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## UPMINSTER & CRANHAM RESIDENTS' ASSOCIATION

# Autumn Statement Leaves a Chill for Social Care

It is of real concern that the recent Autumn Statement offered no respite for local councils in meeting the escalating cost of social care. We have a growing elderly population who deserve dignified care and support, such as help getting dressed or getting out and about, which is crucial to their independence, wellbeing and quality of life. When forming budgets, we often have to balance the needs of the few against the wants of the many. But councils can only afford to provide decent social care services by cutting back on other areas, trying to generate additional income or reducing the standard of care – the latter being the least desirable option. The Chancellor said that social care is a problem for the next parliament, but the crisis is now and needs to be urgently addressed.

Cllr CLARENCE BARRETT

## Upminster Christmas Event



My colleagues Councillors Ron Ower and Linda Van den Hende and I would like to thank everyone who supported and attended in record numbers the Christmas Lights Switch On in Upminster.

Thanks also to Upminster (The Bell) School for hosting in their playground the free fairground rides for children, the various voluntary groups that had stalls the Friends of Upminster Windmill, Havering Museum, Retired Greyhounds and Crusader Medical First Aid. Also Havering Council Officers for their excellent assistance in setting up

the stalls and distributing gifts, sweets to the children. Bedrock Hospital Radio for their PA system and playing some nice festive music.

It was a huge pleasure that the Mayor attended to switch the lights on and thanks to Fete Lounge for letting us use their premises to host the mayor for a well welcome cup of hot tea. A huge crowd from the community attended and we hope to see you all again next year.

Cllr LINDA HAWTHORN

**Wishing you all a  
Happy New Year!**

## Parking Update

Further to the article in the December Bulletin where we gave out details of the areas that are subject to further proposals. We would urge you to get your comments off to the Council please.

Cllrs LINDA HAWTHORN, RON OWER,  
LINDA VAN DEN HENDE

## 346 Bus Route

Numerous complaints and concerns have been received about the 346 bus service since a new operator took over the route in October. Ourselves and the Council have been in constant contact with Transport for London (TfL) about the situation and they assure us that measures are being taken to improve the service - however we shall continue to monitor the situation. very closely.

Cllr CLARENCE BARRETT

## 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 our area. However, we desperately need volunteers in the Cranham area to help by delivering to 5 or 6 bundles to deliverers each month and for deliverers in general. If you can help, please call 01708 225472 or 07863 116029 for an informal chat.

Cllr CLARENCE BARRETT

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## National Grid

National Grid are in some of our roads doing essential works, which can mean that your driveway is blocked. If you are one of these people, please give your number to the grid team, this will allow you to park on yellow lines without getting a ticket - if you do receive a ticket just let the Council know and it will be withdrawn.

Cllr LINDA HAWTHORN

## Abigail's Column



I am always looking for local talent to give a shout out, so was delighted to find a young Upminster resident

new on the music scene. Singer/song writer Gretchin has a single out now on Spotify and iTunes called The Thread. Gretchin has been singing for many years and wrote her first song when she was only 7. The Thread is a brilliant song which

she said is about a rough time she went through a few years ago and about holding on until things got better. Gretchin wrote the song very quickly putting the chords together herself then worked with producer, Ed Cook, to create the song you can download today. I asked if living in Upminster had influenced her, she replied.

"Growing up somewhere with such quick access to Central London has definitely influenced my music. Being able to go to gigs and see live talent is always inspiring. Upminster is also full of young musicians which is really nice. We are quite lucky here that the schools are quite big on music and it's something that is really encouraged. So that has definitely helped me."

She loves the haunting and emotional music of Jeff Buckley and the modern artists Banks and NAO also get her air time. Her music certainly crosses many styles so is very appealing. Her goals are to keep writing and performing music and I was happy to hear she is working on more songs so we can look out for more from Gretchin soon. In the meantime enjoy The Thread on iTunes and Spotify.

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## Land adjacent to 82 Corbets Tey Road

I have received a number of enquiries regarding the piece of land adjacent to 82 Corbets Tey Road and the issue of vehicles parking there. Having made enquiries, I am informed that the land does not form part of the public highway and is owned by the Post Office. This applies to the two large trees next to this piece of land. This means that any parking on the site and any issues regarding the trees are a matter for the Post Office rather than the Council.

Cllr LINDA VAN DEN HENDE



that we have had a base for a tree in Cranham Village for a number of years, which was kindly donated by J.C.Coster (Metalworks) Ltd and was

delighted when they donated a base for a tree, to go up in Avon Road. The Council kindly provided the planter in Avon Road for the tree and my husband and I decorated the trees. A big thank you to all.

Cllr GILLIAN FORD

## ICT Support in Libraries

If you need help in accessing the internet, help is available at certain times in Upminster Library. Times are Thursdays between 10.30 and 12.30 with additional support available on the first Thursday in any month with Techy Teas. Booking for this assistance is essential. 01708

*continued on page 3*

## Cranham Village Trees

Christmas has been and gone for another year, there are however a number of people to thank. The Residents Association have once again funded the Christmas Tree in Cranham Village and a tree for Avon Road. You will also be aware

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434933. This help can be tailored to your needs and can help you access the council and other services with confidence.

CLlr LINDA VAN DEN HENDE

## Thank you!

Our first quiz night held on 10th October was a great success - many thanks to everyone who attended. We would also like to thank the Crumpled Horn for hosting the event and Stubbers, Cranham Tandoori and The Golden Crane for donating raffle prizes. We plan to have another quiz in the New Year - hope you can support us. Our next meeting date is Thursday 26 January 2017, 7.15pm at Cranham Community Centre.

Friends of Upminster Mini Golf

## Greenfingers Gardening Club

We are a small friendly club who meet on the 1st Monday of the month - unless a Bank Holiday in which case we meet on the following Monday (no meeting in Jan or Aug). We begin at 7.30pm

in the Cranham Community Centre in Marlborough Gardens - why not come along and join us? We next meet on 6th Feb 2017 and always have a pleasant evening with speakers on horticultural subjects, a raffle and outings. You will be assured of a very warm welcome and, for further info, please phone Sheila on 01708 228752.

## Wesley Players

It's Panto time once again! Join us for a fantastically funny, wonderfully wicked and ridiculously romantic pantomime for the whole family! Snow White and the Seven Dwarfs. Prices: £7 for Adults, £5.50 for Concessions and £3.50 for Children (under 16). As usual, Senior Citizens are admitted free to the Thursday & Friday evening shows. Tickets will be available on the door or may be booked in advance via the Box Office (text or phone) 07708 214742 or email tickets@wesley-players.co.uk. Performances: Thursday 26th and Friday, 27th January at 8pm and

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## Blaze of Upminster Majorettes



Congratulations to the members of the Blaze of Upminster Majorettes for their latest success at the recent competition. They all qualified to compete at the national competitions in March 2017 with 8 qualifying in individual categories and 2 groups also qualified. In total they won: 4 1st Place trophies, 9 2nd Place trophies and 10 3rd place

trophies. For more information, contact Blazeofupminster@hotmail.com or go to one of the training sessions at Engayne School Every Thursday evening from 6.30pm.

## Pilates Beginner Courses

Pilates short courses in Upminster & Cranham starting January 2017. Build core strength and stability whilst improving the mobility of your spine. With a maximum of just six participants to a class, individual corrections are given in order to learn the technique with accuracy and precision for optimal results. At the end of this course you can join one of our regular Pilates classes Tuesday to Friday mornings or Monday to Thursday evenings. Also available: Post Natal Pilates, Men Only classes, Gentle Pilates for Seniors. Coming soon: Pilates for Breast Cancer. For further info or to book, please visit [www.upminstersportsmassage.co.uk](http://www.upminstersportsmassage.co.uk) or call Charlene on 07411 826721, or email [upminstersportsmassage@gmail.com](mailto:upminstersportsmassage@gmail.com)

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## U.C.R.A Coach Outings

The members of the Upminster and Cranham residents Association Social Committee (coach outings) would like to wish all their patrons a peaceful New Year.

We are very grateful for your ongoing support.

UCRA Coach Outing Committee anticipate the following trips for 2017: Henley-on-Thames, Eastbourne, St. Albans, Windsor, Southwold and Clacton-on-Sea. Dates to be advised as soon as possible.

Regrettably, an increase in cost will be necessary therefore the price per ticket for 2017 will be £15.00.

## A12/M25 Junction Improvements

The source of dreadful congestion and delays for many years, Highways England are proposing changes to the interchange at junction 28 of the M25 with the A12 (Brook Street Roundabout).

The proposal seeks to reduce traffic using the Brook Street Roundabout by creating a dedicated slip road to take cars travelling northbound on the M25 and heading east into Essex. The work, expected to cost somewhere between £60m and £80m, is not expected to start until April 2020 by which time the hugely disruptive works on the A13 and the Ardleigh Green Bridge (A127) should be long completed. A full consultation on the proposed route will be undertaken later in 2017.

Cllr CLARENCE BARRETT

## Parking Enforcement



One of the busiest areas we receive as councillors are from residents stating they have been unfairly issued a "Penalty Charge Notice" by the

Council. We pointed out in *The Bulletin* several years ago the

high number of tickets issued in Corbets Tey Road many residents felt we were being unfairly treated by the CCTV car and it was not doing our shopping centre any favours. Please note the following note from the Council regarding the amendment to CCTV legislation. "Though there was an amendment to CCTV legislation in April 2015 which stemmed what contraventions could be issued via CCTV. However, within those changes it continues to permit authorities to use the mobile CCTV enforcement vehicles for the issuance of PCN's to specific contraventions, one of which is those vehicles parked in a bus stop or bus stop clearway. PCN's issued via the mobile CCTV vehicle continue to be issued via the post and will therefore not have a visible PCN attached to the windscreen of the vehicle."

Cllr RON OWER

## Essex Adventure Race

Stubbers Adventure Centre is delighted to announce the 6th year of the "Mud N Madness"

event to take place on Saturday 4th February 2017 at Stubbers Adventure Centre in Upminster. The event is designed with both family fun and physical challenge in mind including kayaking, Archery, Super Hero Sumos and Space Hoppers! Not forgetting the legendary Mud Alley. Whether taking part as an individual or a team, Mud N Madness is sure to get the adrenalin pumping whilst raising some cash for St Francis Hospice and Cancer Research. All 'adult' entrants must be a minimum of 16yrs on the day of the race. Junior racers must be aged between 11-15 as of 4th February 2017 to take part. Call 01708 224753 or email [info@stubbers.co.uk](mailto:info@stubbers.co.uk) for further details.

## Missed Bin Collections

Following a number of delayed waste collections to households, the Council website will now advise where a collection is overdue, usually to the following day. This will help to make it clear when to take bags back in and to

*continued on page 7*

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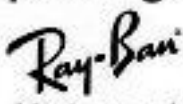

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be put out again the next day. Delayed collections are sometimes down to operational difficulties, but refuse vehicles being blocked from entering roads by poorly parked vehicles is often the other main reason. The names of the roads where collections haven't been collected by 5pm (as advised by the collection contractor) and will be picked up the next day, will feature on the 'missed rubbish collection' page at [haverling.gov.uk](http://haverling.gov.uk). Where a normal collection round has been undertaken but your bags have been missed, please continue to report it as normal.

Clr CLARENCE BARRETT

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Contact Valerie@amstramgram.co.uk or 01708 221487. Visit our website [www.amstramgram.co.uk](http://www.amstramgram.co.uk). New term starts from 9th January.

## Shirley Ward Tours

**May 2017, Thu 4th:** New Comedy Musical "The Girls", by Gary Barlow + Tim Firth. Based on Calendar Girls Story: Front D/Circle Seats: Coach Departs 10.30 am. for free time in London Pre Matinee Show, Inc. Coach £65  
**May 2017, Wed 24th:** Stepping Out; Comedy. Group of

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## Gemma Smith

Readers might not be familiar with the name, but any who have attended the events at the Old Chapel in St. Marys Lane it was Gemma who organised them. When the Chapel was restored, Gemma took up the post to promote and advertise the building, starting from scratch,

she has done a fantastic job, the post was on a temporary basis, Gemma needed a permanent job. However, the post was on a temporary basis and Gemma needed a permanent post in London, but at the same time saddened that she was leaving us. The chapel owes her a big debt, for all her hard work and we wish her the very best of luck. I am pleased to say that she has agreed to keep in touch with us. The building is a fantastic asset to our community.

Clr LINDA HAWTHORN

## Heartfelt Yoga

New Yoga & Meditation Classes and courses offered from January 2017  
Beginner Yoga course - a 10-week introduction to Hatha yoga. Tue evening 6.30 - 7.30pm at The Old Chapel, Upminster. The course will cost £60, all equipment provided.  
All Levels Yoga - Hatha yoga suitable for all levels at Garden Studio, Upminster. New! daytime class - Mon 10am- 11.15am - 4-week block booking for classes - £40 (small class). Evening class - Tue 8 - 9.30pm - turn up and pay £8 or block book 6 weeks £40.

*continued on page 9*

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## Wingletye Railway Bridge

Following my article in last month's *Bulletin* we have received numerous suggestions and will be compiling a report for the Council and the railway operator with our suggestions for a solution to the ongoing problem in the near future. We will have a special report next month and will keep you informed.

Laurance Garrard

## Please Slow Down

We are appealing to drivers using Wingletye Lane to slow down as we are seeing too many incidents caused by speeding motorists especially following the road works on the A127 rendering our area into more of a cut through than usual – we may be suggesting to the Council the possible provision of traffic calming measures to improve the safety for our residents on this busy road.

John Stone

## Lands End to John O'Groats



began his challenge in September

A firefighter from Hornchurch has raised more than £4,500 for Haven House Children's Hospice cycling over 971 miles from Lands End to John O'Groats. Dave Cappeart

and cycled with a group of London firefighters as part of his challenge. Charlotte Terry, Head of Community Engagement at Haven House, said: "We are so grateful to Dave for raising an incredible amount for our hospice. "Cycling from Lands End to John O'Groats is a challenge that requires a huge amount of training and motivation. Find out how you can take part in one of our challenge events by

visiting our website at [www.havenhouse.org.uk/challenge](http://www.havenhouse.org.uk/challenge)

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*continued on page 11*

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Demand is expected to be high and numbers will be limited so please register as soon as possible by either calling Darren Parker the club professional on 01708 346466 or email [darren@maylandsgolf.com](mailto:darren@maylandsgolf.com)

David Godwin

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*continued on page 13*

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struggle with accessibility and parking in these bays when not eligible is extremely selfish. But with fines averaging just £45, if caught, the deterrent value is quite weak. While supermarkets such as Tesco are introducing new initiatives to tackle the problem, for example equipping staff with smartphone apps to record evidence and issue fines, a stronger emphasis is needed. However, if the fine was increased and penalty points applied to the offender it would drive home the message in a much stronger fashion that disabled bays are for those who need it, not those who are too lazy to park elsewhere.

Cllr CLARENCE BARRETT

## The Blissful Yoga Tree

Weekly Yoga classes using a gentle form of flowing yoga (DRU) are now being offered at: Thames Chase, Upminster on Mondays 12.15-1.45pm Emerson Park Hall, Slewins Lane on Wednesdays 8.15-9.45pm Collier Row Chiropody Clinic, Collier Row Lane on Wednesday,

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## Windmill Quiz Night



May I please inform readers that the annual Quiz Night, in aid of our Windmill will take place on Saturday 18th Feb at the Main Hall, St

Laurence Church, 7.00pm for 7.30pm. Cost is £6, bring your own food and drink - Stephen and Gillian Roome will be our quiz masters as before. This is always a popular event, so please phone or e-mail me (see p22 for contact details) to reserve your space.

Cllr LINDA HAWTHORN

## Queen's Theatre

This year the pantomime is Cinderella - oh yes it is! Playing until the 14th January this festive extravaganza is packed with

spectacular sets and costumes, slapstick and silliness with lots of audience participation! And it's overflowing with live music - the best ever chart-toppers from Adele to Elvis! Alongside the regular Signed and Audio-described Performances, the Theatre is further widening accessibility provision with the introduction of two specially adapted shows - a Relaxed Performance for audiences with Autism Spectrum Disorder and a Dementia-Friendly Performance. More details are available at [queens-theatre.co.uk](http://queens-theatre.co.uk).

The new season opens with Arthur Millers's blistering classic American drama The Crucible. This features Charlie Condou (Coronation Street) and Victoria Yeates (Call the Midwife) and will be going on to a UK tour. The season of in-house productions continues with the brand-new box office smash comedy Worst Wedding Ever, followed by a major new revival of Willy Russell's classic Educating Rita.

For more information about the forthcoming season at the Queen's Theatre Hornchurch call the Box Office on 01708 443333 or visit [queens-theatre.co.uk](http://queens-theatre.co.uk).

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## Thames Chase

Happy New Year from the trustees, staff and volunteers as we move into a very busy period for the Forest. 2017 will see the start of a number of fresh projects to enhance the environment throughout the 40 sq. miles of the Forest. You can watch our progress, and maybe get involved, by visiting our website [www.thameschase.org.uk](http://www.thameschase.org.uk)

Fri 13th Jan - our monthly scrumptious cream tea with live music at the Forest Centre from 2.30-4.30pm. Cost £9 per person. Booking essential.

Sun 15th Jan - Sunday Market of goodies and crafts at the Forest Centre. 10am-3pm

Sun 22nd Jan 2.30- 4.30pm - Sunday afternoon concert of melodic and rhythmic music at the Forest Centre with the Tim Huskisson duo. Tickets: Adults £10, youngsters 14-18yrs £5. Booking essential.

Fri 27th Jan 10am - join a 5-mile circular guided walk exploring Harold Court Wood and Pages Wood. The walk will include the commemorative stone that honours the victory of local campaigners over Essex County Council who wanted to fence

Tyler's Common. Meet at the car park in Nags Head Lane.

## Photograph Exhibition

Upminster Camera Club will be exhibiting their photographs at the Havering Museum from the 7th January - 25th March 2017. The deputy mayor will open the exhibition at 1.30pm on 7th January.

There will be 40 prints from the three ability levels of the club and a continuous projection of several hundred digital images on a large screen. The exhibition showcases the work of the Club and aims to raise awareness of the club and encourage new members.

Tel: 01708 766571 Web: [www.haveringmuseum.org.uk](http://www.haveringmuseum.org.uk)  
Open Wednesday - Saturday 11am - 5pm

Usual Admission Prices Apply. Last Admission to Galleries at 4pm, and Shop at 4.30pm.

## Ceremony of Carols

On Saturday 14th January 2017 at 4:30pm, the Girls' Choir of

*continued on page 17*

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## Saturday Talks Club

What did the Victorians do for Us? The speaker is Ian Bevan on Saturday January 14th at 2.15pm. Doors open 1.45pm at Roope Hall, United Reform Church, Station Road, Upminster. Cost £4 including tea and biscuits. Contact Mrs Blake on 01708 227512 or Mrs Bland on 01689 858701 for further information.

## Hornchurch FC

Our local team Hornchurch FC are home this month on Saturday 7th to Waltham Abbey, Saturday 21st to Tilbury and on the 4th February, a local derby

they host Romford. Kick offs at 3pm at the Bridge Stadium, Bridge Avenue. Go along and enjoy some great football...

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## LOCAL FUTURE EVENTS JANUARY

- 6 Friday - **Coffee & Conversation** morning re-opens at 10.30 - 12.30 pm at Cranham Social Hall, 103 Front Lane, RM14 1XL. Entrance £2, this includes refreshment and as much cake as you want!
- 7 Saturday - **The Havering Branch of the East of London Family History Society** hold meetings first Saturday of every month at Trinity Church, Station Road, Upminster RM14 2SJ doors open at 1pm meeting starts at 2pm. This month the talk is 'Hope of My Eyes' (large funerary mausoleums for children) with Matt Pridham. The Internet & Technology Group meets at the same venue 11am - 1pm, where a Q&A session is followed by 'Victorian Medical Record Online' with Matt Pridham. Teas and coffees can be purchased. Members and visitors welcome to either or both.
- 9 Monday - **Essex Wildlife Trust Havering Group** have an illustrated talk by Lindsey Jones from "the friends of West Ham Park" on her recordings of the wildlife of **West Ham Park**. Meetings are held on the 1st floor meeting room in Hornchurch Library at 8 pm to 9.45 pm. Donation of £2.50 to help cover hall hire, includes tea, coffee and biscuits. For more information please contact Joy Emerson on 01708 440297.
- 10 Tuesday **NADFAS Havering** welcome Ms Vivienne Lawes with a talk on 'Shabby Chic - Juxtaposing works of art from Antiquity to the Present Day'. Lecture at 10.45 am. Visitors welcome at £8. Meetings held at The New Windmill Hall, St. Mary's Lane, Upminster, RM14 2QH. Further details of forthcoming lectures, speakers and visits can be found at www.haveringdfas.org.uk
- 10 Tuesday - **Upminster & District Horticultural Society** are holding their AGM followed by Guest Speaker Nigel Oxley on **Langtons Gardens: History and Restoration**. We meet at 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 for a fee of £2.00.
- 10 Tuesday - **50+ Exercise and Fitness Class** 1.30-3pm Cranham Social Centre, Front Lane RM14 1XL. Friendly group/tea, social break/work to your own ability, 1st class FREE. phone Christine 01277 211050 or email chrisbannister104@btinternet.com.
- 13 Friday - **RSPB Havering Local Group - The RSPB's Natural Secrets** by Peter Holden will present an illustrated talk. All meetings are held on the second Friday of the month in the upstairs meeting room at Hornchurch Library, Doors open 7.30 pm meeting commences at 7.45 pm. Admission £3.00 per person.
- 16 Monday - **'Christianity Explored'** Course This is a great opportunity to explore the Christian Faith - there's video clips, discussion groups, great coffee & cakes! Ask anything - no question is too simple or too hostile. Starts 16 January, 7.45, for 8 Monday evenings, in Gaynes School, RM14 3UX. Info and bookings: 01708 251265.
- 17 Tuesday - **Cranham Engayne W.I.** welcomes new members and visitors. Meetings held on the 3rd Tuesday of each month at 2 pm until 4 pm at the Cranham Community Centre, Marlborough Gardens, Cranham.
- 18 Tuesday - **50+ Exercise and Fitness Class** 2-3.30pm St Laurence Church Hall, Upminster, RM14 2AJ. Friendly group/tea, social break/work to your own ability, 1st class FREE. phone Christine 01277 211050 or email chrisbannister104@btinternet.com
- 19 Thursday - **Upminster Wine & Social Club**. We are a fun group with an interest in wine appreciation and enjoying many social events. We hold meetings every

continued on page 19

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- third Thursday of the month with a variety of speakers and a wine tasting. Meetings are held at Cranham Social Hall, Front Lane, Cranham; start 8 pm. For more information contact Maureen Jasper on 01708 223956, or simply come along on the night.
- 20 Friday - **Haverling Antique and Collectors Club** meet at the Neighbourhood Centre, Gubbins Lane, Harold Wood. Guest Speaker Paul Atterbury on 'The Great Exhibition'. 7.30 pm for 8 pm start. For further details please call our Chairman Mrs Chris Lovett 07947 367258. Guests £7.00.
- 21 Saturday - **Unwinding With Gentle Yoga, Relaxation And Meditation** 10.00am-12.30pm Cranham Community Centre (Marlborough Gardens), Hall. Practices include: Breathing techniques for both relaxing and energising. Meditation for relief from everyday pressures and worries. Cost is £8 per person. Book both workshops for £12 (2nd on 18 Feb). Please contact JILL LUFF BWY Dip 01708 641718 / 07930 825383 (mob) to reserve your place [pirie.ianandjill@btopenworld.com](mailto:pirie.ianandjill@btopenworld.com)
- 25 Wednesday - **Upminster Townswomen's Guild** meet at 1.45 pm in Derham Hall, St Lawrence's Church, Upminster. For more details phone Deborah Pryor on 01708 226127 or Ann Monk on 01708 226305.
- 28 RSPB Haverling Local Group Coach Outing - **SWT Lackford Lakes NR, Suffolk.** This reserve has a mixture of lake and woodland trails and should hold a good number of winter wildfowl and passerines. It has nine hides around the nature trail and the visitor centre has stunning views across the nature reserve from an upstairs gallery. At the centre they sell hot drinks and cake and have toilet facilities. For more information or to book a seat call Mike Hughes 01708 250585 or email:

[mich@el-hughes.wanadoo.co.uk](mailto:mich@el-hughes.wanadoo.co.uk)

**Seats cost £18.00 each: Last Booking date: 20 January 2017.**

- 30 Monday - **Breathe Easy - Haverling** In aid of British Lung Foundation, have guest speakers each month and meet at St Andrews Church, Hornchurch, Donation of £2. For further information please ring Joyce 01708 226696 or Elaine 01708 509127. A support group for people with COPD, Asthma or Other Breathing Difficulties.
- 30 Monday - **Romford Historical Society** meet at myplace, 343 Dagnam Park Drive, Harold Hill, Romford, RM3 9EN. Access is from 7.30 pm and the meeting commences at 8 pm. This month we have a Speaker Eleanor Bloom with a talk on "History of Old Time Music Hall".

### FEBRUARY 2017

- 4 Saturday - **The Haverling Branch of the East of London Family History Society** Saturday of every month at Trinity Church, Station Road, Upminster RM14 2SJ doors open at 1pm meeting starts at 2pm. This month the talk is 'My life in the RAF, in the North Pacific in WW11' with Bernard Smith. The Internet & Technology Group meets at the same venue 11am - 1pm. Teas and coffees can be purchased. Members and visitors welcome to either or both.
- 7 Tuesday - **Oglethorpe Women's Institute** have a Speaker from the National Trust talking about Rainham Hall. Our meetings are held at Cranham Social Hall, 103 Front Lane, RM14 1XL at 7.45 pm. Visitors are welcome.
- 8 Wednesday - **Harold Wood Evening W.I.** held at the War Memorial Hall in Gubbins Lane 7.30 for 7.45 pm start. Visitors are welcome entrance is £2.50, which includes refreshments. For more details please ring Marion on 01708 349038.

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## Oasis Trip

On behalf of the Oasis Members, I would like to thank the Upminster and Cranham Residents' Association for the generous gift which enabled us to have a great day out in Southend. We enjoyed a relaxing coach journey from Cranham Baptist Church and were taken right to our destination - SeaLife Adventure. It was originally planned to go on the pier train but this has been under repair for some time. On arrival at SeaLife, we had light refreshments before looking at the fascinating sea life. The

SeaLife staff were extremely friendly and helpful. Some of us enjoyed learning about the turtles (large terrapins) who were lively due to it being mating season! We had the opportunity to stroke a starfish and rays. Of course, no trip to Southend would be complete without Fish and Chips followed by a Rossi ice-cream! Daisy, Oasis - A disability-friendly group, Cranham Baptist Church Note: Thanks to our readers who have helped us to make many donations to local groups and good causes, the trip above being a good and well deserved example. If we can help your group or

support a local good cause, please get in touch with any of your councilors. Thanks again, Cllr Clarence Barrett, 07863 116029.

## Health information



If you are interested in looking at health information for Upminster and the rest of Havering, there is a new section on the council's website where you

can check out a range of data. This will show how Upminster compares to other wards in the borough and nationally. I would encourage residents to take a look as it may encourage health awareness and focus on ensuring we all do what we can to remain active and healthy.

<http://www.haveringdata.net/jsna/>

Cllr LINDA VAN DEN HENDE

clips, discussion groups, great coffee & cakes! Listen, learn, discuss and discover. Ask anything - no question is too simple or too hostile. Starts 16 January, 7.45, for 8 Monday evenings, in Gaynes School, RM14 3UX. Info and bookings: 01708 251265. Paul Thompson, King's Church, Upminster. [www.kcu.org.uk](http://www.kcu.org.uk)

## Speeding update

The police were out with their speed gun in December at the junction of Foxhall Road and Corbets Tey and in the space of an hour checked 183 cars, 11 were stopped and warned about their speed. On the same day, a further check was done for an hour at the junction of The Fairway and Hall Lane where 80 cars were checked and 5 stopped and warned. This is a reduction in overall numbers but still too many. The police will continue with random checks in the two wards.

Cllr LINDA VAN DEN HENDE

## Congratulations

Coopers Coborn School have received the accolade of the 'Top Sporting State School'. This is a national award and comes as a result of the many achievements of the students in reaching 23 national finals, including the Boys U16 gymnastics trio team and Boys U17 biathlon team becoming National Champions. National

*continued on page 22*

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finals were achieved in athletics, badminton, biathlon, cross country, gymnastics, swimming and trampolining. The school also represented England in the World Schools Education Games. Congratulations to all the students, staff and the families who support them.

Cllr LINDA VAN DEN HENDE

*As we go to press we have learnt with great sadness the passing of Friends of Upminster Park chairman Janet Davies, further details will be in the next Bulletin.*

## DIARY

### HAPPY NEW YEAR!

PLEASE NOTE THERE ARE NO WARD MEETINGS IN JANUARY.

### FEBRUARY

1 Wednesday - **Upminster Ward Meeting** at St Joseph's Social Centre at 7.30pm.

9 Thursday - **Cranham Ward Meeting** at Cranham Community Centre, Marlborough Gardens at 7.15pm.

15 Wednesday - **Upminster & Cranham Residents' Association AGM** at St Joseph's Social Club Hall at 7.30pm.

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