



TASTY BITES
UPMINSTER'S FIRST INDIAN, INDOONESIAN AND VEGETARIAN TAKE AWAY

EXPERIENCE THE DIFFERENCE

Tel: 01708 221166
Fax or tel: 01708 222277
50 Corbets Tey Road, Upminster, Essex

THE BULLETIN
The Voice of the Community

PC & Laptop Repairs

Virus issues Running slow
Internet problems WIFI
Data recovery Power supplies
Laptop Screens Hard drives
Pick up and Drop off service

Cranham Computer Centre 01708-250296

email: bulletinra@yahoo.co.uk Delivered by the Residents' Association www.hwhpra.org.uk

Gubbins Lane Pedestrian Improvements

Transport for London has awarded the Council with funding for pedestrian improvements on Gubbins Lane. The project aims to add benefit to the Crossrail project currently being delivered at Harold Wood station and to promote safer walking to and from the station.

The following is proposed: - At Chelsworth Drive, The Drive, Oak Road, Saxon Close and Rosslyn Avenue Providing flat top humps at the side roads immediately at the junctions with Gubbins Lane (similar to that at Arundel Road), Reducing the size of the kerbed radii to 4 metres and Providing tactile paving.

- At the Telephone Exchange, The Ingrebourne Centre Car Park and 13-17 Gubbins Lane: Continuing the footway across the accesses and removing the radius kerbs (similar to the accesses at St Peter's Church).

- At The Ridgeway, it is planned to alter the layout of the junctions, allowing exit only from the northern junction and entry only at the southern junction.

At this stage, views are being sought on the proposals which will be finalised and formally consulted on early next year. It is likely that flat top humps at both junctions immediately at Gubbins Lane will also be provided.

All of these proposals are designed to ensure that drivers proceed slowly into and out of the side roads and to provide level crossing points for the comfort of pedestrians.

A plan showing the proposals is available to view on the Council's web site at the following address; <https://www.havering.gov.uk/Consultations>

All Praise be to Harold Wood Residents' Association!

This year we have Christmas Lights in Station Road collected for and acquired by the Residents' Association. Councillor Brian Eagling built a sleigh for Father Christmas on the Rainbow Trust trailer. Three Councillors walked the streets every night for ten nights knocking on doors with the words we are the local "Residents' Association collecting on behalf of the Rainbow Trust Children's Charity." On Saturday December 17th those same three Councillors came to the Rainbow Trust shop in Harold Wood to say thank you to the residents that had joined them for the nightly collections. They then presented a cheque for the money collected which was the huge amount of £3.000. To Residents that say you only see local Councillors at election time the Residents Association certainly proved them wrong. It has become a feature of the Harold Wood Christmas and seems to be appreciated by all. The children certainly love it as they appear at windows and doors to see Father Christmas and we thank people for their generosity. Whilst we were delighting local families our thoughts were with the families who are not going to know such happiness during the Christmas period due to a terminal or life threatening illness. Thank you, Residents' Association, for helping us to assist the families that need us. Our service is available 365 days a year. One thing is certain - we couldn't have raised this money without you!



Cllr BRIAN EAGLING



Cllr DARREN WISE



Cllr ALEX DONALD

Pauline Obee MBE
Patron Rainbow Trust Children's Charity

Haines Watts
Local Member, National Strength

We help business owners **ACHIEVE THEIR PERSONAL GOALS**

As a business owner achieving your personal goals as well as your business goals is important. Whether that's providing for your family, reducing your tax bill, protecting your assets, extracting wealth from your business, or knowing your retirement is secure. Our partners will work with you to ensure you have a plan to achieve your goals.

To find out more contact Haines Watts, your local award winning accountants

Haines Watts Horsham, Coopers House
65a Wingfield Lane, Horsham, Essex, BN11 3AT
01708 475 220 - haineswatts@haineswatts.com
www.haineswatts.com/accountants-horsham

WINDSOR PROPERTY
Extension Specialists Est. 25 Years
Family Business

NICEIC APPROVED CONTRACTOR

- EXTENSIONS
- LOFT CONVERSIONS
- RENOVATIONS
- LOG CABINS
- GARAGE CONVERSIONS
- ALL BUILDING WORK UNDERTAKEN

safe REGISTERED 182981

FOR YOUR FREE ESTIMATE PLEASE CONTACT

PHONE: 01708 455755 MOBILE: 07958 787 297

E-mail: wpm321@msn.com

INK STOP

ALL TYPES OF PRINTING:
PLANS, LEAFLETS, COPYING PHOTOS ONTO CANVAS
INK CARTRIDGE REFILLS AND NEW,
PERSONALISED CARDS

93 Corbets Tey Road, Upminster, Essex RM14 2AH

Tel: 01708 220185

www.print-trek.co.uk www.inkstopsales.co.uk

OPEN: MONDAY - SATURDAY 9.00AM - 5.00PM

"CREASES"

(PROFESSIONAL DRY CLEANERS AND IRONING PARLOURS) LTD
2B MOOR LANE, CRANHAM

*Dry Cleaning • Repairs & Alterations
Ironing • Curtains • Duvets • Laundry
Free Collection & Delivery Service*

Please Call 01708 229292

Our Father Christmas float raised £3,000

Thank you to all our residents who gave generously when we called on you with our Father Christmas float to raise money for The Rainbow Trust Children's charity in Station Road. We would also like to thank our helpers, drivers, 'Father Christmas', and our sponsors The Chippy, McDonalds Restaurant, The Shepherd and Dog, and Harold Wood Funeral Services as without you all this would not have been possible. Thank you all once again and we would like to wish you a Happy New Year.

Cllrs BRIAN EAGLING, DARREN WISE and ALEX DONALD

Telephone Box Removal

BT are proposing to remove the telephone box outside the Shepherd and Dog Pub in

Shepherds Hill as it has not been used at all over the last 12 months. In addition, there are 28 other locations in Havering that BT are considering removing as well. Unless there are compelling reasons to object and there may be limited grounds to do so it is likely these will be removed. If anyone has any comments, then please let us know.

Cllr DARREN WISE

February at St. Peter's

(the parish church of Harold Wood)

The Bishop of Chelmsford has called all local churches in 2017 to be "schools for disciples". So, I call anyone who professes to be a Christian and does not belong to another church somewhere else to join in at St. Peter's. We want to take that call seriously for ourselves and for others. How about it for you?

Two Highlights in February:
Celebrate Marriage Week (February 12th-19th)
SUPER SATURDAY, February

Upminster Carpets

205 St Marys Lane, Upminster

01708 224515

Old Carpets and Furniture?

No Problem!!

Home Service Available

We Supply & Fit

- Carpet
- Laminate
- Wood
- Vinyl
- Karndean

A Touch Of Glass

35 YEARS OF TRADING - NO HARD SELL
MANUFACTURERS OF SEALED UNITS
SUPPLIERS OF WINDOWS, DOORS AND CONSERVATORIES



TOP QUALITY PVC-U USED
WE CAN ARRANGE FINANCE



GLASS CUT TO SIZE WHILE YOU WAIT
BROKEN OR MISTED UP SEALED UNIT REPLACED OR CHANGE YOUR CLEAR UNIT WITH LEAD LIGHTS
PICTURE FRAMES MADE TO SIZE OR MOULDINGS SOLD BY THE LENGTH
OVER 100 MIRRORS IN STOCK

97 Front Lane, Upminster RM14 1XN www.atog.co.uk 01708 250070

Local electrician

- Based in Upminster
- Domestic/commercial work
- Electrical testing and reports
- Fault finding and rectification
- Fuseboard upgrades/Re-wiring
- Lighting/Telephone cabling

Paul Gilham 01708 229835

07985 185872 or info@gilhamelectrical.co.uk



new bus - the 497 - to run from Harold Wood station, through Kings Park, Nightingale Crescent, Lister Avenue and Whitelands Way, towards the Hilldene shops. You will be notified when the consultation begins where we will have the opportunity to submit our views.

Cllr ALEX DONALD

Wednesday Yoga

Group Yoga at Kingsland Hall - 1.00 - 2.00pm begins from Wed February 1st 2017.

We would be more than happy to welcome new members, experienced, or especially those who just want to come along to try it out. The sessions are adapted to suit all levels of ability - so please don't feel you have to be "flexible" or fit to begin with. Those are just 2 of the "side effects" of regular Yoga practice.

Please contact me for more information - Jill Cook 01708 479468 Kingsland Hall is behind Rainbow Charity Shop, by Harold Wood Station.

18th - a Holiday Club for Primary School-age kids, all packed in to one day! Further details: welcome.desk@stpetersharoldwood.org full information on our website:

www.stpetersharoldwood.org
Calling Mr & Mrs A. Edgecombe (Iris & Tony)

A Christmas Card (from SE Anglia Mail Centre) was delivered on December 9th to 15 Athelstan Road, Harold Wood, RM3 0Q3 (the postcode is not a correct postcode, but it was delivered here as RM3 0QB). Nobody of that name has lived here since 1955, and initial enquiries have not recognised the name. The card is from 'Gwen' and expresses a possible shared interest in dogs (greyhounds)

Any suggestions - please contact david.banting@stpetersharoldwood.org. I would love to see the card delivered!

David Banting, Vicar, St. Peter's Church, Harold Wood

New Bus Through Kings Park

We have learned that Transport for London (TfL) are proposing a

GO Landscapes

Landscape Construction

Driveways, Patios, Brickwalls, Fencing, Ponds, Planting, Water Features, Turfing & Decking.

All work solely undertaken by

*** Greg Oldham ***

Tel. 01708 251 004 / 01621 860 529

Mobile 07812 131 772

email: oldhamgreg@yahoo.co.uk



PLUMBING & HEATING

PJ Rugg & SON ENGINEERS

FAST, RELIABLE, FRIENDLY SERVICE

Tel: 01708 229857 Mobile: 07415 096551 / 07860 801377

- Emergency Repair •
- Blocked Drains •
- Heating Breakdowns •
- Servicing •
- Maintenance •
- Ballvalves • Tanks •
- All Work Guaranteed •
- Established Locally For Over 25 Years •

iphe REGISTERED PLUMBER

safe

BRICK PAVING BY PETER JONES

www.brickpavingbypeterjones.co.uk

Tel: Office:
01708 780000

Tel: Home:
01708 733088



**ADVANCED
MP**
PLUMBING & HEATING

BOILER REPAIRS • SERVICING AND INSTALLATIONS • COMBI BOILERS
• TANKS • TOILETS • ALL GAS WORK

O.A.P'S DISCOUNT, NO CALL OUT CHARGE, 24 HR CALL OUT
WORKING IN YOUR AREA - QUALIFIED AND EXPERIENCED ENGINEERS

iphe **01708 475041 079301 49046**
www.adv-mpplumbing.co.uk
pat@adv-mpplumbing.co.uk



FLEET ELECTRICAL & HEATING SERVICES

National Inspection Council for
Electrical Installation Contracting

Full / Part Rewires - Extra Plugs
TEST CERTIFICATES PROVIDED

APPROVED CONTRACTOR

Immersion - Security Lighting - Fault Finding
Established in Upminster for 20 Years

Phone: **01708 250409** Mobile: **07956 335744**
5 Mersey Avenue, Upminster

Harold Wood Evening WI

Ladies in the local area, why not come along and find out what the WI has to offer. We meet on the first Wednesday of each month. Visitors are welcome, we request a suggested donation of £2.50 towards running costs and refreshments. February 1st will be belly dancing with Di Woodward, participation is optional but very good fun. March 1st will be a talk on the inspiration of a contemporary artist by Karen Adams. War Memorial Hall in Gubbins Lane. 7.30 for a 7.45 start.

Flower and Craft Festival

We are holding a community flower and craft festival on Bank Holiday Monday at St Peter's Church on the 1st May. We would like to invite any residents who might be interested in participating by showcasing their skills and/or selling their crafts to contact us by email
flowerandcraft@stpetersharoldw

ood.org for further details. Thank you, The flower and craft team, St Peter's Church, Gubbins Lane, Harold Wood. 01708 342080.

Romford Market

Possibly readers will have seen the local press, and the plans for Romford Market - sadly the market needs upgrading - quite a considerable sum of money was found for its regeneration, and plans have been submitted which involve the building of a new restaurant, just outside the listed St Edwards Church - this has caused much concern with stall holders, residents and other shop keepers in Romford. Concerns have been raised asking why it is in that position, blocking the heritages view, is another restaurant needed and, if so, why not use the empty shops here, like the Bitter End, another listed building in need of restoration. We are taking on all these views, and will consider them, and any other raised at the planning meeting where the item will be heard.

Cllr LINDA HAWTHORN

HUNTER AND CO.
Chartered Certified Accountants
Chartered Tax Advisers

FOR ALL YOUR ACCOUNTING AND TAXATION NEEDS

195 St.Mary's Lane Upminster Essex RM14 3BU
Tel: 01708 255555 Fax: 01708 255556
Email: egh@eghunter.co.uk
www.eghunter.co.uk

Highways Update

We have been advised by TFL that they shall be implementing a "yellow box junction" markings on the A12 at the junction of Whitelands Way in order that traffic from the A12 does not block the exit. This was an issue that the Residents' Association flagged to TFL before the Bridge replacement works on the A127 had started. This may help slightly in the interim but drivers do need to take notice and stay behind the Stop line when the lights are red and should only move forward if the road is clear ahead.

The Council is looking to put junction protection in place at the junction of Lancing Road and Kettering Road as well as the junctions of Leyburn Road/ Kingsbridge Road that meet Kingsbridge Circus. This is to make it easier for Council services and Emergency Services to access those areas without having vehicles parked in awkward positions. This is likely to mean

"At Any Time" waiting restrictions put in place (E.g Double Yellow Lines).

Cllr DARREN WISE

Burntwood Avenue Convent

As we went to print last month we received notice that a further application had been made to increase the proposed development on the Convent site to 5 properties.

You may recall that we successfully objected to the original proposal for 4 dwellings when it was first submitted but lost to the developers on appeal.

We have raised a further objection on the grounds of overcrowding, inappropriate to the local environment and a major issue with the access for emergency and municipal vehicles. Thank you to all the local residents who responded to our leaflet and joined our objection, we will let you know further developments as we hear.

Laurance Garrard

Do you need a cleaner, home help or garden services?

Doctor Domestic can help
Friendly local company with a big heart ♥

Please call Kirsty on
01708 640 264 or **07782 495 224**
Or E mail doctordomestic@hotmail.com

Focalpoint Lofts. EST 1977.

SPECIALISTS IN CONVERTING YOUR LOFT/ATTIC INTO A BEDROOM WITH A POSSIBLE EN-SUITE

- FULLY INSURED
- MOST CONVERSIONS FINISHED WITHIN 6 WEEKS
- PLANS DRAWN AND SUBMITTED
- EST 1977
- LOCAL FAMILY RUN BUSINESS
- PREVIOUS CONVERSIONS CAN BE VIEWED

CALL GARY OR CHRIS JAMES TO DISCUSS YOUR REQUIREMENTS
GARY: 0777 311 8268 DAY. 01708 250772 EVENING
CHRIS: 0795 002 5841 DAY. 01708 250747 EVENING
E-MAIL: GARYCHRISJAMES@FOCALPOINTLOFTS.CO.UK

CRANHAM ROOFING

The Roofing Specialists

- Free no obligation quotations
- New roofs - strip and retile
- Flat roofs
- Chimney stacks - repaint/removed
- Guttering, fascia and soffit works
- Valleys and leadwork
- All repair and insurance work
- All new roofing works guaranteed



TEL / FAX 01708 704260 (office)
MOBILE 07860 752798 (24 hr call out)
EMAIL: t.gagen@sky.com

GOVANI CHEMIST

Molend Limited

Established in Upminster since 1973

Confidential pharmaceutical help and advice
by Liaquat, Shamim & Fiesha Govani, Tommy Hai

64 Station Road, Upminster
01708 220044

87 Front Lane, Cranham
01708 224083

Free local collection and delivery of prescription service available upon request from
housebound patients
www.govanichemist.co.uk

PLASTERING



- Professional • High Quality
- Reskim over Artex • New ceilings
- Clean and Reliable
- Cove & Cornice • Painting
- Cheapest Rates
- OAP Discounts
- Free Estimates
- 27 Years Experience
- Hornchurch and Surrounding Areas

CONTACT: CLAY DAWKINS

TEL: 07961 379277 / 01708 470841

EMAIL: CLAY.DAWKINS@LIVE.CO.UK

RICKY ARCHER

Roofing Contractor

Established 1987

Roof Repairs - New Roofs - Tiling - Slating - Flat Roofs
Three Layer and High Performance Felting - Leadwork - Pointing
Guttering - UPVC Fascias & Soffits - Repainting of Existing Wooden
Fascias & Soffits

For free advice or a no obligation estimate contact Ricky on:
Upminster 01708 226512 Mobile 07710327651
Email: ricky-archer@ntlworld.com

M Bray

painting and decorating

all aspects of decorating covered
small jobs to complete re-decorations
over 20 years experience
polite service - clean and tidy work with a high quality finish
local references available

Tel: 01708 223608 / 07983 486655

e-mail: mathew.bray@sky.com

TAYLOR ELECTRICAL INSTALLATIONS LTD

- FREE ESTIMATES
- FAST RELIABLE SERVICE
- REWIRES - REPAIRS - MAINTENANCE
- ADDITIONAL LIGHTING & POWER
- DISTRIBUTION BOARD UPGRADES
- HOME BUYER'S REPORTS
- FAULT FINDING
- 30 YEARS EXPERIENCE
- JIB REGISTERED
- FULLY INSURED
- FULLY QUALIFIED
- PART P REGISTERED



01708 227720 MOB: 07890 519109

The Right Cover at the Right
Price with the Right Advice
Insurance is more than just a
piece of paper, it is peace of mind

Motor, Home and Commercial Insurance
No extensions, No pressing buttons, No waiting
Just real people with great quotes for all
your insurance needs and real help when you
really need it when it comes to a claim

LG INSURANCE

Providing competitive
premiums for over
25 years



C6 The Seedbed Centre, Davidson Way
Romford, RM7 0AZ (Opp Queens Hospital)
Tele: 01708 730830 / 756000
Email: info@LGInsurance.co.uk
Web: www.LGInsurance.co.uk



FEBRUARY HALF TERM SCHEDULE

"Wrap up warm and come have some fun"

Monday 13th to Friday 17th
Multi Activity Days & Week
School Years 2 to 11

Monday 13th & Wednesday 15th
Commando Training Days
School Years 2 to 11

Tuesday 14th
Quad Bike Riders Course
School Years 4 to 8

Wednesday 15th
Young Drivers Day
School years 8 to 11

Thursday 16th February - SMASH Jail Break Day - School years 2 to 11

Book Now - Call 01708 224753 Online - www.smashcamps.co.uk
Stubbers Adventure Centre, Upminster, Essex, RM14 2TY

Wendensbury | Brentwood | Epsom | Redhill | Thurrock | Chesham | EBBW Vale | Barking | Epsom | Harlow | Milton | Southend



30 YEARS EXPERTISE

Windows • Doors • Conservatories
Fascia & Guttering • Flat Roofs



'Your Local
Home
Improvements
Specialists'

We are Trading
Standards Approved



EVERYTHING ON DISPLAY
AT YOUR LOCAL SHOWROOM

Concept House,
Billiet Lane (opposite Salisbury's),
Hornchurch, Essex, RM11 1XP

For your FREE QUOTE CALL
01708 463 526
www.conceptwindows.co.uk

FREE CUSTOMER PARKING

S C R Roofing

- All flat roofing
- Asphalt and felt systems
- Fascias and gutters

All staff fully trained

Fully insured

All work guaranteed

Contact Steve Rawles

Tel: 07971 171363

BRICK PAVING BY PETER JONES

www.brickpavingbypeterjones.co.uk

SERVICES

- SITE GROUNDWORK PREPARATION
- SUB BASE FOUNDATION USING READY MIX CONCRETE.
- SETTING OUT
- RETAINING BORDERS CONCRETED FIRMLY IN POSITION
- SEALER APPLIED TO SURFACE ON COMPLETION
- SITE LEFT CLEAN AND TIDY
- FREE ESTIMATES AND ADVICE

DESIGNED TO YOUR NEEDS

- WIDE VARIETY OF MATERIALS, DESIGNS, PATTERNS AND COLOURS
- CATALOGUE AND PREVIOUS WORK AVAILABLE
- WEBSITE AND FACEBOOK SHOWING EXAMPLES
- HELP AND ADVICE WITH DESIGN AND LAYOUT
- ALL YOUR CONSUMER RIGHTS WILL APPLY
- ALL WORK GUARANTEED

Tel: Office:
01708 780000

Tel: Home:
01708 733088

All work carried out by responsible tradesmen



Established over 30 yrs

Natural Stone Paving

Clr Clarence - Scam Ambassador



It is a real concern that nearly half of all UK adults have been targeted by scammers. These fraudsters often target the more vulnerable

members of our community, but everyone is at risk as they adopt ever more sophisticated ways of stealing your money and identity. I am now working with the National Trading Standards who have launched a 'Friends Against Scams' initiative and have been signed up as a regional Ambassador (or SCAMbassador). Having undergone the necessary training, I can now give presentations to the community, big groups or small, with the aim of highlighting the scale of the problem, changing perceptions of victims along with prevention, support and advice. As mentioned elsewhere, my first presentation will be at our Annual

General Meeting later this month, but if you or any group you are connected with would like to receive the presentation, please call me on 07863 116029.

Clr CLARENCE BARRETT

Thames Chase Community Forest

We start 2017 with a good news story - **£1.3 million to help improve landscape on the borders of east London and south-west Essex.** The 'Land of the Fanns' Landscape Partnership Scheme has been granted £1.3 million from the Heritage Lottery Fund (HLF). The 'Fanns' landscape, which encompasses Thames Chase Community Forest, and extends from the River Rom in the west towards Basildon in the east and from Brentwood in the north to the River Thames. Beginning in April 2017, the scheme will offer exciting opportunities for local people to get involved in a variety of events and activities aimed at understanding and restoring local heritage. Activities will range from travelling archaeology

exhibitions to opportunities to learn new skills in natural, built and archaeological heritage. There will also be a community action fund to support local community projects and an arts festival celebrating the landscape.

Thames Chase events in February:

- Children's half term holiday programme - Activities will be available on Tuesday, Wednesday and Thursday 14th, 15th and 16th February between 10.30am and 12.30pm at the Forest Centre and will focus on exploring the green environment including a range of craft and planting activities.
- Friday 17th February 2.30-4.30pm - Valentines cream tea with live music. £9 (booking essential)
- Sunday 19th February 10am-3pm - monthly Sunday market
- Friday 24th February from 10am - guided walk through Hornchurch Country park to learn about its history and environmental improvements. Meet at the EWT visitor centre.
- Sunday 26th February 2.30-4.30pm - music concert 'Classics in the Forest' as part of our monthly Sunday concerts. Book at the Visitor Centre. Adults £10, 14-18yrs £5.

Prioritise Government Spending to Properly Fund Social Care

Social care is something that will touch all of us at some point in our lives. Decent provision, quality and access to services depend on sufficient and sustainable funding over the long term. Additional money can't be conjured up from nowhere so we need to look at what we spend already and prioritise accordingly. Our Overseas Aid budget of 0.7% of National Income (@£12bn) is among the most generous in the world. If the target were reduced to 0.35%, which is more in line with Germany 0.4%, Canada 0.3% and USA 0.2%, then Overseas Aid would still benefit hugely with @6bn per annum while the other £6bn could be used to fund social care in the UK - without the need to impose additional tax raising measures or expecting council tax

continued on page 7

FED UP WITH YOUR DIRTY DRIVEWAY?

ADVANCED POWER WASH

SPECIALISING IN RESIDENTIAL DRIVEWAY & PATIO CLEANING



We can restore your patio & drive back to their former glory. All types of hard surfaces cleaned & sealed at affordable prices.

Call Alan ■ 01708 445112 ■ 07889 139916

www.advancedpowerwash.co.uk

ESSEX TREE SURGEONS

Est. 25 years

Trees felled - lopped - pruned - shaped
Hedges and conifers trimmed

Free estimates

Bill Venton 01708 375052 and 07831 511666

info@essextreesurgeons.com

All work carried out by qualified tree surgeons • £2m Public Liability Insurance

MR PLUMBER

D T Moore Plumbing Services

- Trading Standards recommended Plumber.
- Reliable with reasonable pricing.
- All Plumbing work undertaken inc. Bathrooms.
- No job too small & emergencies covered
- No call out fee
- For friendly advice please call David

07931 553631 mobile 01708 223561 home



AP & JOINERY

EST 20 YEARS
HARDWOOD SPECIALISTS

- Supply only or supply and install
- High quality windows, doors and conservatories
- Leaded lights and coloured glass
- Unique old-fashioned front doors

FREE FRIENDLY ADVICE • FREE ESTIMATES

01708 757675





Tudor Construction Company
SERVING UPMINSTER SINCE 1955

EXTENSIONS, CONVERSIONS, LANDSCAPING,
MAINTENANCE FREE UPVC BARGE BOARDS,
FASCIAS, SOFFITS, GUTTERING, WINDOWS AND DOORS

PHONE 01708 222330/223241
WHERE QUALITY AND SERVICE COME FIRST



ATOM
ELECTRICAL SERVICES

TELEPHONE: 01708 223669
MOBILE: 07967 603606

- REPAIRS & INSTALLATION • REWIRING
- FAULT FINDING • SHOWERS • COOKERS
- SOCKETS • LIGHTS • EXTERNAL ELECTRICS



Progressive OPTICAL

165 North St, Barking, Essex IG11 8LA
Tel: 0208 594 1647/0160
Fax: 0208 594 0139
www.progressiveoptical.co.uk

Dispensing Optician



Most prescriptions ready within 24 hours -up to date prescription is required

- 600+ competitively priced frames always in stock
- All types of lenses available
- NHS & Eyecare vouchers accepted
- Customer car park & most Credit Cards accepted
- Mon to Fri: 8.00am to 12.25pm. 1pm to 4.30pm
- Sat 8.30am to 12.30pm. Closed Sunday

SOUTH EAST HEATING

DOMESTIC AND COMMERCIAL
GAS, CENTRAL HEATING AND PLUMBING
INSTALLATION SERVICING AND REPAIRS

**BOILER REPLACEMENTS
GAS SAFETY CHECKS
LANDLORD CERTIFICATES**

New for 2014 - Service Contracts (please ask for details)

FULL BATHROOM INSTALLATIONS

TEL/FAX: 01708 221 500
MOBILE: 07956 481 819
MOBILE: 07961 151 551
E-mail: southeastheating@btconnect.com




Church View Dental Clinic

We provide NHS & Private care
Dental Implants, Invisalign, Six Month Smile, Dermal Fillers,
Flexible Dentures, Whitening, Crowns & Bridges

Call now to speak to one of our friendly staff to
book an appointment on tel: 01708 220563

Or you can visit us at www.cvdent.co.uk
34a Station Road, Upminster, Essex RM14 2TR



EVERYTHING GLASS LTD

proud partner of
saint francis hospice
living with dignity



TRADING STANDARDS APPROVED



- ALL GLASSWORK UNDERTAKEN
- LEADED LIGHT REPAIRS
- MISTED OR BROKEN DOUBLE GLAZED UNITS
- HINGES, LOCKS, HANDLES REPLACED
- PATIO DOORS / FRENCH DOORS
- SINGLE GLAZE REPAIRS / TRADITIONAL PUTTY WORK
- TOUGHENED / LAMINATED GLASS FITTED
- No call out charge
- No job too small
- 30 years experience
- All work guaranteed
- Insurance work undertaken
- O.A.P discount



Paul
hccci
haringey chamber of commerce and industry

Mobile: 07958 550796 Office: 01708 551314




- Home refurbishment specialist
- Extensions and loft conversions
- Alterations and knock through's
- Kitchens and bathrooms supplied & installed
- All general building
- Plumbing and heating, gas and electrical works
- All work fully guaranteed and carried out by qualified tradesmen
- Fully Insured

Your local specialist building & refurbishment contractor
Call us on 01708 229031 or 07917 002628 for a quote
E-mail: richard@gidleybuilders.co.uk
Portfolio of work available to view online at -
www.gidleybuilders.com

LOVE CLEANING

Need a cleaner for your home?
No contracts . Pay by the hour
Friendly, honest cleaners



Check us out at: LOVELAUNDRY.CO.UK
and let us make your life easier!

Also provide an Ironing,
Laundry and Dry Cleaning service
with Free Collection and Delivery

**Call us on 01708 445921
Or go to LOVELAUNDRY.CO.UK**

LJ NICHOLLS

Interior & Exterior
Painting and decorating

TEL: Upminster 07958 492177

AC PLASTERING



All Plastering
Plaster Over Artex
Specialists in Re-Skimming
Coving
Tiling



QUALITY WORK AT AFFORDABLE PRICES

Allan Carey

TELEPHONE: 01708-474-624 MOBILE: 07711-675-086

payers to make up the difference. There is currently a petition on the Government website which calls for a reduction in Overseas Aid from 0.7% of national Income to 0.35% to fund Social Care in the UK, readers can sign up to it at <https://petition.parliament.uk/petitions/175672>

CLlr CLARENCE BARRETTT

Wingletye Railway Bridge

Thanks to the numerous responses to our request for your views on seeking a solution to the problems with the narrow bridge over the railway. Suggestions include restricting pedestrian access with the provision of two crossings to aid and protect pedestrians which would also slow down traffic. We notice that the buses tend to wait until it is safe to cross and we might suggest signs to encourage wide vehicles to adopt the same practice. Please continue to let us have your views so we can compile a report for the Council.

John Stone

Wingletye Lane - Speeding

We have received numerous comments regarding the vehicles speeding along Wingletye Lane, especially as it seems to be used as a cut through whilst the A127 roadworks are underway. This is a matter we will be bringing up with our local Safer Neighbourhood Team to see if we might be able to introduce portable speed guns or warnings to speeding motorists. Currently the use of speed humps to control vehicles has proven to be unpopular and hopefully improved signage and warnings might slow drivers down as they pass through our area.

David Godwin

Shirley Ward Tours

Thu 27th April: Brick Lane Music Hall + Afternoon Tea to celebrate St Georges Day: price same as last year; £50 Inc. Coach/Show/Afternoon Tea: Coach departs

approx. midday.

Wed 24th May: Stepping Out; Comedy stars Amanda Holden/Tamzin Outhwaite/Angela Griffin/Tracy-Ann Oberman/Nicola Stephenson, directed by Maria Friedman. Group of housewives attend tap dancing class to escape life's problems! Front Stall Seats; Coach departs 10.30am with free time before Matinee at Vaudeville Theatre, Strand. £60. Last few seats left!

Thu 17th August: Broadstairs: Folk Week, lovely beach, Prices to follow; Enquiries to Shirley Ward 01708 227884 or stamped addressed envelope to Mrs Ward, 15 Worcester Ave, Cranham, Essex RM14 3LB or Email shirley@shirleytours.co.uk; Web Site: www.shirleytours.co.uk

Christmas at the Queen's Theatre raises over £2,000

Pinney Talfourd once again teamed up with Queen's Theatre

Hornchurch to host 'Christmas at the Queen's' - a lively free sing-along event for the whole community. Our fantastic local choir Dawn Chorus joined us to lead the crowd for a series of upbeat Christmas songs before enjoying tea and mince pies with the Mayor of Havering. This was a free event but the charity raffle and generous donations raised £2,061 in aid of the Queen's Theatre charitable trust and Pinney Talfourd's own charity of the year 'MNDA (South Essex branch)'. Funds raised are divided equally between the two charities. Many clients with transport difficulties were taken as guests by Pinney Talfourd, ensuring that Christmas is not a lonely time after all. Thank you to the Queen's Theatre Club volunteers who helped to serve refreshments.

If you would like to find out more about the Queen's Theatre Club or enquire about any performances, please contact the Box Office on 01708 443333. If you would like to find out more about this event or Pinney Talfourd's services, please contact 01708 229444.

Your Local Specialist Carpet, Rug, Upholstery & Hard Floor Cleaning Co.



T: 07768 667824
or 01277 824546

www.djkcleaning.co.uk

DJK Cleaning Services Limited.
Company registration number: 04496158



CALL DAVID FOR A FREE QUOTE

DJK Cleaning Services Ltd
The Carpet & Upholstery Cleaning Specialists

All your favourite brands are in store

We have the best choice of upholstery, dining, beds, bedrooms, carpets, rugs, flooring & curtains all under one roof.

DURESTA

Old Charm



ercol

Parker Knoll



Relyon



nathan
The Master Craftsmen

VI-SPRING
Life Changing



TEMPUR
MATTRESSES AND PILLOWS

HYPNOS
The Most Comfortable Bed in the World

VENJAKOB
Resping Jack Design and Craft

dunlopillo
NATURAL SUPPORT SINCE 1928

Harrison



Vale Bridgecraft
THE ART OF THE CRAFT



BRAND PRICE MATCH

We believe our prices reflect genuine value for money. Coupled with a superior level of service, free local delivery and after sales care, we are confident our brand prices cannot be beaten. If you find, from a reputable store (including online), the identical product and service package at a lower price, we would welcome the opportunity to price match.

www.roomes.co.uk
22-24 Station Road,
Upminster, Essex RM14 2UB.
Telephone: 01708 255300

ROOMES

Furniture & Interiors • Est 1888

PGM Heating & Plumbing

NO CALL OUT CHARGES - NO JOB TOO SMALL
FREE ESTIMATES - QUICK RESPONSE
ALL WORK GUARANTEED

- All aspects of Heating and Plumbing work undertaken
- Complete Central Heating/Boiler Installations/Service
- Bathroom Installation
- Gas Appliance Installation
- Gas Repair Work
- Powerflushing
- Landlords Gas Certificates



Tel: 01708 227797
Mob: 07734 228417

www.pgmheatingandplumbing.co.uk

UPMINSTER REFRUBISHMENTS

THE KITCHEN & BATHROOM SPECIALISTS

SUPPLIED AND INSTALLED, PLANNING AND DESIGN SERVICE
SHOWROOM WITH EXTENSIVE RANGES TO VIEW
GRANITE WORKTOPS SUPPLIED AND FITTED
FITTING ONLY SERVICE ALSO AVAILABLE (YOU SUPPLY)
TOTAL REFRUBISHMENT FROM START TO FINISH
PLASTERING, TILING, LIGHTING, ELECTRICS AND CARPENTRY
GAS SAFE CERTIFIED ELECTRICAL CERTIFICATION WHERE REQUIRED
ALL TRADES CITY & GUILDS QUALIFIED FOR A FREE QUOTATION.

TEL: 01708 222050 MOB: 07930454650

YOUR SATISFACTION IS OUR REPUTATION



Combi Boiler Repairs

Saunier Duval

Vaillant



IAN LEWIS

POTTERTON

ELIASI

Installation, Service, Repairs,
Power flushing, Insurance

01708 440581



Crusaider First Aid

Relaxed expertise you can trust



For All First Aid Training Courses
First Aid at Work, Paediatric, Sports, Emergency, A&D Courses
All certificates are accredited and last 3 years
Over 30 years experience training emergency services
For more information contact David:
www.crusaidfirstaid.com info@crusaiderfirstaid.com
Tel: 01708 202277 Mobile: 07946 628416

M.P. Williams

Professional Bathroom & Kitchen
Installations

Plan & design, plumbing, plastering, tiling,
electrics, carpentry, painting & decorating.

For a free estimate call Matt

Tel: 01708 259696 Mobile: 07790 753850

Email: m.p.williams.bathrooms@gmail.com



GARY COE JEWELLERS
ESTABLISHED 1981



Fully equipped workshop
Diamond & Engagement ring
specialists / Bespoke Wedding rings
Engraving / Full repair service
Watch batteries / Watch repairs / Valuations
Best prices paid for your old gold

35 Cedar Avenue Upminster Essex RM14 2LN

Tel 01708 222696 Mobile 07771 802624

www.garycoejewellers.co.uk

Cranham Dental Centre  Quality Dental Care
& Service in a Modern Family
Friendly Environment

a healthier smile for life

***** New Website & Live Online Bookings *****

Inviting all New NHS & Private Patients to Join our Practice.

call **01708 228 291** now

***** www.cranhamedentalcentre.co.uk *****

reception@cranhamedentalcentre.co.uk
141 Ingrebourne Gardens, Upminster, Essex, RM14 1BJ



All building works undertaken.

All roof repairs - Flat Roofs - High Performance
Felting - UPVC Fascias & Soffits - Guttering
Leadwork - Re point and Remove Chimney Stack

LRroofingltd@hotmail.com



07929 334990
01708 534411

CEDAR TREE CARE

Pruning - Felling - Stump Removal



01708 301 371

07946 216 150

Website: www.cedar-treecare.co.uk
Email: cedartreecare@qualityservice.com

Cedar Avenue, Upminster, Essex

Photograph Exhibition

Upminster Camera Club will be exhibiting their photographs at the Havering Museum from the 7th January - 25th March 2017. The Deputy Mayor of Havering, Councillor Linda Van Den Hende opened the exhibition.

There are prints from the three ability levels of the club and a continuous projection of several hundred digital images on a large screen. The exhibition showcases the work of the Club and aims to raise awareness of the club and encourage new members.

Tel: 01708 766571 Web: www.haveringmuseum.org.uk
Open Wednesday - Saturday 11am - 5pm. Usual Admission Prices Apply. Last Admission to Galleries at 4pm, and Shop at 4.30pm.

Probus Club

The Upminster and District Probus Club is currently seeking new members. Probus is an international association of clubs for retired and semi-retired **PRO**fessional and **BUS**iness men who wish to meet regularly for a social get-together over a meal,

with entertaining guest speakers, covering a huge variety of topics. The Upminster and District men's Probus club meets at The Cranleigh, 84 Station Road Hornchurch, RM12 6LX, generally on the last Wednesday of each month. We also have outings, which are run jointly with the Deyncourt (Upminster) Ladies' Probus, many members of which are wives of our members.

If you think you may be interested in joining our club please contact our Secretary, Barry, on 01708 703783 and leave a message or send an email to: secretary@upminsterprobus.com www.upminsterprobus.com

Saturday Talks Club

The Last Romanov Princesses: The speaker is Anne Stott on Saturday 11th February at 2.15pm (doors open 1.45pm). Venue Roope Hall, United Reform Church, Station Road, Upminster. Cost £4.00 including tea and biscuits.

Contact Mrs Blake 01708 227512 or Mrs Bland 01689 858701 for further information.

HILLIS

SECURITY SYSTEMS

Established 1996



DON'T WAIT TO BE BURGLER!
Protect your home with a professionally installed
WIRELESS BURGLAR ALARM

Excellent service from the very first call.
Approved by Which? & Trading Standards

Free survey & no obligation quotation
01708 250600
www.hillissecurity.co.uk

St. Laurence House, 2 Gridiron Place, Upminster. RM14 2BE

A&Z Accountancy Ltd

A personalised accounting service for individuals, contractors and limited companies from an ACCA qualified accountant. Our prices are as follows:

Sole Traders/ Partnerships - £30/month

Limited Companies - from £60/month only!

Email: Enquiries@AZAccountancyLtd.co.uk

Website: www.AZAccountancyLtd.co.uk

Call: 078 0915 3557

**Self Assessments
only £100**

DAVID BEAN WEALTH MANAGEMENT

"Providing clients with financial peace of mind"

Retirement Planning

Investment Planning

Inheritance Tax Planning

Mortgages & Life Insurance

Long Term Care Fees Planning

Your home may be repossessed if you do not keep up repayments on your mortgage

4th Floor, 8- 10 Eastern Road, Romford, RM1 3PJ

Tel: 01708 20 88 85. Mob: 07584 551 659

Email: david.bean@sjpp.co.uk

Website: www.davidbeanwealth.co.uk

ICOL SECURITY SYSTEMS

ESTABLISHED 1984

**Can you afford un-invited guests?
Before they arrive: fit a burglar alarm
FOR A FREE SURVEY-RISK ASSESSMENT**

OF YOUR PREMISES

Contact us on:

Freephone 0800 043 0835

(LOCAL 01708 226385)

Repair and maintenance of all existing alarm systems



Service is our first concern

www.icolsecuritysystems.com



ESTABLISHED 1821

GATES, PARISH & CO.

Chartered Surveyors, Estate Agents, Valuers
D. J. Parish, F.R.I.C.S

THE ESTABLISHED UPMINSTER ESTATE AGENTS FOR OVER 90 YEARS

- SALES OF RESIDENTIAL PROPERTY
- VALUATIONS FOR ALL PURPOSES
- SURVEY REPORTS
- RESIDENTIAL LETTINGS
- RENT REVIEWS
- LANDLORD & TENANT MATTERS
- EXPERT WITNESS REPORTS
- PROPERTY MANAGEMENT

32, STATION ROAD, UPMINSTER Tel: 01708 250033
Fax: (01708) 220844 Website: www.gates-parish.co.uk

Chauffeur Me (Travel)

For all enquires call Darren

07947 576642

www.chauffeur-me-travel.com

Chauffeur driven in comfort
Eight Seater - Fully Air Conditioned - Privacy Glass - Satellite Navigation

Special functions
Shopping days
Night clubs
Weddings
Race days
Restaurants
Airports
Theatres
Spoil yourself days

CRANHAM ELECTRICAL LTD

ALL ASPECTS OF ELECTRICAL WORK

PROFESSIONAL SERVICE AT COMPETITIVE RATES

- Domestic & Commercial
- Re-wires
- NICEIC Test Reports
- Fuse Board Up-grades



TEL: 01708 223046
MOB: 07710 282110
66 Moor Lane Upminster

HAVING TRI

Interested in Triathlon or Multi-sport disciplines?

www.havingtri.co.uk @havingtri Having Tri

Contact Kay Hamilton 07957 567915

K.A.S.

Adults Learn To Swim and Improver Lessons

www.kasuk.co.uk Qualified ASA Teacher Kays Adult swim

'It's like an Aladdin's cave.'

S&A

WEDDING & PARTY SHOP

DECORATIONS • WRAPPING • LIGHTS • BALLOONS • FANCY GOODS •
PARTYWARE • WEDDING BOUQUETS • SILK FLOWERS • POSIES ETC

OPENING TIMES

TUESDAY, WEDNESDAY & SUNDAY 10.00 am - 4.00 pm
THURSDAY, FRIDAY & SATURDAY 10.00 am - 5.00 pm

CLOSED ON MONDAYS

Rear of High House Garden Centre,
Corbets Tey Road, Upminster Essex, RM14 2DN

01708 220802

www.partyflair.co.uk

Lawton & Stoakes

Advanced Medical Investigations Available

- Caring for all types of pets
- Ophthalmic department
- Personalised service
- Open until 7pm weekdays
- Excellent surgical facilities
- Committed nursing team
- Interest free payment plans*



Martin P.C. Lawton
BSc (Med) Cert (Gen Pract) Cert (AB)
CDip (Vet) Dip (Gen Pract) (RPS)
Dip (Vet) (Gen Pract) (RPS)

Lynne C Stoakes
BSc (Med) VMS

*Terms & Conditions Apply

To make an appointment please call

01708 384444

8-12 Fribillan Avenue, Hamid Wood,
Romford, Essex, RM3 0QS

www.vets.gb.com



Look better, feel better, move better

Pilates in Upminster & Cranham (Mon-Fri)

High level of supervision and correction in
a small group with highly qualified teachers



Beginner Courses • Improver & Intermediate Classes
Men Only Pilates • Post Natal • Pilates for Osteoporosis
Pilates for Seniors • Pilates for Breast Cancer • Cardio Circuit

Private Appointments in Upminster (Mon-Sat)



- Sports/Remedial Massage
- Deep Tissue/Relaxation Massage
- Pilates 1:1 or 2:1
- Personal Training 1:1, 2:1 or group

Call 07411 826721 or Book Online
www.upminstersportsmassage.co.uk



SPORT PILATES

HOME CARE SERVICES

SUPPORTING PEOPLE IN THEIR OWN HOMES WITH QUALITY CARE SERVICES

MEDICATION SUPPORT

PERSONAL CARE

COMPANIONSHIP

RESPIRE

DEMENTIA & ALZHEIMERS

LIGHT DOMESTIC

NUTRITION & DIET SUPPORT

24 HOUR SUPPORT

REABLEMENT SUPPORT

HOSPITAL DISCHARGE

SOCIAL & LEISURE ACTIVITIES

END OF LIFE

CONTACT US ON:

01708 301 111

or 07538 709 012

WEB: www.kareplus.co.uk/romford

EMAIL: kpromfordrm@kareplus.co.uk

**KARE
PLUS
ROMFORD**

Pinney Talfourd SOLICITORS

A bespoke legal service tailored to your needs

Pinney Talfourd is one of the UK's leading law firms providing specialist services for individuals and businesses

www.pinneytalfourd.co.uk
E-mail@pinneytalfourd.co.uk

Upminster T 01708 229444
Brentwood T 01277 211755
Hornchurch T 01708 511000
Leigh-on-Sea T 01702 418433

LDL 500
Lexcel

Art Exhibition

Janet and Terry Doyle have an exhibition of their paintings in the restaurant area of The Queen's Theatre, Hornchurch from 20th February to 5th March. All paintings for sale. Enquiries 01708 532967.

Charity Fundraising Concert

Havering Group Diabetes UK is holding a Charity Fundraising Concert by the Brentwood School Big Band on Saturday 18th March 2017 at St. Peter's Church, Gubbins Lane, Harold Wood, Romford RM3 0QA. Monies raised will be going to Diabetes UK for Research. The Concert starts at 7.30 pm. and tickets priced at £10 per adult and £5 for under 16s, can be obtained from Debbie Broom on 01708-473314 and debbie.broom@tesco.net or David Squibb on 07713-069309 and david@squibb.eclipse.co.uk.

Big Band Night

Following the success of their recent Traditional Jazz night in

Cranham the ROTARY CLUB of HORNCHURCH & UPMINSTER are presenting another ST. GEORGES DAY BIG BAND NIGHT at the Windmill Hall in Upminster on 22nd April 2017. This event will again feature Mark Stratford compering the KEN TURNER BIG BAND, a 17-piece band playing Glen Miller style swing music from the 1940's to the present day.

Tickets cost £20 each, including a fish/chicken & chips dinner. Hot drinks will again be available. All profits will be donated to charitable activities supported by the club.

Tickets can be bought by contacting Brian TAFFS (01708 250855) or Jim HAINES (01708 226717).

Ardleigh House Outing

Thursday 6 April 2017 - "The Quirky Corners in The Garden of England"

With a Blue Badge guide we will explore the various quirky parts of Kent known as "The Garden of England". Included is a picnic lunch accompanied only by numerous ducks and we will

continued on page 13

PARKDRIVE PAVING & LANDSCAPES

25 Years Experience

- DRIVEWAYS
- PATIOS
- BRICK WALLS
- FENCING
- INDIAN STONE
- TURFING

FREE ESTIMATES / PORTFOLIO

ALL WORK GUARANTEED!

01708 750209 / 07826 207310

www.haveringpavinglandscaping.co.uk

Today **LIVE YOUR LIFE IN COLOUR** *Tomorrow*

Sarah Mann MNCs (Acc)

Counselling & Psychotherapy

Tel: 07889 015540 E-mail: hello@mylifeincolour.co.uk
www.mylifeincolour.co.uk

Qualified & Experienced to work with:
Abuse/Anger/Confidence/Couples/Depression/Grief/Fear & Phobias
Relationships - at home & work/Self Esteem/Self Harming/Stress & Anxiety / Teens & Young Adults

occasional dance *Dance and Fitness Classes for YOU*
UPMINSTER, HORNCHURCH, HUTTON

MON 7.30pm Emerson Park Academy, Wych Elm Road, Hornchurch, RM11 3AD

ZUMBA
TUES 8pm Gaynes School, Brackendale Gdns, Upminster, RM14 3UX
WED 7.30pm Hutton Community Centre, Harrison Close, Hutton, CM13 1LP
THURS 7pm Gaynes School, Brackendale Gdns, Upminster, RM14 3UX

ADULTS Tap
THURS 8.15pm Gaynes School, Brackendale Gdns, Upminster, RM14 3UX

THURS 4.30-6.45pm (Students age 5-18yrs)
Gaynes School, Brackendale Gdns, Upminster, RM14 3UX

For info contact Tina: 07985 555966 www.occasionaldance.co.uk
info@occasionaldance.co.uk

R.R. CONSTRUCTION LTD

**EXTENSIONS
GENERAL BUILDING
OVER 30 YEARS EXPERIENCE
FULLY INSURED**

PLANS DRAWN & SUBMITTED TO COUNCIL
ELECTRICAL, PLUMBING, PLASTERING
GRANT WORKS (Disabled persons)

Members of Guild of Master Craftsmen

Tel: 01708 251282

www.buildingservicesupminster.co.uk

ESSEX SUPREME CARPET CLEAN



Upminster based



Fully Insured

Carpets, Rugs, Upholstery & Mattresses
Competitive prices & Multi-room discounts

CALL DAVID FOR A QUOTE

Tel: 01708 702194 Mob: 07818 408217

www.essexsupremecarpetclean.co.uk

- Structural & House Purchase surveys & reports
- Fire & Subsidence Damage surveys & reports
- Party Wall Awards and Schedules of Condition
- Design and planning service – domestic and commercial
- Project/Contract Management

THE EVERETT PARTNERSHIP

Chartered Building Surveyors
Building Engineers & Consultants
Planning Supervisors

The Lodge, Little Gaynes Lane, Upminster, RM14 2JB
Tel: 01708 227108 Fax: 01708 220867
E-mail: sp@upminterpartnership.com

U Upminster Osteopath & Sports Injury Clinic

HELPING YOU WITH:

- BACK, NECK & SHOULDER/ARM PAIN
- HIP, KNEE & ANKLE/FOOT PAIN
- 'TRAPPED' NERVES
- POST SURGICAL REHABILITATION
- SPORTS INJURIES (INCLUDING KINESIO-TAPING)
- ARTHRITIS


NO CONTRACTS/OBLIGATION
NO GP REFERRAL NECESSARY
PRIVATE REFERRAL FOR MRI, ULTRASOUND WHERE APPROPRIATE RECOGNISED BY ALL MAJOR INSURERS (BUPA, AXA-PPP, etc.)

41 FLEET AVENUE
UPMINSTER
RM14 1PZ

Tel: 01708 222932

www.upminsterosteop.com

email: upminsterosteopath@gmail.com

 [upminsterosteopath](https://www.facebook.com/upminsterosteopath)

UPMINSTER

KITCHENS & BEDROOMS

SIMPLY FINE KITCHENS & BEDROOMS

Showroom open 9.30am - 5pm Monday to Saturday
Full design and installation service

SIEMENS & NEFF APPLIANCES
BLANCO SINK & TAPS
GRANITE & QUARTZ WORK SURFACES
FREE ESTIMATES • WHICH TRUSTED TRADER

161 St Mary's Lane, Upminster, RM14 3BL
T: 01708 222250
E: info@upminsterkitchensandbedrooms.co.uk
www.upminsterkitchensandbedrooms.co.uk

ALEX ELECTRICAL CONTRACTS LTD

 **TRUST MARK**
Government Endorsed Standard

APPROVED CONTRACTOR

- RE-WIRES
- PAT TESTING
- PART RE-WIRE
- INSPECTING AND TESTING
- FUSE BOARD UPGRADES
- FAULT FINDING

Telephone: 01708 744 226 • alexelectrical.co.uk • e: info@alexelectrical.co.uk

FAMILY BUSINESS SINCE 1976



NO JOB TOO BIG OR SMALL

A.C.E ROOFING CO. LTD

CALL US FOR A FREE NO OBLIGATION ESTIMATE

01708 227 701

THE GROVE, UPMINSTER ESSEX, RM14 2ER
WWW.ACEROOFING.CO.UK

 **TRUST MARK**
Government Endorsed Standard

 **FMB**
Approved Trading Partner

 **MASTERCARD**

 **VISA**

AERIALS DIRECT

Local family run business, established over 25 years. Offering a fast, friendly, reliable service. Very competitive prices, all work guaranteed

TV, FM, DAB digital aerials supplied and fitted.
Satellites installed.
Aerial & dish realignment
TV extra points

www.aerialsdirect.co.uk
www.aerialsupminster.co.uk

01708 347257



Longfellers
tree surgery and garden care

qualified arborists and gardeners
city & guilds, nptc

INSURED

Free estimates
Phone: 01708 641289
Mobile: 07984 524392



 **MBM Electrical Services Ltd**

Based in Upminster/over 30 years experience

- *Full/part Rewires
- *Fuseboard Upgrades
- *Extra light/ sockets
- *Outside supplies
- *Testing/ Fault finding
- *Certificates/ Safety Report
- *Fully Qualified
- *Fully Insured

Your Satisfaction Is Our Guarantee

Tel: 01708 704142 Mobile: 07971 293569
Email: info@mbm-electrical.co.uk
Web: www.mbm-electrical.co.uk

BATHROOM AND TILE SHOWROOM

Call into our showroom to see a great selection of top quality tiles to enhance your kitchen and bathroom

Supply only, or supplied and expertly fitted.

Friendly, personal service with expert advice and planning
We also undertake all types of extensions, loft conversions, porches etc.

Simply call for a FREE estimate

SUPREMA

161 St. Marys Lane, Upminster.
Opening Times: Mon-Sat: 9am-5pm
01708 222264

Email: suprema@hotmail.co.uk • www.supremabathrooms.com

Come and see our stylish bathroom displays for all your mobility solutions



KUSOOM BUGH



RESTAURANT

Family run business- est 1978
Fully licensed & Air Conditioned

Opening Hours

7 days a week, incl Bank Holidays
Sunday- Thurs: 12 noon to 2.30pm & 5.30- 11.30pm
Friday & Saturday: 12 noon- 2.30pm & 5.30- midnight

174 St Mary's Lane, Upminster, RM14 3BT
Tel: (01708) 220038 or 222606

provide a large bag of duck food to feed them. The afternoon continues or quest to find quirky places before finishing at Rochester Cathedral with some free time before we head back home.

Price includes morning tea/coffee and the picnic lunch for both guests and ducks!!!

Price £40.00.....Members £37.50 (Full details are on the Ardleigh House website www.ardleighhouse.org) or phone 01708 440 660.

Queen's Theatre

The new season opens in February with Arthur Millers's blistering classic American drama *The Crucible*. This features Charlie Condou (*Coronation Street*) and Victoria Yeates (*Call the Midwife*) and will be going on to a UK tour.

The season of in-house productions continues with the brand-new box office smash comedy *Worst Wedding Ever*, followed by a major new revival of Willy Russell's classic *Educating Rita*.

For more information about the

forthcoming season at the Queen's Theatre Hornchurch call the Box Office on 01708 443333 or visit queens-theatre.co.uk

AFC Hornchurch

Please note the following home fixtures this month at the Bridge Stadium, Bridge Avenue. Saturday 4th v Romford, Saturday 18th v Soham Town Rangers and on Saturday 4th March v Cheshunt.

Kick off at 3pm. Further details on the Club's website. Support your local team.

Wednesday Music Evening

15th February 2017 - Viva Espana! The Exciting World of Spanish Music - presented by George Saddington. It may well be a cold and damp February evening but we will be cheered by some of the most exotic and flamboyant music that Europe can offer. Music of the Spanish guitar plus Carreras and Domingo singing about two well-known Spanish cities. Flamenco music

continued on page 15

The Foot Surgery

Established 2002

11A Billet Lane, Hornchurch, Essex, RM11 1TS
For appointments tel 01708 621194

Ms Meena Matharu

SRCh MChS BSc FCPodS State Registered Chiropodist/
Podiatrist & Specialist in Foot Surgery

Ms Matharu has 18 years clinical experience in Private Practice
Previously consulted for Harrods and Harley Street
In 2002 attained Fellowship in Foot Surgery

Treatments available

Nail surgery, electro-surgery and cryotherapy
Cortisone injections for pain management
Sports medicine: bespoke prescription orthotics
Comprehensive foot care for Diabetic and Arthritic patients
Routine foot care i.e. nail cutting, corn and callous treatment
Verrucae treatment



will be on offer as well as excerpts from Zarzuela, the tuneful Spanish light operas.

Entrance to the Music Evenings is free of charge although we do ask for a nominal contribution to cover interval refreshments. All meetings are held in the Main Meeting Room at Hornchurch Library commencing at 7.30pm and ending at 9.30pm. For further details, call Stephen Raindle 01708 470670 email sraindle@aol.com.

Air Pollution

May I take this opportunity to bring to the attention of local residents who leave their vehicle engines running whilst waiting to pick up their children from local schools, thereby contaminating the atmosphere.

"The Law states it is an offence to idle your engine unnecessarily when stationary. If you fail to turn your engine off after being asked to do so by an authorised officer you can be issued with a fixed penalty notice. This is enforced under the Road Traffic (Vehicle Emissions) (Fixed Penalty) (England) Regulations 2002'. Please be considerate to local households and prevent air pollution.

Brian Hayden

Upminster Methodist Church

In the first week of December, the Christmas tree festival was held at the Methodist church. Thirty-five trees were in the church decorated on the theme of, "Lets Celebrate!" We do thank the sponsors, all the decorators of the trees for their imaginative ideas and the local Primary schools choirs who came to sing during the week and all the many visitors who came, making it so successful.

Donations will be given to our chosen charities - "Hope for Havering" and "First Step". Engayne Primary School was the winner of the Festival Cup, for the second year running voted for by visitors to the festival, and 'Best in the Fest,' was awarded by the organisers to The French Group's tree entitled "Celebrations in France." The runners up were the 3rd Upminster Cub pack and the 1st Upminster Guides.

We thank the Residents Association for their support and for publicising the event, which we plan to repeat in December

continued on page 15

HAVINGING FIREPLACES & STOVES



01708 444954

Complete Supply & Installation Service
Fitting Only Service also available
Fireplace Packages / Stoves
Clearview Stove Range
Cast Iron Inserts and Fireplaces
Large selection of Marble & Limestone
Gas & Electric Fires
Qualified and Experienced Staff
Free Home Installation Survey
Never Beaten on Price

1-5 Butts Green Road, Hornchurch, Essex, RM11 2JR

E Mail - info@havingingfireplaces.co.uk

www.havingingfireplaces.co.uk

Open 10am - 5pm - Monday - Saturday



Meadowbanks Residential Care Home



Meadowbanks is a 40 bedded residential care home which specialises in dementia care.

The home is located in four acres of meadowland in Upminster, Essex.

Offers large single, fully furnished bedrooms with en-suite shower.

Proprietors: T.L. Care (Havering) Ltd
Hall Lane, Upminster, Essex, RM14 1TT
Telephone: 01708 330140
info@meadowbanks.co.uk

www.meadowbanks.co.uk



Upminster Plastering & Building Services

01708 221297 or 07765 013623

**Kitchen & Bathroom Refurbishment
Exterior/Interior Paintwork
Extensions & Alterations
Plastering & Rendering
Guttering & Fascias
Pebbledashing**

*LOCAL TRADESMAN WITH OVER
40 YEARS EXPERIENCE (references given)*

01708 221297 or 07765 013623

E-mail: upminsterplastering@gmail.com

Wall & Floor Tiling by Keith Dennis

Over 30 years experience in wall and floor tiling.
No job is too big or too small. All quotes are free.

- * Wall & Floor Tiling Contractor
- * Specialist in Ceramic, Porcelain and Stone
- * Kitchens, Bathrooms and Wet Rooms
- * Painting & Decorating Service Available

Contact me on:
Mobile: 07976 299415
Home: 01708 227371
E-mail: ck_dennis@yahoo.co.uk

The Secret to a Beautiful Lawn

GreenThumb
LAWN TREATMENT SERVICE



Contact us for your free lawn analysis and advice

01277 227988

Email: essexsouth@greenthumb.co.uk www.greenthumb.co.uk

Can's Restaurant & Meze Bar

Finest Turkish Cuisine

Our chefs have years of experience and take pride in providing the best variety of tastes. Can is the anatolian term for an open charcoal fire used for cooking when family and friends gather to eat, drink and socialise. Can uses the freshest ingredients and chargrills them to perfection to make the finest kebabs in Essex. We also have a special lunch offer from Monday to Friday from 12 till 4. Two courses for £6.99- walk-in and booking welcome.

Open 7 Days a week, 12 to 11pm

Full delicious menu - Lunch time specials

A warm welcome awaits you

127 Avon Road, Cranham, Upminster

Tel: 01708 224 997 www.canmeze.com

The little BIG Ironing Company

part of the Little BIG Group®

www.thelittlebigironingcompany.co.uk

Ironers • Launderers • Wet/Dry Cleaners

• FREE pick up + home delivery

• Professionally steam pressed

• Over 40 years experience

Please call: 07973 662050 - EE



Customer comments - "I've always done my own ironing, but after using L BIC, theres no going back!" Mrs Law, Shenfield.



Sabrina Mercury Swimming Academy

We offer high quality swimming lessons to children and adults of all abilities.

Adult & Child (age 24-36 months)

Pre-School (age 3-4)

Group Lessons (age 4+)

Adult (Beginner to Intermediate)

Adult (Ladies Only)

Small class sizes - friendly and passionate approach to teaching - ASA Qualified Teachers



Oakfields
Montessori
School

UPMINSTER
RM14 2YG

07951520471

smswimacad@gmail.com

www.smswimmingacademy.com



ADVERTISE YOUR BUSINESS HERE



Delivered to over 19,000 homes

Contact RON OWER

Telephone: 07721 780372

E-mail: bulletinra@yahoo.co.uk

LOCKSMITHS

Emergency call out

All locks opened, supplied & fitted

MLA approved locksmiths

UPVC door lock specialist

New doors supplied & fitted, safes opened

New safes supplied & fitted

Free quotes - no call out charge

Tel: 01708 640699, mobile: 07890 920 258

Maths Tutor

Alex Oliver, BSc (Hons)

Experienced in KS3, GCSE and A Level

Mobile: 07501 859103

Email: alexoliver3@aol.com

St. Mary's DENTAL CARE

Dr Mia Rafiee & Associates

BDS (Sweden)

- New NHS and Private Patients Welcome
- Dental Implants now available
- Modern Friendly Environment
- Emergency Treatment
- Cosmetic Dentistry
- Flexible Dentures
- Zoom Laser Whitening
- Hygienist Available
- Air Polish



Surgery Hours
 Monday, Tuesday, Wednesday and Thursday
 9.00am - 5.30pm
 Friday
 9.00am - 7.00pm
 Every Saturday
 9.00am - 1.00pm
 (Hygiene only)

TEL/FAX
 01708 229 330
 167
 St. Mary's Lane,
 Upminster,
 Essex RM14 3BL.

We emphasise the need to preserve your natural teeth by the prevention of tooth decay and gum disease

2017. Photos of the festival are on the church website - upminstermethodistchurch.org.uk.

Havering Antique Collectors Club

Our next meeting is February 17th 7.30 for 8.00 with Guest Speaker Eric Knowles from BBC Antiques Road Show on "Art Nouveau & Art Deco Sculpture". This will be followed by free refreshments and friendly discussion of the topic. New guests always welcome - £7 for this lecture held at Harold Wood Neighbourhood Centre, Gubbins Lane. Buses 256 and 294 stop outside. For further details please call our Chairman Mrs Chris Lovett on 0794 7367 258.



that 62 patients on average, travel daily to the hospital, from a RM14 post code, and 102 members of staff live in a RM14 code - of the staff,

on average 80 percent work each day - this equates to about 100 people per day." The estimated additional time per journey to divert the 248 is between 2 - 6 minutes - which they do not consider viable. No account has been taken of visitors, or the fact that the parking situation is appalling due to the closure of the former ice rink car park. I am very disappointed with this, but will check the situation regularly to see if anything else could be achieved.

Cllr LINDA HAWTHORN

Quiz Nights

6 February and 6 March.
Pussycat Lodge quiz at Cumped Horn Pub at 33-37 Corbets Tey Road, Upminster at 7pm. Cost £6

continued on page 17

BOILER CHANGE

Raymond Coomer
 Sarah Cordell

BOILER REPAIRS & REPLACEMENTS
 PLUMBING ■ SERVICING ■ RADIATORS

GAS SAFE Reg No. 47924 / 576292

14 Birch Crescent, Ardleigh Green, Hornchurch

01708 477146
07761 049852
07973 220270

PERSONAL ATTENTION FROM THE COYTE FAMILY

HAROLD WOOD FUNERAL SERVICES

0844 453 3671

24 HOUR EMERGENCY CALLS

Golden Charter Funeral Plan Specialist

£125 off with this voucher

Fees rising in April 2015

"We decided to use you because of the warm and caring reception we received"

Since 1967 in

43 Station Road, Harold Wood, RM3 8HX

Other offices in Hilldene, Collier Row and Hainault

Office hours Mondays-Fridays 9am-5pm,
 Sats 10am-Midday and 10am-3pm in Hilldene

INFO@HWFUNERALS.CO.UK - WWW.HWFUNERALS.CO.UK

Sorrento

TRADITIONAL ITALIAN RESTAURANT

13 STATION ROAD UPMINSTER RM14 2SJ

OLD STYLE TRADITIONAL RESTAURANT, OFFERING A WIDE SELECTION OF QUALITY DISHES, FRESHLY PREPARED USING ONLY THE BEST AND MOST AUTHENTIC PRODUCE

SERVED IN FRIENDLY AND RELAXED ATMOSPHERE

TEL 01708 224165 WWW.SORRENTOUPMINSTER.CO.UK

Denny Hookings

Silicone Pointer

30 years experience

Bathrooms & kitchens a speciality

07766 404235

TIME TEES CARS

Upminster MOT & Service Centre

Free Local Collection & Delivery

Covering Cranham Upminster Hornchurch

**** Air Con Regas Only £49.95****

MOT's Only £39.95

Or

Included with Any Service

Time Tees Cars, 11 Station Road Upminster,
 01708 250011. www.timeteescars.co.uk
 Next to Costa Coffee!

Uppercut

multi award winning salon group

17-19 Market Place
ROMFORD
01708 765111

5 North Street
HORNCHURCH
01708 441393

2 High Street
BRENTWOOD
01277 848586

509-601 Cranbrook Rd
GANTS HILL
020 8551 2228

41 Corbets Tey Rd
UPMINSTER
01708 228167

193 Mantford Way
CHIGWELL
020 8500 0022

phone or book online for an amazing hairdressing experience
www.uppercuthairgroup.co.uk

Locally based company in Upminster
with over 20 years' experience

THE **BOILER**
REPLACEMENT CO.

Which? Trusted trader

- Free estimates with no obligation
- Associate of the Chartered Institute of Plumbing & Heating

PROFESSIONAL. RESPONSIBLE. COMPETENT.

Proud to be an ATAG Selected Partner

Call: 01708 225602 • Email: info@boilerreplacement.net • Web: www.boilerreplacement.net



CLUBBERCISE

Monday 9.30am - 10.30am
@ Trinity Church with Crèche
Wednesday 7.30am - 8.30pm
@ Cranham Community Centre

H.I.T.

Wednesday 9.30 - 10.30am
@ Trinity Church with Crèche

SEATED WORKOUT

Thursday 12.30 - 1.15pm
@ Cranham Community Centre
Friday 10.30 - 11.30am
@ West Hamdon Village Hall

PIYO

Monday 7.30 - 8.30pm
@ Trinity Church

ZUMBA FITNESS

Monday 7.15 - 8.00pm
@ Coopers School

FITNESS PILATES

Tuesday 7.00 - 8.00pm
@ Coopers School
Wednesday 7.00 - 8.00pm @ Coopers School
Thursday 9.30 - 10.30am @ Trinity Church

LEGS BUMS & TUMS

50+ Tuesday 9.30 - 10.30am @ Trinity Church

ZUMBA GOLD

Monday 10.45 - 11.45am @ Trinity Church
Wednesday 10.45 - 11.45am @ Trinity Church

Call Sally for more info **01708 915455 / 07855 534631**
www.exercisewithsallyguise.co.uk
exercise with sally guise

REGISTERED OSTEOPATH

L GUTTERIDGE D.O (Est. 1988)

MEMBER OF THE
GENERAL OSTEOPATHIC COUNCIL (G.O.C)

- LOW BACK & NECK PAIN, SCIATICA
 - ARTHRITIS
 - WHIPLASH
 - HEADACHES & SPORTS INJURIES
- 10 HOLLDEN WAY
UPMINSTER
Phone: (01708) 227788
For an Appointment



Finest Indian Cuisine

Recently Refurbished

Open 7 days a week 6pm - Midnight
Including Bank Holidays
and 12 noon - 2.30pm for lunch

Take away menu available
Free Home Delivery

32 Corbets Tey Road, Upminster, RM14 2AD
Tel: 01708 222263 / 228516 / 07903 800003



Cine-Slides-Video 2 DVD

- VHS & camcorder tapes copied to DVD.
- 8mm & 16mm cine films converted to DVD.
- 35mm slides, negatives & prints scanned and saved on DVD

Contact: Michael on: 01708 735810 www.slides2disk.co.uk

the sycamores pool

We specialise in private swims and swimming lessons for babies and toddlers

Our pool is heated to at least a toasty 32°C so is suitable for babies from birth and children with special and additional needs

Please phone us for more information on **07961 750173**

161a Hacton Lane, Upminster, RM14 2YE

Please like us on

FEN BUILDING AND ROOFING CONTRACTORS

All aspects of domestic building works undertaken

- Garage / loft / room / conversions
- Extensions structural opening or repairs
- Kitchen / bathroom renewal
- Property maintenance
- Flat roofs
- Chimney stack relead / repoint / remove / rebuild
- Upvc fascia soffit window works
- Valley replacements
- Any roofing repairs
- New roofs - strip and retile



Office : 01708 225295 Mob 07939 152828 or 07929 334990
E-mail: fenbuilding@ntworld.com

FREE ESTIMATES - ALL WORKS GUARANTEED



in association with





buywithconfidence.gov.uk

Is your computer slow?



Targeting Computer Care
In Essex and Havering

PC, Laptop & Network
Repair & Troubleshooting

Home & Business Visits

Diagnosis Fee £20

No Fix/No Fee

Answer phone: 020 8144 6937
Mobile: 07940 138170
Email: jeremy@theitman.it
Web: www.theitman.it




each, includes sausages (veggie on request), chips, bread and butter. As many on a table as you like. Over 18s only. For more information/ booking contact Jacqui on 07751 199 037.

Jacqueline.duly@outlook.com
First Step are holding a Quiz Night on **Saturday 11th February** from 7.30pm at First Step, Tangmere Crescent, Hornchurch, Essex RM12 5PP. £6 per person, call 01708 556355 to reserve your team. Please bring your own drinks and nibbles.

Stewart Avenue Allotments are holding their Spring Quiz Evening on **Saturday 25th March** at Cranham Community Centre, Marlborough Gardens, 7pm for 7.30pm start. £6 per person, bring your own drinks and nibbles. Light refreshments will be available to purchase in the interval. Tables of up to 10 can be booked with Jackie on 01708 641624 or StewartSAAllotments@outlook.com.

All proceeds go towards the upkeep of the allotments.
Cranham Park Friends of Guiding are holding a Quiz Evening on **Saturday, 25th February 2017, 7.15pm for 7.30**

start at Cranham Community Centre, Marlborough Gardens. Tickets £6.00 from Barbara Levis Tel: 01708 250941 or Doris Harding Tel: 01708 226725 Tables up to 10 people. Bring your own drinks, glasses and nibbles.

A Quiz organised by the Upminster & Hornchurch Fundraising Group in aid of the **Little Havens Children's Hospice** in Thundersley will be held at the Crumpled Horn in Corbets Tey Road on **Monday the 20th Feb.** 19:30 for 20:00 start with tables up to a maximum of eight people. £6 each person which includes a ploughman's bottle of wine each for winning team. Bookings and any further info can be made by calling 01708 226154.



"Over in the corner, Marj—they're still on the weather"

Lee's For a FREE no obligation quote call: **07909 630862**
www.leeskitchensandbedrooms.co.uk
Kitchens & Bedrooms Ltd
lbrewis01@gmail.com



Beautiful kitchens & bedrooms created at prices to suit your budget!

Free design & planning service

From replacing doors and worktops to full refurbishment
New worktops supplied and fitted
Other carpentry services
Internal & external doors supplied & fitted
Garage side doors / windows and frames replaced
Wood flooring fitted

Also available: minor building work, carpentry, electrics, plumbing, plastering and tiling

FITTING ONLY SERVICE ALSO AVAILABLE

LOCAL FUTURE EVENTS FEBRUARY

- 4 Saturday - **British Sugar Craft** have a demonstration on "Cake Carving" by Ribana Christescu at 1.30 - 3.30 pm at Fairkytes Art Centre, Billet Lane, Hornchurch, Entry Price is £6 includes Tea and Cake.
- 4 Saturday - **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 1 pm meeting starts at 2 pm. This month the talk is "**Can you hear me at the back**" (History of Old Time Music Halls) with Jean Fullerton. The Internet & Technology Group meet at the same venue 11 am - 1 pm where a Q&A session is followed by 'A Workshop' (bring your queries). Teas and coffees can be purchased. Members and visitors welcome to either or both.
- 7 Tuesday - **Oglethorpe Women's Institute** have a Guest Speaker from the National Trust who will talk about Rainham Hall. Our meetings are held at Cranham Social Hall, 103 Front Lane, RM14 1XL at 7.45 pm. Visitors welcome.
- 8 Wednesday - **Nelmes Women's Institute** meet on the second Wednesday of every month and welcome new members of all ages. Meetings are held at Nelmes United Reformed Church Hall (corner of Nelmes Road and Burntwood Avenue, Hornchurch RM11 3JA). Meetings start

- at 2pm promptly.
After conducting our business and a cup of tea we have speakers on various topics. Our speaker is Mrs Margaret Rogers and her talk is entitled "**My wife and I are one and I am he.**" Please contact Ruth McDougall on 01708 448431 or Ruth.wellwisher@gmail.com. for further details.
- 13 Monday - **Essex Wildlife Trust Havering Group** Local Group AGM followed with a talk by Tony Gunton on surveys of the Ingrebourne and Rom catchments. Meetings are held on the 1st floor meeting room in Hornchurch Library at 8 pm to 9.45 pm. Donation of £2.50 to help cover hall hire, includes tea, coffee and biscuits. For more information please contact Joy Emerson on 01708 440297.
- 14 Tuesday - **NADFAS Havering** welcome Mr Toby Faber with a talk on "**The Imperial Easter Eggs of Carl Faberge - After the Revolution**". Coffee from 10 am, Lecture at 10.45 am. Visitors welcome at £8. Meetings held at The New Windmill Hall, St Mary's Lane, Upminster, RM14 2QH. Further details of forthcoming lectures, speakers and visits can be found at www.haveringdfas.org.uk
- 16 Thursday - **Upminster Wine and Social Club** meet on the third Thursday of the month at 8 pm in the Cranham Social Hall, Front Lane, Cranham. We hold meetings every month with a variety of speakers and wine tasting. For more information contact Maureen Jasper on 01708 223956, or simply come

continued on page 19

REMEMBER HOW YOUR CONSERVATORY LOOKED WHEN NEW?

Restore your conservatory to that 'just new' look with specialist cleaning

with prices starting from as low as **£175.00**



We also clean all aspects of UPVC windows, doors, porches, fascias and eaves.



The UK CONSERVATORY CLEANING Company

- Complete roof wash and hand polish
- All framework and glass cleaned inside & out
- Decorative mouldings cleaned
- Full Public Liability Insurance



01277 790173
for a genuine FREE "NO OBLIGATION" QUOTE

Email: enquiries@ukccc.co.uk
www.ukccc.co.uk



CRANHAM GARAGE

M.O.T & SERVICE CENTRE

www.cranhamgarage.co.uk

****M.O.T TESTING****
****VEHICLE SERVICING****
****VEHICLE REPAIRS****
****VEHICLE DIAGNOSTICS****
Up to 40% Cheaper than main dealers

38-40, FRONT LANE, CRANHAM, ESSEX, RM14 1XW

TELEPHONE: 01708 221704
E-MAIL: bookings@cranhamgarage.co.uk

TRUSTED & SERVICING THE COMMUNITY FOR OVER 30 YEARS

Call : Gary or Liam

DOUBLE GLAZING



REPAIRS
Broken, Misted,
Sealed Units
Handles, Rollers
Hinges, Locks etc.



weatherbesthornchurch.co.uk

Fully Guaranteed
Telephone 01708 437174

New Window & Door Installations
OAP Discount
EST 1989



MOBILE SEWING MACHINES

SEWING MACHINES REPAIRS AND SERVICING
IN YOUR OWN HOME OR AT WORK ALL MAKES



NEW AND SECOND HAND MACHINES SOLD
PART EXCHANGE AVAILABLE OAP DISCOUNT
ALL WORK GUARANTEED. 38 YEARS EXPERIENCE

PHONE 0800 371312 OR 01708 345738 MOBILE 07860 468695
www.mobilesewingmachinesrepairs.co.uk

IN DOORS

Direct from the local manufacturers

Replacement

Kitchen & Wardrobe Doors

Made to Measure
odd sizes,
Many colours & Styles
In Vinyl Wrap
& Solid Woods
also available

Carcases made to
measure, Hinges, Handles,
Hanging Rails, Draw Runners,
Worktops etc

Friendly & Helpful
Trade & Public Welcome

Visit our Factory
Mon to Fri: 9am to 5pm
Sat: 9am to 1pm
TEL: 01708 671199
FAX: 01708 857653
Units 5,6 & 7
Aveley House,
South Ockendon,
Essex RM15 5SX

(near South Ockendon station)
E/MAIL: info@indoorsessex.co.uk

Orders taken and supplied in 7-10 days



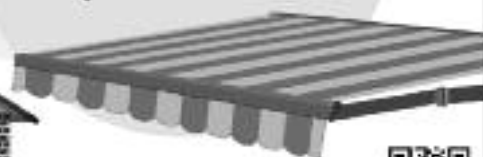
My Home Maintenance Services

Garden Landscaping & re-shape
Hedge-cutting & pruning
Grass cutting & lawn maintenance
Driveway & patio cleaning
Gutter cleaning
Painting interior & exterior
Re-stain fencing & decking areas

Fully insured – competitive rates – Local
For further information call us on
Home 01708-229946 Mobile 07904204417

Drathmore
BLINDS • SHUTTERS • AWNINGS

Interior blinds
Roller shutter garage doors
Sun awnings
Sun awning recoveries and repairs
Security shutters



Based in Navestock. Visit the website www.drathmore.co.uk
Tel: 01708 755667 Email: sales@drathmore.co.uk

A C DECORATORS • Upminster & Essex

All types of interior & exterior decorating
at competitive rates

Free estimates and advice

Tel: 07868 300376 Email: alanlcalder@gmail.com

See what my customers say – www.checkatrade.com/ACDecorators

NEW ENTERPRISE

PEST CONTROL

01708 224419

RATS MICE COCKROACHES
WASPS BIRDS FLEAS ANTS
MEMBERS OF THE N.P.T.A.

OVER 35 YEARS EXPERIENCE
ALL WORK GUARANTEED

FREE SURVEYS

LOCAL COMPANY

111 AVON ROAD
UPMINSTER



AquaTech

HEATING & PLUMBING TECHNICIANS

PLUMBING, HEATING,
BOILER INSTALLATION & REPAIRS

24 HOUR EMERGENCY SERVICE
NO JOB TOO SMALL - NO CALL OUT CHARGE

CONTACT US FOR A FREE QUOTATION AND
A PROFESSIONAL, RELIABLE AND FRIENDLY SERVICE

Tel: 01268 963290 Mob: 0750 315 3480



Email: info@aquatech.org.uk

Web: www.aquatech.org.uk



CITY & GUILDS QUALIFIED TRADESMAN

GAS SAFE REGISTERED

Gardening and Domestic Handyman

In need of an honest local handyman?

Contact David anytime 07790 927926 or 01708 227535

d.gardenandhome@btinternet.com

All quotes free, OAP discount on all jobs

Not qualified, just a good handyman.

All tools supplied.

Fully insured,

20 years experience

References available on request.



Garden maintenance includes:

Mowing, Turfing, Pruning, Paving, Gutters cleared.
Garden clearance, Hedge trimming, Planting
Tree and shrub removal Fence and shed re-sprays
Patio/conservatory power-washing.

Anything else, just ask.....no job too small

Domestic services:

Painting, Tiling
Furniture assembly.

Luminate flooring.

Wall hung cabinets fitted

Anything else, just ask!

Essex Carpet & Furniture Cleaning

Established 1992

- Friendly Professional Service
- Very competitive rates
- End of tenancy, domestic and commercial work undertaken
- Range of treatments available

Tel: 01277 811792 Mobile: 07572 339423

LEARN TO SWIM

with

PADDLERS

Swim School

Aged 4+

Lessons for all abilities

01708 720388

www.paddlers.co.uk

Probably the best kept secret in Upminster

MDF Doors Ltd has been supplying kitchens & bedrooms for over 25 years. Under new management and with state of the art woodworking machinery we can bring your design ideas to life. Carcases, doors, worktops, handles, helpful advice, **probably everything that you need.** It's where the trade goes but we are open to the public as well. Open Mon-Friday 8am to 5pm and 9am to 4pm on Saturday: Westbury Farm, 439 St Mary's Lane, Upminster. RM14 3NU. About 300mtrs from the junction with Pike Lane. Phone 01708 227273

along on the night. You will be most welcome.

- 17 Friday - **Havering Antique and Collectors Club** meet at the Neighbourhood Centre, Gubbins Lane, Harold Wood. Guest Speaker Eric Knowles from the BBC Road Show on 'Art Nouveau & Art Deco Sculpture'. 7.30 pm for 8 pm start. Guests £7. For further details please call our Chairman Mrs Chris Lovett 07947 367258.
- 21 Tuesday - **Cranham Engayne W.I.** welcomes new members and visitors. Meetings held on the 3rd Tuesday of each month at 2 pm to 4 pm at the Cranham Community Centre, Marlborough Gardens.
- 22 Wednesday - **Upminster Towns Womens Guild** meet on the fourth Wednesday of every month at 1.45 pm to 4 pm in St Laurence Church, Derham Hall, Upminster. For more information contact Deborah Pryor on 01708 226127 or Ann Monk on 01708 226305 or simply come along.
- 22 Wednesday - **Upminster and District Probus** meet at Cranleigh Restaurant, Hornchurch at 11:30 for luncheon meeting entitled "Essex Sumgglers" by Brian Billins. Contact Secretary, Barry Walsh secretary@upminsterprobus.com, or call 01708 703783.
- 27 Monday - **Breathe Easy - Havering** meet at St Andrews Church, Hornchurch, in aid of the British Lung Foundation on the last Monday of the month. We are a support group for people with COPD, Asthma of other Breathing Difficulties. For details please ring Joyce on 01708 226696 or Elaine on 01708 509127.

27 Monday - **Romford Historical Society** have Guest Speaker Chris White with a talk on "Shakespeare in Art", meetings are held at myplace, 343 Dagnam Park Drive, Harold Hill, Romford, RM3 9EN. Access is from 7.30 pm and the meeting commences at 8 pm. Admission for visitors is £2.50.

MARCH

- 1 Wednesday - **Harold Wood Evening W.I.** Held at the War Memorial Hall in Gubbins Lane 7.30 pm for 7.45 pm start. Visitors welcome entrance is £2.50, which includes refreshments. For more details please ring Marion on 01708 349038.
- 4 Saturday - **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 1 pm meeting starts at 2 pm. This month 'Chasing your Tail' (How to start Family History, with demo) is the talk by Peter Layzell. The Internet & Technology Group meet at the same venue 11 am - 1 pm where a Q&A session is followed by French Ancestry and Websites with Liz Goyaerts. Teas and coffees can be purchased. Members and visitors welcome to either or both.
- 7 Tuesday - **Oglethorpe Women's Institute** have a return visit by Sharon Gould who talk is entitled "Who is H". Our meetings are held at Cranham Social Hall, 103 Front Lane, RM14 1XL at 7.45 pm. Visitors welcome.



Construction and Landscaping specialists

13 Juliet Way, Purfleet Industrial Park, Aveley, South Ockendon RM15 4YD

t: 01708 545 110

e: info@milbarnconstruction.co.uk

w: www.milbarnconstruction.co.uk



Specialists in Home Extensions

- Refurbishment • Renovation
- Improvement • Maintenance
- Alterations • Decoration

All aspects of Landscaping & Groundwork
Chimney Breast Removal
£5,000,000 public liability insurance
Residential and Commercial work
Fully Qualified Tradesmen

"experts in the construction industry..."



Right Equity Release

Ensuring you choose the Right Equity Release

Are You a Home Owner aged over 55?
Have you ever considered releasing the money in your home to...

- Pay for Home Improvements
- Debt Consolidation
- Luxury Holidays

For more information

Call: 0800 6127362

Mob: 07964 282678

Kevin.hull@therightequityrelease.co.uk

The Right Equity Release Ltd which is authorised and regulated by the Financial Conduct Authority Registered in England and Wales No. 07166676

BF Mulley & Son

Incorporating Horse & Fry 

Chapel of Rest | Home Arrangements | Distance No Object
World Wide Repatriation | Ample Client Parking | Memorials

Family Owned Funeral Home
24 Hour Funeral Service



25-4 St. Mary's Lane Upminster RM14 3DH Tel: 01708 220330
28 High Street, Hornchurch RM12 4UN Tel: 01708 442145

www.bfmulleyson.com email: funerals@bfmulleyson.com

D.G. PLUMBING SERVICES

All Aspects of plumbing undertaken
Specialist in condensation problems
Bathroom Installations radiators pumps
Breakdowns in heating
Free Estimates



01708 220994 07977 214541
52 The Grove Upminster RM14 2ET

UA

Upminster Accountants

Chartered Accountants for individuals small businesses and charities in Havering, Essex and the City

accounts, tax returns, VAT, payroll, fixed fees, secretarial, start-ups, incorporation, independent examinations, personal and business tax

FREE COMPANY FORMATIONS FOR NEW AND EXISTING CLIENTS

a member of the ICAEW Business Advice Service 

contact Daniel Gricks for a free consultation and/or quotation on **01708 225768**
daniel@upminsteraccountants.co.uk
www.upminsteraccountants.co.uk



Upminster Fencing Limited

Family Run Business Established Since 1994

SUPPLY & FIT - ALL REPAIRS CARRIED OUT

PRESSURE TREATED PANELS - FREE ADVICE & QUOTATIONS

MONDAY-FRIDAY: 7AM-4PM
SATURDAY: 8AM-12PM

01708 225599 - 07831 281590
UPMINSTERFENCING.CO.UK
ADMIN@UPMINSTERFENCING.CO.UK

Upminster Fencing,
Mardkye Works,
St Mary's Lane,
Upminster,
Essex,
RM14 3PA




V Martin Legal Services & Notary Public

Arundel Business Centre, 49 Station Road, Harold Wood, Essex, RM3 0BS

Free 30 Minute Consultation

either in person or over the telephone.

Do you have an issue that requires our assistance in any of the following areas of law?

- Wills
- Asset Protection
- Tax Planning
- Trust and Estates Administration
- Court of Protection
- Powers of Attorney
- Probate

We offer a **free 30 minute consultation**, where we will provide you with any relevant information and advise you on any aspects of our specialisation.

Call us on 01708 375051 to make an appointment!
We offer home visits by appointment only.



ITS Fire & Security

Trading name of:
Day2Day Fire & Security Ltd / Day2Day Security Services Ltd

- INTRUDER ALARMS
- CCTV SYSTEMS
- FIRE ALARM SYSTEMS & EMERGENCY LIGHTS
- DOOR ACCESS SYSTEMS
- FIRE EXTINGUISHERS

MONITORED AND MAINTAINED ALARM OPTIONS AVAILABLE INCLUDING POLICE REGISTERED SYSTEMS

REPAIRS AND MAINTENANCE TO EXISTING ALARM SYSTEMS

BT REDCARE and DUAL COM APPROVED INSTALLERS

PHONE FOR NO OBLIGATION QUOTATION
0300 3032536 OR 01708 221001
www.its-home-security.co.uk email: rob.itsfire@gmail.com



51551 KM607736 FS517417 912

Sowing the seeds for a love of learning

With our passion for teaching and holistic approach we ensure every child has a well-rounded education to be able to fulfil their potential.



Oakfields Montessori School

Limited places Years 2 and 3 only.
Now taking registrations for 2017 onwards

Harwood Hill, Harwood Hill Lane, Upminster RM14 2YB
01708 250731
www.oakfieldschool.co.uk




Garden Services, Estate Management & Tree Surgery

Honest, reliable and friendly service at competitive prices

All Garden Services & Regular Maintenance plus
Jet Washing, Patios, Line-marking, Clearance & much more!

Domestic and commercial contracts available - Free, no-obligation estimates/advice

Over 12 years experience, NPTC qualified & fully insured

Visit our website for more info!
www.ajbgardens.co.uk

Or call us on **01708 228886 / 07875 557378**

WELLS SOLICITORS

FAMILY LAW

Quality Advice and Caring Service

Fixed Fee Divorce and
Advice Appointments available

Call to discuss your individual circumstances

- Wills & Probate
- Lasting Powers of Attorney
- Court of Protection



01708 251 560

Suite 1, Essex House, Station Road, Upminster RM14 2SJ
info@wells-solicitors.co.uk



Upminster Jewellery Workshop

201 St Mary's Lane
Upminster
RM14 3BU

01708 224 055

info@ujworkshop.com

Bespoke Jewellery hand made by
craftsmen in store

Exclusive designs

Expert repairs

Bridal specialist with a dedicated
wedding ring lounge

Honest and reliable advice



What's In A Name?

Onetime at work I was made a Comptroller, I kept quiet about it as I'd never heard the word spoken and didn't want to cause controversy mispronouncing it. Controversy itself is controversial, CONtrovery or conTROvery? Our rich English language is all very well, but some of the odd names are quite confusing.

Locally, visitors might come unstuck with Yevele Way or Beredons Lane? Understandably, the old families have their idiosyncrasies but as I seldom mix with the gentry, the following examples hardly bother me. The Belvoir family insist it's BEEVER, the Wemyss say WEEMS and the Cholmondely's call it CHUMLY. The exotically name Buddy Featherstonehaugh or FANSHAW, was a British jazz musician in the 50's. I don't recall

hearing it as FANSHAW on the wireless, no wonder I could never find his records! In those days the Queen Mum was associated with Glamis Castle. If I had been invited, I wouldn't have found it, as it's known as GLARMS. I know the university towns live in a closed world, but MAUDLIN for Magdalene and KEYS for Caius are unworldly. You may recall Earl Spencer's family seat is Althorpe, but why should they call it ALLTRUP? Could it be to catch the proles out, with its daft pronunciation? Place names can confuse too.

Alnwick, in the North East is ANNICK and in Scotland, Hawick is HOICK. Down South, Norfolk's Stiffkey is mysteriously STOOKEY and Happisburg, confusingly, HAYSBOROUGH. Cornwall's Mousehole rejoices as MOUSLE, with Fowey called FOY whilst Frome, in Somerset, is FROOM. In the Midlands, Leominster comes out as LEMSTER and similarly Towcester gets domestic as TOASTER. None of this is important until you have to ask directions.

Dennis Goodwin

Planning Committee agreed to another 48 flats being built on the old Harold Wood hospital site.

Cllr BRIAN EAGLING

Blithe Spirit

Coming soon to The Little Theatre, Harold Wood, RM3 0DU is Noel Coward's much loved classic 'Blithe Spirit' performed by **Guildonians**.

The 'improbable farce' was written by Coward to provide light relief in the dark days of WW2 - and just the thing to boost your spirits. A successful novelist and his wife invite a local medium to dinner and for a seance. Unbeknown to the eccentric medium, he is merely seeking the "tricks of the trade" as research for a new novel - but they unwittingly call back the ghost of his first wife, with often hilarious and rather unexpected results. Directed by Chrissie O'Connor, performances are 8-11 March at 8pm, plus a 2.30pm matinee on Saturday. Tickets just £7 - call 01708 341442.

Men's Lunch

This will be held on **TUESDAY, 14th FEBRUARY 2017**, from 11.30am in St. Peter's Church Centre, Harold Wood.

continued on page 22

Spring Savings



REGISTER NOW AT
www.roomesfashionandhome.co.uk*

RoomesFashionAndHome @RoomesFashion

41-49 Station Road, Upminster RM14 2SX
Telephone (01708) 250080
www.roomesfashionandhome.co.uk
*See website for further details

ROOMES
fashion & home

More Flats Agreed

At the last Planning Meeting at the Town Hall, the Tory led



THE KEN RHODES GROUP LTD

"BESPOKE DESIGNS TAILORED TO YOUR BUDGET"

FOR CURRENT SALE DEALS PLEASE CALL 01708 227777
PART OF THE WHICH? TRUSTED TRADER SCHEME



SHOWROOM: 193 ST MARYS LANE, RM14 3BU
Visit Us
WWW.KENRHODES.CO.UK



THE CONSERVATORY CENTRE (GALLOWS CORNER)
(BY APPOINTMENT ONLY)
01708 227777



Upminster Fascias, Soffits & Guttering



- Fully Insured
- Free Estimates
- 15 year Guarantee
- Free advice and quotations
- 27 years' experience
- Will beat any written quotation
- EPDM Rubber roofing



Office: 01708 225910 Mobile: 07747386321
Email: upminsterfasciasandsoffits@aol.co.uk

Harold Wood, Hill, Park Residents Councillors

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

ASSOCIATION CONTACTS:

Editor:

Bruce Nicholls 07505 289568
bulletinra@yahoo.co.uk

Commercial Advertising

Ron Ower 07721 780372
bulletinra@yahoo.co.uk

Emerson Park Area

Laurance Garrard
David Godwin
John Stone
email
emersonparkresidents@aol.com
Telephone
07973 856195

Subject to his work commitments, our guest 'after lunch' speaker will be – **ANDREW HAWKINS**. Andrew will be making a return visit to Men's Lunch. He now works for the Philo Trust an organisation, committed to explaining the 'Good News' of the Christian faith.

To reserve your lunch place (or cancel), please telephone St. Peter's Welcome Desk on 01708 342080, or email: welcomedesk@stpetersharoldwo.org.

We look forward to welcoming you on the 14th February. Chris Knowles, Julian Harris and the Men's Lunch Team.

Shepherds Hill Petition

Following on from the recent petition for more crossings in Shepherds Hill, this has now been considered by the Highways Committee and will be recommended to the Cabinet Member that this is considered for the future TFL funding of this initiative.

Cllr DARREN WISE

Atlantic

Quality Windows, Doors & Conservatories

Friendly, local company with no pushy salesman
Our windows are fantastic value for money
Great choice of high security composite doors
Beautiful conservatories with self cleaning glass roofs
All our work is fully guaranteed

Call us now for a **FREE** no obligation quotation

Tel: 01708 480004

or email bulletin@atlanticglazing.co.uk
visit our website www.atlanticglazing.co.uk

EXPERIENCE THE EXCITEMENT OF FLYING!

Book now for an exciting Air Experience Flight with North Weald Flight Training Ltd, flying from historic North Weald Airfield

You'll get a full safety and cockpit briefing from your CAA licenced instructor after which you'll buckle up and take to the skies. With your instructor close at hand you'll have the chance to take the controls and make the aircraft climb, turn and descend over the Essex countryside.

Whether for yourself, a gift for someone, or even the first flight on your journey to becoming a pilot, this experience is a must!



Prices are just £149.00 for one hour or £79.00 for 30 minutes.

Contact: Paul Bazire
Mob 07555 323111
Office 01992 522090

Further details and booking:
northwealdflyinggroup.co.uk/experience

Style by Jess is a new mobile hairdressing and styling service covering Hornchurch, Emerson Park, Upminster and the surrounding areas offering a unique salon experience in the comfort of your own home.

Available weekdays and evenings and with an emphasis on personal attention, we aim to offer an enjoyable, friendly and relaxed hairdressing experience.

Call or text **07817 379073** to book
www.stylebyjess.co.uk
email: jess@stylebyjess.co.uk

Style
by
Jess

Fleet of Foot Podiatry and Chiropody

Thickened nails, fungal nails, in-growing nails, corns, callus, dry cracked heels, claw, hammer or mallet toe lesions, verrucae and warts, dermatological conditions, fungal infections, achilles tendonitis, bunions, plantar fasciitis, heel pain, metatarsalgia, morton's neuroma, leg length discrepancy, foot pain, ankle pain, knee pain, hip pain, lower back pain, shin pain, sports injuries, walking, running and gait disorders, gait analysis, insoles, orthotic therapy, custom orthosis, paediatric conditions, systemic conditions, annual diabetic foot checks.

By appointment only, please book online through our website, alternatively leave a message by answerphone, text or email, and we will call you back to arrange an appointment as soon as we are out of clinic.

Fleet of Foot 53 Bridge Avenue, Upminster, RM14 2LP	01708 535475 07954 655588 www.fleetoffoot.co.uk contact@fleetoffoot.co.uk	Greg Kilner Podiatrist / Chiropodist BSc Pod Med HCPC: CH34225
--	--	---

Orchid Montessori Nursery School

OUTSTANDING
in ALL areas

OFSTED
Outstanding

celebrating
10 years
now



Montessori Nursery in Gidea Park
2 Sessions 9.00 - 12.00. 12.00 - 3.00 for 2-5 year olds.
Fully Qualified Staff.

**St Michael's Church, Hedley Rooms,
Main Road, Gidea Park, RM2 SEL**

Government funded Free Places
available now for 3 & 4 year olds.
Secure outdoor play area. Affordable Fees.

Come and See for yourself
01708 722964 www.orchid-montessori.com



OLDHAM LANDSCAPES
SPECIALIST IN LANDSCAPE DESIGN AND CONSTRUCTION
DRIVES, PATIOS, BRICKWORK, PLANTING, TURFING, FENCING, DECKING, PERGOLAS,

PORTFOLIO ON FACEBOOK UNDER
OLDHAM LANDSCAPES
01708 225279, 07973 911893



Richard Bull Upholstery
 RE-UPHOLSTERY SPECIALIST
 SPECIALISTS IN BRIDGE-CRAFT, CANTIQUE, CROOKERS, ETC. OF
 ESSEX FURNITURE, GUY RUGGERS, MINTY, PARKER KNOWL
 AND OTHER QUALITY MANUFACTURERS
 EXTENSIVE RANGE OF QUALITY FABRICS
 FULL REPAIR SERVICE - CUSHIONS REFILLED & REFINISHED
 PRE-ESTIMATES WITH FREE QUOTATION - PROFESSIONAL SERVICE

WE COVER ALL AREAS OF THIS DIRECTORY INCLUDING
 ROMFORD, HORNCHURCH, ILFORD, UPMINSTER, LOUGHTON ETC.
HORNCHURCH 01708 455 424
www.richardbullupholstery.co.uk



the Upminster Sanctuary
 COMPLEMENTARY HEALING & TEACHING

Put a spring in your step
 with a revitalising
 treatment to welcome in
 the new season



- Acupuncture
- Aromatherapy Massage
- Bath Flower Remedies
- Bowen Technique
- Crystal Healing
- Deep Tissue Massage
- Emotional Freedom Technique
- Herbalist
- Hopi Ear Candling
- Hot & Cold Steam Massage
- Hypnotherapy
- Indian Head Massage
- Ayurvedic Kriya Foot Massage
- Manual Lymphatic Drainage
- Natural L-C Facial Massage
- NLP
- Osteopathy
- Pregnancy Massage
- Pregnancy Reflexology
- Reflexology
- Reiki
- Spiritual Healing

Pea Lane, Upminster, Essex, RM14 2XH
01708 251124 / www.healingandteaching.co.uk

PATCHETT'S LTD
 REMOVALS, STORAGE & DELIVERIES

Domestic & commercial
 Local & long distance
 Free estimates & Insurance
 Container storage
 Family business since 1962



01708 224968

Movers House, Front Lane, Crunham, Essex RM14 1XL
www.patchettsremovals.co.uk

PROFESSIONAL GARDEN LANDSCAPING

Decking • Fencing • Patios

Quality **TURF** Supplied: No Minimum Purchase
 20 Years Experience + Free Written Estimates
 Call in at Rear Yard, 15 Suttons Lane, Hornchurch



Call us on: 07891 480807
 Visit us online: www.dggardenworld.co.uk

Fencing | Turf | Artificial Grass | Topsoil | Patios & Decking | Color Gas



DIANE MATTHEWS
 CLINIC

01708 727239

Janice and Diane specialise in **permanent hair removal**
 for white hairs, grey, blond and dark hairs,
 for fair skin, Asian skin and darker skin colours

Other treatments eliminate:
 Facial Thread Veins and Spider Naevi
 Skin Tags, Common Warts and Veruccas

See website for video of treatments

Having worked over 25 years both privately and in the dermatology dept of
 Oldchurch and Queens Hospital our expertise is second to none!

186 Brentwood Road, Romford, RM1 2RT
www.dianematthews.co.uk

Book free consultation
 now - worth £35

Pinney Talfourd
 SOLICITORS

Services for families

- Divorce and Separation
- Financial Issues
- Children Disputes
- Cohabitation
- Civil Partnerships
- Collaborative Law
- Pre and Postnuptial Agreements

www.pinneytalfourd.co.uk
 E mail@pinneytalfourd.co.uk

Upminster T 01708 229444
 Brentwood T 01277 211755
 Hornchurch T 01708 511000
 Leigh-on-Sea T 01702 418433



The family team are all members of Resolution, Law Society panel membership, solicitors for individuals. Please see our website for details.



ANGLE PAVING
SANDSTONE SPECIALISTS

Driveways, Patios, Gardens, Walls, Slabbing,
 Fencing, New lawns, Garden Lights, Brickwork,
 Garden Design, Steps, Block Paving
 Phone 01708 441044 Mobile: 07814 940335
 Upminster Road, Hornchurch
www.anglepaving.co.uk
 email: angle.paving@o2.co.uk

Do it Right, the
 First time!

TERRY LOWRY
PAINTER AND DECORATOR
 CITY & GUILDS QUALIFIED

ALL INTERIOR & EXTERIOR WORK UNDERTAKEN
 VERY COMPETITIVE PRICES

INCLUDING **10% OFF FINAL QUOTE FOR PENSIONERS**
10% OFF FINAL QUOTE FOR 2 ROOMS OR MORE

PHONE: 01708 227365
 MOBILE: 07526 785946
 EMAIL: t.lowry1@sky.com



THE Curtain Track
FITTING COMPANY

Free estimates and home visits

Bay Window Experts

We make and fit Tracks, Poles, Blinds, Curtains, Awnings and Shutters.

So call us today on 07956 874 674

www.curtaintrackfitting.co.uk - david@davidwilliams.co.uk

Gary Foss Building & Landscaping

City & Guilds approved with 20 years of experience

Home extensions and alterations
Kitchen fitting and worktop replacement
Driveways and patios designed and laid
Structural wall removal and modification
Porches and garages etc

Free estimates and advice
Upminster 01708 500018
Mobile 07831 469041
Email gary.foss@virginmedia.com



STUART IKEMAN

Contemporary hairdressing for all the family at affordable prices

127 Corbets Tey Road, Upminster, Essex RM14 2AA

01708 228192

www.stuartikeman.co.uk



T. Jefferyes Decorating Services

All aspects of painting & decorating undertaken

Free Estimates
Call 01708 347190

WWW.FILATI.COM

FILATI



LOUIS LEEMAN BOGLIOLI LANVIN PARAJUMPERS

HARDY AMES VERSACE JOHN GARDNER QUINN GARDNER LANVIN JACOB COHEN

10 Station Road
Upminster
Essex
RM14 2UB
01708 226 369

Cast includes:



Charlie Cordou (Corcoran Street)
Victoria Yates (Cal the Magpie)

QUEEN'S THEATRE
HORNCHURCH

ARTHUR MILLER'S THE CRUCIBLE

17 February – 11 March

01708 443333 | queens-theatre.co.uk

f QueensTheatreH | Limitless entertainment

DAVID WILLIAMS & SONS

LANDSCAPE GARDENER AND NURSERY MAN

- † COMPLETE GARDEN LAYOUT
- † PAVING A SPECIALITY
- † PONDS, WALLING, ROCK GARDENS
- † TREE FELLING, FENCING
- † SHRUBS, TREES, ALPINES
- † CONIFERS

FEEL WELCOME TO CALL IN FOR ANY ADVICE ON LANDSCAPING AND PLANTING FOR YOUR GARDEN

OAK ROYAL NURSERIES, 355a FRONT LANE, CRANHAM, UPMINSTER, RM14 1LW


TEL: DAY 01708 224733 EVENINGS & WEEKENDS 01708 700557

MOBILE: 07788 725853



FOOT HEALTH PRACTITIONER

Amanda King (MCFHP) (MAFHP)



Do you have problems With your feet?
Trouble cutting your nails?
Thickened nail management
Ingrown toenails
Verruca treatments
Athlete's Foot
Hard skin removal
Fungal nail treatments
Diabetic nail care
Corn and callous treatment

FOOT HEALTH TREATMENTS
£25.00 Home Visits
A friendly, efficient and professional service

Mobile: 07920 855 044

HOME MAINTENANCE

Est. 1966

Exterior & Interior Painting & Decorating
Paperhanging - Guttering A Speciality

All Estimates Free
UPMINSTER (01708) 226327

J. WRIGHT - ELECTRICIAN

- REWIRES
- EXTRA SOCKETS
- COOKER POINTS
- SECURITY LIGHTS



CITY & GUILDS QUALIFIED FOR ALL ELECTRICAL INSTALLATION

FREE ESTIMATES
CALL 01708 448402

DAN THE MAN WITH A VAN

HOUSE CLEARANCE OF ALL SIZES
I'LL GIVE YOU A TIP - DON'T USE A SKIP




CALL DAN TODAY TEL: 07842 628 560