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## UPMINSTER & CRANHAM RESIDENTS' ASSOCIATION

### Planning Consultation for Cranham

Residents in the Moor Lane area recently received notification from Cratus Communications, advising them of the launch of a Community Consultation Event on Tuesday 17th September 2019, 3.30 pm-7.30pm at The Old Chapel, Sacred Heart of St Mary Girls' School, St Mary's Lane, Upminster, Essex, RM14 2QR.

The consultation was to share their outline proposals for the green belt land to the south of Kerry Drive on behalf of Inland Homes. This is a privately owned plot of land adjacent to the Brickfields Local Nature Reserve, behind the properties in Heron Way.

The proposals included:

- A mix of house types with an emphasis on traditional family housing
- Dedicated parking spaces for every home with additional visitor parking on site
- Public realm improvements and better pedestrian links to Cranham Brickfields Nature Reserve

Residents were invited to view the proposals and to speak to members of the project team. Residents that were unable to attend the event are invited to contact: [kerrydrive@cratus.co.uk](mailto:kerrydrive@cratus.co.uk) – telephone: 020 8629 7210

There is currently no requirement to submit letters of comment as this was just a consultation process. Your Resident Association Cranham Councillors will keep residents briefed on any applications that may come forward as a consequence of this consultation. If a subsequent planning application is submitted to the Council, Councillors will call a public meeting to go through the application in detail.



### Parking Charges

We have pointed out a number of times your local Residents Association Councillors voted against the introduction of the £1.50 initial parking charge and we fought to keep the 30 minute free parking period.

Conservative Councillors pushed through these changes, please see below a message from Peter Jones pointing out that the various Charity Shops are also losing out.

“

Most of my disregarded household and personal reusable items were given to charity— No More—

We now get charged £1.50 each time we drop them off at the local charity shops!! Shame on Havering Councillors who voted for the increases !

Peter Jones”

### Free Parking Increased in Redbridge

Redbridge supports their local businesses as Havering fails theirs – free parking increased to one hour.

The Leader of Redbridge Council, Cllr Jas Athwal said: “We are committed to supporting residents and local businesses and by doubling the free parking allowance on Redbridge high streets to an hour - it will make it much easier for people to visit our local shops and help businesses grow.”

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## Bell Corner

A while ago some concrete was spilt at this corner, which was never satisfactory removed. It has been checked and confirmed that while not pleasant to look at it is not dangerous. To remove it the carriageway would have to be broken away at a high cost. We will keep pushing for this, but accept that other issue must take priority as far as the budget goes.

CLlr LINDA HAWTHORN

## Poppy Appeal Update

The Upminster & Cranham Royal British Legion are delighted to announce that to date the local 2018-19 Poppy Appeal has raised £30,030.78. We would like to thank local businesses, schools, community groups, churches and the public for their help and generosity over the last 12 months. We are very grateful to all our volunteer collectors and with the 2019-20 Poppy Appeal fast approaching we are now seeking additional collectors. If you are interested in helping, please email upminsterrbl@aol.com or telephone our Club on 01708 220494 for further information.

## Charity Barn Dance

Barn Dance for The Brain Tumour Charity - The Judy D'cruz Fund on Saturday 12th October 7:30 - 11:00 at Cranham Community Centre, 115a Marlborough Gardens, Cranham, Upminster RM14 1SR.

Waitrose will be providing some snacks & refreshments but please bring your own drink and snacks and dress up as much as you like and we will provide live music and all the guidance you need to have a great evening !!!

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Tickets Just £10 and can be bought by making a donation of £10/Ticket at www.judydcruz.com. Choose the buy tickets option and be sure to leave your name so we can save your tickets. Alternatively contact us on 07896 724 768 or judyandwin@ntlworld.com. Thank you to our sponsors Bells Blinds & Touch of Glass due to their generosity all proceeds raised are going to The Brain Tumour Charity - The Judy D'cruz Fund. The Judy D'cruz Fund has been set up specifically to support children and their families living with a brain tumour diagnosis and currently stands at £41,699.34. Please join us for a fun night raising money for a great cause. Please get your tickets in advance as there will be limited space.

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## Old Chapel Upminster Tea & Talks

Talks at the Old Chapel, St Mary's Lane, Upminster.

**Weds 9th Oct** - Lois Amos - Romford Civic Society

**Weds 13th Nov** - David Williams - City of London Guide

All start at 10.30am.

## Interested in Art ?

If you like painting and drawing or would like to start a new hobby, Upminster Art Society currently has vacancies for new members. We are a small friendly group who meet at Cranham Community Centre, Marlborough Gardens, Wednesday evenings from 7pm. We have a programme covering all aspects of painting and drawing, demonstrations by visiting professional artists, workshops, social evenings and exhibitions of members work.

We have artists of all levels and we support each other in developing as painters, so don't worry if you are out of practice or just starting out. If you are interested in joining, why not come along for a "taster evening" and meet

the members. Our current programme runs from September to the beginning of December. Please call/text Terry Doyle on 07880770324 or email terrydoyle@sky.com.

## Parking Problems

Please note the following Council numbers if you have your drive blocked etc. Office Hours 01708 432787, Out of Office Hours 07946 738495.

## Art Exhibition

Janet and Terry Doyle have a new exhibition in Upminster Library from Monday 21st October to Saturday 2nd November. All paintings will be for sale. Please go along and take a look. Contact 07780 770324.

## A Huge Thank You

We would like to take this opportunity in thanking all our Bulletin deliverers and subscription collectors. Subscriptions remain at £2 per household. We really appreciate your tremendous support. If you can ever help collecting subs or delivering bulletins please contact us. Our contact details are on Page 22. Many thanks.

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## Art Exhibition

Recently we were honoured to be invite to the preview of the art and sculpture exhibition at Thames Chase.

The exhibition, held in the education barn, featured many paintings by local artists and catered for all Tastes. Local buildings, Essex villages and abstract paintings were on show. We found the sculptures of particular interest made from recyclable materials and discarded waste, as a example an eagle wings were from car sparking plugs, caught our attention.



In the photo above, we are shown with a large size turtle - all made from flotsam discovered on the banks of the River Thames.

We regularly feature Thames Chase in the Bulletin.

Their centre off Pike Lane, Cranham is well worth a visit and has a great café.

Cllr LINDA HAWTHORN  
Cllr RON OWE  
Cllr CHRIS WILKINS

## Parking Enforcement Vehicle

We reported earlier this year that our Residents Councillor Chris Wilkins had taken up with the Council "why the CCTV enforcement vehicle is stationary with it's engine running especially in Corbets Tey Road and St.Marys Lane."

Not doing our environment any favours especially when the Council are promoting the slogan "Cleaner, Safer, Prouder Together". Please see the reply Chris has received:

"Dear Cllr Wilkins  
Thank you for your email, which I forwarded to Highways, Traffic and Parking for their further attention. I have been advised that regrettably certain moving traffic contraventions can only be enforced using CCTV enforcement vehicles. The CCTV vehicle must be left running whilst it is carrying out enforcement/patrol duties as to do so otherwise the CCTV computer would drain the battery with the possibility of not being able to restart the vehicle. However, Havering Council is in the process of changing our CCTV enforcement vehicles to electric vehicles as, a way of reducing the impact on the environment. We hope to launch these electric vehicles in 2019. Please note we are currently awaiting

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funding and the installation of charging points, to enable the conversion of fleet vehicles to electric. This is a Corporate issue and one which applies really to all Council Vehicles (albeit that the CCTV vehicles engine has to continuously be running)."

Chris is chasing this up..

## Congratulations

Our best wishes go out to local students on the magnificent examination results this year. There were some fantastic grades achieved locally. Many have just started their first year in Uni. A number are taking up apprenticeships, others are starting work or going to college or sixth Form. Do enjoy every minute. To all those starting school we hope it goes well. Good luck to you all !

## Tree Roots

We sometimes get complaints of highway tree roots damaging walls, driveways and even houses. If you are affected, then the burden of proof lies with the resident, and you are advised to provide pictures, and put your concerns in writing to the highways team,

Cllr LINDA HAWTHORN

## Mini Golf Challenge

On a lovely sunny August afternoon, 14 novices and 2 pros enjoyed the comrades of a friendly mini golf challenge at Hall Lane. A fun time was had by one and all and many surprised themselves with their hitherto unknown golfing skills and abilities! It will be a tragedy if this beautiful and tranquil site, integral to the character of Upminster, is lost to housing development so please do support the Friends Group and other resident associations in their fight to save a valuable community asset. The course remains open at weekends until the end of October so there is still time to discover whether or not you're a budding Tiger Woods or Annika Sorenstam!

Kevin Kilbey



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## Your Emails

At a time when sadly local newspapers are diminishing The Bulletin goes from strength to strength.

We love receiving your emails .. Thirty years ago it would have been letters now with internet coverage locally at record levels the vast majority have access to emails. Please keep in touch but please ensure we have your contact details on them its nice knowing which part of our area you are living in ! We still like receiving letters.

## Skips

Although a vast majority of our skip companies are careful to secure their loads, mistakes can happen. Insecure loads are dealt with by the Environment Agency, who can be contacted at <http://apps.environment-agency.gov.uk/contact/>

Cllr LINDA HAWTHORN

## U.C.R.A. Coach Outings

SATURDAY 26TH OCTOBER  
BRIGHTON AND ST MARY'S  
HOUSE & GARDENS

A morning visit to Brighton with is extraordinary mix of attractions such as The Royal Pavilion and Victorian Pier to the exclusive boutiques in The Lanes. Brighton is a treasure trove of things to do and places to eat where you can obtain lunch before our afternoon visit to St.Mary's House, West Sussex.

St. Mary's is a magnificent Grade 1 Historic House with 500 years of history. It is set in the downland village of Bramber and is surrounded by formal and topiary gardens with pools and fountains. After exploring the house and gardens we will have a delicious cream tea served in the charming cottage style tea rooms. £29.50 (including cream tea)

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The Thames Path provides stunning views of the river and is perfect for a leisurely stroll before sampling some real ale in one of Kingstons homely pubs.

Leaving Upminster at 9am after usual pick ups. Departing Kingston approx 4.30pm. Price £15.00

Please contact Joan Carroll on 07789 956399 email: joancarroll66@gmail.com or Gina Savill-Turner 01708 228270 / mobile 07958 006503 gina.savill-turner@email.com

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## Hornchurch Parish Mens Group

We are looking for New members, from Hornchurch and surrounding areas, to join our luncheon meetings. We meet at the Cranleigh Restaurant Hornchurch, on the second Wednesday of the month from October onwards. After a three course lunch we have a speaker on various subjects.

If you are retired and can spare a Wednesday, once a month, get in touch with Brian Stone 01708 250178

## Saint Francis Hospice Classic Cars Fest

It was the biggest; it was the best. Saint Francis Hospice's annual Frankie's Classic Car Fest & Vintage Market on 1st September attracted 5000 people, boasted 700 classic cars, and raised £33,000.

Held at Ford's Duntun site, Ford Capri Mk1 Owners' Club claimed



the Car Fest will go down as one of the greatest Capri events ever. Over 250 of these well-built machines were proudly gleaming in the late summer's sun for their 50th birthday. Music came from polished tributes

to Amy Winehouse, Elvis, and Cliff Richard & The Shadows. Lorraine Cater and 17-year-old Josie Tullett were also in fine voice. Stormtrooper for Hire and the Hornchurch Jive Bombers busted a groove. Despite the heat, our visitors were eager to prove that they could move with the best of them.

Adrian Fulcher of York won the Personal Business Partnership Capri Trophy with his 1972 Ford Capri Perana. This rare variation of the Capri was a long way from home. Developed in South Africa with a V8 engine, it wasn't sold in the UK. The judges poured over detail; Adrian's vehicle was immaculate.

The Burton Power Show 'n' Shine award went to Gillian McKinlay of Shoeburyness. Gillian's 1973 Triumph Toledo was a sparkling example of this model's mix of British engineering and Italian styling. Andrew Harwood of Longfield scooped the Burton Power Concours Best in Show Trophy. A favourite among those in the country of Essex, the Ford Capri was tarnished by the image of being a "boy racer's" car. Time has brought respect and desirability, and Andrew's 1978 beauty was the proof in the pudding. Paul Wiltshire of Doddingtonhurst collected the Secure Locking Systems Trophy for his 1958 Citroen 2CV. The

first delivery van with a front-wheel drive, the 2CV quickly reached cult car status.

Thanks to everyone who attended and helped raise a record-breaking amount for the Hospice.

Saint Francis Hospice's trusted mascot's next fundraising event will be Frankie's Festive Fun Run on 8th December. But don't panic if you're not a runner. With a Christmas market, a whole host of warm street food, and Santa in his grotto — there's something for

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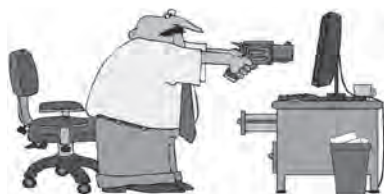
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Tel: 01277 824 380 for further details. Doors open 45 minutes before start. Free parking, free tea and coffee at the interval.

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value of doing it yourself. We are a friendly group and hold a number of social functions on our communal plot during the year. If you are new to growing your own there are always people willing to help/ give advice. Contact Mike Willcocks 01708 501505 or mike@willcocks.me.uk

## Autumn Quiz

Saturday 12th October 7 for 7:30pm at St Laurence Church Hall, Corbets Tey Road, Upminster for Upminster Floral Art Society. £10 including Supper. To book your table contact Margaret 01708 421977 or email maggieereynolds@hotmail.co.uk

## Queens Theatre

One Man, Two Guvnors by Richard Bean, based on The Servant of Two Masters by Carlo Goldoni. Songs by Grant Olding. 2 - 19 Oct. Our new co-production of the smash-hit West End and Broadway comedy One Man, Two Guvnors opened in Derby this week to standing ovations and rave reviews! A hilarious smash-hit comedy...

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Please note following home fixtures: Saturday 12th to Bowers & Pitsea Saturday 2nd November Potters Bar Town

Saturday 16th Corinthian Casuals kick off at 3pm. Please see the web site for any further matches.

The Stadium, Bridge Avenue, Upminster. Support your local team.

## Indoor Table Top Sales

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e.mail....bootsales@cooperscoborn.co.uk. These events are organised by the Coopers Parents & Friends Association.



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## Thames Chase Community Forest

As autumn, the season of colours and fruitfulness, progresses we begin the busy period of forest maintenance and planting. At the Centre we will be working hard to re- invigorate our tree nursery both for supplying stock for fresh planting throughout the Forest and as a facility for all ages from the community to get involved to learn about native trees, new skills and help to provide stock for fresh planting. We are now seeking a dedicated team of volunteers to help build and develop the nursery. If you are looking for a new interest such as this, please get in touch at the Forest Centre or on enquiries@thameschase.org.uk The Centre is also busy with our annual events programme including Apple Weekend and Spooky Walks evening.

**Friday 18th October** - Apple Cream Tea from 2.30-4.30pm (Booking essential)

**Saturday 19th /Sunday 20st October** - Apple Weekend, our annual celebration of regional diversity and country traditions, with locally grown English apples to taste and buy, country craft stalls and demonstrations and children's activities from 10am-4pm each day. Free admission.

**Tuesday 22nd, Wednesday 23rd**

**October** - children's half term activities. Please see the website for more details.

**Saturday 26th October** - Spooky walks around Broadfields from 5.30 to 8.30pm. Explore the woodland at night as you follow the stars to discover a lost necklace. Entrance strictly by ticket only. Tickets are available from the Visitor Centre, £6 each or £20 for a family of 4. The evening will also include Havering Astronomical Society, children's activities and a magician. Spooky food and hot drinks available from the cafe throughout the evening.

For more information on all our events please contact enquiries@thameschase.org.uk or visit the website [www.thameschase.org](http://www.thameschase.org).

## Shirley Ward Tours

**November 29th/30th Friday/ Saturday: Thursford Xmas Spectacular Show.** Overnight stay and evening meal after matinee show at Heacham Manor Hotel, Hunstanton plus free time in Norwich next day: £189 per person, S/S £15 pp.  
**December 19th Thu Royal Albert Hall Friendship Matinee 3:30pm. Guy Bakers Big Band Christmas Show.** Cost £5 with a £2 donation to Shirley tours.

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## Wednesday Music Evenings

**Wed 2nd October - Tribute to Alan Tomlin**

The team have put together a tribute programme based on the music chosen by Alan in his programmes over the past decade until his untimely death earlier this year. Personal memories of Alan will also be recounted.

**Wed 16th October - Balalaikas, Bagpipes & Oompah**

Pah George Saddington girdles the globe with music played on traditional instruments so you can expect to hear the sound of bagpipes, balalaika, bouzouki, oompah bands, Dutch fairground organs in a programme that will also embrace Parisienne café chanson, Argentine tango, cowboy melodies, Spanish flamenco, New Orleans marching bands, Neapolitan love songs and maybe even some gypsy violin music.

**Wed 30th October - Hooray for Hollywood**

More than just film music with recording of the stars, film themes and some borrowed classical music. Presented by Harry Newman who will

feature music from the silent film era, talkies with the great Hollywood box office stars.

Admission to all programmes is free but we do ask for a nominal contribution to interval refreshments. All the music is from recordings played in high quality sound equipment. The programmes commence at 7.30pm ending by 9.30pm and are held in the 1st Floor main meeting room, Hornchurch Library, North Street (buses 165, 256 & 370 stop nearby). For any further information contact Stephen Raindle 01708 470670 or email [sraindle@aol.com](mailto:sraindle@aol.com)

## Kennel Cough

Kennel Cough is more properly called Canine Infectious Respiratory Disease (CIRD). It can be caused by many different bacteria or viruses. Coughing is a protective mechanism to prevent irritants from getting into the lungs. It is for this reason that we do not recommend cough suppressants in uncomplicated cases. The cough is typically harsh and is often described by owners "as if he's got something stuck in his throat". Direct dog-dog contact is not necessary, however, as pathogens can survive in droplets in the air infecting the next dog that breathes

*continued on page 11*

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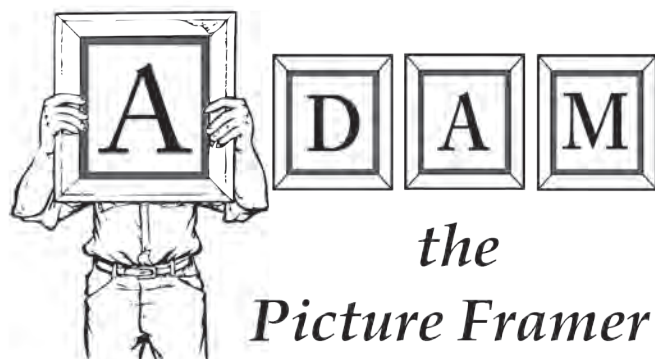
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them in. In most cases the condition is self-limiting and after a few days the cough subsides.

Occasionally the cough will persist often in very excitable dogs or in older dogs it is possible that the infection will gain entry into the lungs leading to pneumonia, although this is quite rare.

If you suspect your dog has "kennel cough" here are some handy tips for helping them recover. First keep them away from other dogs, protect them as much as possible from the cold air. Rest is important, and you can try ice lollies or honey and lemon to soothe the throat.

You should contact your vet if the cough persists for more than a few days or if your dog shows other signs such as being unwell. It is important to seek veterinary advice if your pet is older or has other medical problems. There is a vaccine available against two of the commonest causes of this condition.

For more advice please telephone Lawton and Stoakes 01708 384444.

## Adventure Island Tickets

Half price Adventure Island (£16.50 Blue / £13 Red) and less than half price Sealife Southend tickets (£6), available all year

round, valid to 31 December, may be collected locally. Please contact Annie: 07517 856571, Penny: 07703 676989 or MAA Eyecare, Avon Road: 01708 259889 - thank you to everyone for your continued support.

## Hunters Sponsorship

Pictured with club Chairman and vice-captain (Kane Ward, left) as well as club captain (Ross Fisher, right); Niall Hebron of Hunters Hornchurch was presented with a framed Old Cooperians Football Club shirt to say thanks for their sponsorship and support for the upcoming season.



Speaking directly to The Bulletin, Niall said "Hunters are delighted to have the opportunity to support a local football team and will definitely be along to a few of the home games!" OCFC are keen to repay Hunters with

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good performances on the pitch. Club spokesperson Jonn Bairrott said "I really like the houses Hunters have and can't wait to get about that pitch.

Thanks Niall!"

## Havering Singers Concert

November 16, 7:30 pm - 9:30 pm. This will be a special evening. With Jonathan Rathbone at the helm, we will perform Brahms German Requiem accompanied by two excellent pianists at the same piano keyboard. Described as four hand piano accompaniment we are delighted that Tim Smith and Leo Nicholson will be undertaking this exciting performance. It will challenge your preconceptions about how this work should go. The venue for this concert will be Holy Cross Church, Hornchurch Rd, Hornchurch RM11 1PX.

Tickets for this concert will be £13, discounted to £11 if bought and paid for in advance from the website (by Wednesday 13th November). Tickets for children and students aged 5 - 17 will be £5. Sponsor Patrons of Havering Singers will receive their usual discount.

<https://www.haveringsingers.org.uk>

## Messy Church

What is it? A fun and messy time exploring God stuff together. What will it involve? Craft, games, music, stories and a meal. Who is it for? Messy Church is an event designed for families (not just children) including parents, grandparents, carers and friends. All children must be accompanied by an adult. How do I sign up? You don't have to sign up to be part of Messy Church, just come along whenever you want to. Where is it? Moor Lane Church, Moor Lane, Cranham, RM14 1HN. When is it? Fridays 4.30-6.30pm (3rd Friday in month), 18th October and 15th November 2019. If you would like to know more contact: Liz and Lauren, Children and Families Team, St Luke's Church, Cranham: 01708 222562 or email: [messychurchstlukes@gmail.com](mailto:messychurchstlukes@gmail.com)

## Upminster Author

Upminster indie author Peter Larnar will publish his thirteenth novel in October. His bestselling books Harpoon Force and Deathbed Confessions featured his Essex-based hero Jack Daly, but his latest book Pawns introduces two endearing characters in Josh Milton and Kellie Chadwick. The story opens on 31st

*continued on page 13*

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October 2019.

Set after the fall of the caliphate and in the wake of an unprecedented terrorist attack near the Tower of London, the head of SO15 receives contact from an embedded agent long thought dead. It is Halloween, the night of a new moon. Is it a trick or a treat? Is Housemartin still active, or is it a hoax?

With resources stretched, SO15 are forced to place the two new recruits into the former home of the agent to await his possible return. Milton and Chadwick soon realise that they need to find the link between Housemartin and the mysterious murder of a man on the night of the bombing – and they need to do it before the bombers strike again.

Peter Larner has lived in Upminster for more than thirty years. Pawns is dedicated to the memory of former Upminster resident and Champion old boy David Allpress who died last year. All royalties from the book are being donated to Prostate Cancer UK.

## Every Breath You Take

An electrifying show paying tribute to the music of Sting and The Police. The Police were unarguably one of the hottest bands on the planet during their short career ('77 - '83) with an impressive catalogue of hits including

Every Breath You Take, Message in a Bottle, Roxanne, Don't Stand So Close To Me and Walking on the Moon. The band has won 6 Grammy Awards and 2 Brit awards and in 2003 they were inducted into the Rock and Roll Hall of Fame. With The Police, Sting is one of the world's best-selling music artists of all time selling over 100 million records worldwide. Solo hits include Englishman in New York, Fields of Gold, If I Ever Lose My Faith In You and When We Dance.

Fronted by Sting look and sound-alike, Owen James, EVERY BREATH YOU TAKE is a high-octane show that faithfully recreates the magic of one of history's best-loved rock bands.

Sat 19 Oct 2019, 8pm. £18 All tickets Brookside Theatre, 21a Eastern Road, Romford, Essex, RM1 3NH. Tickets & General Enquiries 01708 755775. [boxoffice@brooksidetheatre.com](mailto:boxoffice@brooksidetheatre.com)

## Bicycle Thefts

Recently I had two bicycles stolen from the bike park near to the Junction pub in Station Road, Upminster. They were both secured with the standard combination barrel/cable type lock. Both were stolen on busy weekend evenings. I understand that the police know this is a scene of ongoing crime, but despite reporting both incidents to them and the first theft being captured on CCTV the police have failed to apprehend anyone. I actually found it difficult to even contact them.

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I would urge anyone leaving their bikes there to use the heaviest chains to secure them.

David Taplin

## Robin Hood

Really pleased to remind you that this year's pantomime at our local Queens Theatre is "Robin Hood". The Pantos at the Queens are fantastic and well worth seeing. It's on from the 28th November to 5th January next year.

Box Office number 01708 443333. Please look out for the huge variety of one nighters at the Queens-further details on their web site.

[www.queens-theatre.co.uk](http://www.queens-theatre.co.uk)

## Forest Spirit YOGA

YOGA held within the historic 17C Essex Barn, in the Ford Ed. Room, embraced by beautiful countryside with Paula Restarick. Thames Chase Forest Centre, Broadfields, Pike Lane, Upminster, RM14 3NS. Monday's 12.15-1.30pm £8.50 or Thursday's 7.30-8.30pm £8.00. ALL Yogic abilities supported, beginners welcome. Monthly day pass - 4 classes - £30. Monthly evening pass - 4 classes - £28. Booking Essential: 07958 682172 online or cash payments. PARQ/health form: [paulalotusrose@gmail.com](mailto:paulalotusrose@gmail.com)



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**By appointment only, please book online through our website,**  
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## Upminster Teenager Rejuvenates after Cancer

Beth, from Upminster, was diagnosed with Hodgkins Lymphoma - a form of blood Cancer - at age 17, whilst studying at Coopers' school. She was told that she had 12 tumours in her neck alone. As a result, she quickly began chemotherapy whilst simultaneously studying. However, she found that through her own experience that two things were missing -

- 1) People felt helpless. Friends and family do not know what to give someone just diagnosed.
- 2) She felt overwhelmed herself; patients just diagnosed do not know what they need, that might help them. After graduating university she launched REJUVENATE KITS - an ethical brand offering a 'Cancer Care Kit' to people just diagnosed, going through treatment, living with Cancer or after. This holistic kit is a way of showing your support, in the most beneficial way, helping patients offset their side effects. Inside are all organic, natural products, including an all-natural shampoo and conditioner, organic green tea, organic broccoli seeds, essential oils, organic lip balm and a handy



guidebook about her story, the products, ingredients, health benefits and tips from Beth herself. More details about REJUVENATE KITS are on her website [www.rejuvenatekits.com](http://www.rejuvenatekits.com) or @rejuvenatekits on Instagram and Facebook.

## 74-year-old Upminster Marathon Runner Shortlisted for National Charity Award

74-year-old Robert Smith from Upminster, has been shortlisted for the Individual Fundraiser of the Year award at the 2019 Sense Awards after taking part in 15 consecutive London marathons for national disability charity, Sense

Robert, a retired Primary school head teacher, was inspired to fundraise for Sense after a friend and teacher at his school asked if he would complete the marathon with her, for her daughter



who was deafblind. Robert, or Bob as he's mostly known, said yes and ran his first marathon alongside his friend; he has continued the tradition ever since.

Through taking part in the marathons, Robert has raised over £23,000 for Sense since 2004 and is due to take part in his 16th London Marathon in 2020.

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## Hornchurch Country Park Events

**October 2019**

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**Every Tuesday - Drop in between 10.30am-12.30pm**

Come along to improve your computer and digital skills with help and advice from one of our friendly volunteers. We can help you with anything from setting up email accounts to ordering shopping online or using Skype. Bring along your laptop, tablet, phone or camera for help with your own device. No need to book. Meet at Ingrebourne Valley Visitor Centre reception desk. Free of charge Please Phone the Centre first on 01708 520364.

**Halloween Hullabaloo 22nd October Time: 10.30am - 11.30am, 12.00pm - 1.00pm, 1.30pm, 2.30pm.**

Follow a spooky trail around the centre and into the woods in your best Halloween outfit.

Make a magic potion, Halloween glider, crawl under the spider nets and across the tightrope and finish off by the campfire listening to a scary story. Donation: £7.00 per child. Booking Required.

**Kite Making 23rd October Time: 10.00am - 11.00am**

Make a creepy Halloween kite, let your imagination run wild. Great fun for all ages. Donation: £6.00 per child. Adults and children welcome. Booking Required.

**Halloween Games 23rd October Time: 1.30pm - 2.30pm, 2.30pm-3.30pm**

Hangman bobbing, the Great Mummy Wrap, Whack the Rat, Coffin Ball Toss, And Guess What's in the Cauldron. Suitable for children aged 5+ Donation: £6.00 per child. Booking Required. Adults and children.

**Creepy Craft 24th October 2. Time: 10.00am - 11.00am, 11.30am - 12.30pm, 1.30pm - 2.30pm**

Come along and make some creepy craft to take Home ready for Halloween. Donation: £6.00 per Child. Booking Required. Suitable for all ages.

**Bat Night 24th October. Time: 6.15pm - 8.00pm**

Come along, see and learn what Bats live in the park, we will take you on a

walk On the wild side.

Children must be accompanied with an adult, suitable clothing and a torch are a must.

Donation: £6.00 per child, £3.00 per adult. Booking Required.

We will be meeting at Albyns Farm Car Park RM13 7HY

**Pumpkin Carving 25th October.**

**Time: 10.00am - 11.00am, 11.30am - 12.30pm, 1.30pm - 2.30pm**

Come along and get messy here with us, carve your own pumpkin to take home ready for Halloween. Donation: £6.00 per Pumpkin.

Booking Required, Adults and Children welcome.

**Halloween Fright Night 25th October. Time Session 1, Starts 6.30pm Session 2 Starts, 7.00pm. Session 3, Starts 7.30pm.**

Come along for our Spooky Trail through the woods, where you will meet ghosties and ghoulies. Fancy dress optional. Age 6+ Please bring a Torch. Booking is Required.

**Halloween Trail 26th and 27th October**

Follow the Map around the country park answering questions, then head back to the centre to collect your prize. Please come dressed appropriately for being outside. Donation: £3.00

**Halloween Wreaths Monday 28th October. Time: 10.30am - 11.30am, 12.30pm - 1.30pm.**

Get creative this Halloween and try your hand at making a great Halloween wreath. Get ready for Trick or Treat night. Donation: £5.00

Essex Wildlife Trust  
Ingrebourne Valley Visitor Centre At Hornchurch Country Park, Via Squadrons Approach Off Suttons Lane, Hornchurch  
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Sat Nav: RM12 6TS  
To book your place please call into the centre, call 01708 520364 or email [ingrebourne@essexwt.org.uk](mailto:ingrebourne@essexwt.org.uk).

## LOCAL FUTURE EVENTS

### OCTOBER

**Hornchurch & Upminster Rotary Club**, every Thursday 12.30 for 1pm, The Railway Hotel, Station Road Hornchurch Tel: 01708 250855.

continued on page 17



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- 8 Tuesday - **The Arts Society**, Havering (formerly NADFAS Havering) welcomes Mr Nicholas Reed with a talk on 'The Painting and Wit of Winston Churchill and Noel Coward'. Lecture 10.45am Coffee from 10.00am. Visitors welcome at £8. Meetings are held at The New Windmill Hall, St Mary's Lane, Upminster RM14 2QH. Further details of forthcoming lectures and events can be found at [www.tashavering.org.uk](http://www.tashavering.org.uk)
- 9 Wednesday - **The Front Lane Community Association Tea Dance** at Cranham Social Hall, Front Lane, Cranham, RM14 1XN on the 2nd Wednesday of each month. Doors open 2.15 p.m. Come along and make new friends, whilst dancing to music by 'John'. £3.50 inc refreshments. Pay on the door. Further details contact Val on 01708 224166.
- 9 Wednesday - **Nelmes Women's Institute** meet on the 2nd Wednesday of every month and welcome new members of all ages. Meetings are held at Nelmes United Reformed Church Hall (corner of Nelmes Road and Burntwood Avenue, Hornchurch, RM11 3JA). Meetings start at 2 pm promptly. Please contact Ruth McDougall on 01708 448431 or [Ruth.wellwisher@gmail.com](mailto:Ruth.wellwisher@gmail.com) for further details.
- 9 Wednesday - **Havering U3A**. AGM. Havering U3A meets at 2:30pm on the second Wednesday of the month at St. Michael's Church Hall, Main Road, Gidea Park, Romford. Interest groups run throughout the month. [www.u3asites.org.uk/havering](http://www.u3asites.org.uk/havering)
- 10 Thursday - **Sequence Dance**. Cranham Community Centre, Marlborough Gardens. Every Thursday 8-00 - 10-00pm come along and make new friends whilst dancing to the music played by our resident DJs £4 per session. Further details contact Maurice 01708 472424.
- 11 Friday - **Scottish Country Dancing**, every Friday at St Laurence Church Minor Hall RM14 2BB. 10.00 to 11.45 am. Beginners welcome. Further details from Fiona 07976 438950
- 12 Saturday - **Saturday Talks Club** - Protest, Poverty and Riot; Agriculture labourers in Essex 1800-1914: The speaker is Ted Woodgate. 2.15pm - 4.30pm (doors open 1.45pm) Roope Hall, Trinity United Reform Church, Station Lane, Upminster. Cost £5.00 including tea and biscuits.
- For further information contact Mrs.G. Blake 01708 227512/ 07788751407 or Mrs. B. Bland 01689 858701 / 0795121930
- 13 Sunday - **OASIS** - A 'disability-friendly' meeting, 3.00 to 4.30 pm at Cranham Baptist Church, Severn Drive. Please contact the Oasis Team Oasis meetings are for adults with disabilities and their carers. All our meetings are accessible, friendly and informal. Contact the Oasis Team on 01708 223551 or 07714 853545.
- 14 Monday - **Havering branch Essex Wildlife Trust**. Illustrated talk by Neil Phillips on Wildlife in South Essex. Meetings held on the 1st floor, Hornchurch Library, 44 North Street, RM 11 1TB, Parking at rear, Lift to 1st floor., 8.00 -9.45pm, A donation of £3 requested to cover hall hire, includes tea/coffee and biscuits., Contact:- secretary Joy Emerson 01708 440297.
- 15 Tuesday - **Upminster Dementia Choir**. All Saints Church Hall, 10.30am-11.00am for tea and coffee with the choir starting from 11.00am-12.00. Every other Tuesday. The session is £1.00 per person. We would love you to join us! If you would like any further details please contact [gillian.ford@havering.gov.uk](mailto:gillian.ford@havering.gov.uk) or telephone: 01708 641317
- 15 Tuesday - Cranham Engayne W.I. welcomes new members and visitors. Meetings held on the 3rd Tuesday of each month at 2 pm to 4 pm at the Cranham Community Centre, Marlborough Gardens.
- 15 Tuesday - **Upminster U3A** Charlie Haylock - Surnames. New Windmill Hall in Upminster. Doors open at 12.30pm for a 1pm start. For further information about membership and current interest groups, come along to a meeting for free or check out our website [www.u3asites.org.uk/upminster](http://www.u3asites.org.uk/upminster)
- 16 Wednesday - **Deyncourt Ladies Probosc Lunch Club** meet every 3rd Wednesday of the month (except August) and welcome new members who are retired. Meetings are held at the Masonic Centre Deyncourt Gardens Upminster. Meetings commence at 11.30 am lunch is 12.00pm and we have a speaker to follow. Please contact Julia Deverill for further details on:- tel. 01708745788 Email:- [frelia.deverill@talktalk.net](mailto:frelia.deverill@talktalk.net)
- 16 Wednesday - **Upminster Floral Art Society** An entertaining evening watching expert floral designers. Enter our raffle on the

*continued on page 19*



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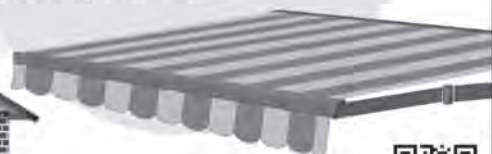
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Contact: Margaret 01708 471977

**17 Thursday - Upminster Wine and Social Club** meet on the third  
Thursday of the month at 8 pm in  
the Cranham Social Hall, Front  
Lane, Cranham. We hold meetings  
every month with a variety of  
speakers and wine tasting. Contact  
John Robson on 01708 744023,  
Margaret Murray on 01708470240  
or simply come along on the night.  
You will be most welcome.

**18 Friday - Havering Antique Collectors Club** meet at the  
Neighbourhood Centre, Gubbins  
Lane, Harold Wood. 7.30 for 8.00 -  
Guests £8. Judith Miller from the  
BBC Roadshow. Chairman Mrs  
Chris Lovett 0794 7367258. Annual  
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**21 Monday - Diabetes UK - Havering Group** Meetings are held  
at North Street Halls, 24 North  
Street, Hornchurch - Opposite  
Iceland, RM11 1QX. Normally on  
the third Monday of each month  
(except for August and January) at  
8PM. Contact our secretary, Ann  
on 01708 935779, for more details.

**22 Tuesday - Upminster Camera Club.** Derek Howes DPAGB  
"Alaska - Bears, Eagles, Killer  
Whales, Glaciers & Humpback  
Whales bubble net feeding". Every  
Tuesday at 7:45pm for an 8:00pm  
start. Cranham Community  
Association, Marlborough  
Gardens, Cranham, RM14 1SR.

**23 Wednesday - Upminster Park Towns Womens Guild** meet on  
the fourth Wednesday of every  
month at 2 pm to 4 pm in Derham  
Hall (behind Upminster Library),  
Upminster. Afternoon tea, talks  
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group of ladies, all most welcome.  
For more information contact  
Deborah Pryor on 01708 226127  
or Ann Monk on 01708 226305 or  
simply come along.

**25 Friday - Single Over Sixty lunch**,  
last Friday of every month 12.30 for  
1pm, All Saints Church, The Chase  
Upminster Tel: 01708 228308.

**30 Wednesday - Upminster and District Probus Club** meet at  
The Cranleigh, 84 Station Road,  
Hornchurch, RM12 6LX on the  
last Wednesday of the month.  
Ian Bevan - The History of the  
Crystal Palace. Contact Barry on  
01708 703783 and leave a message

or send an email secretary@  
upminsterprobus.com.

## NOVEMBER

**2 Saturday - Cake Decorating Club.** Fairkytes Arts Centre, Billet  
Lane, Hornchurch RM11 1AX.  
Doors open at 1.15 for 1.30 start to  
3.30pm. Visitors pay £7, inc tea and  
cake. We are a very friendly group  
and there is no need to book. We  
meet on the first Saturday in the  
month. Further details from Joy  
01708 767145.

**2 Saturday - The Havering Branch of the East of London Family History Society** hold meetings on  
the first Saturday of every month  
at Trinity Church, Station Road,  
Upminster RM14 2SJ doors open  
at 1pm meeting starts at 2pm.  
The Election of Branch Officers  
is followed by 'Joseph Bazalgette,  
the builder of London's modern  
sewage system' with Jef Page. The  
Internet & Technology Group meet  
at the same venue 11am - where  
Election of Officers is followed by 2  
short talks by the committee. Teas  
and coffees can be purchased.  
Members and visitors welcome to  
either or both.

**5 Tuesday - Oglethorpe W.I** Make a  
Christmas Decoration this evening.  
Visitors and new members are  
always welcome to our meetings  
which are held on the first Tuesday  
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Hall, 103 Front Lane, Cranham,  
RM14 1XN at 7.45 pm. Further  
information contact Secretary Mrs.  
E. Bell on 01708 251161.

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## The Upminster & District Horticultural Society

Our season's lectures begin with our Charity Evening on Tuesday 8th October 2019. Come and hear the story of the Pemberton and Bentall Roses which were bred at Havering-atte-Bower. Laura Hill and Andrew Bentall will give a joint talk and all monies raised from the entrance fee of £3 will be shared between St Francis Hospice and Jack's Place Charity. The lecture takes place in the New Windmill Hall, St Mary's Lane, Upminster. The start time is 7.45pm with a finishing time of 9.45pm. There will be an interval for tea and biscuits. You can find out more about our society by visiting our website [www.upminsterhorticulturalsociety.co.uk](http://www.upminsterhorticulturalsociety.co.uk)

## Deliverers Needed

The Upminster and Cranham Residents' Association rely on a large number of volunteers who give up a small amount of their free time once a month to deliver the Bulletin to local homes. In Cranham we are currently seeking help to deliver to Isis Drive, Blyth Walk, Plover Gdns, Avon Rd (Shops & flats above only) and Front Lane (one side north of Roseberry Gdns). Each of these rounds takes around ten minutes. If you can assist us in one of these

roads (or act as a cover deliverer in other areas) please contact John Tyler on 07982 962 925 or [johntylerucresidents@outlook.com](mailto:johntylerucresidents@outlook.com).

## Springfield Gardens

Following us complaining to the Council that the footpath replacement needed to be completed in Springfield Gardens, as I write this, at long last this is being finished. Sadly six trees were also removed as they were dead or diseased. We wrote to the residents following news from the Council's Tree Officer on this. Flowering cherries have a shorter life span than some of our native trees. I am pleased to say that these will be replaced by flowering cherries, which will help this road be restored to its former glory. We receive a large number of comments on how nice the roads look when the trees are in flower!

Cllr LINDA HAWTHORN

## New Players for Rugby Club

Upminster Rugby Club are looking to grow their small but successful under 10's team for the 2019/2020 season. Training is held between 10:30-12:00 every Sunday and 18:45 - 19:45 on Wednesdays at the Upminster Rec. The season has just started so plenty of training and matches ahead of us, and with the Rugby World Cup starting shortly its a great time to get

involved, so come along and have a go! All experience levels encouraged. All coaches are DBS checked and IRB Rugby Ready trained.

To get in touch please email: [urfc2019u10@gmail.com](mailto:urfc2019u10@gmail.com)

## Cranston Park Tennis Club

Come and play tennis in Upminster at the friendly and welcoming Cranston Park Lawn Tennis Club! New Head Coach, Lee Duncan, of the Coniston Avenue club writes, "We boast eight brand new fully floodlit tennis courts, a great clubhouse, lounge area, kitchen, changing rooms and showers. And a bar with club prices!" From absolute beginners to improvers to playing socially- and representing competitive teams - from ages four to ninety-four. There are Mini, Junior and Adult coaching programmes, holiday time camps; and Lee offers individual coaching. Lee has exciting plans to expand our programme. He said, "We also have Quiz nights, barbecues and tribute acts! Come and get fit, enjoy playing tennis and meeting new friends at your premier local tennis club!" Enquiries: [pennywoodhall@virginmedia.com](mailto:pennywoodhall@virginmedia.com) All other enquiries contact Lee at [tenniscoach@hotmail.co.uk](mailto:tenniscoach@hotmail.co.uk).

## Fly tipping

Sadly we still get regular fly tipping in our car parks. We are constantly contacting the Council who then clear the rubbish.

The Council will and do prosecute offenders.

## Adult Badminton

The Hall Mead Friends Association are looking for new adult badminton members for their "pay as you play" sessions at Hall Mead School, Marlborough Gardens, Cranham on a Monday evening in Hall Mead Sports Hall. Monday evenings 7:30pm to 9:30pm (term time only), £4 a session. For more details please email [jhand@hallmeadschool.com](mailto:jhand@hallmeadschool.com)

## Upminster Wine & Social Club

We are a Social club that was first formed in 1965. We meet at 8p.m. every third Thursday in the Month at Cranham Social Hall, Front Lane, Cranham. We are a lively friendly group with an interest in wine as our roots were from a Home Made Wine and Beer club. We have a wine of the month to taste each meeting and an invited speaker. The talks are varied and embrace many different topics. Other Social activities include two dances held each year, as well as outings to places of interest, theatre trips, London Walks and weekend and mid week holidays. For more information please contact John Robson on 01708 744023, Margaret Murray on 01708 470240 or simply come along on the night. You will be most welcome.



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## Barn Dance

Barn Dance, 26th October 2019, New Windmill Hall, Upminster, RM14 2QH, at 7pm. Tickets £10.00 each. In aid of Cancer Research and Help for Heroes. Please bring your own nibbles drink and glasses. Phone Carol Vine 01708 223634.

## Speeding

Over the years your Residents Councillors and the Association has pursued the Council to introduce a wide range of projects to reduce speeding in the area. Whilst the amount of vehicle ownership in the area has gone through the roof with Havering having the largest car ownership in London. Many front gardens disappearing to make way for the cars and a number of local roads also having record numbers parked in the road.

Also a number of roads looking like the Ideal Home Exhibition with builders vans etc parked up. However, we your Councillors receive regular requests to look at further measures to reduce speeding.

With this in mind as reported in the Bulletin a number of times we have reported roads where we have asked the Police to man speed checks and they have confirmed when they can further checks will happen.

We have held a number of meetings and site visits to pin point particular problems.

The stretch of St. Marys Lane from Wantz Bridge to The Thatched House Pub is an area already in the Councils programme for further action whilst humps were introduced some time back local residents have requested further action.

Council Officers have put down equipment to check speed levels in the Argyle Gardens/ Park Drive where again measures had been introduced and in Cranston Park Avenue and Gaynes Park Road. Following this and the introduction of a 20 MPH limit in Bridge Avenue and Acacia Drive the Council are looking at a scheme to extend this area and we are hoping that an extensive report will be going to this months Highways Committee for their agreement to proceed to public consultation.

We will keep you in touch on this. Sadly these projects take considerable time to put into effect and of course finding the cash has to be found to fund these at a time when the grant levels assistance we get is diminishing and of course with other areas in the Borough competing for similar works. We are hoping that with the high number of schools in the area and pedestrians we will get funding from the Transport for London (Greater London Council ) for this.

Cllrs LINDA HAWTHORN, RON OWER, CHRIS WILKINS

## Upminster Gardener Expands Business

A local Upminster gardener is expanding his round and if you would like him to keep your garden tidy, please contact Chris Power on 07913 230576 or 01708 640006.

## Firework Display

The Upminster School Annual Firework Display will be taking place on their school field on Saturday 2nd November. The display starts at 6.30pm with the gates opening at 5pm and closing at 6.20pm. Tickets are priced at £6 for adults, £4 for children (4 and over) and £1 for pre-school children. A family ticket (2 adults and 2 children) is also available at £18. Tickets will be on sale on Saturday 2nd November outside the school entrance next to Superdrug (between 10am and 2pm) or on the gate (subject to availability) from 5pm. The ticket price on the day is £7 for adults and £5 for children and £1 for pre-school children. A family ticket (2 adults and 2 children) is also available at £22. Please do try and get your tickets early to avoid disappointment. If you have any questions please contact [pa@upminsterschoolsparents.co.uk](mailto:pa@upminsterschoolsparents.co.uk)

## A Night of Magic

A night of magic in aid of The Not Forgotten Association is on Saturday 5th October 7 for 7:30pm at Top Meadow Golf Club, North Ockendon, RM14 3PR. Magicians will amaze you, after entertaining you at the tables there will be a Show. Tickets £21 including knife and fork buffet. Contact Shirley Mclean on 01708 220096.

## Cranham Ward Meeting Dates

Do you have an issue or concern you would like to raise with a Cranham Ward Councillor? Why not come along to, Cafe4You, 99 Front Lane, Cranham (below the Cranham Social Centre) between 11am-12 noon on:  
 2019 - 17th Oct, 21st Nov and 19th Dec.  
 2020 - 16th Jan, 20th Feb, 19th Mar, 16th Apr & 21st May.

## Upminster Ward Meeting Dates

Please note the Upminster ward meeting is on Wednesday 2nd 7.30pm at St. Joseph's Hall, St.Marys Lane.

Our October surgery will be at The Huntsmans & Hounds, Corbets Tey on Monday 14th at 11am.

Our contact details are on page 22 if you need to contact us before then..

## Article & Advertising Submission Deadlines

### Articles - 1st Month / Advertising - 3rd Month

Copy to be received on or before the above dates one Month prior to the publish date. Please note that submitting an article does not guarantee publication. Email: [bulletinra@yahoo.co.uk](mailto:bulletinra@yahoo.co.uk)





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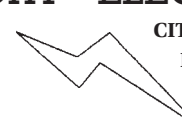
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