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UPMINSTER & CRANHAM RESIDENTS' ASSOCIATION

Not Again - Parking Permits

We reported in the Bulletin that at the Councils Budget meeting in February the Conservatives, who control the Council, voted to take away the 30 minute free parking period in Upminster and Hornchurch.

Please note the Tories also pushed through a scheme to introduce resident parking permits.

What will this mean to local residents ?

- To be able to park your car in your road you will need to purchase a parking permit each year. The costs of the permits are currently £35 for the first vehicle, £60 for the second and any further vehicles will cost £85 each. It is possible that these costs could increase !
- You may also need to purchase Visitor's Parking Permits.
- Having a parking permit will NOT guarantee you a parking place near your home.

There was extensive consultation three years ago on the introduction of permits with several letters going out to residents and presentations in Upminster Library with the result being that residents **did not** want them.

Several Roads also presented petitions against any introduction of permits! However, the Conservative led Council want to have a borough wide consultation on this in areas that are within one kilometre (five eighths of a mile) from Stations.

We recently met with the relevant Cabinet Councillor and The Leader of The Council pointing out that a number of residents in the Upminster Tree Roads have asked for parking restrictions and the anticipated consultation has stopped any progress on this.

We strongly pointed out that consultation had taken place and it was pointless to do this again.

Whilst we have written to residents where requests have been made for "parking restrictions" informing them of this we want to reiterate the situation. We have not been given any date when the consultation will take place and therefore sadly any progress to assist residents has been stopped. We will continue to push on this and keep you updated.

Councillors LINDA HAWTHORN, RON OWER & CHRIS WILKINS

Police Update

I recently met with Sgt Bargus who we share with Upminster, Cranham, South Hornchurch, Rainham and Wennington regarding a number of residents' concerns. We have had a number of reported drug dealing hotspots, which the police are aware of and they patrol as resources are available. Recently they stopped a vehicle and found quantities of Cannabis, which was dealt with according to police procedure. Locations where this is occurring have been noted and they are increasing their own surveillance. In addition there have been a number of robberies in Upminster Town Centre, often mobile phones. There has been a successful arrest of 4 people for these offences. This was achieved through the police team working in cooperation with the Council's CCTV unit. In addition you may well have seen an increase in police patrols in Upminster Town Centre as a result of a number of thefts from shops. All shops have been visited and given advice on keeping their stock safe. I did raise the issue of speeding and the use of the speed gun and Sgt Bargus has given an assurance that checks will be undertaken once the priority of robbery and theft is under control. We would all like more officers, however allocation of officers is not within local control and Sgt Bargus and his team do a great job with the limited resources they have.

Cllr LINDA VAN DEN HENDE

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Upminster Park

Councillors Chris Wilkins and Linda Hawthorn are now regular attendees at the monthly meetings of the "Friends of Upminster Park" and have been impressed by the hard work they do, including getting their hands dirty by weeding, litter picking etc. There are several outstanding issues, re knot weed, ponding in the triangle, tennis net repairs, which Chris and Linda have helped on with the support of Council officers. A water fountain for people and their dogs is being planned, we will keep you updated on this.

It is great to see how well used our wonderful Park is!

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.

Old Chapel Upminster Tea & Talks

Talks at the Old Chapel, St Mary's Lane, Upminster.
Weds 11th Sept - Bob Edwards - History of Stubbers
Weds 9th Oct - Lois Amos - Romford Civic Society
Weds 13th Nov - David Williams - City of London Guide
All start at 10.30am.

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Subscriptions

Welcome to the new households that have joined us. Our Subs remain at £2 per dwelling. If we have missed you and left an envelope get it back to us please. Many Thanks.

Comedy Club

Date for your diary starting on Friday 27th September 7pm to 11.30pm. Comedy Club at Hornchurch Football Club. There will be 4 acts including a compère entrance £10. Fabulous venue in Bridge Avenue, Upminster.

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.

Quiz Night

Trinity Church in Station Road, Upminster is holding a quiz on Saturday 28th September in the Commemoration Hall, at 7.00 for 7.30. Tickets are £6 each and there will be a raffle. Please bring own food, drinks and glasses. All proceeds to The Whitechapel Mission, Trinity's charity for 2019. Tables of 8 but odd numbers

will be accommodated. To reserve places please 'phone 01708 222189.

Big Band Event

The David Pickthall Big Band will be performing on Saturday 7th September at St Laurence Church, Upminster from 7pm. Two sets of 45 mins with an interval with refreshments in the ticket price. Adults £12, Under 16 /Student £6, free for under 5. Tickets 01708 220696 or email parish.office@upminsterparish.co.uk.

Your Residents Councillors

A huge welcome to any new residents to our area ! Cranham and Upminster Wards are represented on Havering Council with Residents Association Councillors. Cranham Ward, north of Upminster Station includes the Dury Falls Estate has Councillors Gillian Ford, Linda Van den Hende and John Tyler. Upminster Ward, south of Upminster Station includes the Cranham Cathedral Estate and North Ockendon has Councillors Linda Hawthorn, Ron Ower and Chris Wilkins.

Contact details are on page 22.

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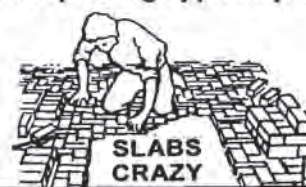
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Libraries

Cllr Linda Van den Hende and I attended the recent consultation at Upminster Library to hear the future of the libraries in Havering- Upminster is unaffected, but the 5 smaller libraries, all ready only open for approx 25 hours per week, are all in danger, these are Elm Park, Gidea Park, Harold Wood, South Hornchurch, and Collier Row. - we have been assured that they will not shut, but will rely on volunteers - we have some very good volunteers in our library services, but it must be said to be put in charge of a library itself, must be a daunting task. In reply to the question, what will happen if no volunteers come forward, the reply was, it will go back to cabinet for a decision! We were also told that a new Romford Library is planned, possible in the next few years - if money's short, it begs the question why, as the building is still quite functional, where would it be and of course what's going to happen to the old site?

Cllr LINDA HAWTHORN

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Lower Thames Crossing Update

The interim update on the Lower Thames Crossing consultation held last year has just been released, which can be viewed on their website here <https://highwaysengland.co.uk/lower-thames-crossing-project-update-summer-2019/>. At the end of 2018 the most comprehensive consultation Highways England has ever undertaken was auctioned. They received a record-breaking response with around 15,000 people attending our 60 events and almost 29,000 people sharing their views on the proposals. The interim update summarises the key themes they heard during consultation, sets out levels of support for and opposition to the proposals, and some of the suggestions made as to how they can improve the design of the scheme. They will publish a full consultation report as part of the Development Consent Order (DCO) application. The consultation responses were received and analysed by Traverse, an independent company specialising in public consultations. Traverse's executive summary of the issues can

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be viewed on their website <https://s3.eu-west-2.amazonaws.com/assets.highwaysengland.co.uk/Lower+Thames+Crossing/190719.LTC+Non-technical+summary+-+FINAL.pdf>. The level of detail both in the feedback they received through the consultation and from the comprehensive programme of ground investigations has resulted in them wanting to take additional time to improve proposals and to develop the DCO application. They now intend to submit the DCO application in summer 2020. While the intention is to submit the DCO application in summer 2020, this does not impact on the overall programme. The target of opening the Lower Thames Crossing in 2027 remains as they have further developed their approach to construction to schedule work concurrently and reduce the overall time required for construction. Due to the publication date of the Bulletin, the information events arranged for August where the local community could meet members of the team to discuss the update, as well as any other project-related questions or concerns has passed. However There are two events scheduled in September as follows:
Wednesday 4 September, 10am - 9pm, Lakeside Shopping Centre RM20 2ZG (Level 1)
Thursday 5 September, 10am - 10pm, Lakeside Shopping Centre RM20 2ZG (Level 1)

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Oliver

Delighted to inform you that at the Romford based theatre has the wonderful "perfect family musical" "Oliver from Wednesday 11th to Sunday 15th. 8pm each evening Matinee on the Saturday at 2pm. Oliver is an unforgettable feel good story of a remarkable boy looking for a place to call home. The music is wonderful and this is a fantastic opportunity to see this musical locally!

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Roads Resurfacing

A number of roads locally have and are being restored. Councillors are then often asked how the roads were chosen for resurfacing. Please see below reply to our Upminster Residents Councillor Wilkins on this:

Dear Councillor Wilkins,

Thank you for your correspondence regarding the Highway Investment Programme; in particular, how the proposed budget is spent including the determination and prioritisation of roads.

The Council has committed an additional £40m over the coming four years, which has resulted in £12m for carriageway and footway resurfacing improvements for 2019/20. This work will incorporate a whole-street approach addressing other aspects alongside the resurfacing programme including grass verge, trees, kerbs, signs and lines and other highways assets in need of attention. The Council recently agreed its policy approach based upon a worst first as determined by the Horizon software system - a combination of GIS, Pavement Management and Asset Management systems. Horizons identifies and prioritises highway maintenance schemes, and determines the cost implications of

various treatments. It also allows the council to use locally defined remedial treatments. A highways engineer will verify and check each selected location. Unforeseen circumstances like inclement weather planned utility works and unplanned events like emergency road works could alter the programme along with the logistical planning, which may mean the scheduled programme may change over the course of the year. Currently, the list of roads and pavements for the 2019/20 financial year has been determined with very little scope for alterations. The next 3-year programme of Highways Investment Programme is currently being finalised. We hope this response will go some way in reassuring you that the key aim of the Highways Improvement Programme is to satisfy the needs and demands of our residents.

Autism Consultation

Havering Council is working towards ensuring that Havering becomes an Autism inclusive borough, where people with Autism have the same opportunities as everyone else. To help achieve this, the Council has drafted an 'All Age Autism Strategy', which is now out for public consultation. The consultation asks respondents to provide feedback on the strategy, helps increase the knowledge of the needs of people with Autism and ensures that the final strategy responds to those needs. The consultation is open until Monday 16 September and can be accessed via consultation.havering.gov.uk/social-care/all-age-autism-strategy/ or by contacting Georgina Shapley on 01708 433 404.

Cllr JOHN TYLER

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Cllr LINDA VAN DEN HENDE

First Step Golf Day 2019

First Step will be holding a Golf Day to be held at Theydon Bois Golf Club on Friday 20th September 2019 in Association with West & Coe. It is anticipated that over 80 players will be welcomed for breakfast, 18 holes, dinner, presentations and a host of fundraising activities

continued on page 7

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Charity Abseil Raises £1,500 for H.A.D

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red twisted metal tower that is the
ArcelorMittal Orbit tower in London's
Olympic Park for charity on Sunday 4
August.

The challenge became known as
'Mike Drop' after conveyancer Mike

Robey let slip that he was petrified of
heights and so his colleague Richard
Collins volunteered him for this
challenge in aid of their Charity of the
Year Havering Association for People
with Disabilities (H.A.D).

However, Richard was unable to
hide and, along with another two
colleagues, was signed up too!
There was a lot of coaxing at the top
of the tower but they all (eventually)
went through with it and the firm has
raised almost £1,500 (including Gift
Aid) so far. The pot was boosted by a
donation from UCRA who recognise
the invaluable work of H.A.D in the



local community.



Victoria Bunn, Marketing Manager
and one of the abseil team said
"Thank you so much to UCRA for your
very generous donation of £300. This
has helped to smash our fundraising
target and the donations are still
coming. H.A.D will be so grateful."
The full story, more photos and
details of how to donate are on the
News & Events page of their website
www.pinneytalfourd.co.uk

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We get the sunshine then the rain
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and before you know it the weeds,
grass, shrubs and brambles that
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It can be difficult to keep up with
the 'triffid' like performance some
plants put on in growth at this time
of year, but we do need to be mindful

of pedestrians. If the plants in your
garden are encroaching onto the
public footpath it means it is time to
trim and prune the summer growth as
families with children and pushchairs,
residents in wheelchairs or motorised
scooters, could be restricted from
accessing the pathway. It is also worth
taking a look to see if there are any
brambles or sharp plants that could
cause harm to somebody passing
by. If there are shrubs and trees on
Council land that are causing an
obstruction, you can report these
through on the following website:
[https://www.havering.gov.uk/
info/20013/environmental_issues/52/
trees_grass_shrubs_and_weeds](https://www.havering.gov.uk/info/20013/environmental_issues/52/trees_grass_shrubs_and_weeds).
Happy gardening!

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- Windows laptops (no older than 6 years)
- iPads (no older than 5 years)
- iPhones (no older than 3 years)

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Council Tax Scams Alert

The Local Government Association (LGA) is warning that criminals posing as council staff are targeting

people across the country in a new wave of council tax scams offering bogus refunds or threatening fines. The LGA, which represents councils in England and Wales, says fraudsters are contacting residents by text, email and phone to con them out of money and access personal bank details. The scammers tell people they have either paid too much council tax and are due a refund, are in arrears or that their property is in the wrong council tax band.

The LGA is urging anyone who receives an email, text message or phone call offering a council tax refund (or demanding money) not to give out any personal information, particularly bank account and debit or credit card details.

They should delete the email or text, block the sender and make sure they do not reply or click on any links. Any such phone calls should be brought to an end as quickly as possible.

If you have been the victim of fraud or would like further information on the types of fraud that are currently prevalent, visit the national ActionFraud website www.actionfraud.police.uk.

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7 - 28 September
So Here We Are

A Bruntwood prize-winning play from Romford-born Luke Norris (Royal Court, Paines Plough). A fast-moving witty play about Essex boys and their hopes, dreams and frustrations.

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www.queens-theatre.co.uk

Dialling 999 or 101

The official police advice on when to dial 999 and when to use the non-emergency 101 number, is that you

should always call 999 when it is an emergency, such as when a crime is in progress, someone suspected of a crime is nearby, when there is danger to life or when violence is being used or threatened. 101 should be used to report crime and other concerns that do not require an emergency response.

However, what do you do if you see suspicious behaviour, such as someone in a balaclava looking into vehicles, 999 or 101?

In such cases, a suggested rule of thumb is to ask yourself the following question -

'If I was standing outside a police station and saw this activity in front of me, would I walk into the station and wait in the queue to tell an Officer or would I run in and alert them immediately?' If you would join the queue then ring 101, if you think a police officer needs to respond straight away then dial 999.

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continued on page 11

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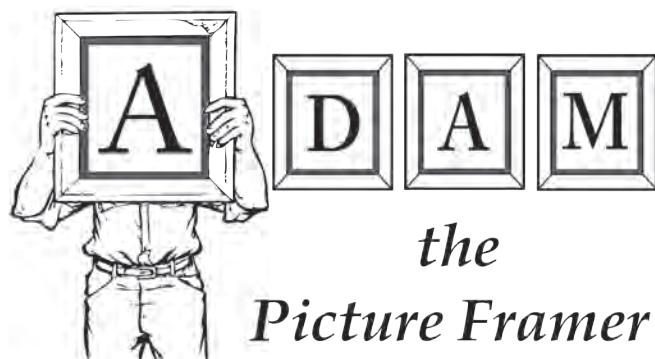
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Vanilla Bake Club

Vanilla Bake Club returns from its summer holidays on 9th September with a Wartime themed event. Dust off those family heirloom cookery books and look for a wartime recipe. Can we make something tasty from limited ingredients? Lets find out! We meet at 6.30pm at the Old Chapel, Sacred Heart of St Mary School in St Marys Lane.

If you haven't been to one of our events before, this is how it works: we all bake something, sweet or savoury, bring it along to share with our members. There's plenty of tea, coffee and chat with a friendly crowd of regulars and you may pick up a baking tip or recipe or two. At the

end of the evening there are always lots of goodies to take home if you haven't managed to try everything. There's no joining fee or membership but we charge £5 per session to cover unlimited tea and coffee and hall hire. How better to spend a Monday evening?. For more information call Jennifer on 07940828154, email vanillabakeclubupm@gmail.com, or visit our Facebook page.

Thames Chase Community Forest

One of the main objectives of the Community Forest is not only to improve the landscape through its 40 square miles but also to improve access to the many green areas created by our partners. Providing off road connections between these sites for walking and cycling has been a major task for the Thames Chase volunteers - surveying, restoring/ improving, mapping and producing informative leaflets for 15 circular and linear routes across the Forest (two more in the process of being published). Many of these are used for our guided walks. The next guided walk will explore the beauty and history of **Belhus Country Park on Saturday 28th September** starting at the Belhus car park at 10am. (If you would like to help, please contact the

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Visitor Centre)

Events at the Forest Centre

Friday 13th September | 20:00-23:00 Jazz Soiree 'Without Words'

A magical evening to round-off the summer season of music at the Forest Centre. Enjoy an evening with Dominic Ashworth and Dorian Ford as they play swing, blues, ballads, Latin rhythms and cool jazz. Tickets £12 per person (booking essential). Bring your own drinks and nibbles.

Friday 13th September 2.30-

4.30pm- Musical cream tea

Spend an enjoyable afternoon with a delicious cream tea of scones, cake and pots of tea following the theme of harvest whilst listening to gentle easy listening music. £9 per person (booking essential)

Sunday 15th September 10am-2pm

-Sunday Craft and Produce Market.

Around 20 craft stalls exhibiting unique handmade items. More information at the Forest Centre or on www.thameschase.org.uk All enquiries to Thames Chase Telephone: 01708 642970 or Email: enquiries@thameschase.org.uk

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Outdoor Cinema

Essex Outdoor Cinema are returning to Upminster this Summer. Our final screening will be The Greatest Showman at Upminster Junior School on Saturday 21 September. All details are on www.essexoutdoorcinema.com. We look forward to watching the stars under the stars in Upminster this summer.

Rotary Club Annual Walk

Our annual sponsored walk will take place on Sunday 8 September 2019 to raise funds for the Saint Francis Hospices & First Step.

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continued on page 13

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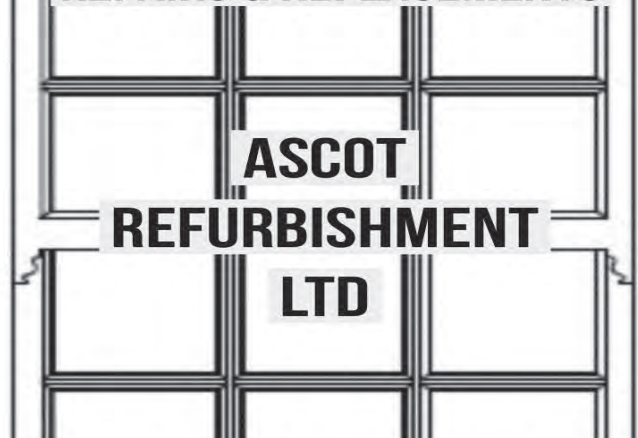
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Country Park, adjoining the visitors centre Squadron Approach, Suttons Avenue Hornchurch. 9.00 A.M. Parking available at the start with drinks at halfway point. Adults and children are invited to take part, children under 12 to be accompanied by an adult. The 6 mile walk will take place through Hornchurch Country Park, over Rainham Hill and returning over public footpaths. It is not a race just a pleasant walk through the country park and open countryside. For details and sponsorship forms Please phone Rtn. Brian Taffs on 01708 250855. Www.Hornchurchrotary.Org

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 858571, Penny: 07703 676989 or MAA Eyecare, Avon Road: 01708 259889 - thank you to everyone for your continued support.

Hornchurch Football Club

Our local team are home this month on Saturday 28th to Bishops Stortford kick off at 3pm. On Tuesday 1st October they are at home to Folkestone. Kick off at 7.45pm.

Look out for further news on the club on their excellent web site. <https://www.hornchurchfc.com>

Go along and support the Urchins.

Shoppers Know Your Rights!

It is of concern that not all shoppers are aware of their rights and, more worryingly, not all shops and retailers are either - with some fobbing off customers with incorrect information! Consumers have very clear rights under the Sale of Goods Act (1979) which was strengthened under with the Consumer Rights Act (2015). Here are some key pointers:

- The Golden rule to remember is that the item purchased should be of satisfactory quality, as described, fit for purpose and last a reasonable length of time.
- If the goods are faulty, you

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do not necessarily need the receipt as long as you have evidence of purchase (eg bank statement, credit card bill)

- If the goods are not faulty, then the shop does not have to refund or replace. However, many shops will have their own sales policy which will give you a credit note or exchange for something else.
- If the goods are faulty and do not satisfy the Golden Rule, then you are entitled to a refund tag or no tag, box or no box. If you are looking to exchange, then it is subject to the stores own sales policy (which may insist on tags and boxes).
- You can get a refund up to 30 days from when you bought the product or opt for repair or replacement if you prefer. You can still get a repair or refund after six months, but the seller has the right to deduct some money for the use you've had from the product

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), 20th September, 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

HOPE Course

Are you struggling with everyday life after your loss?

Joining a group of like-minded people, such as a HOPE Bereavement Support Course developed by West and Coe may help you. The course allows you to talk things over in a friendly, confidential environment where you have the opportunity to express feelings and fears. You will learn about the grieving experience, share feelings, and questions with other people who have suffered a loss, and so have a chance of understanding what you are going through. Each course runs weekly for six weeks. The sessions last about an hour and a half and are led by trained facilitators. They are free of charge and open to people of all faiths and none. You are very welcome to join our next Friday Morning HOPE

continued on page 15

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bereavement course starting in late September 2019 in Upminster. Whoever you have lost, there is a place for you. Whether you are ready to believe it or not, the clouds of grief will begin to part one day, and you may rediscover joy and hope shining through in your life. To find out more contact Pam on 07500 724169 Email heathandhaveringshope@gmail.com

Quiz Night

Trinity Church in Station Road, Upminster is holding a quiz on Saturday 28th September in the Commemoration Hall, at 7.00 for 7.30. Tickets are £6 each and there will be a raffle. Please bring own food, drinks and glasses. All proceeds to The Whitechapel Mission, Trinity's charity for 2019. Tables of 8 but odd numbers will be accommodated. To reserve places please 'phone 01708 222189.

NEW Classes

Starting Monday 23rd September at Cranham Community Centre
Pilates/Yoga/Mindfulness
11.45-12.45. £4 pay as you go
Starting Thursday 26th September
Seated Workout
12.30-1.30. £4 pay as you go
Please contact the Cranham Community centre office on 01708 220941

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

Videos

Millions of videos were produced and then along came DVDs making them redundant.
Charity Shops do not want them, however, several residents have a number and wish to dispose of them. If you have a use for them then please contact the Bulletin at bulletinra@yahoo.co.uk and we will put you in touch with the video owners.



Afternoon Tea For 2 to raise funds for Women's Cancer Services at King George and Queen's Hospitals. Thursday 19th Sept, 12.30-3.00pm at the Lakes Function Room, Warley Park Golf Club, CM13 3DX. Entertainment from inspirational speakers including: Sara Mudhar - intrepid Base Camp Everest walker sharing stories of her recent trek and displaying her magnificent Moonwalk Bras. Sarak Tellor - Women's Health Physiotherapist speaking about staying strong, the monopause and "looking after your Princess". Plus lots more on women's health and wellbeing! Tickets £25. Phone 01708 504335 or email stacey.english@nhs.net

Havering Colleges Merge

I am delighted to announce that the merger between New City College, Havering College of Further and Higher Education and Havering Sixth Form has taken place. The Havering Colleges: Havering College Sixth Form, Havering College Ardleigh Green, Havering College Rainham, and Havering College Quarles are now proud to be part of New City College (NCC). Since 1991 the Havering Colleges have worked together to provide a comprehensive high quality, education and training offer for young people, adults and employers. The Havering Colleges offer young people who are educated and/or live in the borough a guaranteed place at one of our campuses, providing that entry requirements are met. The merger does not affect the place of study - students will either enrol at the Sixth Form or at Ardleigh Green for all other sites. We are all looking forward to working together to provide opportunity for provision in Havering to grow, flourish and succeed.

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Creative Therapy at Saint Francis Hospice

Whereas 'talking' therapy can sometimes feel too challenging, creative therapy takes away the pressure to find the exact words to describe a thought or feeling. The Hospice's patients have been getting together to let their art do their talking.

Patients feed off everyone's positive energy and become so much happier. The Hospice gives them more to live for. It's amazing what you're doing here".

If you'd like to find out more about volunteering you can call 01708 758614, visit www.sfh.org.uk/ volunteering, email at volunteering@sfh.org.uk, or visit the Hospice.

If you'd like to join in with the creative therapy, it's open to everyone, and they'd love to see you there.



They're already feeling the benefits of finding their inner Tony Hart (or that's their inner Neil Buchanan if you're of the younger generation):

Agitation, distress, anxiety, and physical pain are down; self-esteem, confidence, and awareness are on the up.

The sessions have also been helping outpatients by easing their feelings of isolation and loneliness. One of these is Christine — a regular at the Hospice. Not only does Christine use her artistic skills to take her mind off things, but also some good old-fashioned humour.

She often retorts to questions about her conditions with if you'd like the long, medium, or short list. Christine lives with MS, fibrosis, arthritis, osteoarthritis, and breast cancer, and admits that she feels pain "24/7":

"It gets me out of my four walls. To concentrate on something other than pain is marvellous — and we have a laugh!"

Shekiera Brown, who has recently graduated from London South Bank University with a degree in adult nursing is a volunteer:

"I've seen how the staff at Saint Francis Hospice make a difference to people's lives, especially if they go weeks without seeing anyone.

LOCAL FUTURE EVENTS SEPTEMBER

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

8 Sunday - OASIS - A 'disability-friendly' meeting, 3.00 to 4.30 pm at Cranham Baptist Church, Severn Drive. We are having a Harvest Meal starting at 1.30 pm followed by a Harvest Service. 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.

10 Tuesday - The Arts Society, Havering (formerly NADFAS Havering) welcomes Ms Eveline Eaton with a talk entitled 'The Bayeux Tapestry - The World's Oldest Comic Strip' 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.com

continued on page 17

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- 10 Tuesday - Upminster Camera Club.** Rosemary Williams BA Hons Fine Art, PGCE ABIPP (From The Tate London) "Current Trends in Contemporary Photography". Every Tuesday at 7:45pm for an 8:00pm start. Cranham Community Association, Marlborough Gardens, Cranham, RM14 1SR.
- 11 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.
- 11 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 for further details.
- 11 Wednesday - Havering U3A.** "Villages of East London" by Peter Lawrence. 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
- 13 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
- 16 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.
- 17 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 or telephone: 01708 641317

- 17 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.
- 17 Tuesday - Upminster U3A** John Hutchinson Concorde - 20th Century Icon. 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
- 18 Wednesday - Deyncourt Ladies Proboscis 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
- 18 Wednesday - Upminster Floral Art Society** An entertaining evening watching expert floral designers. Enter our raffle on the night for a chance to take home a spectacular flower arrangement. Doors open at 7pm and refreshments are available. Held on the third Wednesday of every month (except January). Windmill Hall, St Mary's Lane, Upminster. Cost: £7 visitors. Free for members. Contact: Margaret 01708 471977
- 19 Thursday - Upminster Wine and Social Club** meet on the third Thursday of the month at 8 pm in the Cranham Social Hall, Front Lane, Cranham. We hold meetings every month with a variety of speakers and wine tasting. For more information contact John Robson on 01708 744023, Margaret Murray on 01708470240 or simply come along on the night. You will be most welcome.
- 20 Friday - Havering Antique Collectors Club** meet at the Neighbourhood Centre, Gubbins Lane, Harold Wood. 7.30 for 8.00 - Guests £5. Life as a Punch & Judy performer. Chairman Mrs Chris Lovett 0794 7367258. Annual Membership only £30.
- 21 Upminster Tithe Barn Museum of Nostalgia,** in Hall Lane Upminster Open (10.30am to 4pm).
- 22 Upminster Tithe Barn Museum of Nostalgia,** in Hall Lane Upminster Open (10.30am to 4pm).

continued on page 19



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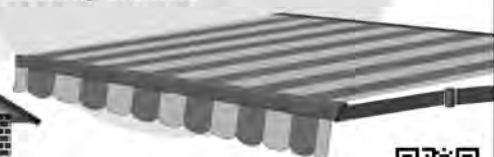
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- 25 Wednesday - Upminster Park Towns Womens Guild** meet on the fourth Wednesday of every month at 2 pm to 4 pm in Derham Hall (behind Upminster Library), Upminster. Afternoon tea, talks and outings amongst a friendly group of ladies, all most welcome. For more information contact Deborah Pryor on 01708 226127 or Ann Monk on 01708 226305 or simply come along.
- 25 Wednesday - Upminster and District Probosc Club** meet at The Cranleigh, 84 Station Road, Hornchurch, RM12 6LX on the last Wednesday of the month. Dawn Roche JP - Magistrates in the Community. Contact Barry on 01708 703783 and leave a message or send an email secretary@upminsterprobosc.com.
- 27 Friday - Single Over Sixty lunch**, last Friday of every month 12.30 for 1pm, All Saints Church, The Chase Upminster Tel: 01708 228308.

- 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. 'Education & Victorian Agricultural Poor' Tony Tuckwell. The Internet & Technology Group meet at the same venue 11am - where a Q&A session is followed by a workshop. Teas and coffees can be purchased. Members and visitors welcome to either or both.
- 5 Upminster Tithe Barn Museum of Nostalgia**, in Hall Lane Upminster Open (10.30am to 4pm).

- OCTOBER**
- 1 Tuesday - Oglethorpe W.I** "Postcards from the Front 1914-1918" presented by Kate Cole. Visitors and new members are always welcome to our meetings which are held on the first Tuesday of each month at Cranham Social Hall, 103 Front Lane, Cranham, RM14 1XN at 7.45 pm. Further information contact Secretary Mrs. E. Bell on 01708 251161.
- 5 Saturday - Cake Decorating Club.** Fairkites 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.
- 5 Saturday - The Havering Branch of the East of London Family History**

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The Power of Social Media

Back in June, it was shared on Facebook by an Upminster mother, that her daughter had been intimidated by a group of youths who took an item of hers, and threw it over the Railway fence. The very kind owner of the recently opened card shop in Front Lane, publicly offered a place of refuge for anyone that felt threatened or unsafe, with use of internet and phone charger while they wait, for somebody to collect them. It is at that point that Lisa Denton came up with the idea, to engage more retailers in a programme to help anyone that felt threatened whilst out in Cranham and Upminster. Danny Kenward stepped forward to offer the printing of signs that could go into participating shop windows at cost price, and so the Cranham and Upminster Safe Place (C.U.S.P.) initiative was born. Cranham having led the way, the initiative has now rolled out across Cranham and Upminster. Some businesses and organisations that have stepped forward include The Golden Crane, Maa Eye Care, The Cheeky Cockle, Accord Sales & Lettings, Cranham Social Hall, The British Legion, Essex Martial Arts, Upminster Library, Summit



Financial and Tey Café. Look out for the signs in the windows, and let any vulnerable person you know, what sign to look out for.

Flooding Outside Convent Close

Ever since the speed hump has been installed by the entrance to Convent Close, St.Marys Lane (almost opposite Cranborne Gardens) flooding has occurred. After investigations by the Council and the cleaning of the drain gullies, it has now been decided that the pipes have been damaged and major repair works are Needed. No date has been fixed for this but I will continue to push. We are still receiving comments on how nice the conversion to flats at the former Convent look.

Cllr LINDA HAWTHORN

Christmas lights

Although early to think about Christmas, we have been discussing the event this year, and have decided to make the date Thurs 21st Nov. As it's so popular, we have decided to keep the format similar to previous years, with free rides in the school, an elfie trail, singers, dancers and the church choir. Stalls we are hoping to get include sweets, hot food, cakes, our local community, and various other entertainments. More details will follow in future Bulletins in the meanwhile make a note of the date in your diaries.

Cllrs LINDA HAWTHORN,
RON OWER, CHRIS WILKINS

ROOMES Shopping Party

Roomes Fashion and Home in Upminster will be having a 'Shopping Party' from the 12th - 15th September in store. Visit roomesfashionandhome.co.uk for further information.

Knitter Natter

The Royal British Legion Club has its very own KNITTER NATTER group, meeting every Thursday at 2.00pm in the Club. This is a very keen group who raise invaluable funds for the club, plus have a good natter at the same time. You don't have to know how to Knit or Crochet, we will teach you. We have hundreds of patterns, lots of wool and needles. Why not come along for a social afternoon and a cuppa. Try us out, at 316 St Marys Lane, Upminster RM14 3HL, (next to the car showroom). Phone Colleen on 07956 926902 for more Info.

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 All other enquiries contact Lee at tenniscoach@hotmail.co.uk.

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

Murder with Love

The Wesley Players present 'Murder with Love' - A Thriller by Francis Durbridge. Many people dislike Larry Campbell but especially David Ryder. Ryder plots and schemes for his revenge, but does it all go to plan? Deceit, suspicion and blackmail are all woven into the web of crime which leads to a tantalizing twist at the climax. A thriller to the end.....! Prices: £7 for Adults, £5.50 for Concessions and £3.50 for Children

continued on page 22



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<p>Ron Ower 07721 780372</p>  <p>CouncillorRon.Ower@haverling.gov.uk</p>	<p>Linda Van Den Hende 01708 223761</p>  <p>lindavandenhende@btinternet.com</p>
<p>Chris Wilkins 07960 059195</p>  <p>CouncillorChristopher.Wilkins@haverling.gov.uk</p>	<p>John Tyler 07982 962925</p>  <p>JohnTylerUCResidents@outlook.com</p>

ASSOCIATION CONTACTS

<p>Editor Bruce Nicholls 07505 289568 bulletinra@yahoo.co.uk</p>	<p>Commercial Advertising Martin Flower 07785 244212 bulletinra@yahoo.co.uk</p>
<p>Upminster Organiser Chris Wilkins 07960 059 195 wilkinschristopher7@gmail.com</p>	<p>Cranham Organiser & Residents' Association Website John Tyler (07982 962925) www.ucra.co.uk</p>

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(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 only) 07708 214742 or email tickets@wesley-players.co.uk. Performances: are at 8.00pm on Thursday 26th, Friday 27th and Saturday 28th September 2019.

Upminster Cricket Club v Essex CCC

Residents are reminded that the Annual Benefit Match will be played at the Recreation Ground on Sunday 8 September from 1.30 pm onwards. Admission is by programme, price £2.50 obtainable from the Club on match days, Gates, Parish & Co or Batemans Newsagents.

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.

Pilates Studio (off Argyle Gdns)

Upminster Pilates Studio is a calming space with natural light, underfloor heating, air conditioning and comfortable mats. Pilates can help to reduce pain, reduce stress, improve joint movement and increase core and overall body strength. We work only with very small groups to ensure close supervision and correct technique. We have Pilates classes Sunday-Friday mornings, Tuesday afternoons, Monday-Thursday evenings. Private 1:1 or 2:1 Pilates for matwork or Reformer six days a week, Sports/ Remedial Massage Monday-Saturday, Men Only Pilates on Monday evenings, and Post Natal Pilates. A short Beginner Course to master the basics (just 6 participants per course) is the gateway to any of our classes. Our September/ October Beginner Courses are available to book now online. Please visit www.upminstersportsmassage.co.uk or call Charlene on 07411 826721, or email upminstersportsmassage@gmail.com

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

Local Cycle Club Raises Over £1000 for St Francis Hospice

Members of the Hornchurch Cycle Club recently raised over £1000 for the charity by embarking on an Everest Challenge by attempting to climb a hill in Brentwood the equivalent of the height of Everest twice in a weekend. The first rider set off at 6.00pm on Friday 21st June and thereafter was relieved every hour by other members over the next 48 hours continuing over night as well. Hornchurch Cycle club was formed in 2014 with the aim to create a social, inclusive club to get everyone cycling and within 3 years it has grown to over 200 members. Still fulfilling its original goals, with members who are beginners to those that race on local amateur circuits. If you'd like to know about the club, please contact memberships@hornchurchccc.com or search Hornchurch Cycle Club on social media.

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 - 19th Sept, 17th Oct, 21st Nov and 19th Dec.
2020 - 16th Jan, 20th Feb, 19th Mar, 16th Apr & 21st May.

Upminster Ward Meeting Dates

Please note that there is no Ward meeting this month our next Ward meeting will be next month October, Wednesday 2nd, 7.30pm at St Joseph's Hall, St Marys Lane. Our September surgery will take place on Monday 9th this month from 10.00 am to 11.00am at Caffe Gelato, Corbets Tey Road which is opposite Stewart Avenue. Our contact details are on this page if you need to contact us before then.

Article & Advertising Submission Deadlines

Articles - 1st Month / Advertising - 3rd Month

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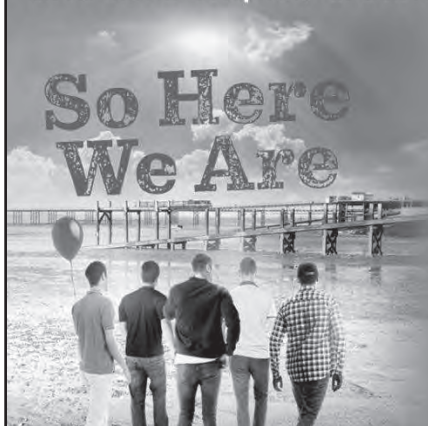
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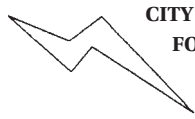
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