi.

To find out more, visit www.hxra.org



kube



Contest winners announced

State agents in Hornchurch received praise for their "community spirit and amazing entries" in their Halloween competition.

Noble Residential had trouble choosing a winner, so it went to a public vote.

A Noble Residential spokesperson said: "We are very happy to be able to share the above pictures showing the lucky winners, who received a £100 Smyths Toys voucher for the 1st place, and £50 Smyths Toys vouchers for the runners-up."

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GARDENING

When it comes to helping the environment, every little helps. There are a lot of things you can do to build greener habits, starting with your own garden.

Creating an eco-friendly garden is the perfect way to support the environment from home – no matter the size of your space. Make your garden more sustainable with the following tips.

USE RECYCLED MATERIALS

Using recycled materials is one of the major ways you can make your garden more eco-friendly. This could include wooden pallets, old plant pots, and plastic food containers. You could also consider upcycling dated or discoloured garden furniture.



SUPPORT NATURE'S POLLINATORS

Nature relies on bees and insects for pollination. The growing decline in their populations could have serious consequences for food production and much more in the future. Planting some bee-friendly flowers could help you play your part in boosting their numbers, while also bringing some colour to your garden. Popular bee-friendly flowers include lavender, honeysuckle, snapdragons, bluebells, and primroses.



CONSERVE WATER

Taking steps to conserve water will help the environment, as well as keep your bills low. Having some water butts will help you collect rainwater that you can use for watering flowers, topping up your pond, and other garden tasks. You should also avoid sprinklers and over-watering your garden to help reduce your water use.



MAKE YOUR GARDEN WILDLIFE-FRIENDLY

There are different things you can do to encourage wildlife visitors to your garden. This helps increase biodiversity and gives you your own chemical-free pest control. Build a pond, put up some bird boxes, and provide some food sources to encourage these welcome visitors to your garden.



You can prevent pests and weeds without having to resort to chemical methods. Some herbs, such as chives, rosemary and mint, make excellent pest deterrents, while you can manually remove weeds to keep them from taking control of your garden.



GET COMPOSTING

Instead of buying compost from the garden centre, why not make your own? Start collecting your vegetable peelings, lawn cuttings, teabags, egg boxes, shredded newspaper, and cardboard to cut down on waste and put it to good use.



Photo credit: www.gardenersworld.com

ECO-FRIENDLY POTS

Want to make your green fingers even greener? You could try making your own plant pots

Plant pots made from newspaper are an excellent way to recycle, and because they're biodegradable, you won't need to transfer your plants when they're ready to be planted outside.

Simple and quick, you can get the whole family involved in making DIY plant pots.

What you need:

Newspaper | A mould | A seed tray | Compost | Seeds

How to make:

1. Find a suitable mould: Find something that could work as a mould, like a tube or a tin. You may need a range of moulds if you're planting different types of seeds.

2. Cut newspaper strips to size: Cut strips of newspaper that are long enough to wrap around the mould multiple times. You could also fold newspaper into narrow strips to boost the layers. You're aiming for four to six layers of newspaper.

3. Wrap your strips tightly around the mould: Wrap the paper around tightly, securing the sides to keep the structure rigid. You'll need to fold the paper over the bottom of the mould so that you can keep everything securely in place. Folding the ends down tightly means you won't need any other materials to secure your pot.

4. Remove the paper carefully from the mould: Slide the paper off the mould, taking care not to cause any tears.

5. Plant your seeds: Transfer your paper pot to a seed tray and plant your seeds. When they've outgrown the seed tray, you can transfer your paper pot to another pot and let the newspaper break down naturally.

Making your own paper plant pots helps you reuse materials and gives you a solid structure for planting seeds. Give it a try and do your bit to be greener.



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GARDENING

THE RICH BROTHERS

Why David and Harry represent Rich pickings in more ways than one

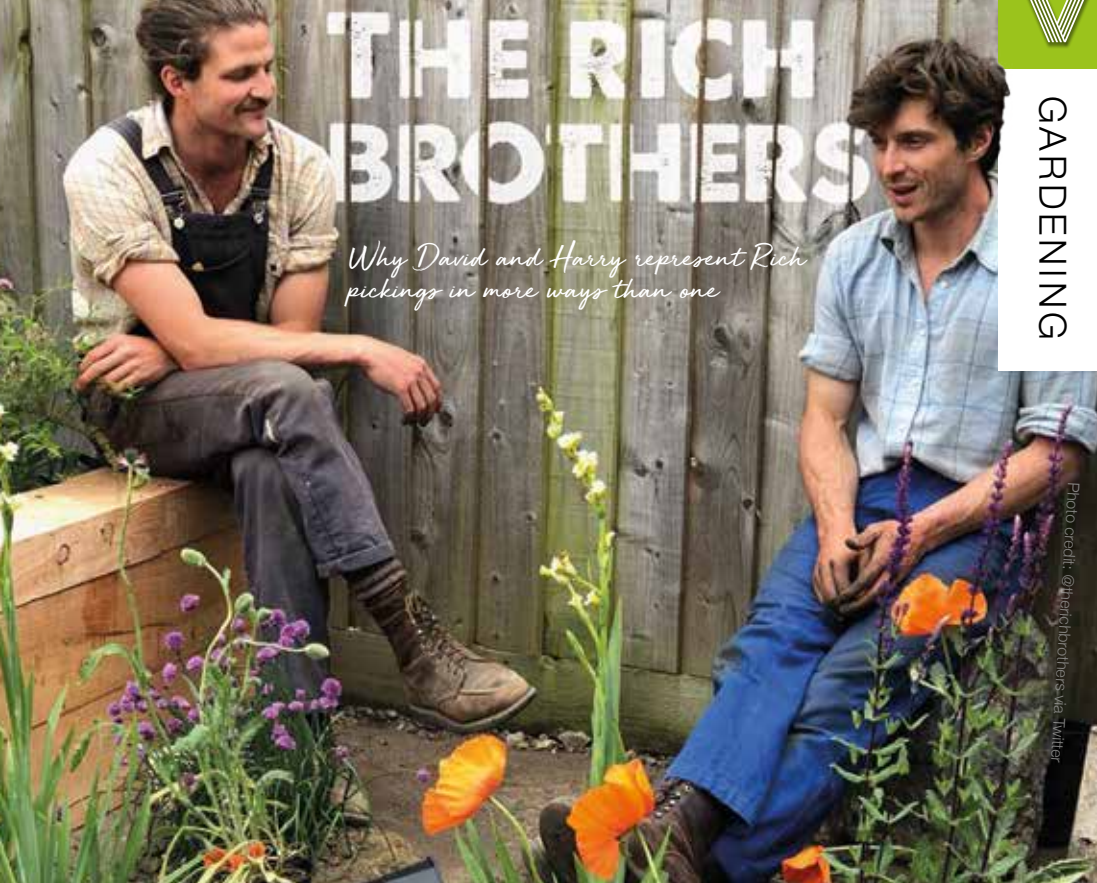


Photo credit: @therichbrothers via Twitter

While brothers David and Harry may have a surname that sits perfectly with so many gardening terms – rich soil, a rich bouquet, a rich landscape – there's nothing gimmicky about the way these two talented presenters have worked their way onto the top shelves of terrestrial TV's potting shed. After all, the Brecon-born Rich brothers have recently been named the 'cool guys of gardening'.

Their foundation in the art of transforming and caring for our outside spaces came when they studied landscape architecture at university. An award-winning garden design practice, Rich Landscapes, followed, and their unique take on the synergies between gardening and architecture quickly caught the eye of television producers.

Across the BBC's coverage of the Chelsea Flower Show and transformation show, *Garden Rescue*, the Rich brothers got their hands dirty while adapting to the fame that comes with being recognised.

"It was a strange thing to get used to at first," says David. "We've never gone out to court publicity, but I guess the fact that we're brothers, and perhaps as neither of us look like your archetypal gardener, it meant there was interest there."

Speaking about what really makes them tick, Harry notes: "For us, it's that link between nature and the manmade environment. Sometimes the attraction is to create space that really complements both elements; other times it's about contrast and doing something that's a bit left field."

Despite the exposure that's come their way, the brothers have made the decision to part ways with the *Garden Rescue* show, in order to focus on their own business and family commitments.

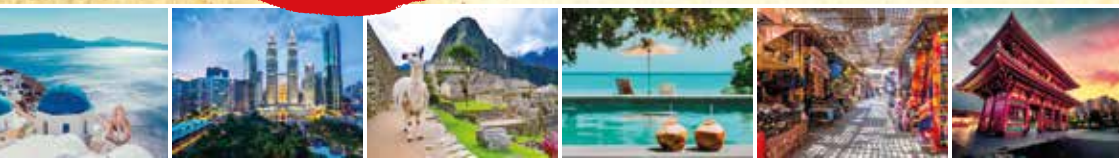
"I think everyone needs a break from time to time, and our schedules have been packed for as long as we can remember," says Harry. "We've got some interesting ideas up our sleeves, though, so will be back."



TRAVEL



THE BEST PLACES AROUND THE WORLD TO SPEND DRY JANUARY



Did you overindulge a little during the festive period? Are you more than ready to get on the wagon and give Dry January a try?

If yes, then these sober-friendly holiday destinations are just what you need to stay on the straight and narrow.

SANTORINI, GREECE

Beloved by honeymooners and those wanting a romantic getaway, while you can still buy booze in Santorini, this stunning beach destination is better known for relaxation, eating, and exploring the local villages.

MALAYSIA

If you want a holiday destination where it is too expensive to drink alcohol, then Malaysia is the country for you. With one of the world's highest alcohol taxes and alcohol highly restricted and even banned in some places, you won't have much choice but to find other ways to have fun.

PERU

For those who are seeking delicious alcohol-free alternatives, this South American country certainly delivers. Choose from nutrient-rich juices made

from local fruits, or chicha morada, a Peruvian speciality made from dried purple corn.

THE MALDIVES

One of the most popular destinations for winter sun, it is forbidden for locals to drink alcohol in the Maldives, and they are instead used to drinking tea and coconut water. While you can still indulge in the island's resorts, why not enjoy a truly authentic experience and go booze-free?

MOROCCO

Unlike us Brits, alcohol is not really part of Moroccan culture, so you won't see many offerings in local bars, hotels and shops. Instead, focus on exploring its ancient cities and stunning architecture, as well as its many markets, which are perfect for grabbing a bargain or two.

TOKYO, JAPAN

Although alcohol is easy to get hold of in Japan, like Morocco, this country does not have a strong drinking culture, so you won't feel pressured to drink. Instead, check out the high-tech entertainment or visit a sumo stable and see the country's national sport live in action.



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HOW TO PERFORM CPR ON PETS



If you own a pet, you should make it a priority to learn how to deliver CPR to them in the safest possible way. While pets with underlying health conditions are unlikely to recover, if your healthy animal's heart has stopped, then CPR could save their life.

HOW TO CHECK IF YOUR PET NEEDS CPR

1. Check their airway:

Pull their tongue forward and check to see if there is anything lodged in their throat. If there is, remove it.

2. Check their breathing

Look and listen to see if they are breathing. Can you see their chest rising and falling? Can you feel breath from their nostrils? If not, check immediately for a heartbeat.

3. Check their circulation

Place your hand or ear over their chest where the elbow meets the ribcage. Can you feel or hear a heartbeat? If no heartbeat is found then start CPR.

HOW TO PERFORM CPR ON YOUR PET

- > Place your pet on their right side on a firm and flat surface
- > Dogs that have a barrel-shaped chest can be

placed on their backs

- > Compress the chest at two per second at the widest part of their chest
- > For large dogs, use both hands interlocked
- > For small dogs, use one hand
- > For cats, use one hand to compress the chest from both sides while they are lying on their side
- > Make sure that each compression depresses the chest by a half to two-thirds and allow the chest to return to normal after each compression
- > After 30 compressions, extend their neck, close the mouth and blow down their nose
- > Give two breaths, allowing one second for the chest to fall
- > Check for a heartbeat again
- > If no heartbeat, repeat the process, giving 30 compressions and two breaths until veterinary help arrives.

TOP TIP:
Use the beat of the song *Staying Alive* to keep the right pace



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BRUCE KING

on getting and staying motivated



BUSINESS & PROPERTY

KNOW YOUR WHY



In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to wake up and stay motivated.

Motivation is so often thought of as something you have done to you, or you do to yourself to get yourself moving, usually in the direction of achieving your goals.

If you struggle with motivation, there are thousands of personal development coaches out there who will happily take your money and do what they can to motivate you. But in most cases, the results will only be temporary.

The most important thing you need to understand is what motivation really is.

Motivation comes from the word 'motive' (reason).

Your motivation comes from your motive, your 'why', your reason for wanting to achieve your goals.

Doesn't that put a totally different light on it?

Without a why, no goal will be very inspiring or motivating.

Yet when you define your why – what it will really

mean for you, how amazing you'll feel, what you'll have and be able to do when you've achieved your goals – you will be massively more motivated, most if not all the time. And you probably won't need anyone's help to motivate you.

So, to define your why, here's an exercise I use with many of the people I coach.

Invest at least half an hour (it's going to be one of the most valuable half-hours ever), think about the following question and write down your answers. And don't stop until you cannot think of anything else to write, no matter how long it takes.

Ask yourself – why do I do what I do?

Keep that piece of paper with you and whenever you need motivating, read it.

That's all the motivation you should ever need.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk



If you are thinking about adding to your home, you may be wondering about the difference between an orangery and a conservatory. While they can both provide you with a versatile and attractive space, there are several key differences between the two structures.

WHAT IS A CONSERVATORY?

A conservatory is characterised by:

- > Having half of each side wall made from glass
- > At least three-quarters of its roof made from any type of translucent building material or clear glass
- > Being built against the wall of a house with a closing door or window
- > A standalone heating source that is separate from the main house.

WHAT IS AN ORANGERY?

An orangery can be defined by:

- > Large, tall windows on one side – usually south-facing
- > A brick or stone structure
- > A flat roof with a central glass lantern that can span part or all of the roof
- > An independent heating source, such as a stove.

WHAT IS THE DIFFERENCE?

One of the key differences between a conservatory and an orangery is the roof. As mentioned above, a conservatory must have at least 75 per cent glazing on its roof. An orangery, on the other hand, tends to have a standard roof. A conservatory is seen more as a mid-point between your home and your garden, whereas orangeries are more visually comparable to an extension as they can be stand-alone or built against the side of your property.

BENEFITS OF A CONSERVATORY

More natural light | Better view of your garden
| More affordable | More relaxed vibe | Long lasting | Can be used all year round.

BENEFITS OF AN ORANGERY

More elegant look | Better insulation | More consistent temperature | Reduced glare and sunlight | Long lasting | Can be used all year round | Adds more value to your property.

CONSERVATORY VS Orangery



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with good habits



TECHNOLOGY



HOW SCIENCE HAS PRODUCED A VACCINATION THAT REQUIRES NEITHER NEEDLES, INHALERS OR PILLS

In yet another example of modern science pushing the extremes of how we understand the human body, scientists at the University of Waterloo in Ontario have developed a tool that could eliminate the need for needles altogether.

It uses a high-pressure jet of serum that passes through an opening in the skin that is no wider than the width of a human hair.

Named Cobi and created by Cobionix, the robot first scans the entire human body to find an optimal site where the injection can be done.

While AI-based software remains in its infancy, the speed of the technology means rapid advancements are likely. What it means for the industry is an approach that, in years to come, can lean much less on the manual, fiddly and sometimes unsuccessful manner in which injections are carried out. That also means protecting healthcare workers, lowering the cost of injections, improving patient outcomes, and lessening wastage.

In addition, where the infrastructure of

something like a vaccine rollout means taking over great swathes of space in and around buildings, as we have seen across the UK where COVID-19 is concerned, a Cobi-driven operation would require a much smaller set-up. This could have profound life-saving implications for developing countries, though it's expected to be two years before Cobi is ready for commercial use.

This is not the first time an AI-led automated device has been talked about as a solution to the coronavirus outbreak. In Egypt, in a hospital just outside Cairo, a robot nurse called Cira-03, is busy conducting COVID-19 tests and passing on public information messages to patients.

Tim Lasswell, co-founder and CEO of Cobionix, said: "Cobi is a versatile robotics platform that can be rapidly deployed to complete tasks with 100 per cent autonomy."



Photo credit: waterloo.ca/COBIONIX

SNOW WAY!



FROM WOK RACING TO ICE YACHTING – THE WINTER SPORTS YOU PROBABLY NEVER KNEW EXISTED

We watch the Winter Olympics partly with admiration, partly for slightly comedic entertainment. Whoever thought riding down an ice track on a glorified metal tea tray at 80mph was a good idea?

To pull off any kind of sporting prowess with icy, snowy and bitterly cold conditions is impressive, but the peculiarity of winter sport stretches far beyond gliding across a frozen lake on two blades of steel.

Here are five winter sports you probably never knew existed – now all you need is for the temperature to drop below zero so you can partake:

SNOW SCOOTING – The scooting trend has transformed our towns and cities. A simple adaption to remove the wheels and curate a more aerodynamic board to stand on, with a handlebar unit that responds to left and right pushes, means you are ready to embark on a whole new form of scooting... on ice.

WOK RACING – Sometimes the name alone is enough to fill in the gaps. Competitors sit on a round-bottomed Chinese wok and speed down a variety of courses, from a bobsled track to a steep bank. Handles are optional.

SHOVEL RACING – For a sport that does what it says on the tin, shovel racing is a lot of fun, with the flatness of the metal providing a comfortable yet speedy base for descent.

ICE KARTING – We're told to avoid driving in freezing conditions, but ice karting capitalises on our thrill for negotiating unpredictable hazards and, of course, powerslides.

ICE YACHTING – This sport is a cross between windsurfing and traditional sailing, with yachts simply adapted with the addition of runners on the bottom, which glide across the ice. It's very popular in the Netherlands and Finland.



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BRITAIN'S GREATEST SPORTING MOMENTS...

CANTONA'S KUNG FU KICK

SPORT

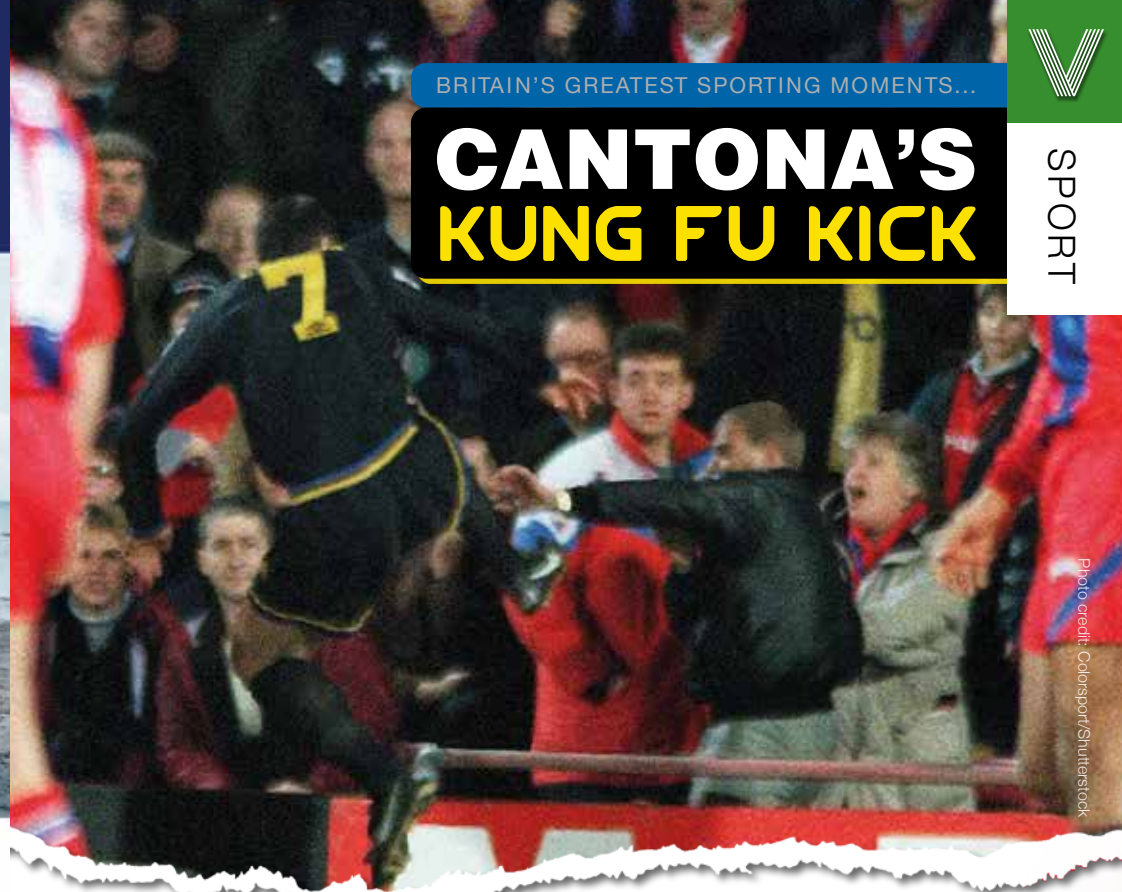


Photo credit: Colorsport/Shutterstock

EACH MONTH, WE LOOK AT ONE OF THE MOST SIGNIFICANT EVENTS IN BRITISH SPORTING HISTORY. THIS MONTH, IT'S ERIC CANTONA'S KUNG FU KICK AT SELHURST PARK

Eric Cantona's kung fu kick at abusive Crystal Palace supporter, Matthew Simmons, on the night of January 25, 1995, will go down as one of the Premier League's most remarkable moments.

The fiery Frenchman had just been dismissed after clashing with Palace's Richard Shaw, as United toiled in South London. As he walked along the touchline towards the changing rooms, the entrance for which is located at the corner flag, Simmons came down a flight of steps to verbally abuse the striker.

That, in itself, is nothing remarkable for footballers of any era, but Cantona's temperament, demeanour and lack of tolerance were already hot topics, and he lurched into the crowd, studs first, in pursuit of his abuser.

While Crystal Palace dished out a life ban to the supporter, somewhat harshly, Cantona had clearly crossed a line and was subsequently barred from

football for nine months by the Football Association.

It says a lot for United's backing of one of their leading stars that, during that period, they renewed the Frenchman's contract. In interviews since, he has largely dismissed the incident, although did at one point claim that he was fighting back against "the hooligan's BNP [British National Party] background", not that the footballer would have known that at the time of the incident.

Without Cantona, United lost the league title by a solitary point to Blackburn Rovers. His return came the following season in a home match with Liverpool when his late penalty rescued the hosts.

In a parallel universe, he may even have been playing for the Merseyside club – three decades ago, in 1991, and a year before he signed for United, Cantona was offered to then-Liverpool manager, Graeme Souness. He turned down the offer to sign the controversial player given his fiery reputation back in France.

The NECESSARY NEEDLE

THE 100 YEAR ANNIVERSARY OF THE FIRST INSULIN INJECTION



LEONARD THOMPSON
First patient to receive insulin in
Toronto.



As humans whose interest in and ingenuity towards science has saved hundreds of millions of lives – whether by trial, error or good fortune – our ability to look around us in using plant and animal matter as a product for life-saving or life-changing medicine is truly a marvel.

A hundred years ago, one such milestone was reached when a 14-year-old boy named Leonard Thompson, who was dying of type 1 diabetes, received the first ever insulin injection.

The shot was administered by scientists Frederick Banting and Charles Best. The duo had practised under the tutorship of John Macleod at Toronto University, and were aided by another chemist, James Collip.

Over the course of the previous year, they had refined a treatment that involved extracting and purifying the hormone insulin from bovine pancreases.

Up until the point of the first insulin injection, people suffering from diabetes had no choice but to adapt to a strict low-calorie, no-carbohydrate diet, where in some cases food intake could not exceed 500 calories per day. Not only was such a diet incredibly difficult to stick to, but those who did abide by it endured low energy and strength, and in many cases a slow starvation.

The connection between pancreatic secretions and diabetes had been known for a while, but Banting, Best and co. were the first to advance the theory, and by the autumn of 1921 had succeeded in keeping alive a diabetic dog using injections of an extract made from duct-ligated pancreas prepared in saline.

Collip subsequently purified the extract for use in humans. The injection was given to Leonard Thompson, and his blood sugar immediately lowered. Subsequently, his urine cleared of sugars and other signs of the disease.

Banting and Macleod received the 1923 Nobel Prize in Physiology or Medicine for the discovery of insulin, and split their awards with Best and Collip respectively.



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Electric

An electric car is, quite simply, a fully electric vehicle. It will never require a trip to the petrol pump, and that means the cost of running it is significantly reduced compared to its fuel-hungry cousins – in fact, the estimated running costs of an electric car are just 25 per cent of what it costs to run a petrol or diesel vehicle.

The downside of an electric car is the need to recharge the battery. This can typically take several hours, which can cause a headache when it comes to long road trips, so you need to plan

ahead if you do have a long journey.

However, the development of rapid electric chargers seems capable of dramatically reducing this time, in some cases down to as little as half an hour.

Hybrid

A hybrid car runs on electricity, but also has a fuel tank in order to boost or prolong performance. In most models, the petrol powers the wheels, while the electric element propels the drive.

There are a range of hybrid variations – from mild, where the battery rarely drives the wheels on its own; to full hybrid, where the wheels are powered by the engine and the motor working together; to a plug-in hybrid, where a much bigger battery can be charged independently. This means you get all the benefits of green motoring with a petrol back-up if needed (which it typically will be if travelling more than 30 miles).

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PUZZLES

Answers: see end of The VISION Listings

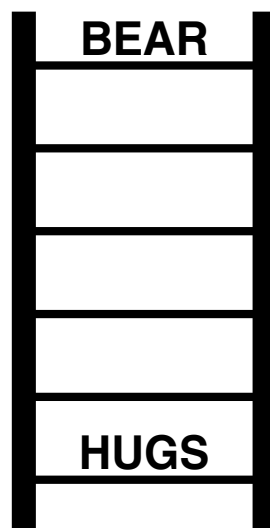
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G	O	B	R	S	G	G	A	A	P	T	O	U	R	F
W	L	O	D	G	E	X	B	R	A	P	R	B	T	U

DID YOU KNOW?

- ▶ The smallest bone in the body is called the stapes and can be found in your ear
- ▶ The brain is the most complex organ of the body. It contains nearly 90 billion neurons
- ▶ There are 26 bones in the human foot
- ▶ Women blink more than men
- ▶ As well as unique fingerprints, everyone has a unique tongue print
- ▶ A newborn baby has more bones than an adult. As they grow older, the bones fuse together
- ▶ Fingernails grow faster than toenails
- ▶ If you measure yourself in the morning, then again at night, you're taller in the morning
- ▶ Your heart beats about 100,000 times in a day.

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.



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