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Ardleigh Green Bridge Works update



During the last month, your three ward Councillors Eagling, Wise and Donald attended a meeting with Council staff and representatives from Transport for London with regards to the proposed closure of the Bryant Avenue Exit with the A127 when the Ardleigh Green bridge works get progressed further. We raised a number of concerns with TFL in respect of the Bryant Ave exit. These being:

- whether there are any safe alternatives to full, temporary closure of Bryant Avenue as this will cause severe impact to local residents;
- whether there is adequate access for emergency vehicles during the period of closure;
- whether servicing and delivery vehicles to businesses and residences in the area will be able to continue satisfactorily during the closure period;
- whether they can provide adequate means for traffic leaving Bryant Avenue to join traffic on the A12 (for example, by traffic lights and / or adjustment to existing traffic lights) especially to avoid traffic 'backing up' in Bryant Avenue

We also asked TFL to:

- confirm that the A127 project works and linked traffic management will not be concurrent with any works linked to Gallows Corner (TfL safety scheme and / or works linked to proposed Kentucky Fried Chicken franchise unit at the junction)
- demonstrate to the Council's satisfaction how local rat-running in the wider Harold Wood area will be avoided during the scheme works (including whilst Bryant Avenue is closed for temporary periods)
- monitor traffic throughout the period and liaise with Councillor Donald on this
- explore with TfL colleagues the scope for compensation to businesses who are adversely affected by the scheme and / or temporary closures
- liaise with LBH Communications on a comprehensive communications strategy for the wider area including regular progress updates, meetings and exhibitions

TFL did advise however that there will be an initial temporary closure periods for Bryant Avenue in September / October 2015 as a 'pilot' for the subsequent longer closures starting in July 2016 for approx 9 months in terms of identifying problems, issues and solutions.

We are waiting for TFL to clarify and confirm some of the actions and

comments raised though we are still expecting them to continue with the proposed closure. As we get further information we shall keep you informed.

Cllr DARREN WISE

Bunny Serenades Mayor



The mayor, Cllr Brian Eagling and his wife Bunny, made a great start to their year by attending lots of local events.

Abandoned fence panel on A12



A resident in Geoffrey Avenue got in touch with me to report a large steel panel left in the central reservation of the A12. After I approached the Council, it was moved within days. The resident then wrote a lovely thank you note "for the very speedy removal" of the fence "only a few days after I reported it. Great service!"

Cllr ALEX DONALD

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Harold Wood Evening WI

On September 2nd the ladies of Harold Wood Evening Women's Institute have a Speaker on the History of Rainham Hall.

On October 7th. they will be holding a mini auction which is always a fun evening. Visitors are welcome.

Entrance £2.50 which includes refreshments and our Essex News.

Meetings are held at the War Memorial Hall in Gubbins Lane on the first Wednesday of the month.

For further details please phone Marion on 01708 340 938

Update: Kings Park walkway

There is now a quicker route from Tesco to the station through the Kings Park development. For residents and commuters in Nightingale Crescent, Firwood Lane and surrounding roads, it has been a nightmare having to either drive all the way round the A12 or walk a long route through Arlington Crescent. The new

walkway to the station is as follows: At the end of Nightingale Crescent, turn left onto St Clements Avenue, then left again at Gulderose Road. Walk through the bollards onto Goldcrest Way (polyclinic on your left, university on your right). At the end of the road, turn right onto Copse Avenue, then left onto St Clements Avenue where at the end of the road you'll end up on Gubbins Lane and the station.

Cllr ALEX DONALD

Congratulations

On behalf of the Harold Wood Ward Councillors Brian Eagling, Alex Donald and myself, I would like to offer our congratulations to our Safer Neighbourhood Police Team Sergeant Charlie Routley. Charlie has been with the Team for a number of years, first as a constable and more recently as Acting Sergeant and his promotion to Sergeant was confirmed recently. He is a very hard working and dedicated Officer and he is also known for his Social Media skills especially on Twitter. We are lucky to have him as well as his team as they have managed to keep the crime figures down within our ward. We

hope that he remains as our Ward Sergeant for many years to come and that no other areas try to nab him otherwise we may have to handcuff him to keep him in the area! Well done Charlie, a thoroughly well deserved and welcome promotion.

Cllr DARREN WISE

Burning smell in Harold Park

A resident in Elgin Avenue contacted me to report a regular burning smell in Harold Park. If you've experienced this, it will help to build a case for the Council to investigate the cause. Please visit www.haverling.gov.uk, click 'Report', then 'Environmental services issues' to report your experience online. If you aren't able to do that for whatever reason, please get in touch with me and I'll be happy to help.

Cllr ALEX DONALD

Messy Outdoors

'Messy Church' usually happens in North Street Hall in Hornchurch but for the very first

time in the Summer holidays, we're launching 'Messy Outdoors' On Friday 21st August between 4 and 6.30pm, in the grounds of St Andrew's Church in Hornchurch, we will be working through 8 different zones, making various crafts linked to the story of Creation. With activities like creating a pinecone bird feeder, a star from twigs, mud painting and cloud spotting, we will also be learning about nature and being environmentally friendly. Not only is this a free event (although donations are always welcome) but we will also finish with a picnic tea, so please contact the Parish Office on 01708 441571 to book a place so we know numbers and your dietary requirements. Looking forward to seeing you there!

At Long Last

Frustrated residents of Hamilton Drive wondered whether the lamp columns would ever work again but I am pleased to report that after many meetings with council officers and contractors the problem has now been resolved. Even though things do

continued on page 3

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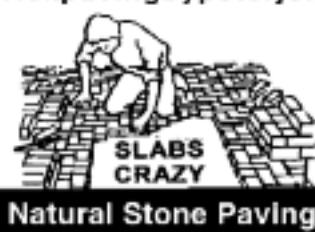
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not happen straight away Alex, Darren and I will keep fighting on your behalf for the issues that are important to you. Thank you to the residents of Hamilton Drive for their patience and for keeping me updated.

Cllr BRIAN EAGLING

over a week on the pavement though we hope that the motorcyclist is okay. We ask our residents to be vigilant and if you do see anyone fly tipping then please take as many details as you can such as vehicle registration details and we can get these passed on to the Council and Police to deal with.

Cllr DARREN WISE

Thank you

The Harold Wood Primary School Parents' Association would like to thank the staff and families of the children that gave up their time in order to make our Summer Fayre a huge success on Saturday 4 July. A great time was had by everyone and all money raised will go towards purchasing new equipment for the school!

Fly tipping update

Over the past month, I have reported the following fly tipping to StreetCare: washing machine in Gooshays Drive; a mattress in Gubbins Lane; various items in Painesbrook river; and I also reported a crashed motorcycle that had been left in Gubbins Lane for

Hall For Hire

The Harold Wood War Memorial Institute in Gubbins Lane. The Memorial Institute was started as a charity in 1919 after the first World War by the people of Harold Wood as a living memorial to promote social and intelligent welfare. It has a large Hall with access and facilities for the disabled. Suitable for various activities. Stage and Kitchen facilities. For more information of availability, use and membership please e-mail
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Beverley Marks Stage Show

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Centre Gubbins Lane and offer classes in all styles of dance for ages TOTS to Young Adults. The staff are professionals working in the industry with extensive experience and more info can be found from their website BMSS.info The school run Hip Hop Teams which compete nationally and internationally which are run & choreographed by Sam Fleet. The school has been awarded the Best Dance School in Europe. Spaces are currently available in the BMSS Twinkle TOTS ballet & tap classes for the under 5's on Saturday at 9am or Mondays at 4pm, come along and see where it might lead you.

Harold Hill Family Fun Day

Harold Hill Bowls Club saves the day.

The Family Fun Day normally held in Central Park is not going ahead this year which is a shame for the residents of Harold Hill. However Barry Daffern of the Harold Hill Bowls Club has got the OK from Havering Council to hold this event in Broxhill Park opposite Neaves Place, the new

housing development on Noak Hill Road, on **Saturday 22nd August.**

Barry confirmed that the event will go ahead, "I have already got 30 stalls, bouncy castle, kids games, tennis and bowls coaching, archery, music and I am expecting much more. Let's hope for good weather, see you there."

Harold Wood Primary

Children from Harold Wood Primary School visited Harold Wood Station on Wednesday for its re-opening ceremony after TfL Rail took over the operation of services between Liverpool Street and Shenfield.

A blue ribbon was cut by two of the pupils to mark the re-opening in the bunting decorated waiting area. They all enjoyed a pastry and a sweet treat and even a magic show.

Head Teacher Alison Dowding said, "It is privilege to be the chosen local school working in this project and TfL will be engaging with the school in the future to continue to work on the

continued on page 4

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above topics and strengthen the links with the community. I am looking forward to working with them as this will be of great benefit to our pupils and the community. "

This route is to be part of the Crossrail project which will reach Harold Wood in 2019.

considered to be an over development of the area. There were also concerns raised over the building of flats which was out of keeping with the immediate local area as there are none near to this location. We expect the developer will re-submit an application in due course and we hope this will be for reduced dwellings and we shall be keeping an eye on this.

As ever, your Residents' Association are working hard supporting our residents in Harold Hill as well as for our residents in Harold Wood, Harold Park and Emerson Park areas.

Cllr DARREN WISE

Pompadour Pub Update

The Residents' group were pleased to propose and support the refusal of a planning application for a housing development on the site of the Pompadour public house in Hildene Avenue, Harold Hill. The pub which is due to close at the end of this year had an application submitted for a mix of flats and houses which were

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We are Festival

I attended the Council's Safety Advisory Group debrief on the Festival on 6 July, which included the organisers, the police, licensing, environmental health, health and safety and other agencies. There was general agreement that the problems of noise experienced in previous years had not been repeated this year and the measures the organisers had put in place i.e repositioning of stages and fewer in number coupled with a reduced decibel levels had made a big difference. There had been a significant in reduction in crime numbers, although a number of drug related incidents were reported. Calls to the Festival helpline mainly focused on litter and this was dealt with quickly by a mobile team. The traffic diversions put in place had to be amended in fast time in light of heavy traffic and congestion. Transport arrangements did cause significant concern, mainly on Saturday evening when there were no black cabs and buses

were unable to cope with the numbers and in addition with people walking along the roads to get to Upminster, clearly very dangerous. The organisers acknowledged this was a problem. No licensing application has yet been submitted for 2016, although this is expected. The organisers plan to hold a residents feed back meeting in the near future but no date has yet been fixed.

Cllr LINDA VAN DEN HENDE

Blocked Driveways

Inconsiderate motorists who block driveways are a persistent cause of complaint; however the circumstances in which any kind of enforcement can be applied has often been hazy. In order to give a definitive guide of what can and can't be done, the following should be of assistance. Recent changes in legislation (Section 14 - London Local Authorities and Transport for London 2003) mean that a Penalty Charge Notice



(PCN) can be issued by the council to vehicles which are obstructing a dropped kerb (drive way) whether

there is a car in the drive or not. A PCN can therefore be issued where the kerb has been lowered for the purpose of:

- assisting vehicles entering or leaving the road
- assisting pedestrians crossing the road
- assisting cyclists entering or leaving the road

An important factor is that a PCN can only be issued if an occupier contacts the council with registration details and requests a PCN to be issued. This avoids the scenario where a PCN might be issued to a resident parking across their own driveway or where legitimate visitors are parked with the occupiers consent.

Any resident requiring this course

of action should call the Traffic & Parking Control Team on 01708 432787 or 01708 434698 (after 5pm) and provide the registration details whereupon a Civil Enforcement Officer will attend as soon as is practically possible. It is also important to remember that the call must be done at the time the vehicle is obstructing the drive way as a PCN cannot be issued retrospectively.

Cllr CLARENCE BARRETT

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Cllr LINDA VAN DEN HENDE

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Do you need a doctor?



If you are registered with a Havering GP and have difficulties in seeing your GP during the working week, you can now visit a local GP of

an evening or weekend at one of two new Hubs: North Street Medical Care, 274 North Street Romford, RM1 4QJ or Rosewood Medical Practice, 30 Astra Close, Hornchurch RM12 5NJ.

The services are available Monday to Friday from 6.30pm-10pm and on a Saturday and Sunday from 12.00pm-4.00pm. You can book an appointment directly from the central switchboard on 020-3770 188 from 2.00pm-9.00pm Monday to Friday, 9.00am-3.00pm Saturday and Sunday. Alternatively you can book through NHS 111.

Cllr GILLIAN FORD

Friends of Upminster Mini-Golf

The next meeting of the Friends group is 4th August (7pm) at the Cranham Community Centre, Marlborough Gardens. All welcome. Meanwhile, why not pay a visit to this splendid mini-golf facility, the only one in Havering, set amid a splendid array of fine trees and mature parkland. It is open all through the summer and well worth a visit.

Cllr CLARENCE BARRETT

New Late Parking Enforcement

Following complaints from residents the Council have started the following for your information. Please note the Council's comments and feel free to give me yours.

"We are patrolling late into the evening across seven days and to



do so we specifically deploy officers between 8pm and 10pm. Those officers have specific 'hot spots' to visit but they will take calls

from the public on 07946 738 495. However, I should note that there may be times when officers are working or driving and may not be able to instantly answer a call, however, the number has a voice mail facility for customers to leave their name and telephone number. If a call is missed and a message left then a duty officer will call the customer back as soon as possible. Alternatively, if the customer doesn't wish to leave their details on the voice mail then they should give it a short time and call back.

We are also in a learning phase and so it may be that officer patrolling hours and days may at some point change, perhaps to patrol longer on a Friday or Saturday and less so on other days. We need to ensure we deliver something of worth to customers and so good or bad

we'd welcome feedback. Also, we are focussing on the negative impacts of the night time economy as we are very aware from complaints received that some customers have been very seriously inconvenienced by irresponsible parking in some areas adjacent to restaurants and the like."

As I mentioned above if you have any views get in touch please.
Tel: 07721 780 372

Cllr RON OWER

Bonjourno Upminster

The Italian Market returns to Corbets Tey Road on Sunday 6th September.

Beware of Scams

We have reported previously about the range of scams which are doing the rounds. Whilst we hope residents awareness is being raised, I have had reported to me a very distressing scam that took

continued on page 9

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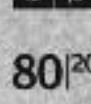
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place recently on a local resident. It was the age old one of 'needing some roof works done'. The person is often charming and presentable and wins a resident's confidence. Once they have that they ask for money up front, do a bit of work, although unnecessary, and then ask for more money as 'it's more serious and you need more work done'. More money is demanded and the resident, who by now feels an obligation, gives them more money. Some is in cash where the scammer gets them to go to the bank or gets the resident to take out a loan and have it transferred electronically into their bank account. The resident is sometimes left with damage that does cost to have repaired as well as a large loss of savings. Regrettably many of the victims are older residents and also feel to embarrassed to tell anyone. The message is NEVER respond to builders or other trades people who just knock on the door. Be polite but if possible take a note of their description and if there is a vehicle, the registration number and report it to the police and the Council's

Trading Standards Officer. The council keeps a list of reputable builders and other trades people who have been vetted and are trustworthy. Never be afraid to report this as it may save someone else being scammed. Its a despicable crime.

Cllr LINDA VAN DEN HENDE

U.C.R.A Coach Outing News

SATURDAY 19TH SEPTEMBER
AYLESFORD PRIORY & WHITSTABLE

A morning stop at Aylesford Priory founded in 1242 and still an important pilgrimage center with lovely grounds, tea room and shop.

Then on to Whitstable famous for its oysters and traditional charm you will find a good selection of craft shops and galleries and a wonderful choice of cafe's, restaurant's and pubs. Please see Association Diary for booking details.

Havering Health Champions are here to help

Havering is on course to have over 200 Community Health Champions by the end of the year. They have all undertaken training accredited by the Royal Society of Public Health (RSPH), to help them gain a better awareness of their own health, as well as be able to signpost other people to local services which can improve their health, such as smoking cessation, alcohol abuse, cancer awareness, and encourage people to adopt a healthier lifestyle including exercise and eating more healthily. Since April 2015, over 100 people have booked onto the training and courses are fully booked until October. Health Champions are trained as part of the My Health Matters initiative from Havering Council which is being delivered by Tapestry, formerly Age Concern Havering.

Linda's walk

I am putting on the walking boots again to raise money for First Step. I am walking the last 100km of the Camino in Northern Spain in August from Sarria to Santiago de Compostela. I am doing this in 5 days so quite a lot of walking per day. Having trekked in China, Peru, Nepal and Morocco this should be easy, but a combination of the heat and my age will certainly be a challenge! If you would like to make a donation to me for First Step you can do so at www.justgiving.com/lindascamino Thank you.

Cllr LINDA VAN DEN HENDE

Shirley's Tours

Tuesday 4th August, Coach trip to Howletts Zoo, Kent owned by Aspinall Foundation. Large herd of African elephants, gorilla feeding, large and small cast, play areas, pathways suitable for disabled. £33 adults/seniors; Child 2/15 years £30.

Wednesday 19th August: Coach
continued on page 11

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Monday 19th to Thursday 22nd September 2016:

Liverpool, staying at Atlantic Tower (Thistle Hotel), near waterfront. Trips out to Rugby School/Museum, Manchester Ship Canal whole day trip, World of Wedgwood/Museum and Grand Union Canal boat trip with Buffet lunch. One free day in Liverpool or take optional Anfield Stadium tour, also dinner at Hard Days Night Hotel one night. Prices from £485 based on 20 people, (single supplement applies.)

Contact Shirley Ward: 01708 227 884 or 07966 146 956 or email shirley@shirleytours.co.uk, or send a stamped addressed envelope to 15 Worcester Avenue, Cranham Essex RM14 3LB

Tackling Fly Tipping

Fly tipping is not only a blight on our landscape but costs Havering council tax payers around

£750,000 per year to deal with.

Last month we put down a motion to Council expressing our concerns to Government that there is currently no specific fixed penalty for the offence of fly tipping, instead it involves a lengthy and expensive process of prosecution which is far from an efficient or good use of resources. Our motion requested that a Fixed Penalty Notice of up to £1,000 be created, that full costs of successful prosecutions are awarded to councils and that a national strategy of sharing best practice be considered. We shall see how the government respond, but in the meantime, if you see fly tipping do report it to Havering Council.

Cllr CLARENCE BARRETT

Essex Outdoor Cinema

Essex Outdoor Cinema are back again this summer in our home town of Upminster!

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Essex Outdoor Cinema and Friends of the Windmill are excited to be showing The Theory of Everything on Saturday 8 August 2015 on The Windmill Field. Tickets are £10 and sold in advance via www.essexoutdoorcinema.com

New Nurses Needed

Haven House Children's Hospice, based in Woodford Green, is looking for new nurses as part of its growth and aim to support more children and families across North East London, including Havering. Nurses may be RNChild, RSCN or RN, though ideally will have experience of working with children and young people with complex needs, and positions are available at Bands 5 and 6, full or part time. For more information on these and other exciting opportunities to join a growing charity, visit www.havenhouse.org.uk or call Lisa on 0208 506 5516

Forest Centre Events

August activities include:

Friday 14th 3-5pm – monthly cream tea with live music. £8 per person.

Booking essential

Friday 14th 8-11pm – continuing our summer music programme, 'Jazz in the Barn' with Dave Browning's Jazz Band. Tickets £10 per person. Bring your own food and drink. Booking essential.

Sunday 16th 10am-3pm – Sunday Market with Essex Farmers' Markets. A feast of cheese, fish, pies, Giggly Pig sausages, fresh vegetables and lots more including a wide range of crafts. The children's school holiday programme includes:

Tuesday 4th – design and make a miniature garden

Wednesday 5th – explore the forest to gather natural materials to create your own sculpture

Tuesday 11th August – fun fitness challenges

Wednesday 19th – owl craft morning

continued on page 13

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Tuesday 25th – learn all about pollinating insects and bees through stories, games and craft
Wednesday 26th August – help build an insect hotel at the Forest Centre.

All from 10.30am-12.30pm. Cost £3. Booking essential

Wednesday 12th – 10.30am-2.30pm – cycling day for all the family. Bring your own bike or hire one from the barn. Have your bike checked or repaired by TrailNet's Doctor Bike or security marked free. The day will include different rides, activities and games.

Tuesday 18th 10.30am-12.30pm – Meet the Owls for all the family. £5 per person, families £15
We hope you have a fun filled summer!

Contact: Debbie Heath,
07969 013 570.

Polar Explorers Holiday Club

The club meet at Cranham Baptist Church, Severn Drive, Cranham. From the 17th to - 21st August. We meet each morning from 10am - 12:45pm. Come and join in the fun...invite your friends too! Anyone aged 5-11 years old is welcome. The cost for the week is £28 per child.

If you want to know more and to receive a registration form, please call: 01708 224 851.

Places are limited so book early!

Quiz Night

Please note date for your diary: Coopers Company & Coborn School, St Mary's Lane, Upminster, RM14 3HS.
Saturday 17th October, 7pm for 7.30pm start. Tables max 10 people. £5 per person.
Bring your own nibbles & refreshments.

The Old Chapel

August

General Open Days: 1, 2 and 15, 16 – 2pm-5pm. Free entry.

Events:

Wednesday 12 August 10.30am
Tea and Talk – Thames Chase: The Next 10 Years. Mary Wright from Thames Chase Trust will be here to talk about the vision for the next phase of development at Thames

Chase.

Talks are free for Friends of the Old Chapel, otherwise £2. Refreshments are included, please book: call 01708 222660 or email gsmith@mary.havering.sch.uk

Sunday 16 August – Puppet Theatre Barge, 2.00pm – 5.00pm
From 2.30 onwards The Old Chapel will host the Puppet Theatre Barge – come along and see their show for free, starting at 2.30. Free entry, booking required for show. Call 01708 222660 or email gsmith@mary.havering.sch.uk

Pottery Painting Café – Every Thursday of the Summer Holidays, 10am-2pm. Come along to get creative and have a cuppa. Entrance is free, on a first come, first served basis and you pay per item you paint.

Wednesday 5 August

Storytelling morning – From 10.30am – 11.30am join us for storytelling. Booking is required – £3 per child.

Creative Craft Session – August's theme will be puppet making. From 3.00pm – 5.30pm. No need to book, just drop in, £3 per child

Volunteer Befrienders needed

Tapestry, formerly Age Concern Havering, are currently looking for friendly, empathetic people to provide companionship to older people in the local area. If you can spare 1-2 hours a week, to have a friendly chat with someone, please get in touch. Training, support and expenses are provided. To find out more about the role, and about other volunteering opportunities at Tapestry, please contact our Volunteering Services Team on 01708 796609 or volunteering@tapestry-uk.org

British Sugarcraft Guild

The next local meeting at Hornchurch Library is on Saturday 5th September from 1.30pm to 3.30pm. There will be a demonstration on "Fantasy Toadstool House" by Petra Skinner. Entrance is £6 includes tea and cake. Further information from Brenda on 01277 810 498.

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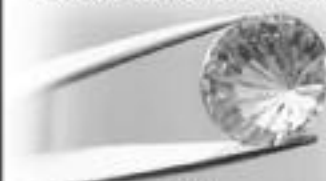
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Ad Hoc Players' Quiz Night

On Friday 21st August, 8- 11pm (Doors Open 7.45pm). Cost: £5 per person, or £35 for groups of 8 people. Venue: The New Windmill Hall, St Mary's Lane, Upminster, RM14 3NX. Tickets: www.ticketsource.co.uk/event/94458

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Upminster Cricket Club

The club are pleased to confirm that the Annual Benefit Match against Essex Cricket Club will be held at the Recreation Ground, Upminster Park on Sunday August 16th, commencing at 1.30pm. This year's beneficiary is Ravi Bopara, the Essex and England batsman. Admission is by programme, price £2.50 available from Gates Parish and Co, Pinney Talfourd Solicitors, Govani Chemists and Batemans Newsagents or from the club on match days.
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Greyhounds Quiz Night

Romford Retired Greyhounds Quiz at Romford Dog Track Restaurant on Sunday August 9th.
7 for 7:30 start. £3 per person bring your own food and drink.
Contact Dave on 01708 250 957 to book places.

Matthew Edwards

Pinney Talfourd Solicitors are delighted to announce that Matthew Edwards, Head of our Private Client Team, has been appointed to the Court of Protection Panel of Professional Deputies. A Panel Deputy is a specialist person appointed by the Court of Protection to assist those who lack mental capacity to independently manage their financial affairs as a result of a mental illness or brain injury. There are only 68 Panel Deputies throughout the UK. Matthew can be reached on 01708 229 444.

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Performances: 8.00pm on Thursday, Friday & Saturday, 24-26 September 2015

Location: Wesley Hall, Upminster
continued on page 17

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Methodist Church, Hall Lane, Upminster, Essex RM14 1AE. Prices: £7 adults, £5.50 concessions and £3.50 children (under 16). As usual, senior citizens admitted free to the Thursday evening show **Tickets:** on the door or booked in advance via the Box Office (text or phone) 07708 214742 or at tickets@wesley-players.co.uk

NADFAS

Tuesday 8th September NADFAS (Havering) welcomes Mrs Caroline Rayman who will be giving a talk on The Two Elizabeths: Bookends of the Empire. Lecture 10.45am. Coffee from 10am. Visitors welcome at £6. Please note that Meetings will once again be held at The New Windmill Hall, St. Mary's Lane, Upminster RM14 2QH. Details of the Society and forthcoming lectures and visits to be found at www.haveringdfas.org.uk

Rotary Walk

Hornchurch & Upminster Rotary Club's **Annual Sponsored Walk**

will take place on Sunday 6 September, 9-10am. To raise funds for the Saint Francis Hospice. Start and finish at The Forest Centre, Broadfields Pike Lane, Upminster RM14 3NS. For details and sponsorship form: Please phone Rtn Brian Taffs. 01708 250855 *More details will be published in September Bulletin.*

Crusaider First Aid

Much is being heard about AED's: defibrillators, as many more are to be found in public places. But more businesses and schools locally are buying defibs too. The current method of CPR is the most successful ever but if a defib is also used the survival rate soars to around 75%. A defib can be used by anyone of us and it is for this reason the success rate is so high. At Crusaider First Aid we include a demonstration on the use of Defib's on all our courses. We do not sell these AED'S, we simply promote the benefits of having them available at times of emergency.

Fleur's Teddy Bears Picnic

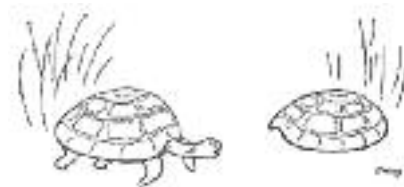
To welcome our new range of Charlie Bears to Upminster, Fleur Gifts & Homeware at Bell Corner will be holding a Teddy Bears Picnic in late August. Bring your Bear along to meet ours, enjoy a cup cake and get 10% off purchases on the day. We will confirm the date and details on our website www.fleurgifts.com and facebook page www.facebook.com/fleurgifts. Don't forget to come in and take a look at our great new furniture and lighting ranges. Chris & Kim Nicholls, Fleur Gifts & Homeware, 1 Station Road, Upminster, RM14 2SJ. Tel: 01708 228054.

Team Havering Aquathlon!

This event is being hosted by Havering Triathlon Club and Havering '90 Joggers, taking place at The Coopers Company and Coborn School, St Mary's Lane, Upminster. The event starts in the 25m pool, with everyone completing a 400m

swim (16 lengths). You then exit the pool out the double doors (marshals will be there all the way through to guide you) to the grass transition area. Here you can quickly dry your feet off, put your socks and trainers on (& any additional layers, sunglasses or hats as you wish) and head off out of the school for the marshalled 5k run. This event is open to adults aged 18 and above. If you have a membership with the British Triathlon Federation (BTF) you can enter for £14, or £19 if not. Entries are being accepted on the day however there will be an additional £5 charge. The link to enter or get further information is: www.runnersworld.co.uk/teamhaveraingaquathlon

continued on page 19



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Wristbands expire November 2015 and are available to purchase, just call Debbie on 07805 612 706.

Cats Protection Quiz

Cats Protection Quiz at the Crumpled Horn Pub, Corbets tey Road, Upminster on Monday August 10th, 7pm for 7.30pm start. Tables of up to 8 (or join with others). £5 per person includes sausage and chips.

Contact Gill on 01708 441 971 to book places.

Essex Wildlife Trust

The Haverling group invite you to a Bat and Moth evening on Friday 14th August. Meet at Parklands, Corbets Tey Road, Upminster, at 8.30pm, then walk to Cranham Marsh. For moths only meet at Park Drive at 9.30pm. Please bring a torch. Finish around 10.30pm. Requested donation £2.

Yoga Courses

Vikki Kavanagh is offering an adult yoga course for beginners or those returning to yoga/exercise on Tuesdays at 6.15pm at the Old Chapel, St. Mary's Lane, Upminster. This 10 week course commences September. The style of yoga being taught is Hatha yoga. A very gentle and traditional form of yoga that incorporates the breath as well as guided relaxation at the end of the one hour class. The course will cost £50. Spaces are limited so booking is essential. Please call Vikki on 07976 589 133 or email

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heartfeltlyoga@outlook.com for more information or to book. Children's yoga classes will restart on September 15th at the Old Chapel at 5pm (1 hour class). For children aged 4 to 12 years. Yoga is great to help children's physical fitness developing flexibility, strength, posture, co-ordination as well help children learn to relax and be calmer. Turn up and pay is £6 per session or £25 per 5 week course. Please call for further details. Booking recommended.

Household Budgeting and Money Management Help

In these days of austerity and tight budgets many people would like to know the secrets of how to budget, save and spend well. We are delighted to offer the third CAP Money Course to help with just that. This is a government approved course and will be held in St. Luke's Centre, 201 Front Lane, Cranham at 8 p.m. on Thursdays,

10th, 17th and 24th September. The course is free including refreshments and course handbook. There is a limit of 8 places per course. To sign up, visit www.capmoney.org or contact John & Heather Baker via capmoneystlukescranham@gmail.com

The Matter Factory

Ever wondered why your school laboratory had fume cupboards and benches? Why the lab always seemed to smell of rotten eggs? Or even why laboratory chemists wear white coats? Local resident (and Upminster native) Peter Morris, a curator at the Science Museum for 24 years, has just published *The Matter Factory: A History of the Chemical Laboratory* which looks at the development of the chemistry laboratory from the alchemical workshop to the latest laboratories at Oxford University. It is richly illustrated and written in an engaging style. The book is currently available at Swan Books, signed by the author, at £30.

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Ardleigh House Events

Please contact Charlotte Murphy at Ardleigh House Community Association on 01708 440660 for further details and bookings for the 3 excursions below. All trips leave from Ardleigh House where there is free parking.

Ardleigh House Family Fun Day, Sunday 23 August, 11am- 5pm.

In the grounds of Ardleigh House. Fun for all, everyone welcome.

Day trip to Brighton, Weds 26 August

With an optional walk to see "The Choccywoccydoodah" shop, as featured on Sky TV.

Door Handle now fixed

I was pleased to be able to help a disabled resident when her council house door handle would not work properly. She informed me that the repair would take many weeks and I knew that this was unacceptable and was causing distress to the resident. So after many phone calls on her behalf I am pleased to say that the door handle was fixed within a couple of days.

Cllr BRIAN EAGLING

The Entertainers

We are trying to recruit some new members into our Concert Party. We are a happy bunch who entertain around the borough in clubs, residential and nursing homes to raise money for charity. We sing, dance and do sketches etc. but we do group work so you don't have to sing on your own if you don't want to. We meet on a Tuesday morning in Hornchurch for rehearsal so if you are interested you can come along and watch to see if you would be interested. Please phone Bunny 01708 373027, Ivy on 01708 220824 or Paul on 01708 442334.

Congratulations Tracy!

We would like to extend our huge congratulations to local resident and business owner Tracy Giddings who won third place among the women in Havering Mind's Big Blue Run charity fun run! Tracy runs cupcake making classes in the local area and you can find 'Tracy-s T-cakes' website at t-cakes.weebly.com, on Facebook, and Twitter @Tracycakes.

Welcome at Wellgate Farm

During the school holidays if your children are getting bored why don't you take them to Wellgate Farm, Collier Row Road. Entrance is free and opening times are 9.00am to 3.30pm Monday to Sunday and there are lots to see and a good way to pass away a few hours. If you require more information then phone 01708 747850.

Cllr BRIAN EAGLING

Be Helpful to Pedestrians

Now that the growing season is in full swing would residents please cut back the bushes and trees that are overhanging onto the public highway from your premises as these can be potentially dangerous to pedestrians. Thank you for your help in this matter.

Cllr BRIAN EAGLING

A Big Thank You

I would like to thank Kelvin, the owner of Harold Wood M.O.T Car Testing centre for coming to my rescue when I had a problem with my car. Even though Kelvin was very busy himself he had no

hesitation in helping me. With this kind of attitude he deserves the residents of Harold Wood to support him in his business.

Cllr BRIAN EAGLING

Fresh Air in Harold Wood

In 1936 at the age of ten, I visited an elderly Great-Aunt in Radwinter, Essex and was intrigued by the village pump. Her cottage had no mains water, gas or electricity, which was exciting, though the "bog" at the bottom of the garden wasn't so cute. Like the water cooler today, the pump was the meeting place for gossip and putting the world to rights. It gave a focus for community life, just like the Bulletin is about local affairs, though perhaps the word "affairs" isn't apt!

We now have a village pump in Harold Wood, though it isn't in an ideal spot to stand and chat. By the bus stop, outside the "Co-op" some civic minded benefactor has installed bike racks and a fixed version of a stirrup pump type cycle pump. My generation knows what a stirrup pump is, younger readers can Google it!

I don't encounter many local

continued on page 22



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Harold Wood, Hill, Park Residents Councillors

Alex Donald 01708 341106
Brian Eagling 01708 373027
Darren Wise 01708 342369
hwhpra@btinternet.com

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cyclists, perhaps they've all been clobbered by motorists and I can't recall the last time I was stuck without a cycle pump, though if I change my tyres that fitted their pump, it could be handy, unless the 496 bus is parked there. Nevertheless, assuming it was installed by TFL/Crossrail, it's good to see some benefit from their £15 billion project. Even so, I'm more likely to need the cycle pump as needing a fast train to Reading.

Dennis Goodwin

Nuisance calls

Did you know there's a way to report nuisance calls and messages? The Information Commissioner's Office (ICO) is the independent authority which takes action against unwanted sales calls, those annoying pre-recorded marketing messages, silent or abandoned calls, or even spam texts and emails. Visit www.ico.org.uk, click 'Report a concern', then click 'Nuisance calls and messages'. You can also call ICO's helpline on 0303 123 1113.

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Our support group is here to help. Sharing with people in the same situation can be comforting and supportive. Our team of helpers will be a great asset to this group with their wealth of knowledge, friendly faces and time to just sit, listen and help you on your healing journey.

Being told that someone you care about has cancer is often a big shock. You may want to help but don't know how. Our group offers ideas on how to talk about cancer, be a good listener and practical ways to help your relative or friend.

Our group meets every Friday 2pm-4pm at the Upminster Sanctuary. Refreshments will be available.

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FUTURE EVENTS

AUGUST

- 4 Tuesday - **Oglethorpe Women's Institute** will be making banners and decorations to celebrate 100 years of the W.I. Our meetings are held at Cranham Social Hall, 103 Front Lane, RM14 1XL at 7.45 pm. Visitors are welcome.
- 4 Tuesday - **Hornchurch FC v A West Ham XI**. 7.45pm at Bridge Stadium, Bridge Avenue, Upminster.

- 9 Sunday - **Cream Tea** at St Laurence Church Main Hall, Corbets Tey Road, Upminster, RM14 2BB; 4.30 pm, £3.50. To book please contact the Parish Office on 01708 220696.
- 15 Saturday - **Tithe Barn Open Day** 10.30 am - 4.00 pm. Free Entry.
- 15 Saturday - **Upminster Windmill** Open from 2.00 pm to 5 pm.
- 16 Sunday - **Upminster Windmill** Open from 2.00 pm to 5 pm.
- 16 Sunday - **Tithe Barn Open Day** 10.30 am - 4.00 pm. Free Entry.
- 24 Monday - **Breathe Easy - Havering** In aid of British Lung Foundation, have guest speakers every month held at St. Andrews Church, Hornchurch, 1.30 pm - 3.30 pm. Cost £2 including light refreshments. For further information please ring Joyce 01708 226696 or Elaine 01708 509127.

SEPTEMBER

- 1 Tuesday - **Oglethorpe Women's Institute** have guest speaker Brian Billins with Antiques and Collectables. Our meetings are held at Cranham Social Hall, 103 Front Lane, RM14 1XL at 7.45 pm. Visitors are welcome.
- 5 Saturday - **Tithe Barn Open Day** 10.30

- am - 4.00 pm. Free Entry.
- 5 Saturday - **Upminster Windmill Open Day** from 2.00 pm to 5 pm.
- 5 Saturday - **The Havering Branch of the East of London Family History Society** hold meetings on the first Saturday of every month at Trinity Church, Station Road, Upminster RM14 2SJ doors open at 1pm meeting starts at 2pm. This month the talk is 'Ernest Shackleton' 'the Endurance Expedition' with Carol Harris. The Computer Group meets at the same venue 11am - 1pm where a Q&A session is followed by 'Military Genealogy on the Internet' by Simon Fowler. Teas and coffees can be purchased. Members and visitors welcome to either or both. Admission free.
- 6 Sunday - **Upminster Windmill Open Day & Craft Fair**, from midday to 5.00 pm.
- 6 Sunday - **Tithe Barn Open Day** 10.30 am - 4.00 pm. Free Entry.

SEPTEMBER

- 2 Wednesday Upminster Ward Meeting at St. Joseph's Social Centre at 8.00 pm.
- 10 Thursday Cranham Ward Meeting at Cranham Community Centre, Marlborough Gardens at 7.45 pm.

Association Coach Outing

Saturday 19th September
 Cranham Social Committee's trip to **Aylesford Priory & Whitstable**. Leaving the Bell School at 9am after usual pick-ups. A morning stop in the tranquil grounds of Aylesford Priory then on to Whitstable. Tickets £12.00 from Mrs Gina Savill-Turner 01708 228270 from Monday 10th August from 6pm please.

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