

TASTY BITES
UPMINSTER'S FIRST INDIAN, INDO-CHINESE
AND VEGETARIAN TAKE AWAY

EXPERIENCE THE DIFFERENCE

Tel: 01708 221188
Fax or tel: 01708 222277
90 Corbets Tey Road, Uppminster, Essex



ALWAYS AVAILABLE -
NOT JUST AT ELECTION TIMES

PC & Laptop Repairs

Windows 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

Green Belt Update

Readers may recall our *Bulletin* item last year on the Council's obligation to produce a borough wide planning strategy, known as a Havering 'Local Plan'. As part of that plan, the Council is legally obliged to invite and consider applications from any interested parties to take land out of the Green Belt, of which 69 expressions of interest were received borough wide. Just to note that these applications are made by external parties, usually developers, and not by the Council nor do they carry any kind of endorsement from the Council. In terms of decision making, it will eventually be up to the Council to determine the outcomes. However, protecting our Green Belt is a big priority for the Residents' Association and, as we have shown in the past, we are determined to safeguard our Green Belt from unwanted development. The initial consultation for the Havering 'Local Plan' took place in Spring 2015 and a draft Local Plan will be available for public consultation this Autumn. Adoption of the Local Plan is due in the Spring of 2017. We will, of course, keep you updated through the *Bulletin* and on our website (ucra.co.uk).

Your Uppminster & Cranham Councillors

Cranham Ward Meeting



The 2016/2017 Cranham Ward meeting timetable is in full swing. We have already had Havering Council's Highways Team come and present on the introduction of Public Space Protection Orders and Tapestry who relayed their history and services they now provide. On 8th September, we have Havering Council's Waste and Recycling team joining us. On 13th October either the 248 Bus Company or Police Protection team will be speaking, with an informal meeting on 8th December. We meet at the Cranham Community Centre, Room 5 at 7.15-8.30pm. It is an opportunity to raise questions with your three Cranham Ward Councillors, speakers and hear updates on activities affecting the Cranham Ward and the borough in general. For further enquiries please contact 01708 641317.

Cllr GILLIAN FORD

You are Invited



Readers will be interested to know that the London Open House Weekend will be held the 17th/18th Sept, and the usual places of interest are open in Havering. Many of you passing Parklands at the end of Corbets Tey Road will have seen the magnificent bridge has been restored. To celebrate the refurbishment of the 18th century bridge, the Friends of Parklands will be present on the Sunday 18th, from 2.00pm to 4.00pm, when you can learn more of the history of the bridge, how the restoration went, and about the Friends of Parklands. Why not bring a picnic and enjoy the most natural

park in Uppminster, in its quiet setting. It's home to many different types of birds, insects and wild flowers, which you might be lucky to see.

Cllr LINDA HAWTHORN

Uppminster Parking Update

Further to our article in last month's *Bulletin*. We met up with Council officers last month and looked in detail at the results of the questionnaires /emails etc that were sent to the Council on their parking consultation for Uppminster Ward (ie roads south of the Station). Over a thousand replies were received. It was evident that there was very little support for residents' /visitors' permits south of St.Mary's Lane. Several petitions were also received specifically pointing out that they did not wish to have residents/visitors Permits. Therefore any proposals for these have been rejected. However, a number of residents indicated that they wished to be included in the Uppminster Controlled Parking Zone where there are parking restrictions. There were also a number of requests for different time restrictions from residents in the current controlled parking zone.

Officers will be looking at these in detail and come back with proposals for residents in the requested roads to look at.

In the areas north of St.Mary's Lane, where there was a clear majority support for residents/visitors permits, Council Officers will again be coming back for further consultation with their proposals. We will be keeping in close contact with Council officers.

We will keep you informed on this very important issue.

Cllrs LINDA HAWTHORN, LINDA VAN DEN HENDE, RON OWER

Haines Watts
Financial advisers

We help business owners
ACHIEVE THEIR PERSONAL GOALS

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

Call or visit us to contact Haines Watts, your local award winning advisers.

Haines Watts Financial Services, Cranham, Essex, 25A Widdoway Lane, Ipswich, Suffolk, IP4 1AT
01708 475270 haineswatts@haineswatts.co.uk
www.haineswatts.co.uk

WINDSOR PROPERTY
Extension Specialists Est. 25 Years
Family Business

NICEIC
APPROVED CONTRACTOR

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

FOR YOUR FREE ESTIMATE PLEASE CONTACT

PHONE: 01708 455755 MOBILE: 07958 787 297

E-mail: wpm321@msn.com

safe
REGISTER
1022391

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 PARTNERS) LTD
28 MOOR LANE, CRANHAM

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

Please Call 01708 229292

James Oglethorpe Primary

We are delighted that as from September 2016 we are now a two form entry school and all pupils will be taught in single year groups. We had successfully taught split year groups for many years and are rated 'good' by Ofsted. The part of the building previously occupied by the Pupil Referral Unit will provide the additional classrooms needed, enabling us to continue to deliver high quality education together with various after school activities and a Breakfast Club.

Even with the increase in pupil numbers, the expanse of our school site (including large school field) means that we will maintain our community child friendly size school with no major building works required and no loss of outside space.

We welcome enquiries from parents who would like their child to experience primary education in a supportive and nurturing

environment in a school with plenty of space located on the edge of the countryside - please contact The James Oglethorpe Primary School 01708 225202.

Lunchtime Recitals

Thursday Lunchtime Recitals at St Laurence Church, Corbets Tey Road, Upminster 1.05pm- 1.50pm. Free admission - retiring collection.

- Sep 8th Edward Tambling, organ
- Sep 15th Tiffany Hore, flute
- Sep 22nd Fraser Gartshore, jazz organ
- Sep 29th Felicity Hayward, soprano.

Rubbish sacks

I have been asked why rubbish sacks placed on top of hedges, walls etc are not collected. This is a health and safety rule, as the workmen collecting the sacks have to be careful how they pick them up - on average they collect approx. 2000 each per collection. When a sack is picked up from

the ground, it can be done gradually, and the weight assessed - if the sack is picked from a height, then the weight can not be assessed and, if heavy, can cause problems. It's unfortunate that in our semi-rural location foxes, squirrels etc can tear the sacks apart, but there are repellent products which can be put around the sacks to deter them

Cllr LINDA HAWTHORN

St Francis Hospice

If there are any local residents with a bit of spare time on their hands why not come along and volunteer for our lovely shop in Hornchurch. We desperately need "drivers' mates" one or two days a week, you must be over 18 and able to lift and carry. Please contact Sue on 01708 450990.

Wedding Bells

Wedding Bells will be ringing in the Upminster police office

during August and September!!! Our Dedicated Ward Officer, PC Sarah Morris is getting married in August and PCSO Julie Wade in September. Both of them do a great deal for our ward, attend our ward meetings, undertake speed checks and are frequently around in the Town Centre. We wish them both a great day.

Cllr LINDA VAN DEN HENDE

BSA Bikers

The Upminster Tithe Barn Museum of Nostalgia, Hall Lane, Upminster will welcome the BSA Owners Club, East London Branch, on Sunday 4 September between 11am and 2pm. The bike owners will be on hand to talk about their classic bikes. All bike owners are welcome.

Police Update

Over the past two months residential burglaries have stayed at an average of four per month, but there has been a steep increase in non-residential burglaries, i.e. sheds. There is no

continued on page 3

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, Turling & Docking.

All work solely undertaken by

*** Greg Oldham ***

Tel: 01708 251 004 / 01621 860 529

Mobile 07812 131 772

greg.oldhamgreg@yahoo.co.uk



PLUMBING & HEATING

Rugg & Son ENGINEERS

FAST, RELIABLE, FRIENDLY SERVICE

Tel: 01708 229857 Mobile: 07415 096551 / 07860 801377

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

iphe
REGISTERED PLUMBER

safe
ELECTRICITY

BRICK PAVING BY PETER JONES

www.brickpavingbypeterjones.co.uk

Tel: Office:
01708 780000

Tel: Home:
01708 733088



Natural Stone Paving

ADVANCED M P
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
ps.adv-mpplumbing.co.uk

safe

FLEET ELECTRICAL & HEATING SERVICES

National Inspection Council for
Electrical Installation Contracting

NICEIC
APPROVED CONTRACTOR

Full / Part Rewires - Extra Plugs
TEST CERTIFICATES PROVIDED

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

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



pattern to the burglaries and they are taking place normally during the day across a number of areas. Front doors which have not been locked

are frequently the method of entry and it is small items such as cash, iPads and jewellery which are taken. Remember to keep sheds and outbuildings securely locked. Motor vehicle crime has also increased with a number of number plates stolen as well as a small number of cars from front driveways. Never leave items on show in a car as that will attract thieves and remember to check you have locked the car.

Electronic fobs sometimes fail and leave the vehicle vulnerable, always check it's locked. Generally, Upminster is a safe area, but we all need to ensure doors, windows and cars are locked, especially when the house is empty. The speed gun has been away for its annual recalibration test but is now back and being used. Use the 101 number for reporting crimes that

have taken place but always 999 if a crime is in progress.

Cllr LINDA VAN DEN HENDE

Abigail's Column



Bell Smell!

Bell Corner is the busiest place in Upminster but for years now it has had a nasty smell

hanging over it. Why in all this time has the problem not been solved?

It appears to come mainly from the area near the traffic lights near Aldi and Pizza Express coming up from the ground. Maybe a drain or more likely guessing by the type of smell a sewage problem.

This part of Bell Corner is constantly busy with school children on their way to and from the three surrounding schools. Watch them hold their noses. It is used by many shoppers who I am sure have noticed.

The smell is a bad advert for Upminster but my worry is if

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

there are any health issues. Breathing in the fumes can't be good for us. If anyone knows anything about this, please let me know. Let's stop the smell.

Cranham Ward Panel

Cranham ward is a neighbourhood within Havering encompassing the roads to the North of the C2C Railway line in Upminster up to the A127 and includes the Dury Falls Estate. Each ward has a dedicated Safer Neighbourhoods team. Each ward has a Police Ward Panel made up of members of the community who live or work within that ward and have a desire to improve the life of the community. This panel meets regularly to discuss the concerns facing the local community around crime and anti-social behaviour, and sets the priorities the local police team will tackle. They also get involved in working with the police team and local partner agencies including the council, to find lasting solutions to these priorities. We are looking for new panel members including young people at Secondary School. If you would be interested

in being considered for this panel, please forward your details to the Ward panel via email to: cranhamwardpanel@gmail.com or by post to: Cranham Safer neighbourhood team, Hornchurch Police Station, 74 Station Lane, South Hornchurch, RM12 6NA.

New Members Welcome

Upminster Conservation Partnership was formed many years ago, as a follow up to the Central Upminster Regeneration Partnership (whose aim was to encourage to fill any vacant shops in the Upminster Town Centre) by a group of local businesses and representatives from local organisations with the aim of improving the Upminster Town Centre. We are looking for more members. Places are limited to make the committee more manageable - if you are interested please let me know, and I can supply further details. Please write to me at 34, Cedar Gardens, RM14 3DL or email me at lindahawthorn@hotmail.co.uk

Cllr LINDA HAWTHORN
Secretary of UCP

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.gagan@sky.com

GOVANI CHEMIST

Molend Limited

Established in Upminster since 1973

Confidential Pharmaceutical dispensing service
by: Jiguel, Shamin & Faye Govani, Pharmacy

64 Station Road, Upminster
01708 224044

57 Front Lane, Cranham
01708 224013

Free local collection and delivery of prescription services available upon request from our local policies

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

Horsham | Brighton | London | Reading | Bristol | Bath | Exeter | Plymouth | Bournemouth | Southampton | Portsmouth | Ipswich | Norwich | London | London | London | London | London | London | London | London | London | London



30 YEARS EXPERTISE

**Windows • Doors • Conservatories
Fascia & Guttering • Flat Roofs**



'Your Local Home Improvements Specialists'

We are Trading Standards Approved



For your FREE QUOTE CALL

01708 463 526

www.conceptwindows.co.uk

**EVERYTHING ON DISPLAY
AT YOUR LOCAL SHOWROOM**

Concept Home
100-102 The Esplanade, Southend-on-Sea
Essex, SSO 1 1L

FREE CUSTOMER PARKING



RICKY ARCHER Roofing Contractor

Established 1987



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

For free advice or a no obligation estimate contact Ricky on:

Upminster 01708 226512 Mobile 07710327651

Email: ricky-archer@ntlworld.com

M Bray

painting and decorating

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

Tel: 01708 223608 / 07983 486655

e-mail: mathew.bray@sky.com

TAYLOR ELECTRICAL INSTALLATIONS LTD

- FREE ESTIMATES
- FAST RELIABLE SERVICE
- REWIRES - RETAKES - MAINTENANCE
- ADDITIONAL LIGHTING & POWER
- HIRE RIGS - LIFT BOARDS - ELEVATORS
- HOME BUYER'S REPORTS
- FAULT FINDING
- 30 YEARS EXPERIENCE
- UK REGISTERED
- FULLY INSURED
- FULLY QUALIFIED
- PART REGISTERED



01708 227720 MOB: 07890 519109



SMASH CAMP

SUMMER ACTIVITY CAMPS



- Multi activity days and weeks
- Residential options with SMASH ALL
- NEW - Family camping weekend
- Specialised weeks
- Free early drop off from 9.30am
- Free late pick up 4.30pm to 6pm
- Ofsted registered
- High Staff: Child ratio
- All staff DBS checked

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
- Fascias and gutters

All staff fully trained

Fully insured

All work guaranteed

Contact Steve Rawles

Tel: 07971 171363

BRICK PAVING BY PETER JONES

www.brickpavingbypeterjones.co.uk

SERVICES

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

DESIGNED TO YOUR NEEDS

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

Tel: Office:
01708 780000

All work carried out by responsible tradesmen



Tel: Home:
01708 733088

Established over 30 yrs

Natural Stone Paving

Thames Chase Volunteers



Having successfully won a grant from Tesco's 'Bags of Help' scheme, the Thames Chase conservation volunteers have started work on regenerating the tree nursery at the Forest Centre. The new tree nursery will be managed by volunteers and will offer the opportunity for families to learn about our native trees from seeds to planting. It will also provide a limited tree stock for planting in the Forest and for sale. This exciting project will require careful management, and extra volunteers are now needed to join the team. Please visit the website www.thameschase.org.uk,

contact 01708 642970 or call in at the Forest Centre to follow the work in progress.

Thames Chase events


Friday 9th September from 10.30am Discovering Thames Chase coffee morning to explore memories of Hornchurch Country Park. This will be followed by a guided walk around the park on **Friday 23rd September from 10.30am.**

Friday 16th September 2.30-4.30pm Thames Chase cream tea (booking essential)

Saturday 17th/Sunday 18th September the Forest Centre historic farm buildings and architecturally acclaimed Visitor centre will be open as part of the Open House London.

Sunday 18th September 10am-3pm Sunday Market with produce and craft stalls from local providers.

Sunday 25rd September 2.30-4.30pm Sue2 will present 'September Song', a collection of standard jazz and songs. Tickets £10 per person from the Centre. More information on the Thames Chase website.




TCC ROOFING CO.

Established 1955 in this area



High performance flat roofing system. Replacement tiled and slated roofs. Leadwork, valleys and chimneys.


UPVC fascias, guttering and general building work carried out



Free advice & Estimates

01708 222330

01708 223241



HYPNOTHERAPY

Keith Jefford DHC, DHP (GHR & CNHC Registered)

- Fully qualified, experienced local hypnotherapist.
 - Caring and confidential service specialising in emotional and behavioural problems including stress, anxiety, anger, fears, phobias, fear of flying, drinking issues, smoking cessation, tinnitus stress etc.
 - Daytime, evening and weekend appointments available.
 - Call 01708 224698 or 07970 111657 for a free telephone consultation.
- www.keithjeffordhypnotherapy.co.uk

Upminster Windmill Restoration



Photograph courtesy of Andrew Conway

Building work is well underway at Upminster Windmill. The new Visitor Centre is progressing well and is due to be finished mid to late summer 2016, opening to the public in April next year. There will be a workshop to carry out maintenance on the Windmill as well as a new space to welcome visitors and groups. One of the most exciting phases of the project began in late May – the restoration of the Mill itself. Willem Dijkstra is our appointed Millwright; his first job on site was to remove the cap and sails. The

sails have been removed before, notably in 2007 when two were removed due to storm damage, however, it was still a great sight to see the sails lifted off. The following day was a truly historic occasion; the cap had not been removed since 1803 when the Windmill was built so the task at hand was a delicate one. The job was skilfully executed with the cap safely lowered to the ground. The curb, which sits between the top of the body of the mill and the cap, was also removed a few days later.

The cap, sails, curb and several other components including some of the mill stones have now been taken to Willem's workshop in Holland where they will be fully restored. The weatherboarding on the Mill will be repaired, and a scaffold will go up around the Mill next year to allow for this work. The restoration of the Mill will take two years, with completion in 2018. Volunteers will be working to repair the internal machinery of the Mill also.

If you would like any more

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

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

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

Ap JOINERY
EST 20 YEARS
HARDWOOD SPECIALISTS

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

FREE FRIENDLY ADVICE • FREE ESTIMATES

01708 757675





Tudor Construction Company

SERVING UPMINSTER SINCE 1955

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

PHONE 01708 222330/223241

WHERE QUALITY AND SERVICE COME FIRST



ATOM ELECTRICAL SERVICES

TELEPHONE:
01708 223669
MOBILE:
07967 603606

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



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

SOUTH EAST HEATING

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

**BOILER REPLACEMENTS
GAS SAFETY CHECKS
LANDLORD CERTIFICATES**

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

FULL BATHROOM INSTALLATIONS

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



Church View Dental Clinic

We provide NHS & Private care

Dental Implants, Invisalign, Six Month Smile, Dermal Fillers,
Flexible Dentures, Whitening, Crowns & Bridges

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

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



EVERYTHING GLASS LTD

proud partner of
saint francis hospice
living with dignity



TRADING STANDARDS
APPROVED



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



Paul

havering chamber of
commerce and industry

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

LJ NICHOLLS

Interior & Exterior
Painting and decorating

TEL: Upminster 07958 492177

AC PLASTERING



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



QUALITY WORK AT AFFORDABLE PRICES

Allan Carey

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

information about the project please contact Gemma, the Community Engagement Officer on gsmith@upminsterwindmill.co.uk

Ardleigh Green Bridge Replacement

Transport for London (TfL) has installed the contraflow system necessary for the on-going bridge replacement project. The contraflow reduces the road to one lane in each direction. The exit from Bryant Avenue will remain closed for approximately nine months. Signs warning of the works and possible delays are in place throughout the Borough and linked roads. The contraflow system will be in place while the bridge is demolished & rebuilt. Completion of the works is estimated to be at the end of December 2017. Call 0207 222 5600 for all enquiries or email enquire@tfl.gov.uk

Cllr DARREN WISE

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

Cllr LINDA VAN DEN HENDE

Cllr Clarence Completes Hospice Run

Cllr Clarence Barrett fulfilled his latest charity challenge by completing the British 10k London Run on 10th July. Thanks to kind donations, he raised £730 for St Francis Hospice in the process. Clarence said: "Firstly may I thank all those who sponsored me. The event was a great experience, good

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



T: 07768 667824
or 01277 824546

www.djkcleaning.co.uk

DJK Cleaning Services Limited,
Company registration number: 04496158



CALL DAVID FOR A FREE QUOTE

DJK Cleaning Services Ltd
The Carpet & Upholstery Cleaning Specialists



weather, terrific crowds and I managed to finish in one piece while raising funds for a fantastic cause – all in all, a day well spent! "I have seen

how the Hospice care not only for those with life-limiting conditions, but also for the families and carers of loved ones. When the need is most, and times are tough, the service provided by St Francis Hospice is an invaluable asset to the community. It is inspiring to see how dedicated personal care, compassion and love are such motivating qualities that embrace the whole philosophy of the Hospice". The Hospice needs £7.7m a year to run, and while the NHS provide some £2.3m, the remaining £5.4m is down to fundraising, gifts, legacies and the generosity of people to undertake their own personal challenges to support a great cause.

UCRA Coach Outings

Saturday 15th October, **CANTERBURY**
Canterbury's skyline is dominated by the stunning cathedral, the oldest in Kent. And although Canterbury is a place steeped in tradition, its attractions are very much alive. Both local and national retailers combine with fine restaurants and welcoming pubs, inviting you to sample what's on offer. Don't forget to check the "Association Diary" each month for booking details on page 22.

Coach Outing Donations

UCRA is a non-profit making organisation and were able to make charitable donations to the following worthy causes.
£1,250 to Little Havens Hospice
£350 to The Cub Scouts Association
£350 to The Jack Russell Terrier Rescue
Thank you for your continued support.

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
Respring durch Design und Qualität

dunlopillo
NATURAL COMFORT SINCE 1929

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

POTTERTON

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



All building works undertaken.

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

LRroofingltd@hotmail.com



07929 334990
01708 534411

CEDAR TREE CARE

Pruning - Felling - Stump Removal



01708 301 371

07946 216 150

Website: www.cedar-treecare.co.uk

Email: cedartreecare@qualityservice.com

Cedar Avenue, Upminster, Essex

Exhibition of Paintings

There will be an exhibition of portfolio paintings and drawings by June Preston at Upminster Library on 26th September until 8th October. Come and see.

Weed Spraying

After the very wet June, the weed spraying programme fell behind. We have been chasing the Council on a number of areas and should now be back on schedule.

Cllr LINDA HAWTHORN

New Pilates drop-in class

In addition to their regular Pilates classes and courses which run Monday to Thursday in Upminster & Cranham, Charlene & Neil of Upminster Sports Massage & Pilates are introducing Pilates 'drop-in' classes on Wednesday evenings and Friday mornings for those unable to commit to regular classes.

Groups are kept to a maximum of 10 to ensure close supervision. Class pass purchases and bookings must be made online in advance. Bookings are also open for new September Beginner Courses. For further information please visit www.upminstersportsmassage.co.uk or call Charlene on 07411 826721, or email upminstersportsmassage@gmail.com

Men Wanted!

Men are wanted for an Entertainers Charity Concert Party. Are you retired? Time on your hands? Able to sing or dance? Think you would enjoy entertaining people? Then give Ivy a call on 01708 220824 or Bunny on 01708 373027.

AFC Hornchurch

The 2016/17 Season is well under way please note the following home fixtures at the Bridge Stadium this month- Tuesday 6th Brentwood, Saturday 10th Brightlingsea, Saturday 24th Dereham, Tuesday 27th

Thamesmead. Please note on Saturday 8th October Home to Ashford Town. Kindly note Saturday kick off as usual at 3pm. Tuesdays at 7.45pm. The team has an excellent web site www.afchornchurch.com for further details. Go along and support the "Urchins".

Shirley's Tours

November: Thurs 24th: THURSFORD SPECTACULAR Matinee Show, Raised seating + Xmas Lunch at Pensthorpe Bird Sanctuary: By Coach, Depart 7.15 am. £76 to include Coach, Show and two course meal.
December Thurs 15th: ALADDIN New Disney Spectacular Musical straight from Broadway, with special effects, Prince Edward Theatre London 2.30pm Matinee, Mid D/Circle. Seats/Coach £65.
January 2017: Thurs 12th: ENGLISH NATIONAL BALLET, LONDON COLISEUM: GISELLE; Matinee Show. £58- Best Dress Circle Seats, by Coach.
SHORT BREAK: WARNERS HISTORIC LITTLECOTE HOUSE

HOTEL, Berkshire:
Mon 30th Jan/Fri 3rd Feb 2017; with drinks package: Prices/Leaflet on request.
Enquiries to Shirley Ward 01708 227884; Mobile: 07966 146956 or EMail shirley@shirleytours.co.uk; Web Site: www.shirleytours.co.uk

RSPB Coach Outing

24 September - RSPB Dungeness NR, Kent

The reserve is set amidst mile after mile of shingle. From the visitor centre you can look out through a huge picture window at all the water-birds on the large gravel pit just outside, often a rare grebe or diver is among them. There are six hides on the main nature trail. Dungeness's position, jutting into the English Channel, makes it ideally placed to watch for migrant birds arriving or departing, with wheatears, swallows, martins and warblers regularly seen. Seats cost £18.00 each. Last booking date: 16 September.

continued on page 11

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



GATES, PARISH & CO.

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

**THE ESTABLISHED UPMINSTER ESTATE
AGENTS FOR OVER 90 YEARS**

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

32, STATION ROAD, UPMINSTER Tel: 01708 250033

Fax: (01708) 220844

Website: www.gates-parish.co.uk

Chauffeur Me (Travel)

For all enquires call Darren

07947 576642

www.chauffeur-me-travel.com

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

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

CRANHAM ELECTRICAL LTD

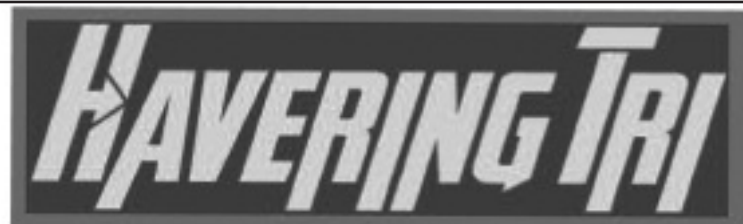
ALL ASPECTS OF ELECTRICAL WORK

PROFESSIONAL SERVICE AT COMPETITIVE RATES

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



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



Interested in Triathlon or Multi-sport disciplines?

www.havingtri.co.uk @havingtri Having Tri

Contact Kay Hamilton 07957 567915



K.A.S.

Adults Learn To Swim and Improver Lessons

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

It's like an Aladdin's cave.
S&A

WEDDING & PARTY SHOP

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

OPENING TIMES

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

CLOSED ON MONDAYS

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

01708 220802

www.partyflair.co.uk

Lawton & Stoakes

Advanced Medical
Investigations Available

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



Martin P.C. Lawton
BSc (Hons) VetMB, Cert Dip (Vet), Cert (AB),
Dip (Vet) (Hons), Dip (Vet) (Hons),
Dip (Vet) (Hons) (Hons)
Lynne C. Stoakes
Dip (Vet) (Hons)

*Terms & Conditions Apply

to make an appointment please call

01708 384444

8-12 Fitzalan 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

HOME CARE SERVICES

SUPPORTING PEOPLE IN THEIR OWN HOMES WITH QUALITY CARE SERVICES

MEDICATION SUPPORT	PERSONAL CARE
COMPANIONSHIP	RESPIRE
DEMENTIA & ALZHEIMERS	LIGHT DOMESTIC
NUTRITION & DIET SUPPORT	24 HOUR SUPPORT
REABLEMENT SUPPORT	HOSPITAL DISCHARGE
SOCIAL & LEISURE ACTIVITIES	END OF LIFE

CONTACT US ON:

01708 301 111

or 07538 709 012

WEB: www.kareplus.co.uk/romford

EMAIL: kpromfordrm@kareplus.co.uk

**KARE
PLUS
ROMFORD**

Pinney Talfourd
SOLICITORS

A bespoke legal service tailored to your needs

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

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

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

LEGAL 500
LEADING FIRM 2015

Lexcel
Law Society Accredited

All the coach pick-up points are at bus-stops:

- * Romford (St. Edwards Way) 07:30
- * Gallows Corner (A12) 07:37
- * Harold Hill (A12) 07:45
- * Harold Park (A12) 07:47

Non-members and visitors are always welcome at our events. Contact & Booking Mike Hughes. Tel: 01708 250585 E-mail: mich@el-hughes.wanadoo.co.uk

Wesley's Frankenstein

The Wesley Players present their next production – Frankenstein by Mary Shelley and adapted by Tim Kelly.
£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: are at 8.00pm on Thursday, 22nd, Friday, 23rd and Saturday and 24th September

2016 at the Wesley Hall, Upminster Methodist Church, 10, Hall Lane, Upminster, RM14 1AE.

Rotary Sponsored Walk

The Rotary Club of Hornchurch & Upminster have organised their annual sponsored walk to take place on Sunday 11 September 2016 to raise funds for the Saint Francis Hospice. The start and finish will be at the RSPB Rainham Marshes Nature Reserve, off New Tank Hill Road (A1090) off the A1306 between Rainham & Lakeside, Purfleet, RM19 1SZ. Parking available at the start (Charge £1). Start between 9.00 and 10.00 with drinks at the halfway point. The 7-mile walk will take place over public footpaths through Rainham Marshes and alongside the River Thames. It is not a race - just a pleasant walk through open countryside. Adults and children are invited to take part, children under 12 to be accompanied by an adult. For details and sponsorship forms

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

PARKDRIVE PAVING & LANDSCAPES

25 Years Experience

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

FREE ESTIMATES / PORTFOLIO

ALL WORK GUARANTEED!

01708 750209 / 07826 207310

www.haveringpavinglandscaping.co.uk

contact Rtn Brian Taffs 01708 250855, btaffs@btinternet.com, www.hornchurchrotary.org

Upminster CC v Essex CCC

Upminster Cricket Club is pleased to announce that another Benefit Match has been arranged this year. As Essex do not have an individual beneficiary this year, the match will be played in aid of the Essex Cricket Foundation. The match will take place on the Recreation Ground, (Upminster Park), Corbets Tey Road on the afternoon of Sunday 4th September. Refreshments will be available from 11:30 with the match starting at 1:30. 30 overs per side.

French Classes for Adults

Starting from Monday 3rd October at Fairkytes Arts Centre, Hornchurch.

Intermediate year 1: Tuesdays 11am-12.30pm. This course is not suitable for complete beginners but would suit learners who can

make basic sentences and would like to develop their range of vocabulary and grammar in order to progress towards more fluent conversation.

Intermediate Year 3: Wednesday 7.30-9.00pm. This is a step up from the intermediate Course above. The emphasis is on speaking and listening for a more fluent conversation and understanding of spoken French.
Improvers Year 1: Mondays 1-2.30pm and Thursdays 1-2.30pm. This course helps students become more creative when speaking.

Advanced conversation: Thursdays 11am-12.30pm: This course is for students with a good knowledge of grammar and vocabulary. The emphasis is on speaking, listening and reading but fluency is not required to attend the course.

Please note that there isn't a class for complete beginners this year. For all information and to arrange a free first class, call Valerie Nicholls on 01708 221487 or email valerie@amstramgram.co.uk. www.amstramgram.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@evp.co.uk



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.upminsterosteopathy.co.uk

email: upminsterosteopathy@gmail.com



/upminsterosteopathy

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



UPMINSTER KITCHENS & BEDROOMS

SIMPLY FINE KITCHENS & BEDROOMS

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

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

161 St Mary's Lane, Upminster, RM14 3BL
T: 01708 222250

E: info@upminsterkitchensandbedrooms.co.uk
www.upminsterkitchensandbedrooms.co.uk

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



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

Pussycat Lodge Quizzes

Several Pub Quizzes in aid of Pussycat Lodge Trust are being held at the Crumpled Horn Pub in Upminster. The cost is £6 with the quiz starting at 7.00pm. Included in your entry fee is sausages, chips and bread and butter. Over 18 only. You can have as many on a table as you like. There will also be a raffle and prizes for the winning and losing table.

To book a place contact Jacqui on: JacquelineDuly@outlook.com
Dates: 5 Sept, 3 Oct, 7 Nov & 5 Dec.

Cooper's Indoor Table Top Sale

The next Indoor Table Top Sale at the Coopers' Company & Coborn School, St Mary's Lane, Upminster, RM14 3HS will be held on Sunday 11th September 2016.

School supplied tables are £12. Seller supplied tables, no bigger than a 6ft paste table, are £8. Sellers from 7am and must book and pay in advance. Call 07508135449.

Buyers doors open at 9am. Entrance fee is 50p for adults, children are free. Entrance free after 11am. Disabled access. Toilets & refreshments are available.

E-mail: Bootsales@cooperscoborn.co.uk
Twitter: [cooperscobornpa](https://twitter.com/cooperscobornpa).com
Facebook: Facebook - Boot Sales Coopers Coborn

Haverling Antiques Collectors Club

Founded in 1981, every month we have a selection of Guest Speakers on a variety of interesting topics. Recent talks have been Working Life of a Goldsmith, Venice Brush Strokes, Moorcroft & Clarice Cliff Pottery, The Cinema Museum, Mother of Pearl - all with interesting exhibits. Paul Atterbury is a regular annual speaker. Meetings are held on the 3rd Friday of every month 7.30 for 8.00pm (none in August) at The Neighbourhood Centre, Harold Wood. Buses 256 and 294 stop outside. Enrolment is on the 16th September followed by an

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



Antiques/Memorabilia Quiz.
We are a friendly group and the Annual fee is only £25 or £4 single lecture (£7 for BBC Road Show speakers). For further details, please call our Chairman Mrs Chris Lovett 0794 7367 258.

Pre-School Celebrates

Moor Lane Church Pre-School celebrates double success this year - achieving Charitable Status and a 'Good' Ofsted!

The Pre-School was set up in Moor Lane Church (part of St Luke's Church, Cranham) in 1985, by volunteers with a heart to support young children and families in the community and continued support from St Luke's enables the pre-school to open 4 days a week.

Our Charity has 6 Trustees who are excited to further develop the Pre-School and work with a committed staff team who ensure children learn through play in a happy, safe environment. Children of all backgrounds, faiths and cultures are welcome, from 2 1/2 until school-age. For more information, see our website: www.moorlanechurch.org (click sub-sites). Tel: 07599 930469.

All aboard

Please note weather permitting the Romford Model Railway will be open again on Saturdays the 10th September and the 8th October from 2pm to 4pm. At Ardleigh House Community Centre, Ardleigh Green Road, Hornchurch RM11 2LL. Go and enjoy rides on their Steam and Electric Trains. The Railway is in a really nice setting.

Friends of Upminster Mini Golf Quiz Night

The 'Friends of Upminster Mini Golf' will be holding a Quiz Night on Monday 10th October (7pm for 7.30pm start) at the Crumpled Horn, Upminster. The Group are raising funds to refurbish the hut and crazy golf, so why not come along and have a fun evening! There will be a raffle and bar, just bring your own snacks. Tables of 4, 6 or 8. £5 per person. Contact: Bernice Scott Phone: 01708 640167 or Email: upminigolf@virginmedia.com.

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@haverlingfireplaces.co.uk

www.haverlingfireplaces.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 (Haverling) Ltd
Hall Lane, Upminster, Essex, RM14 1TT
Telephone: 01708 330140
info@meadowbanks.co.uk

www.meadowbanks.co.uk



Upminster Plastering & Building Services

01708 221297 or 07765 013623

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

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

01708 221297 or 07765 013623

E-mail: upminsterplastering@gmail.com

Wall & Floor Tiling by Keith Dennis

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

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

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

The Secret to a Beautiful Lawn

GreenThumb
LAWN TREATMENT SERVICE

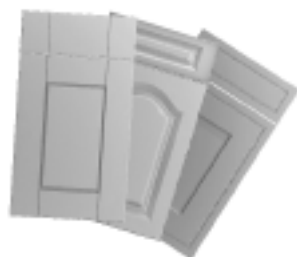


Contact us for your free lawn analysis and advice

01277 227988

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

**4Kitchens
&
Bedrooms**



THE KITCHEN MAKEOVER SPECIALISTS

From a Simple Door Swap to a Whole New Installation

FREE NO OBLIGATION QUOTE

MADE TO MEASURE DOORS, FRONTS AND UNITS

WORKTOPS

APPLIANCES

TILING

PLUMBING.... AND MORE

01375 767997

www.4-kitchens.co.uk
sales@4-kitchens.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

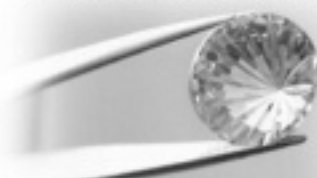
Please call: 07973 662050 - EE



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

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; PJ Dip; FNAIG; DGA; CRB checked



Contemporary hairdressing for all the family at affordable prices

127 Corbets Tey Road, Upminster, Essex RM14 2AA

01708 228192

www.stuartikeman.co.uk

McQueen Massage

Paul McQueen

Sports Massage Therapist • Kundalini Yoga Teacher

Mobile: 07725 444881

Web: www.mcqueenmassage.co.uk

Fully Qualified and Insured

Maths Tutor

Alex Oliver, BSc (Hons)

Experienced in KS3, GCSE and A Level

Mobile: 07501 859103

Email: alexoliver3@aol.com

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



Made in Dagenham

The **Queen's Theatre Hornchurch** is thrilled to announce that a cast of 21 - the theatre's largest ever for an in-house production - has been confirmed for **Made in Dagenham - The Musical**, which launches the Queen's autumn season on 26 August. Based on the hit film, **Made in Dagenham - The Musical** is inspired by the story of this famous walk-out, which eventually led to the establishment of the Equal Pay Act in 1970. This Queen's Theatre production will be the **first ever revival** of the musical since its West End triumph. The show runs at the **Queen's Theatre Hornchurch** from **26 August - 17 September**. Tickets are from £12.50 - £30. Call the **Box Office** on **01708 443333** or book online at queens-theatre.co.uk

Lymphoma Support Group

If you have been affected by lymphoma, myeloma or

leukaemia you are warmly invited to attend our support group meetings. We meet monthly in the foyer of Upminster Baptist church, Springfield Gardens. 1.30 - 3.30pm unless otherwise stated. The meetings are very informal. Feel free to bring a relative or friend.

Our programme for the Autumn is:

27th Sept - speaker - pastoral lead Queens Hospital

18th Oct - guest speaker - Late effects of Chemo therapy

22nd Nov - clinical nurse specialist - 'Staying healthy on holiday'

13th Dec - Bring and share lunch - 12.30 - 14.30

For more information, please contact the Lymphoma association on 0808 808 5555.

Free Photography Workshop

As part of the Havering Arts Festival we are holding a **FREE** photography workshop at St Luke's Centre, 201 Front Lane, Cranham at 2 pm on Saturday 8th October.

If you are new to photography or struggling to get to grips with the basics of composition or your

camera/phone this is the 'no embarrassment' event for you. All welcome. Bring your camera!

John Baker and George Kaim
(Upminster Camera Club Members)

Trad Jazz Evening

The Rotary club of Hornchurch and Upminster will be holding its annual jazz evening on Saturday October the 22nd from 8pm at the Cranham Community Centre, Marlborough Gardens, Upminster, RM14 1SR. An evening of traditional jazz will be provided by the six-piece group the Downhome Jazz Band. Tickets are £15, which include a fish/chicken and chips supper, can be obtained from Jim Haines telephone 226717 or Brian Taffs telephone 250855. Please bring your own drinks.

Friends of Upminster Mini Golf

The next meeting of the Friends Group will be on Thursday 8th

September (7.15pm) at the Cranham Community Centre, Marlborough Gardens - all welcome. For further information, please contact Clarence on 07863 116029.

On-Pavement Parking



With the number of cars increasing all the time we are getting more requests for white bays to be installed for on pavement

parking. Thus making it easier for vehicles to use a number of local roads When this was first introduced in the 1980s there were a handful of bays. This has increased substantially in fact it was reported recently that Havering is amongst the highest boroughs in the country with vehicle ownership, for youngsters turning seventeen it appears it is not if they are getting

continued on page 17

BOILER CHANGE

Raymond Coomer
Sarah Cordell

**BOILER REPAIRS & REPLACEMENTS
PLUMBING ■ SERVICING ■ RADIATORS**

GAS SAFE Reg No. 47924 / 576292

14 Birch Crescent, Ardleigh Green, Hornchurch

01708 477146

07761 049852

07973 220270



TIME TEES CARS



Upminster MOT & Service Centre

Free Local Collection & Delivery

Covering Cranham Upminster Hornchurch

**** Air Con Regas Only £49.95 ****

MOT's Only £39.95

Or

Included with Any Service

Time Tees Cars, 11 Station Road Upminster.

01708 250011. www.timeteescars.co.uk

Next to Costa Coffee!

Uppercut

multi award winning salon group

17-19 Market Place
ROMFORD
01708 765111

5 North Street
HORNCHURCH
01708 441393

2 High Street
BRENTWOOD
01277 848586

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

Monday 9.30am - 10.30am
@ Trinity Church with Crèche

Tuesday 8.00pm - 9.00pm
@ All Saints Church, Ardleigh Green

Wednesday 7.30am - 8.30pm
@ Coopers School

Thursday 7.00pm - 8.00pm
@ Community Centre,
Goodbyes Drive, Harold Hill

H.I.I.T.

Wednesday 9.30 - 10.30am
@ Trinity Church with Crèche

SEATED WORKOUT

Thursday 12.30 - 1.15pm
@ Cranham Community Centre

Friday 10.30 - 11.30am
@ West Horndon Village Hall

PIYO

Monday 7.30 - 8.30pm
@ Trinity Church

ZUMBA FITNESS

Monday 7.15 - 8.00pm
@ Coopers School

FITNESS PILATES

Tuesday 7.00 - 8.00pm
@ Coopers School

Wednesday 7.00 - 8.00pm @ Coopers School

Thursday 9.30 - 10.30am @ Trinity Church

LEGS BUMS & TUMS

50+ Tuesday 9.30 - 10.30am @ Trinity Church

Thursday 7.00 - 8.00pm @ Trinity Church

ZUMBA GOLD

Monday 10.45 - 11.45am @ Trinity Church

Wednesday 10.45 - 11.45am @ Trinity Church



Call Sally for more info 01708 915455 / 07855 534631

www.exercisewithsallyguise.co.uk

exercise with sally guise



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

Digger & Driver for Hire

Ideal for Foundations, Drainage,
Drives, Patio's & Site Clearance.

Experienced & Reliable Driver,
JCB, Mini Digger, Concrete Breaker
& Dumpers available

Call Steve on 07860 481394



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



Finest Indian Cuisine

Recently Refurbished

Open 7 days a week 6pm - Midnight
Including Bank Holidays

Take away menu available
Free Home Delivery

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

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 Age UK**

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

Computer MOT

a car but when!
May we remind you that whilst on pavement parking is allowed in the marked white bays. Please note if the bays are in a controlled parking zone the ban also extends to the bays when parking is not allowed. A number of visitors etc. have been caught out believing they can mark during restricted times.

Cllr RON OWE

Speaking Engagements

If you are in need of a speaker Len Taphouse (01708 441862, stellentap3@aol.com) offers talks **Five Years as a Dockyard Apprentice**

Len Taphouse served an apprenticeship as an engineer with Harland & Wolf at North Woolwich, between 1956 & 1961. He relates the wild goose chases, the hardships endured as well as the highlights. He tells of the characters in the docks and some of the associated stories about them. (60-75minutes, but may be shortened)

The Spirit of the Iroquois

This is the story of the tanker IROQUOIS, a special tanker that was built to tow another one, an

experiment by Standard Oil Co. from 1907. Len Taphouse relates how his Father as Chief Engineer carried out his duties, how the ship was used during WW2. Len also relates some of his Father's other experiences. (60minutes)

A Libyan Experience

Len relates the time he spent in Libya as a Lecturer in engineering, the difficulties encountered, the experiences and the friendship of the people. (60-90minutes, but may be shortened)

Oh What fun it is to be a Lecturer!

Len relates some of the time he spent as a Lecturer in engineering at East Ham Technical College. The howlers and the stories about the students. (about 60mins)



"No, you're not interrupting a television programme."

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

Kitchens & Bedrooms Ltd

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

Free design & planning service

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

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

FITTING ONLY SERVICE ALSO AVAILABLE

Keep Fit 50 +

Why not try a 50+ Exercise, Movement and Dance inspired Fitness Class Tuesday 6th Sept. at 1.30-3pm Cranham Social Centre, Front Lane RM14 1XN or Wednesday 7th Sept at 2-3.30pm at St Laurence Church Hall. Upminster. RM14 2AJ

Friendly group/ Work to your own ability /tea, social break on Wednesdays.

Why not come along and give it a try 1st Class FREE

Qualified Register of Exercise Professional/KFA Tutor

phone Chris 01277 211050 or email

chrisbannister104@btinternet.com

Halifax Bomber Found

Mr Harry Irons, former Rear Gunner on a Lancaster, will be coming to Cranham Baptist Church, Severn Drive, Upminster, to share with us all the latest finding of a Halifax war plane shot down in Holland. After more than 70 years the stricken plane was found with the 7 crew still in it. Harry witnessed the beautiful funeral service to honour those fallen young men. If you are interested to meet Harry Irons, please, come on Wed 7 Sept at 2.15pm.

LOCAL FUTURE EVENTS SEPTEMBER

- 7 Wednesday - **Harold Wood Evening W.I** meet on the 1st Wednesday of each month to hear a speaker, have a chat over a cuppa and make new friends. Visitors are always welcome. We request a suggested donation of £2.50 towards running costs and refreshments. We have Mrs Bourdman giving a talk titled **Famous Women in History - why croissants aren't French**. For further details please call Jeanne on 0787 5670419. We meet at the War Memorial Hall in Gubbins Lane, 7.30 pm for 7.45 pm.
- 12 Monday - **Little Havens Quiz Night** held at The Crumpled Horn, Corbets Tey Road, Upminster, 7.30 for 8 pm start. Raising cash for Little Havens Hospice. Tables to a max of 8 persons at a cost of £6 each and includes a superior ploughmans supper. Please contact Bob Blunden on 01708 226154 for any queries and bookings.
- 12 Monday - **Havering Essex Wildlife Trust** Illustrated talk by wildlife photographer Liz Huxley: **Birdwatchers abroad in Externadura, Southern Spain**. Meetings are held on the 1st floor meeting room in Hornchurch Library 8 pm to 9.45 pm. Donation of £2.50 to help cover hall hire, includes tea, coffee and biscuits. Contact Secretary Joy Emerson on 01708 440297.
- 13 Tuesday - **NADFAS (Havering)** meet at The New Windmill Hall, St Mary's Lane, Upminster, RM14 2QH. Coffee from 10.00 am. They have Guest Speaker Dr Anne Anderson with a talk on 'Lord Leighton's Palace of Art - Artists' Studio in London'. Lecture 10.45 am. Visitors welcome at £8. For further information on the Society, future lectures and visits can be found at www.haveringdfas.org.uk.
- 14 Wednesday - Long House Plants will be open for the National Garden Scheme between 11 am and 5.00 pm. Long House Plants, Church Road (opp church) Noak Hill, Romford, RM4 1LD: 01708 371719 or www.longhouse-plants.co.uk.
- 15 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 third Thursday of the month with a variety of speakers and a wine tasting. Meetings are held in the 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.

continued on page 19

REMEMBER HOW YOUR CONSERVATORY LOOKED WHEN NEW?

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

We also clean all aspects of UPVC windows, doors, soffits, fascias and cladding.

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

The UK CONSERVATORY CLEANING Company

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

01277 790173
for a genuine FREE 'NO OBLIGATION' QUOTE

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

CRANHAM GARAGE

M.O.T & SERVICE CENTRE

www.cranhamgarage.co.uk

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

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

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

TRUSTED & SERVICING THE COMMUNITY FOR OVER 30 YEARS

Call : Gary or Liam

DOUBLE GLAZING



REPAIRS

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



weatherbesthornchurch.co.uk

Fully Guaranteed
Telephone 01708 437174

New Window & Door Installations

OAP Discount

EST 1989



MOBILE SEWING MACHINES

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

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



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

IN DOORS

Direct from the local manufacturers

Replacement

Kitchen & Wardrobe Doors

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

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

Friendly & Helpful
Trade & Public Welcome

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



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



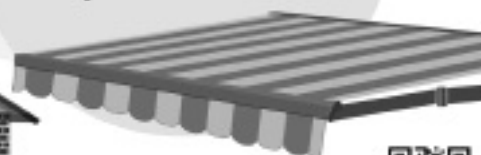
Interior blinds

Roller shutter garage doors

Sun awnings

Sun awning recoveries and repairs

Security shutters



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

A C DECORATORS • Upminster & Essex

All types of interior & exterior decorating
at competitive rates

Free estimates and advice

Tel: 07868 300376 Email: alanlcalder@gmail.com

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

NEW ENTERPRISE

PEST CONTROL

01708 224419

RATS MICE COCKROACHES

WASPS BIRDS FLEAS ANTS

MEMBERS OF THE N.P.T.A.

OVER 35 YEARS EXPERIENCE

ALL WORK GUARANTEED

FREE SURVEYS

LOCAL COMPANY

111 AVON ROAD

UPMINSTER



AquaTech

HEATING & PLUMBING TECHNICIANS

PLUMBING, HEATING,
BOILER INSTALLATION & REPAIRS

24 HOUR EMERGENCY SERVICE

NO JOB TOO SMALL - NO CALL OUT CHARGE

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

Tel: 01268 963290 Mob: 0750 315 3480



Email: info@aquatech.org.uk

Web: www.aquatech.org.uk

CITY & GUILDS QUALIFIED TRADESMAN

GAS SAFE REGISTERED



Gardening and Domestic Handyman

In need of an honest local handyman?

Contact David anytime 07790 927926 or 01708 227535

d.gardenandhome@btinternet.com

All quotes free, OAP discount on all jobs

Not qualified, just a good handyman.

All tools supplied.

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, Laminate flooring,
Furniture assembly, Wall hung cabinets fitted
Anything else, just ask!



MBM Electrical Services Ltd



Based in Upminster - Over 30 Years Experience

Full / Part Rewires, New Fuseboard / Extra Sockets
LED Lighting / Outside Lighting, Electrical Testing and Fault Finding
Electrical Certificates and Safety Reports

Tel: 01708 704142 Mob: 07971 293569

Email: info@mbm-electrical.co.uk

www.mbm-electrical.co.uk

LEARN TO SWIM with

PADDLERS Swim School

Aged 4+

Lessons for all abilities

01708 720388

www.paddlers.co.uk

Probably the best kept secret in Upminster

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

- 16 Friday - **Coffee & Conversation** have Guest Speaker from Tapestry (formerly age UK) 10.30 am - 12.30 pm held at Cranham Social Hall, Front Lane, Cranham. Visitors £2.50 including as much tea, coffee and cake as you want!
- 16 Friday - **Havering Antique Collectors Club** meet at the Neighbourhood Centre, Gubbins Lane, Harold Wood. Enrolment night with **Antique and memorabilia quiz** by Anne Wilmore. 7.30 pm for 8 pm start. Annual fee £25 or £4 guests (£7 when Road Show Speaker). Contact Chairman Mrs Chris Lovett on 01708 221851 for further information.
- 17 Saturday - **Stewart Avenue Gate Sale** - on site 10 am - 12.00 pm.
- 17 Saturday - **Upminster Tithe Barn Museum of Nostalgia Open Days**, Hall Lane. Open 10.30 am to 4.00 pm. Free Admission.
- 18 Sunday - **Upminster Tithe Barn Museum of Nostalgia Open Days**, Hall Lane. Open 10.30 am to 4.00 pm. Free Admission.
- 20 Tuesday - **Cranham Engayne W.I.** welcomes new members and visitors. Meetings are held on the 3rd Tuesday of each month at 2 pm until 4 pm at the Cranham Community Centre, Marlborough Gardens, Cranham, RM14 1SR. Sarah Shehadeh is the guest speaker on "History of the Handbag". Why not come along and join in the fun.
- 21 Wednesday - **Upminster Floral Art Society** have Christine Brazier with her demonstration called "County Diary of an Edwardian Lady" Doors open at 7pm. New Windmill Hall, Upminster. Raffle and Tea and Coffee. All enquiries to Margaret on 01708 471977.
- 24 Saturday - **Cranham Park Friends of Guiding** are holding a **Quiz Night** at 7.15pm for a 7.30 Start. Cranham Community Centre, Marlborough Gardens. Tickets are £7.50, includes Ploughmans Supper. Bring your own Drinks and Glasses. Tables of not more than 10 people. Tickets from Barbara Levis, 01708 250 941 or Doris Harding, 01708 226 725.
- 24 Saturday - **Long House Plants** will be open for the National Garden Scheme between 11 am and 5.00 pm. Long House Plants, Church Road (opp church) Noak Hill, Romford, RM4 1LD: 01708 371719 or www.longhouse-plants.co.uk.
- 26 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.

- 26 Monday - **Romford & District Historical Society** have Guest Speaker Havering's Horticultural History by Lois Amos. Venue is at myplace, 343 Dagnam Park Drive, Harold Hill, Romford, RM3 9EN. Access from 7.30 pm Meeting 8 pm to 9.30 pm.
- 28 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.

OCTOBER

- 1 Saturday - **The Havering Branch of the East of London Family History Society** hold meetings at Trinity Church, Station Road, Upminster RM14 2SJ doors open at 1pm meeting starts at 2pm. The Internet & Technology Group meet at the same venue 11am - 1pm where a Q&A session is followed by a workshop. Teas and coffees can be purchased. Members and visitors welcome to either or both.
- 1 Saturday - **Hornchurch and Upminster Sugar Craft** now meet at Fairkytes Art Centre, Billet Lane, Hornchurch. There will be a demonstration on Hallowe'en by Sally Browne. Entry £6 includes Tea and Cake. 1.30 pm - 3.30 pm.
- 1 Saturday - **Upminster Tithe Barn Museum of Nostalgia Open Days**, Hall Lane. Open 10.30 am to 4.00 pm. Free Admission.
- 2 Sunday - **Upminster Tithe Barn Museum of Nostalgia Open Days**, Hall Lane. Open 10.30 am to 4.00 pm. Free Admission.
- 4 Tuesday - **Oglethorpe Women's Institute** have Guest Speaker Bob Begley who will give a talk on "The Great Storm". Our meetings are held at Cranham Social Hall, 103 Front Lane, RM14 1XL at 7.45 pm. Visitors are welcome.
- 5 Wednesday - **Harold Wood Evening W.I** meet on the 1st Wednesday of each month. Visitors are always welcome. We request a suggested donation of £2.50 towards running costs and refreshments. This month there will be a talk by specialist nurses on breast awareness. The evening will have a pink theme. For further details please call Jeanne on 0787 5670419. We meet at the War Memorial Hall in Gubbins Lane, 7.30 pm for 7.45 pm.

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

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

D.G. PLUMBING SERVICES

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



01708 220994 07977 214541
52 The Grove Upminster RM14 2ET

Upminster Fencing Limited

Family Run
Business

Established
Since 1994

SUPPLY & FIT - ALL REPAIRS CARRIED OUT

PRESSURE TREATED PANELS - FREE ADVICE & QUOTATIONS

MONDAY-FRIDAY: 7AM-4PM

SATURDAY: 8AM-12PM

01708 225599 - 07831 281590

UPMINSTERFENCING.CO.UK

ADMIN@UPMINSTERFENCING.CO.UK



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



V Martin Legal Services & Notary Public

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

Free 30 Minute Consultation

either in person or over the telephone.

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

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

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

Call us on 01708 375051 to make an appointment!

We offer home visits by appointment only.

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

CCENITA
Established in 1994

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



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



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, NPIC
qualified & fully
insured

Visit our website for more info!

www.ajbgardens.co.uk

Or call us on 01708 228886 / 07875 557378



WELLS SOLICITORS

FAMILY LAW

Quality Advice and Caring Service

**Fixed Fee Divorce and
Advice Appointments available**

Call to discuss your individual circumstances

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



01708 251 560

Suite 1, Essex House, Station Road, Upminster RM14 2SJ

info@wells-solicitors.co.uk

St Laurence Church News

The parish will be taking part in the annual "Ride & Stride" event organised by the Friends of Essex Churches Trust on Saturday 10th September. A sponsored team of walkers from St Laurence parish will be visiting local churches, 50% of funding raised will support the work of repairs and improvements to churches of many denominations in Essex and the Essex in London boroughs, the other 50% will directly support the Fabric Fund at St Laurence which currently needs to raise funding for pew repairs, ongoing churchyard maintenance and for improved facilities at the church. If you would like a parish sponsorship form please contact the parish office or Robert Brabner - email robertbrabner@icloud.com or tel no 01708 457578. Sponsorship can be given at <https://www.justgiving.com/fundraising/St-Laurence-Church1> St Laurence will also be welcoming visitors participation in Heritage Open Day from 9am to 6pm as well as visitors from other churches taking part in the Ride & Stride event, for full details of Ride & Stride visit The Friends of Essex Churches Trust website : <http://www.foect.org.uk>

The Famous Three

We have been featuring these pupils from their first day at James Oglethorpe School- where does time go? They now have finished their first year at Secondary School. Their comments are below



Lily Parkinson
It's completely different from primary school as you have different classes for different lessons and different

teachers. I can't believe my first year has gone so quick at Hall Mead. There are more clubs to join and trips that you can go on



and lots more homework.
Oliver Loveday
I have made lots of new friends at Hall Mead. I am enjoying

the different clubs and homework hasn't been as bad as thought it would be.



William Brown
I have really enjoyed year 7 at Coopers. There have been so many different clubs and sports you

can get involved in at lunchtime and after school, you could never get bored. I have made lots of new friends and am looking forward to going into year 8.

Old Chapel Events

Creative Craft Sessions

Weds 7 Sept, 3.00pm-5.30pm - Back to School
£3 per child, suitable for ages 4+, no need to book.

September Events

Weds 14 Sept, 10.30am - Victorian Cranham and The Boyd School, John Phillips
John Phillips will share his research on the untold stories of

Boyd Hall and Cranham.

Sunday 18 Sept, 2.00pm-5.00pm - London Open House

We will be taking part in London Open House. As part of this event we will host an exhibition about the history of Upminster.

To book a place on any of the above talks or events please call Gemma Smith on 01708 642919 or email gsmith@mary.havering.sch.uk

October preview:

Sunday 2 Oct, 1.00pm - 5.00pm - Tea And Dance

Wednesday 12 Oct, 10.30am - Weather And Its Sayings

Green Flag for Upminster Park

We are pleased to say that Upminster Park has retained the Green Flag for another year. The Friends of the park would like some ideas on how we can improve the park, maybe more seating, play equipment or more planting. As there are a few trees that have died in the park we are already planning to replace them. Any suggestions please email ellypat2000@yahoo.co.uk or post on Friends of Upminster Park facebook.



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



SHOWROOM: 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 COUNCILLORS:

Upminster Ward:

Linda Hawthorn 225451
lindahawthorn@hotmail.co.uk
 Ron Ower 07721 780372
cllrrownower@yahoo.com
 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

ASSOCIATION CONTACTS:

Editor:

Bruce Nicholls 07505 289568
bulletinra@yahoo.co.uk

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

DIARY

SEPTEMBER

- 7 Wednesday Upminster Ward at St Joseph's Social Centre at 8 pm
- 8 Thursday Cranham Ward meeting at the Cranham Community Centre, Room 5 at 7.15pm.

OCTOBER

- 5 Wednesday Upminster Ward Meeting at St Joseph's Social Centre at 8 pm
- 13 Thursday Cranham Ward Meeting at Cranham Community Centre, Marlborough Gardens at 7.15 pm All welcome.

COACH OUTING

OCTOBER 15th SATURDAY.

Cranham Social Committee
 Coach trip to Canterbury
 Leaving the Bell School Upminster at 9am after usual pick-ups.
 A variety of attractions for all tastes in this cathedral city which dates back to Roman times.
 From history & culture to exceptional shopping. Bookings open on Monday 19th September with Gina Savill-Turner (01708 228270) from 6pm please.

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



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, CINTIQUE, COOPERS, ERCOL, ESSEX FURNITURE, GUY ROGERS, MINY, 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



OPTIMISE YOUR HEALTH AT the Upminster Sanctuary
COMPLEMENTARY HEALING & TEACHING

Back to school, back to the routine

Have you been too busy over summer to attend your fitness classes? Here at The Upminster Sanctuary we have a wide range of classes and workshops to help you get back to your peak fitness level.

Have you suffered a sports injury? We can help with a variety of therapies to rehabilitate and treat injuries to get you back to optimum performance.

Gift vouchers available for that special present

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

Acupuncture
Aromatherapy
Bach Flower Remedies
Bowen Technique
Chiropractic
Crystal Healing
Herbalist
Hopi Ear Candling
Hypnotherapy
Life/Success Coaching
Manual Lymphatic Drainage
Massage
Natural Face Lift
NLP/EFT
Nutritional Therapy
Osteopathy
Pregnancy Massage
Pregnancy Reflexology
Reflexology
Reiki
Spiritual Healing/Development
Stress Management



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

Fencing | Turf | Artificial Grass | Topsoil | Patios & Decking | Calor 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
SOLICITORS

Services for families

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

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

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



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



ANGLE PAVING
SANDSTONE SPECIALISTS

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

Do it Right, the First time!

TERRY LOWRY
PAINTER AND DECORATOR
CITY & GUILDS QUALIFIED

ALL INTERIOR & EXTERIOR WORK UNDERTAKEN
VERY COMPETITIVE PRICES

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

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

THE CURTAIN TRACK FITTING COMPANY
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@davidbainesinteriors.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@virginmedia.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

RUBBERBOND
 FLECKBACK
 EPDM

T. Jefferyes Decorating Services

All aspects of painting & decorating undertaken

Free Estimates
Call 01708 347190

WWW.FILATI.COM
FILATI

LOUIS LEERMAN
 BOGLIOLI
 LANVIN
 PARAJUMPERS

HARDY AMES
 VERSACE
 JOHN SMEDLEY
 OLIVER SWEENEY
 LANVIN
 JACOB COHEN
 BOGLIOLI
 ETON

FILATI
 10 Station Road
 Upminster
 Essex
 RM14 2UB
 01708 226 369

23 Sep – 15 Oct
 A Queen's Theatre Hornchurch production

QUEEN'S THEATRE HORNCHURCH

Tickets from **£12.50**
 Evening Standard
BEST COMEDY OF THE YEAR

A MONTH OF SUNDAYS
 by Bob Larbey
 directed by Russell Bolam

01708 443333
queens-theatre.co.uk
 QueensTheatreH
 Limitless entertainment

Havering
 Arts Councils
 ENGLAND

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