

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

EXPERIENCE THE DIFFERENCE

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




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

The Voice of the Community

www.ucra.co.uk

UPMINSTER & CRANHAM RESIDENTS' ASSOCIATION

Dog fouling
Clean it up

Dog Fouling Penalties

Dog fouling is a problem that not only leaves a nasty mess but can be a danger to health. While most dog owners are very responsible and do pick up after their pets, there are some who choose to ignore the rules. If dog owners are caught 'in the act', so to speak, they will be issued with an £80 penalty charge notice.

Residents can now report offences by visiting haverling.gov.uk or by calling 01708 432563. Please try to provide as much information about the offence as possible, specifically the dates and times it is committed.



Council Tax Update

Against a backdrop of increasing pressures, reducing central government grant while implementing a savings programme of £12.5m, an overall Council Tax increase of 1.96% was agreed by the Council last month. While Councils are due to retain business rates after 2020, the intervening period will see a significant reduction in funding. For example, central government grant is set to reduce from £31m in 2015/16 to £1.4m in 2019/20 – a 96% reduction. The biggest pressures by far relate to Social Care and Children's Services which makes up some 60% of the total net budget of the Council. In response, the Government have permitted a 2% Adult Social Care Precept to help deal with the increasing pressures of

providing services to a growing elderly population. But rather than provide the funding direct, the precept will be met via Council Tax bills. This is on top of the proposed general increase in Council Tax which is 1.99%. However, for 2016/17 most of the Olympic Levy falls out and, along with other efficiencies, helps reduce the overall increase to 1.96%. Council Tax in Havering has remained fairly static over the last six years, from £1,505 (Band D) in 2011 to £1,514 in 2015/16, with an agreed increase to £1,543 for 2016/17.

Cllr CLARENCE BARRETT

Upminster Crime Prevention

The 6th April Upminster meeting at St. Josephs Hall, St. Mary's Lane at 8pm will have speakers on the important topic of Crime Prevention. It will have information on how best to keep your house and possessions safe. Our local police will also be in attendance. All welcome.

Police News

If you want to know details of what crimes are occurring in Upminster together with a range of other relevant local information, the website at <https://www.police.uk/metropolitan/E050000323/> is useful. There are links to other police information which you may find interesting. Always remember to call 999 if you can see a crime being committed or it is a true emergency. For all other calls which can provide useful intelligence please call 101.

Cllr LINDA VAN DEN HENDE

The *Bulletin* - Can You Help?

We are very fortunate and grateful to have an army of volunteers who deliver the *Bulletin* to thousands of households right across the area. However, we desperately need volunteers in the Cranham area to help us get the *Bulletin* delivered each month. Particularly around Canterbury Avenue and Courtenay Gardens. It need only be 20 minutes a month - so if you can help please call 07863 116029 or 01708 641317 for a chat.

Cllr CLARENCE BARRETT

Cranham Green Belt Land Saved

A large piece of Green Belt land in Cranham has been acquired by the Council to provide an informal recreational open space while providing additional protection from any potential development. The substantial plot of land spans some 29 acres (11.7 hectares) and is flanked by Moor Lane (behind the Moor Lane CoE Church) and the A127 to the North. Back in 2010 there was a planning application to build a large Retirement Village on the land, but this was turned down by the Council following opposition from local residents and the Upminster & Cranham Residents' Association. A subsequent appeal also upheld the rejection. It's very good news for the community that this land will be retained as Green Belt. Plans to open up the existing footpath to give public access to the natural environment and abundant wildlife is also most welcome. At a time of ever creeping development, our Green Belt land is very precious and we are fully committed to protecting it.

Cllr CLARENCE BARRETT

Local business advice in
tune with your needs.

Whether you are starting out in business, looking to finance your next stage of growth or planning for succession, Haines Watts accountants and business advisers will proactively support you every step of the way.

Call 01708 475 220 to arrange a no obligation meeting today or visit www.hwca.com

Hornchurch, Coopers House,
Wingate Lane, Hornchurch, RM11 3AT
hornchurch@hwca.com



WINDSOR PROPERTY

Extension Specialists Est. 25 Years
Family Business
www.windsorpropertymaintenance.com



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



FOR YOUR FREE ESTIMATE PLEASE CONTACT

PHONE: 01708 455755

MOBILE: 07958 787 297

E-mail: admin@windsorpropertymaintenance.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

Abigail's Column



It's time to tick off some things that were on my new year's resolution list. I started with a walk in Thames

Chase. Thames Chase is on Pike Lane not far from the Thatched House (a restaurant that sell delicious Sunday roasts) and has plenty going on.

If you want a walk, there are miles of wooded areas and paths for you to take a nice and peaceful walk. Children can explore a big wooden castle or crawl through tunnels, and have a go on the gigantic swing in the playground. Try making a den out of logs in the middle of the wood, ride your bike or walk your dog (just please don't leave little bags hanging on the trees as many seemed to do). Then pop into the coffee shop for a cake, sandwich, a lovely hot chocolate or a special fruit tea.

There are so many activities there that you wouldn't really expect to do there for example relaxing

yoga classes, craft fayres and even an apple day!

Let me know where you love to go.

The following letter has been received after Abigail's article in the February edition...

Dear Abigail,
Thank you for your interesting and though-provoking article in the February edition of 'The Bulletin.'
As the father of teenagers, as well as supporting other parents in our church family, I am only too aware of the lack of facilities locally for young people of your age.
I wonder, however, if you have considered what the local churches have to offer? Several run youth groups and clubs, and host Scouts, Guides, and Girls and Boys Brigades groups on their premises. At Upminster Baptist Church, we have groups for children from 0 to 16 running in parallel with our Sunday morning service, as well as a twice-monthly youth club for teenagers on a Sunday evening. All our leaders are Safeguarding-trained and have valid DBS checks in place.

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



City & Guilds
Qualified



So can I invite you to take a look at what the churches have to offer? A good starting point would be the Churches Together web site: www.ctcno.org, which provides links all the churches in the area.

Yours, Mark Davison
Minister - Upminster Baptist Church

PLEASE help us to keep this hall open for the benefit of the local area.

PLEASE contact me on 01708 224166

or any committee member to discuss ways you can help.

Valerie Morris
Chair, Front Lane Community Association

Cranham Social Hall - Looking to the future

Over the past ten years the Front Lane Community Association Committee have worked tirelessly to bring this 1960s building up to 21st century standard, a venue to be proud of. With regular activities every day of the week and at weekends it can be used for celebrating your family parties etc. Over £250,000 has been spent on new windows, heating, lighting, plumbing etc. Our latest project has been to install air conditioning in the hall. What we need now is more volunteers to assist with the general running of the hall so as to reduce the workload of the current committee.

c2c timetable update

Having written to c2c several times to invite them down to Upminster/Cranham to discuss the new timetable and carriages with residents and commuters, I eventually received a reply which said that there are more passengers than anticipated, more carriages are being ordered, discussions are ongoing with the Department of Transport (DoT) and that any meeting would be better informed upon completion of those discussions. We have responded saying a meeting with residents to get their first-hand accounts would still be useful, regardless of discussions with DoT. Full account on our website at ucra.co.uk.

CLr CLARENCE BARRETT

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

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

PJ Rugg & SON ENGINEERS

FAST, RELIABLE, FRIENDLY SERVICE

Tel: 01708 229857 Mobile: 07415 096551 / 07860 801377

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

Events for Upminster Library in April

Storytime

Starting Saturday 2nd April
Stories for ages 3-5 years
Every Saturday (Term time only)
11.30am. Suitable for ages 3-5
Years. Free.

Techy Teas

Thursday 7th April. Learn how to
use the full potential of your
laptop, mobile phone or tablet.

Just bring along your device and
an active Havering Libraries card
and one of our team will show
you how.
10.30-12.30 Adults Free.

Upminster Windmill

Friday 15th April Learn about the
history of this local icon as well as
the current restoration and the
plans for the future.
11.00 - 12.00 £1.00 refreshments
included.

Adult Craft Workshop

Tuesday 12th April
Try different craft techniques in a

friendly environment.
All abilities welcome. All
materials supplied.
1.30-3.00. Adults. £6 Members
£7.50 Non members.
Advance Booking is essential.

Jewellery Workshop

Thursday 21st April. Come along
and try your hand at jewellery
making.
Dizzi Di will be teaching you how
to make a Mardi Gras bracelet.
5.00-7.30. Over 16's only
£15 Members £16.50 Non
members.
Advance Booking is essential.

Bath Bomb and Bath Melt Workshop

Monday 25th April
Love bath bombs. Ever wondered
how to make your own?
We will show you how in the fun
hands on workshop 6.00-8.00
Over 16's only
£20 Members £21.50 Non
members. Advance Booking is
essential.

Tapestry - Havering

Thursday 28th April. Do you have
worries about your memory?
Do you know or care for someone
who has concerns about

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

Dementia? Come along for free
and confidential advice. 3.30-4.30
Free.

Bell Corner Jewellers

Having now finally cleared Bell
Corner Jewellers we would wish
to thank all whom have supported
us over the years together with
the messages of goodwill, not to
mention the huge assortment of
flowers and gifts we received from
a great many people. Regretfully,
after twenty-three years we have
had to move on but Upminster
and its residents will remain and
hopefully flourish.
We wish everyone well for the
future and once again, many,
many thanks to you all.
Yours most sincerely,
Eleanor & Roger Anthony.

Military Whist

Cranham Community Centre
Military Whist Club are in the
third year of playing Military
Whist and there are just a few
places left for those who may be
interested. Played in teams of four
players, the aim of the game is to

capture the flags of the opposing
players, culminating in the final
capture of the opposing team's
Standard. It is not complicated -
providing you are able to play
either Whist or Bridge. Sessions
are held every Third Thursday of
every month, 7.45 to 10pm). The
cost is £2.00 each. Contact Harry
(01708 227 457).

Clockhouse Bowls Club

The new Bowls season will be
with us shortly and we welcome
new members, either existing
bowlers or beginners. We are
holding two sessions on Thursday
5th May at 6pm and on Sunday
10am to 1 pm when new bowlers
can come along and have a roll-
up on our green. Bowls will be
provided but please bring flat
soled shoes. The green is situated
in Clock House Gardens,
St.Mary's Lane, Upminster (close
to Waitrose) in delightful
surroundings. We are in
competitive leagues for men and
women.

continued on page 21

**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 - repoint/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

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

Hornchurch | Brentwood | Upminster | Romford | Thurrock | Chesham | Billerica | Barking | Dagenham | Rainham | Basildon | Southend



25 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,
Billet Lane (opposite Sainsbury's),
Hornchurch, Essex, RM11 1XP

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

FREE CUSTOMER PARKING



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

K.C.RENOVATIONS

PAINTING & DECORATING SERVICES

Phone: 01708 223608
Mobile: 07983 486655

Email: mathew.bray@sky.com

Mobile Hairstylist

Vidal Sassoon Fully Trained

Perfect colour | Cut | Perms

Call Stella on: 07971 532 961
or email: stavie.p@gmail.com



SMASH CAMP

EASTER HOLIDAY ACTIVITIES
28TH MARCH TO 8TH APRIL

Multi activity day and week programmes available for school years 2 to 11. Experience 4x4 driving, climbing, tunnelling, rifle shooting and much more.

PARENTS GO FREE ON BANK HOLIDAYS so join us on Friday 25th March and Monday 28th March (Terms apply)

Easter Egg Activity Hunt on Monday 28th March. A fun packed day of adventure for school years 2 to 3.



Book online NOW or Call 01708 224 753
Upminster, Essex - www.smashcamps.co.uk

S C R Roofing

- All flat roofing
- Asphalt and felt systems
- Facias 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

Absolute Beginners

Rosemary is starting an absolute beginners Modern Sequence Dance class at Cranham Community Centre, Marlborough Gardens on Friday 8th April and it will run every Friday 10.30am - 12noon.

Patient, qualified teacher. Learn to dance in a happy and friendly atmosphere. The cost is £4.00 per person.

Please contact Rosemary on email: shaun22@btinternet.com or mobile no. 07825 398501. Rosemary also has a Sequence dance class running on a Friday afternoon 1pm-2.30pm.

Know your Blood Pressure Day

Hornchurch & Upminster Rotary Club will once again be offering free blood pressure checks in support of the Stroke Associations "Know Your Blood Pressure Day" campaign at the Trinity United Reformed Church, Station Road, Upminster on Saturday the 30 April between

10.30am and 2.00pm. Stroke is the most common cause of adult disability and the third most common cause of death in the UK. High blood pressure is the single biggest risk factor for stroke. 40% of strokes could be prevented by controlling high blood pressure so take advantage of a free check and protect your health.

Ardleigh Green Bridge Replacement Update

We have been updated on the ongoing works and we have been advised that the Bryant Avenue exit onto A127 will be closed during May and June to allow utility works. It will also be closed when the phase 1 of the main bridge works take place which will be from July/August 2016 to Spring 2017. Phase 2 of the bridge works are due to take place Spring 2017 to December 2017. Dates are of course subject to change and are just a guide.

Cllr DARREN WISE

Romford Market

Romford Market is not as busy as it once was. Funding has been obtained towards an uplift. There are a number of new plans to enhance the market, amongst them new stalls, new traders approached, and as it is part of the Romford Conservation Area, a heritage trail. There will also be a family space aimed at children for play and a heated seating area for people to sit and have a cup of tea and snack from the new vendors nearby. Any ideas welcome; please send them to me.

Cllr LINDA HAWTHORN

Friends of Upminster Mini-Golf

The group have gone from strength to strength and are now an official group enabling them to apply for funding. The next meeting is on April 14th (7.15pm) at the Cranham Community Centre, Marlborough Gardens.

The overall aim of the group is to

improve the Upminster Mini-Golf Course in Hall Lane, encourage greater community involvement and to protect this valuable green and open space from future development. The course is open from 10am to 6pm at weekends and daily throughout the school holidays in spring and summer - Adults £5, Children & Concessions £3. Group bookings are very welcome and can be arranged by calling 01708 433868.

Cllr CLARENCE BARRETT

Events at the Old Chapel

Weds 4 May, 3.00pm - 5.30pm - Time for Tea. £3 per child, suitable for ages 4+, no need to book.

April

Sunday 3, 2.00pm - 5.00pm - General Open Day

Sunday 17, 2.00pm - 5.00pm - Local Art Display. A range of work by local artists will be on display at the Old Chapel, St Mary's Lane, Upminster.

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



165 North St, Barking, Essex

IG11 8LA

Tel: 0208 594 1647/0160

Fax: 0208 594 0139

www.progressiveoptical.co.uk

Dispensing Optician

Ray-Ban

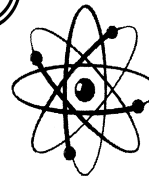


PRADA

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



ATOM

ELECTRICAL SERVICES

TELEPHONE:
01708 223669
MOBILE:
07967 603606

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

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

TO THE GUILD
MASTER CRAFTSMEN
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

Mobile: 07958 550796 Office: 01708 551314



City & Guilds

- 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

(City and guilds qualified - friendly, reliable and experienced - free estimates)

Call Richard on 01708 229031 or 07917 002628

E-mail: richard@gidleybuilders.co.uk

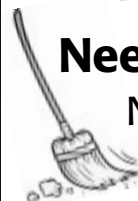
Check out our website!

www.gidleybuilders.co.uk

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

L.J 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

Weds 13 April, 10.30am - Tea and Talk, Working at the Docks.

Join Len Taphouse as he shares his experiences of working on the Docks. £2 for non-members.

To book a place on any of the above talks or events please call Gemma Smith on 01708 222660 or email

gsmith@mary.havering.sch.uk

Romford Probus

Romford and District Probus Club is seeking new members who are retired with a professional or business background. We meet at Top Meadow Golf Club, Fen Lane, North Ockendon, Upminster, RM14 3PR on the first Wednesday of each month at 11.00am for short meeting, followed by an excellent 3 course lunch for a cost of only £15.00.

A bar is available. After lunch we have speakers on a wide range of interesting subjects and leave Top Meadow by 3pm.

Occasional outings are arranged in addition to the Annual President's Dinner in October and a lunch at

Christmas and in April to which our ladies are invited.

If you are interested in joining us please ring the Secretary Norman on 01708 456 345. You are assured of a warm welcome.

U.C.R.A Coach Outing News

Saturday 14th May trip to Marlow Situated on a broad sweep of river between Henley & Windsor, Marlow is without doubt one of the loveliest locations on the River Thames.

Strolling by the river is one of Marlow's greatest pleasures. Follow its banks in either direction for easy, level walks with a variety of wonderful views.

There are also many fine period buildings along the High Street including interesting shops, restaurants, wine bars and pubs.

Don't forget to check the "Association Diary" each month for booking details of each trip.

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: 04498158

CALL DAVID FOR A FREE QUOTE

DJK Cleaning Services Ltd
The Carpet & Upholstery Cleaning Specialists

Lunchtime Recitals

At St Laurence Church, Upminster. Please note the following Thursday Lunchtime (13.05 - 13.55) Concerts for April - June at this beautiful church.
April 7th - Ellis Ensemble **April 14th** - Richard Brasier, organ, (St Laurence) **April 21st** - Rebecca Silverman, soprano **April 28th** - Simon Botschen, organ, (St Laurentius, Germany) **May 5th** - Phillip Simpson, tenor **May 12th** - Richard Overill, organ, (Essex) **May 19th** - Anne Hopfmuller, violin. **May 26th** - Jonathan Lilley, organ, (Waltham Abbey) **June 2nd** - Kawashima Duo **June 9th** - Paul Rosoman, organ, (New Zealand) **June 16th** - Richard Brasier & Joe Fisher (organ & viola) **June 23rd** - David Grealy, organ (Dusseldorf, Germany). Entrance is free with a retiring collection.

Street Parties

Our Queen is 90 year old this year and she has decided to celebrate

the event on April 21st - there are going to be a few street parties, so if you think your road would like to join in, please notify the Councils StreetCare department so that the appropriate street closure can be considered.

Cllr LINDA HAWTHORN

The 3H Club

We are now looking for a hall to hire on a Tuesday night apart from the first Tuesday of the month. The times are 7-10pm and we need parking and the use of a kitchen. We would prefer the hall was situated somewhere in Hornchurch or Romford.

It would also need to be accessible as some of our club members have mobility problems.

We also need a Treasurer and Chairperson.

The 3H Club is a social club for people with physical and learning disabilities.

Please contact me on 07761 186322. Many thanks.

Janice Grigg

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
Persian Art Design and Quality

dunlopillo
NATURAL COMFORT SINCE 1939

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 REFURBISHMENTS

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 REFURBISHMENT 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

HEATING

POTTERYTON

BIASI

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, AED Courses
All certificates are accredited and last 3 years
Over 30 years experience training emergency services
For more information contact David:

www.crusaiderfirstaid.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**

15
YEARS

**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.cranhamdentalcentre.co.uk *****

reception@cranhamdentalcentre.co.uk

141 Ingrebourne Gardens, Upminster, Essex, RM14 1BJ

Monocouche and scratch render

Insulation systems

Acrylic systems

Sand and cement finish

Plinth renewal and repair

All internal plastering work

**Upminster
Rendering Solutions**



We specialise in all aspects of rendering and plastering
with a combined 30 years experience in transforming homes
in our local area.

Call today for free advice and quotations

Telephone: 01708 927751 Mobile: 07508153980

Email: UpminsterRenderingSolutions@hotmail.com

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

Shirley's Tours

Shirley has organised the following trips:

June 2nd, Thursday: Motown the Musical London: coach departs approx. 10.30.am. for matinee show. Top price Royal Circle seats £65

July 26th, Tuesday: Brighton day trip: £25 Adult, £24 OAP; Child £17: family prices on request

August 2nd, Tuesday: Royal Saville Gardens, Windsor/Hot lunch; then River Cruise Runnymede/Windsor return/Afternoon tea, £55 +Coach

August 11th, Thursday: Broadstairs, Day trip, Folk Week; £25 Adults, £24 OAP; £17 Child, Family prices on request

August 17th, Wed: Paradise Wildlife Park Broxbourne: Shows, Jungle Theatre, play areas, splash lagoon etc: £25 per head, under 2's free.

August 23rd, Tuesday: Day trip to Southwold: Adults £25; OAP £24: Child £20

August 27th Saturday: Buckingham Palace, "90years of style Exhibition": Celebrate Queens 90th: Adult £42: OAP £40: Child £30, coach incl.

December 15th, Thursday: Aladdin: New Disney Spectacular Musical London: 2.30pm show,

mid D/ Circle Seats, £65 Coach included.

Please contact Mrs Shirley Ward, 01708 227 884 or send stamped addressed envelope requesting list of trips to 15 Worcester Avenue, Cranham, Upminster RM14 3LB: or email shirley@shirleytours.co.uk

Murder Mystery Evening

Channel 2H and The Oglethorpe Players have joined forces to present a murder mystery: *It's Murder being a Copper*.

If you fancy yourself as something of a detective, do come and see whether you can work out who dunnit!

There will be a prize for the best dressed table of coppers - but if dressing up isn't your style, you are very welcome to come as plain clothes officers!

To be held on Saturday, April 9th at 7.30 pm at the Cranham Community Centre, Marlborough Gardens, Cranham. Please bring glasses, eats and drinks.

Tickets: £9 each from Anne on 01708 224 703. Tables of 8. Channel 2H is the name of Havering's twinning association

with Hesdin in France the Oglethorpe Players are a popular amateur dramatic group.

Ladies' Probus Club

Meeting at the Upminster Masonic Hall in Deyncourt Gardens, Upminster the Romford Ladies' Probus Club is seeking to increase its membership.

Meetings are on the 4th Wednesday of the month from 11am to 2.30pm with a Speaker followed by lunch.

We are a friendly club celebrating our 25th Anniversary this year. If you are interested and aged from 55 years please contact Doris Brown on 01708 229 631.

Wednesday Music Evenings

Weds 13th April - Wonderful Wizards & Wicked Witches - an evening of magic, sorcery and spells as portrayed in music.

Weds 27th April - A Decade That Changed Popular Music - Colin Fred presents a programme of music from the decade of 1955 to 1965.

HILLIS
SECURITY SYSTEMS
Established 1996



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

Repairs to old alarm systems.
Maintenance of any type of existing alarm system.

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

All our Music Evenings are held in the Main Meeting Room, 1st floor of Hornchurch Library in North Street and commence at 7.30pm ending at 9.30pm. Entrance is free of charge but we do ask for a contribution towards interval refreshments.

No need to book, just turn up - we can always find a few more seats. For any further info contact Stephen Raindle 01708 470 670 sraindle@aol.com.

Havering Singers Spring Concert

Please note this takes place on **Saturday 30th April 7.30pm.** **Elgar's The Music Makers & Durufle Requiem. Organ accompaniment from James Davy, Musical Director at Chelmsford Cathedral.**

At St Peter's Church, Gubbins Lane, Harold Wood, RM3 0QA Ticket prices £14 Adults or £12 if bought in advance by 27th April / £5 Children aged 5-17 / Sponsor Patrons receive a £1 Discount on Advertised prices.

See www.haveringsingers.org.uk for further details

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 | • RENT REVIEWS |
| • VALUATIONS FOR ALL PURPOSES | • LANDLORD & TENANT MATTERS |
| • SURVEY REPORTS | • EXPERT WITNESS REPORTS |
| • RESIDENTIAL LETTINGS | • 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



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



We are a friendly, modern private practice, with state of the art facilities, located in Hornchurch.

As a patient, you will receive care solely from Dr. Malcolm Stander, a talented, gentle and very experienced dentist, who has been creating beautiful smiles for over 30 years.

His special interests are in general and cosmetic dentistry and the treatment of nervous patients.

Stander Dental Care, 57a High St, Hornchurch, Essex, RM11 1TP
Tel: 01708 442888
VISIT OUR WEBSITE: WWW.STANDERDENTALCARE.CO.UK

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



**We Care For Your Pet
Just As Much As You Do**

- Catering for all types of pets
- Ophthalmic department
- Personalised service
- Open until 7pm weekdays
- Excellent surgical facilities
- In house advanced treatments
- Interest free payment plans*



Martin P.C. Lawton
BSc(Hons) Cert(Dip) Vet, Cert(ACV),
Dip(ACV), Dip(ACVIM), Dip(ACVIM),
Dip(ACVIM), Dip(ACVIM)
Lynne C. Stoakes
BSc(Hons) MRCVS

*Terms & Conditions Apply

to make an appointment please call
01708 384444

8-12 Fitzilian Avenue, Harold Wood,
Romford, Essex, RM3 0QS
www.vets.gb.com

Carter

Security Limited

PROTECT YOUR HOME OR
BUSINESS AND DETER CRIMINALS

Professional, user friendly security systems installed by our
qualified engineers at affordable prices.

- Wireless Burglar Alarms
- CCTV Systems
- Gate Automation
- Monitoring & Police Response
- Wired Burglar Alarms
- Access Control
- Intercom Systems
- Maintenance & Repair of Existing Systems

CALL NOW FOR A
FREE SITE SURVEY & NO
OBLIGATION QUOTATION
0203 637 3555



www.cartersecurityltd.com



**DISTILLED
DESIGNS**

01708 224 006

hello@distilledesigns.co.uk
www.distilledesigns.co.uk

**VEHICLE
GRAPHICS**

**BUILDERS BOARDS - BANNERS
MAGNETIC SIGNS - SMALL SIGNS
LEAFLETS - BUSINESS CARDS**

WYNGRAY FARM, ST. MARY'S LANE, UPMINSTER, RM14 3NX



Pinney Talfourd LLP Solicitors

Upminster

54 Station Road
01708 229444

Hornchurch

40 North Street
01708 511000

Brentwood

1 Shenfield Road
01277 211755

Your local legal specialists:

Wills, probate & estate administration
Lasting powers of attorney
Divorce, separation & children
Buying & selling property
Commercial services
Dispute resolution
Employment
Personal injury



Upminster open early, late & Saturday
FREE Initial Family Consultation
FREE Personal Injury Consultation
Quote CP/Bulletin for offers

www.pinneytalfourd.co.uk

The Forest Centre

The Forest Centre will soon be regenerating its tree nursery and we are looking for volunteers to help establish and maintain the nursery. Part of this work will take place on our conservation days on the first Sunday each month – another opportunity for those who cannot make our weekday conservation days. If you are interested in gardening or passionate about recycling, a composting course will be held at the Centre on Saturday 9th April between 10.30am and 12.30pm. Other events at the Forest Centre: Sunday 3rd April 10.30am-12.30pm – ‘Foods that we need to stay healthy’. Continuing our Health and wellbeing programme, John London will help us to appreciate our food. Friday 7th April 10.30am - 12.30pm - Discovering Thames Chase coffee morning. An opportunity to learn more about the Community Forest and share your memories as we build its history. Friday 15th April 2.30-

4.30pm – Our delicious monthly cream teas (booking essential) Sunday 17th April 10am-3pm – Monthly Sunday Markets featuring demonstrations of the traditional skills of spinning and weaving. Friday 22nd April 7.30pm- A Wine and Cheese evening with live music. We will be entertained by a popular and award winning duo. Come and listen to mellow music which will be both rhythmic and relaxing. Cost £20 per person., booking essential.

Guiding Dog Show

in Memory of Caroline Hood (Caz Shipp)

Caroline was an inspirational Brownie and Guide Leader at St Laurence Church. Sadly she lost her 18 month battle with breast, liver and spine Cancer this January.

Throughout this time, she continued enthusiastically both as a guide leader and fund raising for the Chemo suite at Queen's and St Francis Hospice, who helped her and Cancer Research to prevent

others having to battle cancer. Guiding in Upminster is continuing with her fund raising and courtesy of Essex Dog Training Centre are holding a Companion and Fun Dog Show, which she started to organise. Saturday 23rd April 2016 at The Essex Dog Training Centre, adjacent to The Brentwood Centre, Doddinghurst Road, Brentwood, Essex, CM15 9NN. Show opens at 10.15 am, judging commences at 11 am. There will be 3 rings, pedigree, companion and fun classes. £1.50 per class, rosettes and trophies will be awarded. For more info: Scout and Guide Companion Dog Shows on facebook, Susie.lyus@yahoo.com or 07917 137 999

Adventure Island 2016

Hornchurch District Scouts (charity no.303699) are selling Adventure Island wristbands at discounted prices. Big Adventure bands (over 1.2m tall) are £15 each and Junior/Mini Adventure bands (under 1.2m tall) are £12 each. Also available, Southend Sea-life Adventure tickets Adult/Child £3 each and new for 2016, Adventure

Island Golf tickets just £3 each, for 18 holes.

Wristbands expire November 2016 and are available to purchase now, for any day the park is open. To purchase, just call/ text Debbie on 07805 612 706 or Louisa on 07498 575 296. Please allow up to 24 hours from ordering to collection.

Delia Pusey

A memorial exhibition of Delia's work will be held at the 'Old Chapel', next to Sacred Heart School from Tuesday 5th April to Saturday 9th April between 10am and 4.30pm each day. Entry is free and parking available next to the Chapel. Delia was a gifted textile artist who lived in Upminster for fifty years. Her work has been exhibited in locations around the country and includes items demonstrating many techniques and skills.

The Exhibition will not only include finished pieces on loan but work books and a range of sketch books which were the source of Delia's ideas.

Cllr LINDA VAN DEN HENDE

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 220857
E-mail: sp@upminter.net



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)

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



ALEX

ELECTRICAL CONTRACTS LTD



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

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

Suzanne's Dog Grooming

Home environment

No cages

Telephone: 07842 155 604



Lighthouse Financial Advice

Professional Financial Adviser

The Asset Protection Strategy

Wills . Trusts . Powers of Attorney . Probate services
Don't leave today what you may not be able to do tomorrow
Call or email for complementary initial consultation

Tel: 07833 491 793

Email: info@lhfaservices.com

www.taps.ws

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



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

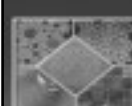
SUPREMA

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

Upminster Wine and Social Club

Upminster Wine and Social Club are holding their St George's Day Dance, with live music by Too Hot, on Saturday 23rd April at Hall Mead school, Marlborough Gardens, Cranham. Tickets which include fish and chip supper available from Vic Bramwell on 01708 470 465.

2nd Upminster Brownies

We are desperately looking for volunteers to help run our unit and I was wondering whether you could help. We are based at St Laurence Church (Derham Hall) in Upminster and we meet on Tuesdays 5.00pm - 6.30pm. We are quite a large unit and are looking to expand so we can accept more girls on our ever growing waiting list so as you can imagine all the help we can get is very much appreciated. Please contact me on 07951 520 343.

Vikki Rance

Wesley Guild

Saturday 2 April - Annual Coffee Morning and Sale in aid of the Whitechapel Mission. Wesley Hall, Upminster Methodist Church, Hall Lane running from 10am to 12 noon. Stalls to include books, bric-a-brac and home-made cakes. Light refreshments available.

Thursday 14 April at 2pm Guest speaker: Ian Porter "The Golden Age of Travel 1839-1937"

Thursday 28 April at 2pm Guest speaker: Janice Phillips "Focus on the Bible Society" Meetings are held in the Minor Hall at Upminster Methodist Church. Meeting fee £2 including tea/coffee available from 1.30pm.

Coffee & Conversation A Party to Celebrate our Queen's 90th

Come and join our Party on 22 April 2016 from 10.30 am. We will be entertained by Dean Ferris -

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



Vocalist. Lunchtime Ploughmans and Dessert. Tickets £7.50.
Tickets from Coffee and Conversation Friday mornings (10.30 am - 12.30 pm) or phone 01708 221429

Havering Diabetes Group UK

Kindly note at their Annual General Meeting on Monday 18th April 8pm at the Halls, North Street, Hornchurch their will be Cheese and Wine. The Group meets on the third Monday of the month at the Halls.

Upminster Floral Art Society

Please note the following in your diaries:

Wednesday April 20th: Sandy Price with her demonstration

called "Potty About Flowers." Demonstration at the New Windmill Hall, St.Mary's Lane, Upminster. 7.30pm for 8pm start. Please telephone Margaret on 01708 471 099 for further details.

Forthcoming Quiz Nights

Saturday 16th April starting at 7.30pm. In aid of Riding for the Disabled. Cranham Community Centre. Tickets £8 each including fish/ chicken/ veggie burger and chips. Contact Janet 01708 509434 for tickets.

Saturday 23rd April- 7 for 7.30pm start. Main hall, St Laurence Church, Upminster. Tables of 8- bring your own food and drink. Tickets £6 available from Katie Bowman 01708 640133. Raising funds for the Children's Society.

Saturday 30th April starting at 7.30pm at North Street Hall, North Street, Hornchurch. Tickets £6 each. Tables of 8-10. Bring your own drink and nibbles. Contact Mrs Terry Keens

continued on page 15

HAVERING 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@haveringfireplaces.co.uk

www.haveringfireplaces.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



Contact us for your free lawn analysis and advice

01277 227988

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

KINGS DIRECT

Suppliers and Installers of Artificial Lawns



- No More Mowing
- No More Watering or Feeding
- High UV Resistance
- No More Muddy Feet/Paws
- Children / Pet Friendly
- Ideal for Lawns, Balconies, Patios, Roof Terraces

SHOWROOM:
Kings Permanent Buildings Ltd, 2 Roneo Corner, Hornchurch Essex RM12 4TN
Tel: 01708 473121 / Fax: 01708 459758
Email: kingsbuildings@btconnect.com • www.kingsdirectartificialgrass.co.uk

Father's Day Lunch

Sunday 19th June 2016

**3 course meal
Adults £28.50 per head
Children Under 10 £12 per head
Children under 3 FREE**

**FREE
PINT FOR
DAD**

Bookings From 12.30pm – 3pm, Please Contact Reception
For a Time. Background music during the meal

For all bookings call 01277 226 418

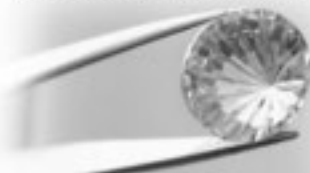
Go on Spoil Your Dad

De
De Rougemont Manor
Hotel & Suites

Great Warley Street, Brentwood, Essex CM13 3JP
www.derougemontmanor.co.uk

Independent Jewellery Valuations

W.R Huddy offers a *personal valuation service*
in the comfort of your own home, for;



- ♦ Insurance purposes
- ♦ Probate
- ♦ Sale between parties
- ♦ Divorce settlement

Please feel free to contact me at any time to discuss
your requirements -

07527 450782 | william.huddy@wrhuddy.co.uk

Or find out more about the services I offer at:
www.wrhuddy.co.uk

W.R Huddy

BSc (Hons); Member of the Institute of
Registered Valuers MIRV No 78696;
PGA; FJ Dip; PNAG; DGA; CRB checked



Essex Lovely Gardens

Local father and son for
Lawns * Trees * Shrubs
Patios plus all exterior maint.
Ask about our non toxic, pet friendly
weed control and drive patio cleaning
Experienced friendly service
No job too small

01708 505 197

07444 170424

Upminster FLOORING

- Carpet
- Wood
- Laminate
- Safety Floors
- Karndean
- Amtico
- Vinyl
- Shower Rooms

20% DISCOUNT FOR BULLETIN READERS

T: 01708 629783

E: upminsterflooring@gmail.com

REFERENCES AVAILABLE

Printing & Stationery for Home, School & Office

Black & Colour Copying • Order of Service Sheets
General Printing • Personal Stationery • Fax Facilities
Postal Supplies • Rubber Stamps • Laminating • Binding
Home, School and Office Supplies

UPMINSTER PRINTING
Co. Ltd.

Rear of 30 Station Road,
Upminster, Essex RM14 2UB

Entrance in St. Lawrence Road

Tel: 01708 222832

Fax: 01708 641437

Email: upminsterprint@btconnect.com

Hours of Business:

Monday-Friday 9.00am – 5.00pm

Saturday 9.00 am – 1.00 pm

Bring us your used cartridges and help us to raise funds for Little Havens Children's Hospice

Friendly, helpful staff



01708 473 408 (If you'd like to come but can't make up a table, call me, I can seat you with others!)
Monday 16th May, 7.30 for 8pm start. At Crumpled Horn, Corbets Tey Road, Upminster. Tables max 8 people. Cost £6 each to include a superior Ploughman's supper. In aid of Little Haven's. Contact Bob Blunden 01708 226154 for bookings

Saturday 21st May - Stewart Avenue Allotments aim to run a friendly, well serviced site which promotes the benefits of 'growing your own' to local residents and schools.

At Cranham Community Centre, Marlborough Gardens, 7pm for 7.30pm start. £6 per person, bring your own drinks and nibbles. Tables of up to 10 can be booked with Jackie on 01708 641624 or Jackiewhitehead@sky.com. All proceeds go towards the upkeep of the allotments.

Exercise in Retirement

Are you aged 60+ or do you know someone who is - perhaps your Mum, Aunt or Grandma needs help to get fitter? Please tell them

about our new class exercise in retirement it's easy to follow simple moves and great fun tunes. Exercise adds years to your life, boosts your energy and memory and no need to worry that you won't be able to keep up as this dance class is suitable for everyone! 11.15am Tuesdays at the Cranham Community Centre in Marlborough Gardens, Cranham Upminster.

Also we hold a seated exercise class for those in a wheelchair or who use a frame or walking sticks again this class is fun friendly and very beneficial.

12.30pm till 1.15pm Thursdays At The Cranham Community Centre Marlborough Gardens, Cranham. Please contact Sally Guise 07855 534 631 or 01708 915 455.

Art Exhibition

Janet and Terry will be supporting the The Old Chapel (St.Mary's Lane, Upminster) Art Exhibition on Sunday afternoon 17th April (open from 2 to 5pm) with both framed and mounted paintings for sale.

continued on page 17

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

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.

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

BOILER CHANGE
Raymond Coomer
Sarah Cordell

BOILER REPAIRS & REPLACEMENTS
PLUMBING ■ SERVICING ■ RADIATORS

CORGI / GAS SAFE Reg No. 49724
14 Birch Crescent, Ardleigh Green, Hornchurch

01708 477146
07973 220270

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

Diamond Thursday
for our age 60+ clients

20% off

all Hairdressing services

17-19 Market Place
ROMFORD
01708 765111

5 North Street
HORNCHURCH
01708 441393

2 High Street
BRENTWOOD
01277 848586

599-601 Cranbrook Rd
GANTS HILL
020 8551 2228

41 Corbets Tey Rd
UPMINSTER
01708 228167

193 Manford Way
CHIGWELL
020 8500 0022

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



CLUBBERCISE

Wednesday 7.30am - 8.30pm
@ Coopers School

CARDIO BLAST

Monday 9.30am - 10.30am
@ Trinity Church with Crèche

HIIT

Wednesday 9.30 - 10.30am
@ Trinity Church with Crèche

HIIT

Monday 7.30 - 8.15pm
@ Trinity Church

ZUMBA FITNESS

Monday 7.30 - 8.15pm
@ 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
Thursday 7.00 - 8.00pm @ Trinity Church

ZUMBA GOLD

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

SEATED WORKOUT

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

Call Sally for more info 01708 915455 / 07855 534631

www.exercisewithsallyguise.co.uk

exercise with sally guise



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



Real English Inns

Shepherd & Dog

LUNCH – DINNER - LIVE MUSIC - COCKTAILS

91 Shepherds Hill
Harold Wood
Romford
RM3 0NP
01708 377717



For More details
please visit our
website or call us
to book

**Group Bookings – Functions – Buffets & Drinks Funeral Reception
Baby Showers – Celebration Party Bookings
Afternoon Tea 'Launches January 2016'**

office@shepherdanddogsexsex.com
www.shepherdanddogsexsex.com

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 HOLDEN WAY
UPMINSTER
Phone: (01708) 227786
For an Appointment



Goyama Jewellery

Diamond jewellery
Certificated diamonds
Wedding bands
Engagement rings

Gold & silver jewellery
Jewellery valuation forms
Hatton Garden workshop
Bespoke jewellery

59 Station Road Upminster Essex RM14 2SU (Opposite the train station)

01708 228 939 Email: goyamajewellerydesign@gmail.com

www.goyamajewellerydesign.co.uk

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

ITman in association with **Essex ageUK**  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

From Monday 25th April to Saturday 7th May they will be holding an exhibition and sale of their work at Hornchurch Library (normal opening hours). Enquiries ring 01708 532 967.

Race Night

There will be a Race Night at All Saints Church, Cranham in the Vestry Hall on Saturday 16th April at 7.30pm. Tickets £6 coffee and biscuits provided. For further details please contact Helene on 01708 225 629.

Uppercut Hair Group

Uppercut Hair Group have just launched 'Diamond Thursday' a brand new service which is specifically aimed at the 60+ age to enjoy a fantastic 20% discount on all hairdressing services. Uppercut, have salons in Hornchurch, Romford, Upminster, Brentwood, Chigwell and Gants Hill have been established for over 30 years with some of the country's most experienced and talented Hair Designers who are truly passionate

about creating inspiring, fashionable hair styles for all ages. Having won many awards including: 'L'Oreal Colour Trophy', 'Wella Trend Vision' 'Best Customer Care', 'Business of the Year', and the 'Romford Business' award presented at the Houses of Parliament, Uppercut consistently provide an amazing salon experience. Please see the Uppercut advert on page 16 for contact details



"Do you mind? - we're just working up to a good quarrel!"

LOCAL FUTURE EVENTS APRIL

- 6 Wednesday - **Harold Wood Evening W.I** meet on the 1st Wednesday of the month at the War Memorial Hall in Gubbins Lane, 7.30 pm for 7.45 pm. Visitors are welcome for £2.50, which

 **Lee's Kitchens and Bedrooms LTD**

Beautiful kitchens and bedrooms created at prices to suit your budget.
* Free design and planning service. *

From replacing doors and worktops to full refurbishment, my team of qualified, local tradesmen, have it covered.

Made to measure fitted kitchens and wardrobes, in many designs and colours.

OTHER CARPENTRY WORK

- All internal and external doors supplied and fitted
- Garage side doors / windows and frames replaced
- New worktops supplied and fitted
- Wood flooring fitted.

Contact Lee Brewis
Upminster 07909630862

Visit my website to see my work www.Leeskitchensandbedrooms.co.uk

includes refreshments. For more details please ring Marion on 01708 349038.

- 11 Monday - **Essex Wildlife Trust** meet at Hornchurch Library from 8.00 pm - 9.45 pm. A donation of £2.50 is required which includes refreshments and biscuits. This month the talk is on London Wildlife Trust, with emphasis on the work in the east of London by Matthew Frith, director of conservation for LWT.
- 12 Tuesday - **NADFAS Havering** welcomes Ms Linda Smith with a talk entitled '**Great Tarts in Art**'. High Culture and the Oldest Profession. Lecture 10.45 am. Coffee from 10.00 am. Visitors welcome at £8. Meeting will be held at The New Windmill Hall, St. Mary's Lane, Upminster, RM14 2QH. Further information on the Society, future lectures and visits can be found at www.haveringdfas.org.uk
- 12 Tuesday - **Upminster & District Horticultural Society** have Guest Speaker Tim Carter on **Plants for Difficult Places**. Tim from Longhouse Plants will be answering our questions about which plants to put in different places in our gardens. The talk will take place in the New Windmill Hall, St Mary's Lane, Upminster from 7.45 pm to 9.45 pm, doors open at 7.15 pm. Entrance is Free to members, non-members very welcome. £2.00.
- 15 Friday - **Havering Antique and Collectors Club** meet at the Neighbourhood Centre, Gubbins Lane, Harold Wood have Guest Speaker Ann Willmore who will be having a quiz on Antiques and Memorabilia.
- Entrance £4. 7.30 pm for 8 pm start. For further details please call Mrs Chris Lovett 01708 221851.
- 16 Saturday - **Upminster Tithe Barn Museum of Nostalgia Open Days**, Hall Lane. Open 10.30 am to 4.00pm. Free Admission.
- 16 Saturday - **NCT Nearly New Sale** at Marshalls Park School, Pettits Lane, from 10am for NCT members with a membership card and 10.15am for the public.
- 17 Sunday - **Upminster Tithe Barn Museum of Nostalgia Open Days**, Hall Lane. Open 10.30 am to 4.00pm. Free Admission.
- 17 Sunday - **Coopers' Company & Coborn School**, St Marys Lane, Upminster, are holding their Indoor Table Top Sale, Sellers from 7 am, £12 School supplies table / £8 seller provides table (no bigger than 6ft paste table). Sellers must book and pay in advance, call 07508 135449. Buyers doors open at 9 am. Entrance fee 50p for adults, Children Free. Entrance free after 11 am. Toilets & refreshments available. Disabled access. Bootsales@cooperscoborn.co.uk: [Twitter@cooperscobornpa.com](https://twitter.com/cooperscobornpa) or Facebook - Boot Sales Coopers Coborn.
- 18 Monday - **Vanilla Bake Club** are holding their Spring Bake Club at The Old Chapel, St Marys Lane, Upminster from 6.30 pm - 8.30 pm. We are a group of keen but amateur bakers who meet every 6/8 weeks to swap, support, stories and baked goods. We all bake something to bring along to share. The

continued on page 18

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, aluminium, doors, windows, fascias and cladding

 **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



Alishan Tandoori

HIGH QUALITY INDIAN MEALS

Fully Licenced & Air Conditioned

Opening Hours:
 6pm to Midnight

7 DAYS A WEEK INCLUDING BANK HOLIDAYS

- * We only use the best chicken breast off the bone
- * Right temperature food guaranteed
- * Huge home party discounts – Take Away

27 STATION ROAD

UPMINSTER ESSEX RM14 2SJ

Telephone 01708 220131 / 220375

We accept all major Credit Cards & Luncheon Vouchers

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. 36 YEARS EXPERIENCE



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

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,
 Arcany Rd,
 South Ockendon,
 Essex RM15 5SX
 (near South Ockendon station)
 E/MAIL: info@indoorsessex.co.uk

Orders taken and supplied in 7-10 days



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



**CLEANING & HOME
 MAINTENANCE SERVICES**

Garden Services:

Maintaining weekly- fortnightly -monthly
 Grass Cutting - Hedge Cutting - Trimming & Pruning -
 Garden Clearance - Re-stain Decking/Fence Panels -
 Pressure Washing

Domestic Cleaning Services:

Weekly, fortnightly or monthly
 Builders Cleans - End of Tenancy - Spring Cleans

Fully Insured – Competitive Rates – O.A.P Discounts

For further information please call us on

Home: 01708 229946 Mobile: 07904 204417

WWW.SPOTLESS-CLEANINGSERVICES.CO.UK

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: 01708 443349 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.

20 years experience

Fully insured,

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.

Laminate flooring,
Wall hung cabinets fitted

Anything else, just ask!

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

Your Advertisement could be here!



For advertising rates

Contact RON OWER, Editor

Telephone: 07721 780372

E-mail: bulletinra@yahoo.co.uk

LEARN TO SWIM
with

PADDLERS
Swim School

Aged 4+

Lessons for all abilities

01708 720388

www.paddlers.co.uk

theme is Birthday as our club is celebrating its 3rd birthday (although the theme is not compulsory) £5 fee to cover hall, tea, coffee etc. For more information contact Sharon@vanillabakeclub.com or check out our website www.vanillabakeclub.com or find us on Facebook or twitter.

23 Saturday - **Fun & Companion Dog Show** at The Essex Dog Training Centre adjacent to The Brentwood Centre, Doddinghurst Road, Brentwood, Essex, CM15 9NN - Show Opens 10.15 am Judging Commences 11 am. £1.50 per class rosettes and trophies will be awarded.

23 Saturday - **Wanderers Haven Animal Sanctuary open day.** Front Lane, Cranham. 10.30am - 4.30pm.

25 Monday - **Breathe Easy - Havering** is a support group for people suffering from breathing difficulties, COPD, Asthma. Etc. We meet on the last Monday of the month at St. Andrews Church Hall, Hornchurch at 1.30 - 3.00 pm. Light refreshments are served and we have guest speakers talking on a wide range of subjects such as - coping with COPD, gentle exercising, home safety, etc. New members, family and carers are always welcome; a voluntary donation of £3 is appreciated. Please contact Joyce 01708 226696 or Elaine 01708 509127 for more details.

25 Monday - **Romford & District Historical Society** have guest speaker John F Phillips speaking on **Victorian Cranham and the Boyd School.**

Meetings are held at myplace, 343 Dagnam Park Drive, Harold Hill, Romford, RM3 9EN. Access from 7.30pm - Meeting 8.00 pm to 9.30pm.

27 Wednesday - **Upminster Townswomen's Guild** Come along and join us at 1.45 pm in St Laurence Church, Derham Hall, Upminster. For more details phone Shirley on 01708 224219 or Bertha on 01708 222410.

30 Saturday - **Upminster Tithe Barn Museum of Nostalgia Open Days**, Hall Lane. Open 10.30 am to 4.00pm. Free Admission.

MAY

1 Sunday - **Upminster Tithe Barn Museum of Nostalgia Open Days**, Hall Lane. Open 10.30 am to 4.00pm. Free Admission.

2 Monday - **Pussycat Lodge Trust Quiz Night** at the Crumpled Horn, 33-37 Corbets Tey Road, Upminster, RM14 2AJ; cost is £6 including sausage, chips and bread and butter. You can have as many on your table as you like. Places need to be book in advance contact Jacqui on jacquiduly@hotmail.com

3 Tuesday - **Oglethorpe Women's Institute** are holding their Annual General Meeting and Resolutions. Our meetings are held at Cranham Social Hall, 103 Front Lane, RM14 1XL at 7.45 pm. Visitors are welcome.

4 Wednesday - **Harold Wood Evening W.I** meet at the War Memorial Hall in Gubbins Lane, 7.30 pm for 7.45pm. Visitors are welcome for £2.50, which includes refreshments. For more details please ring Marion on 01708 349038.

continued on page 24

MILBARN

ALL ASPECTS OF CONSTRUCTION AND LANDSCAPING

CONSTRUCTION

Greenacres, Aveley road,
Upminster, Essex
RM14 2TN

NEW BUILDS / EXTENSIONS / LOFT CONVERSIONS
CHIMNEY BREAST REMOVAL / STRUCTURAL ALTERATIONS
REFURBISHMENTS / RENOVATION / IMPROVEMENT
CARPENTRY AND JOINERY
GROUNDWORK AND DRAINAGE

£5,000,000.00 PUBLIC LIABILITY INSURANCE PACKAGE

RESIDENTIAL AND COMMERCIAL SERVICES / ALL WORK GUARANTEED

t: 01708 545110

e: info@milbarnconstruction.co.uk

w: www.milbarnconstruction.co.uk

Established in 2004

BF Mulley & Son

Incorporating Horace Fry



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

Family Owned Funeral Home
24 Hour Funeral Service



254 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



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



D.G. PLUMBING SERVICES

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



00033393

01708 220994 07977 214541
52 The Grove Upminster RM14 2ET

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



GLEAM GROUP
cleaning services

Reach & Wash Cleaning

Our cleaning services include windows, upvc, conservatories,
cladding, soffits, fascias and more.

Gutter Vac Cleaning

Our gutter cleaning service is carried out by using a industrial
gutter vacuum that specializes in removing all gutter debris whilst
eliminating the need for ladders or scaffolding.

Pressure Wash Cleaning

With a high powered industrial Honda pressure washer we are
able to clean Driveways, patio's, decking and more!

Call now for a free quote on 07957 425 555



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



**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



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**

A co-educational prep school for
boys and girls aged 3 - 11 years

CCGNITA
Cognita Education Group
www.cognitaschools.com

Open Mornings

Saturdays 5 March and 21 May 2016

Call now to reserve your place

Harwood Hall, Harwood Hall Lane, Upminster RM14 2YG

01708 256723

www.oakfieldsschool.co.uk

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

continued from page 3

There are also friendly matches with other clubs and if you so wish some social bowling. We are a friendly social club and run several social events through the year.

If you are interested in joining please contact Jack Briton on 01708 227 054 or Pam Bowden on 01708 222 185.

Try Alpha

Upminster Alpha Course
Running at:

The Methodist Church, Hall Lane, Upminster RM14 1AE starting on Wednesday 20th April at 7.30pm and running every Wednesday evening for 11 weeks

OR

Moor Lane Church, 226 Moor Lane, Cranham, RM14 1HN starting on Sunday 17th April at 6.30pm and running every Sunday evening for 11 weeks.

Alpha is a series of interactive sessions that freely explore the basics of the Christian faith.

It is for anyone who is curious. The talks are designed to encourage conversation and explore the basics of the Christian

faith in a friendly, open and informal environment. No question is out of bounds and you are free to discuss as much or as little as you wish.

Alpha is eleven sessions with the option of a day away in the middle. Each session includes food, a short talk and a discussion at the end where you can share your thoughts.

For further details please contact :
Wednesday evening:

Christina 07879 688672 or
Stephanie 07736 847187 or email
stjosephsupminsteralpha@gmail.com

Sunday Evening : Email
alpha.stlukes@gmail.com or call
the St Lukes Church office on
01708 222562.

Guided wild flower walks

Local botanist Mary Smith will lead 4 guided and interactive wild flower walks at **Belhus Woods Country Park**, which is south of Upminster and north of Aveley. Join us on a Wednesday afternoon, meeting by the visitor centre at 1:30pm, finishing at 4:30pm, but please let someone else look after Rover.



Upminster Jewellery Workshop

201 St Mary's Lane
Upminster
RM14 3BU

t: 01708 224 055 e: 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



You will learn how to identify wild flowers, and it is gentle exercise in the open air, very good for everyone's health! And stimulating for the brain, as you are expected to ask and answer lots of questions, as we all learn better that way! The dates for 2016 are: 13 April, 4 May, 15 June, 17 August.

You need to be able to stand and walk slowly for 3 hours, and kneel on the ground to study special flowers, and get up again unaided. You will need to wear tough trousers and tough shoes or boots (there are brambles, nettles and mud), with a mac if it showers or a sunhat if it is very sunny.

Getting to BWCP is not hard; most folk drive or cycle, since there are no buses. Parking a car for 3 hours costs £3.50p, so share a car if you can, and a small fee of £4 for each person is made by the Park. You might like to bring a wild flower book, or a notebook and pencil, or a camera, or a hand lens (x10) if you have any of these, but only the hand lens is essential and I have some to lend out.

Want more information? Phone Mary on 10708 228921, or email her at
mary@smith33gpr.fsnet.co.uk.

Post Natal Pilates

Charlene Carpenter of Upminster Sports Massage & Pilates is starting a new Post Natal Pilates Course from April on Tuesday mornings at Thames Chase. New mums can have their babies alongside them whilst re-building their own muscular strength. With a maximum of 10 mums there will be a high level of supervision.

The course will focus on pelvic floor re-education, restoring optimal posture, checking for Diastasis Recti (separation of stomach muscles) and prescribing gentle rehabilitative exercises to each individual. Advice will also be given on taking care of your back whilst caring for baby. For further information on the Post Natal or any of our other Pilates courses (Beginners, Improvers, Intermediate, Men Only, Gentle Pilates for Seniors) please visit www.upminstersportsmassage.co.uk or call Charlene or Neil on 07411 826721, or email upminstersportsmassage@gmail.com

Well Done

Two young people and their parents, who live in Cranham, should be commended for the

continued on page 22



THE WINDOW & CONSERVATORY CO.

PART OF THE KEN RHODES GROUP

FOR CURRENT SALE DEALS PLEASE CALL 01708 227777

PART OF THE WHICH? TRUSTED TRADER SCHEME



SHOWROOMS: 193 ST MARYS LANE, RM14 3BU
VISIT US
WWW.KENRHODES.CO.UK



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



Your Local Radio

Listen live on

www.radioharoldhill.co.uk

Download the App

COMMUNITY RADIO FROM THE HEART OF HAVERING

ASSOCIATION CONTACTS:

Editor / Commercial Advertising:

Ron Ower 07721 780 372
bulletinra@yahoo.co.uk

Upminster Organizer:

Cllr Linda van den Hende
(223761)

lindavandenhende@btinternet.com

Residents' Association Website:

Cllr Clarence Barrett
(07863 116029)

cllrclarencebarrett@yahoo.co.uk
www.ucra.co.uk

ASSOCIATION COUNCILLORS:

Upminster Ward:

Linda Hawthorn 225451
lindahawthorn@hotmail.co.uk

Ron Ower 07721 780372

Linda Van den Hende 223761

Cranham Ward:

Clarence Barrett 07863 116029

Gillian Ford 641317

councillorgillian.ford@havering.gov.uk

June Alexander 227092

councillorjune.alexander@havering.gov.uk

action they took to prevent the theft of a van containing work tools. The two young people spotted two young men breaking into the van and whilst keeping watch on the pair, they contacted their parents.

The parents chased the two suspects but were unable to catch them. The Police were called, resulting in a number arriving at the scene, including local Police community officers. The Police helicopter carried out a thorough search of the area but unfortunately they were unable to identify the whereabouts of the suspects. This is the first incident in the ward that has seen the involvement of Cranham Streetwatch. The owner of the vehicle was extremely grateful to the two youngsters who had saved his van and tools and the Police have invited the young heroes for a McDonalds Meal, a ride in a police van and a tour of Hornchurch Police Station as a thank you. It is good to see the community working together to support each other and prevent crime.

IAIN DICKINSON, Cllr GILLIAN FORD

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

Hair by Jane

Local Mobile Hairdresser

Full colour Tinting, foil highlights/lowlights, Perms,
Cut and blow dry and Styling.

Call Jane on: 01708 533223 or 07837 817 592



HOME GROWN HARDY OUTDOOR PLANTS

at

LONG HOUSE PLANTS

Shrubs•Perennials•Grasses•Ferns•Climbers•Bamboos

- An independent nursery with a friendly atmosphere
- Resident expert for free advice
- Exciting range of new & interesting plants

Church Road (opp. St Thomas' Church), Noak Hill,
Romford RM4 1LD

01708 371719 www.longhouse-plants.co.uk

Open from first weekend in March to last weekend in
September on Fridays & Saturdays 10-5, Sundays 10-4
& Bank Holidays 10-5

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



therightequityrelease

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



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 BRIDGECRAFT, CENTIQUE, COOPERS' ERGOS, ESSEX FURNITURE, GUY ROGERS, MINTY, PARKER KNOLL AND OTHER QUALITY MANUFACTURERS
EXTENSIVE RANGE OF QUALITY FABRICS
FULL REPAIR SERVICE - CUSHIONS REFILLED & REFURBISHED
FREE ESTIMATES WITHOUT OBLIGATION - PROFESSIONAL ADVICE
WE COVER ALL AREAS OF THIS DIRECTORY INCLUDING ROMFORD, HORNCHURCH, ILFORD, UPMINSTER, LOUGHTON ETC.
HORNCHURCH 01708 455 424
www.richardbullupholstery.co.uk



MAXIMISE YOUR HEALTH AT the Upminster Sanctuary
COMPLEMENTARY HEALING & TEACHING
LIVE LIFE TO THE FULL
Naturopathic Herbal Medicine
Kinesiology
Massage
Aromatherapy
Reflexology
Reflexology Lymphatic Drainage
Acupuncture
Bach Flower Remedies
Bowen Therapy
Chinese Herbal Medicine
Manual Lymphatic Drainage
Here To Help You Feel Amazing.
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, Cranham, 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: 07852 666858 or 07891 480807
Visit us online: www.dggardenworld.co.uk
Fencing | Turf | Artificial Grass | Topsoil | Patios & Decking | Color Gas



DIANEMATTHEWS 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 LLP
Solicitors
Your local family law specialists
Our experienced team of solicitors can help with any family query including:
Divorce
Separation
Children
Cohabitation
Prenuptial agreements
Civil partnerships
Upminster
54 Station Road
01708 229444
Hornchurch
40 North Street
01708 511000
Brentwood
1 Shenfield Road
01277 211755

resolution First for family law
Family Law Advanced
Upminster open early, late & Saturday
FREE Initial Family Consultation
Quote CP/Bulletin for offers
www.pinneytalfourd.co.uk



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!

Direct Car Services
Catering for up to eight passengers
Airports, Rail Transfers, Sporting Events & Theatre
For all your luxury travel needs
• Competitive rates on request • 24/7 service- fully insured
• General and account work undertaken
Tel: 07531 088777 or 07889 273756 www.directcarserviceshavering.co.uk



THE Curtain Track FITTING COMPANY
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@davidboneinteriors.com

Free estimates and home visits

Gary Foss

Building & Landscaping

City & Guilds approved with 20 years of experience

Home extensions and alterations
 Kitchen fitting and worktop replacement
 Driveways and patio's 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@ntlworld.com

G.B. Roofing

(Busypledge Ltd)

We do all roofing work:- Strip & Retile, Tiles replaced & Roofs repaired, Flat Roofs Stack Re-Point-Re-Build & Lead Flashing, Valleys PVC-U Fascia, Soffit & Guttering
 No Job Too Small or Too Large

We are a Family Firm with three decades of Roofing Experience At Your Service
 All Personal Estimates & Advice Are Free - All Work Guaranteed

Visit our website: www.gbroofing.co.uk
 Email: info@gbroofing.co.uk
 Telephone 01708 220610
 Fax 01708 859366





T.Jefferyes Decorating Services

All aspects of painting & decorating undertaken

Free Estimates
Call 01708 347190

ASSOCIATION DIARY

APRIL

6 Wednesday **Upminster Ward Meeting** at St Joseph's Social Centre at 8 pm. There will be a Police presentation on crime prevention.

14 Thursday **Cranham Ward Meeting AGM** at Cranham Community Centre, Marlborough Gardens at 7.15 pm

MAY

4 Wednesday **Upminster Ward Meeting** at St Joseph's Social Centre at 8 pm

12 Thursday **Cranham Ward Meeting** at Cranham Community Centre, Marlborough Gardens at 7.15 pm. All welcome.

ASSOCIATION COACH OUTING

Saturday 14th May
Cranham Social Committee
Coach Trip to Marlow

Leaving the Bell School Upminster, at 9 am after usual pick ups. Marlow is an ideal place to spend a leisurely day, walking along the Thames or browsing its historic streets where you will find an excellent mix of shops and plenty of choice for refreshments.

Seats can be booked with Mrs Pam Hedges from Monday 11th April (tel 01708 220236) between 7-9 pm please)



15 APRIL - 7 MAY
 A QUEEN'S THEATRE HORNCHURCH PRODUCTION



Brand new comedy

Written by and starring **Nichola McAuliffe**
 Directed by **Glen Walford**

01708 443333 queens-theatre.co.uk **TICKETS FROM £12.50**

  QueensTheatreH  

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 - DONT USE A SKIP




DAN THE MAN WITH A VAN
 TEL: 07842 628 560
 NO JOB TOO SMALL

CALL DAN TODAY TEL: 07842 628 560