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## UPMINSTER &amp; CRANHAM RESIDENTS' ASSOCIATION

## Dear Friends/Members,

I hope you are well and keeping safe.

This is our second online edition of the Bulletin. We hope you found the April edition useful and informative. In these challenging times, where information can be very fluid, please refer to the Upminster and Cranham Residents' Association (UCRA) website for more up to date information.

Sadly, there have not been any Ward meetings, Councillor Surgeries or regular environmental walkabouts, when we would pick up street scene issues. However, we would like to reassure you that your Local Councillors are still working hard on your behalf, taking up various issues for residents. Some examples can be found in other articles contained in this month's Bulletin. Therefore, if you still have any enquiries about Council Services, or you need to be directed in any way for help, please feel free to contact your Local Councillors and we will do our very best to help you. For your information, any COVID-19 enquiries are treated as priority and will be dealt with as soon as possible. However, other enquires, that can not be dealt with in the normal timescale, will be logged and responded to when the Council priorities have changed and when we are living in less difficult times.

Finally, from all of us, please keep well and safe and listen to Government advice, and we hope to see you all again very soon.

Councillors LINDA HAWTHORN, RON OWER, CHRIS WILKINS, GILLIAN FORD, JOHN TYLER AND LINDA VAN DEN VAN HENDE

## Green Waste Bins

During the recent/on-going lock down, people naturally turned to their gardens, for tidying up, pruning etc. This was obviously good for their health, in the fresh air, and was encouraged by our medical experts. We felt that stopping the green waste bin collection was not helpful, so asked for it to be restored, and we were pleased that we were listened to, and the collection was resumed. We would also like to see Gerpins Lane Tip reopened, this is run by East London Waste Authority and at the time of writing discussions are on going on its reopening. Please keep an eye on our web site for further news.

Residents Association Councillors

## Contact Numbers

Havering Council contact numbers  
With most, if not all, of the normal council building being closed to the public at present, Havering Council have published the following phone numbers to access council services. This does not stop people contacting them via their website [havering.gov.uk](http://havering.gov.uk) in the normal way.

Adult Social Services: 01708 432 000  
Children's Social Services / Safeguarding Team: 01708 433 222  
Council Tax: 01708 433 997  
Environment / Streetcare: 01708 432 563  
Housing Benefit: 01708 433 996  
Housing Services (Repairs / Rents/ PSL): 01708 434 000  
Housing Solutions / Homelessness enquiries: 01708 432 824  
Payment line: 01708 433 993  
Planning and Building Control: 01708 433 100  
Registrars: 01708 433 481  
School Admissions: 01708 434 600  
Main switchboard: 01708 434 343

## Coronavirus Helpline

If you, or someone you know, have concerns around care, urgent issues around health and wellbeing or lack of access to supplies including food and medicine please call our free to use helpline: 0800 368 5201 Monday to Friday 8.30am to 6pm. Saturday and Sunday 11am to 4pm  
or email us at: [covid19support@havering.gov.uk](mailto:covid19support@havering.gov.uk)

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## Respect

The lockdown has seen an increase in residents walking, running and cycling, which is incredibly important for health and wellbeing.

H.R.A (Havering's Resident's Associations) have been asked what can be done to get cyclists to have a bell fitted onto their bike as there is a suggestion cyclists are not warning walkers they are approaching, and that they should be using a bell. Although bikes have to be sold with a bell, there is no regulation for them to be kept on a bike and the Highway Code references the use of a bell 'if you have one' As there is no legislation for a cyclist to have a bell, it is down to both the pedestrian and cyclist to respect each other when out in parks and open spaces, especially during this difficult lockdown period. Some cyclists and pedestrians may be wearing headphones but by remembering the 2 metre distancing, It might

be helpful if cyclists could try to warn pedestrians before reaching them, and consider your speed when passing people on foot.

Cllr GILLIAN FORD

## Out of Hours

Please note Havering Council's main number is 01708 434343. Out of hours ie from 5pm to 9 am Monday to Friday and over weekends is 01708 433999. If you are reporting an emergency on the out of hours service please try and give a post code for the destination if possible.

## Take Responsibility

It is unfortunate that we continue to receive complaints about residents littering the parks and streets with dog litter bags. If you have a dog, it is your responsibility to dispose of the waste in a responsible manner.

Many of our dog owners are conscientious but a minority still fail to recognise the inconvenience, the added cost to their council tax, the risk to health, and unsightliness their street litter creates.

Cllr GILLIAN FORD

## Upminster Windmill

It seems many years ago that repairs to our Windmill, Havering's most iconic building were started.

What should have been a large, but straightforward project turned into a nightmare when the outer boards were removed, and it showed that the cross beams were rotten at the ends, and the windmill was being supported solely by the upright, smaller beams. The windmill would have collapsed in the next few years if repairs had not taken place.

But the bullet was bitten, and the job undertaken - the cap has been returned, and the sails were due by May, the interior of the Mill would then had been repaired, including the electronics. It was hoped that all would be ready by June, and a grand re-opening possible, with an event and fanfare.

Sadly, in these unprecedented times, we are uncertain what further delays there will be, but are positive that it will not be long before you see the mill restored to it's full glory.

In the meantime, the education centre, closed at present will be reopened as soon as possible, containing the mills history and several artifacts, discovered on the archaeological digs, and the garden, compleely landscaped by the volunteers is in its full glory. Please visit when you can.

Cllr LINDA HAWTHORN

[see pages 17/19 for further details]

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## Which Ward ?

A huge welcome to any new residents we hope you enjoy your living locally. We get regularly asked "which ward" are we living in ?

Kindly note residents living North of Upminster Station, including the Dury Falls Estate are in **Cranham Ward**.

**Represented by Residents Councillors Gillian Ford, Linda Van den Hende and John Tyler.**

Residents living South of the Upminster Station, ie the Upminster to Fenchurch Street Rail line, including North Ockendon and the Cranham Cathedral Estate are in **Upminster Ward**.

**Represented by Linda Hawthorn, Ron Ower and Chris Wilkins.**

Contact details are on Page 22.

Our Councillors have a wealth of knowledge on local matters etc. Please feel free to contact them.

## River Ingrebourne

Kindly note the following reply we received to our message regarding the River Ingrebourne:

Dear Councillors Hawthorn, Ower and Wilkins

Thank you for your email dated 6

January 2020 regarding high levels in Upminster on the River Ingrebourne. Within the Environment Agency, the maintenance work we currently carry out along this section of the Ingrebourne is an annual maintenance check of the channel. This involves my officers walking along the river, cutting back any overhanging vegetation to just above bank height or to allow reasonable access to the channel. My officers also remove woody debris from the channel to reduce the risk of snagging, and clear any blockages larger than a football. The programme of dredging work for the next 5 years is currently in the planning stage. This involves gathering information relating to the flood risk posed and sustainability options at many sites across the Hertfordshire and North London area. As pressure on funding continues, we must prioritise work which will produce the biggest reduction in flood risk to the most number of properties. At this stage, I'm unable to advise if dredging in the Upminster area will be carried out. If this section proves to be a priority then we will plan to de-silt it, or where possible we will find a more sustainable alternative solution. Please note, that the Environment Agency carry out maintenance work as the Water Resources Act 1991 grants statutory permissive powers to maintain Main Rivers for reduction of flood risk

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(sections 169 to 172), irrespective of channel ownership. These powers are discretionary and are exercised according to resources available and the flood risk pertaining in any locality. The legal duty to maintain a watercourse and its bank top rests with the Riparian Owner (normally the owner of the land adjacent to the watercourse) irrespective of whether the Environment Agency chooses to undertake works. If you have any further questions please do not hesitate to get back in touch.

Yours sincerely  
Sam Lumb  
Area Director - Hertfordshire and North London

## A Huge Thank You

I wish to express my thanks to the young lady who insisted in paying my bill in Aldis on the 16th March at 12 noon. After doing my shopping I realised I had left my hand bag at home and was planning to leave the goods in Aldis and return with the payment. I am an elderly lady and this good Samaritan came to my rescue. I did ask her for her name so I could send her a cheque but she refused once again many thanks and I hope

you will be rewarded for your good deed.

DW

## Our Residents' Association websites

Our Residents' Association websites You may not know but there are actually two editions of The Bulletin published each month, one for Cranham and Upminster and one for Emerson Park. We also have two websites covering the same areas. The Residents' Association of Emerson Park website is:  
**www.raep.org**

The Upminster and Cranham Residents' Association website is:  
**www.ucra.co.uk**

As well as often being the first place to see stories on issues affecting our local areas, the websites cover community events, roadworks and pre-planned travel information. There are also links to back copies of The Bulletin and you can leave messages for us via the 'Contact' page on each site.

Please come and take a look!

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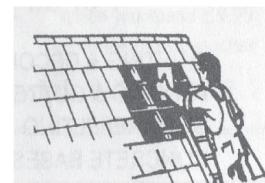
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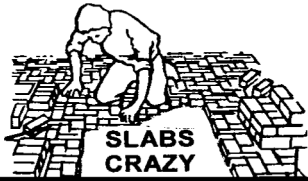
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safe, effective & compassionate care. In this emergency situation, your donation will help us improve staff and patient well being.

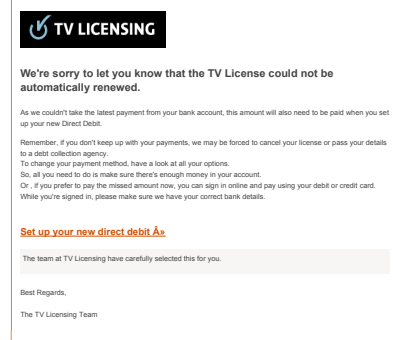
## Wednesday Music Evenings

Wednesday Music Evenings have been suspended for the rest of the current season (Mar-Jun) and hopefully will recommence in October. For further information call Stephen 01708 470670 or email [sraindle@aol.com](mailto:sraindle@aol.com)

## TV Licence Scam

Please note a warning from our Elm Park Ward colleague Residents Councillor Stephanie Nunn.

If you get one of these on an email or in the post please ignore it. It is a Scam, as you can see Licence



is spelt incorrectly as License. Please be aware and never give out your personal and bank details to someone you do not trust.

## Queen's Theatre

**A huge THANKS for donating!**  
We want to say a huge THANK YOU to our Queen's Theatre Hornchurch heroes who have been able to donate the value of their tickets to assist us at this time. As a much-loved charity serving the local community for the past 66 years, it's very much appreciated. If you haven't donated and would like to consider making a contribution, you can find further information through the link below. All donations will go towards a range of projects; from supporting our talented youth theatre, engaging local people to connect with the thrill of theatre, producing the very best award-winning work, nurturing and developing some of our fab local artists, and making theatre accessible for all to enjoy.

<https://www.queens-theatre.co.uk/join-support/donate/>

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## De Rougemont Manor

Further to the announcement made by the prime minister, I can confirm that we will temporarily be closing the hotel. Whilst the decision has not been made lightly, as a team we agree this is the best decision for all our staff and guests who have always been our top priority.

Our team is currently in the process of contacting our guests staying with us for this time, and our phone lines will continue to be manned, 7 days a week during the hours of 10am-5pm. We can also be reached via email on [info@derougemontmanor.co.uk](mailto:info@derougemontmanor.co.uk) Whilst none of us can be certain of the duration of the close we will endeavor to open as soon as possible.

Please take care.  
Kind Regards  
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## NHS 'Shield List'

The NHS 'Shield List' (formerly called the 'Vulnerable List') has been created to identify people who have a medical condition which makes them extremely vulnerable to coronavirus (COVID-19). These vulnerable householders may need deliveries of essential goods, such as food and medicine.

Our local 'Shield List' has been

received by Havering Council and parcels are already being delivered to those in need. There are nearly 6,000 Havering residents on that list.

It is believed that there may be many more people who are not on the initial list who may be separately identified by others, such as GP's and Havering Council etc. However, there can be no guarantees that everyone has been (or will be) identified.

Therefore if you or you know anyone who you think should be on the list you/they can register for help via the Government website at <https://www.gov.uk/coronavirus-extremely-vulnerable>.

## Parks Protection Service

The Council's Parks Protection Service can be called if you see any problems in any of the Council's open spaces or parks.  
Please telephone 07904 805872.  
[parkspolice@haverling.gov.uk](mailto:parkspolice@haverling.gov.uk)

## Old Chapel Talks & Tea

Tea and talks for May and June have been cancelled.

## Pinney Talfourd Will Changes

Covid-19 and the risk it poses to health have led many to consider writing a Will. However current social distancing rules mean that validly signing a Will can be difficult

*continued on page 7*

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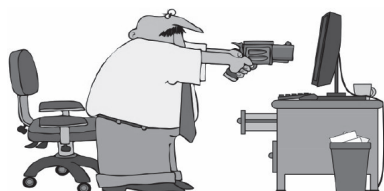
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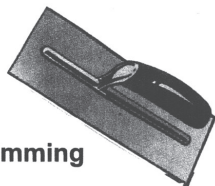
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due to the legal requirement that two independent witnesses also sign it. Some have been creative by passing Wills to willing neighbours over the garden fence or through a window but this is not always possible or desirable.

It is essential to have a Will. Indeed solicitors who prepare Wills were recently given 'key worker' status by the government to enable them to continue their work. But this doesn't address the problem of the two witness rule.

The Ministry of Justice and Law Society are currently in discussion about introducing emergency legislation that temporarily relaxes the two witness rule. There is already legal precedent for this. Military personnel who are working in a hostile operational area may validly sign a Will with no witnesses. These are known as 'Privileged Wills'. In line with the Government's current guidance, we have closed all Pinney Talfourd offices until further notice. All of our team are working remotely and we are working hard to ensure that there won't be any interruption to the services we provide. Ongoing legal proceedings will continue to proceed and if you need any legal advice you can still contact us during our standard office hours.

If you need to speak to a specific person, please visit the people page of our website where you will

find contact details for individuals. Landlines will be accessed remotely along with emails.

If you are not sure who you need to speak to, but need some legal assistance, please contact our main numbers as usual and your call will be transferred to a relevant person. You can also use our email addresses and website contact forms to get in touch. These are distributed to the relevant lawyer who will contact you promptly.

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Your household waste will be collected as part of the weekly collection and garden waste can be composted or stored in a small area in your garden. If you have a Garden Green Bin these are now being collected again. It has been suggested that compost bins mean you will get rats. Rats will only

be interested in garden waste if cooked foods are added. If you keep the compost to uncooked matter, for example vegetable peelings and trimmings, there should not be a problem. Egg shells are not recommended to be added to compost bins. If you are not interested in starting a compost bin, store the garden waste in a small area in your garden. The leaves and foliage will dry out naturally reducing the bulk, and branches can be chopped into smaller pieces to reduce the spread. Alternatively you could use a garden shredder that can chop small branches into small pieces that can be spread over flower beds as a mulch.

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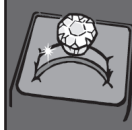
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## U.C.R.A Coach Outing News

[Dependent on Government Advice, please check with event organiser]

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### SNAPE MALTINGS & SOUTHWOLD Due to the popularity of this trip we have added another date!

**Saturday 25th July**  
A morning visit to Snape Maltings with its distinctive independent shops, cafe's and galleries all set within breathtaking Victorian building's on the banks of the River Alde, then on to the charming seaside town of Southwold. Price £17.50

### FORTHCOMING TRIPS

Saturday 22nd August Country File Live at Windsor Great Park £27 (coach and entrance)

Saturday 19th September 'Salute to the 40s' at Chatham Dock Yard £32 (coach and entrance)

Saturday 3rd October Broadstairs £17 (The annual Food Festival is taking place on this weekend)

Thursday 17th December Thursford Christmas Spectacular (over night) Detail on request.

Please contact Gina Savill-turner  
Tel: 01708 228270, mobile 07958 006503

Email [gina.savill-turner@email.com](mailto:gina.savill-turner@email.com)

## Lawton and Stoakes Advice on Feeding your tortoise

With the warm weather appearing at last many tortoises will be emerging from hibernation. For my collection of 16 tortoises I am finding that, due to the lockdown during this pandemic, it is difficult to buy the fresh leafy vegetables I normally feed them on. My tortoises' diet is usually supplemented with weeds that grow in my garden and on my allotment. These have taken a more prominent place in their diet recently.

This led me to think about which plants it is safe to feed to tortoises and the following is a list of a few suitable plants: Plantain, Dandelion leaves and flowers, Mallow, Thistles, Chickweed, Hibiscus flowers, Pansies and Violas, Deadnettle, Evening Primrose, Cranesbill Geranium and Forget-me-not. It is important that any changes you make to your tortoises' diet are gradual and include



[Sonia a 45Kg Sulcata tortoise tucking into a tiny portion of salad leaves!]

as wide a variety as possible to avoid nutritional deficiencies occurring. As always a balanced calcium

supplement is advised. If you would like further advice for your pets we are able to offer telephone or video consultations with consultation at the surgery only for urgent cases requiring investigation or surgery (following strict social distancing rules). Please Telephone 01708 384444 to speak to our receptionists.

## Shirley Ward Tours

[Dependent on Government Advice, please check with event organiser]

**August: Thurs 13th:** Broadstairs, Folk Festival Week. Sandy Beach, Craft Fayre, Morris Men/Folk Festivities. £28 adult, £27 OAP.

**August: Sat 15th:** Carousel Musical; Regents Park Open Air Theatre, 2.15pm show by Coach, bring picnic. Adults £50; Child £48

**December: Sun 6th Dec/Mon 7th:** Xmas River Cruise; 3 Course Meal, cocktail, half bottle wine, DJ/Dancing, with overnight stay with Breakfast at Tower Guoman Hotel; £145.00 (sharing); S/S £45; River View £25 per room supplement. Free time to visit Xmas markets on South Bank, or Spitalfields, + Brick Lane. No coach. Last few places left..... Please call Shirley Ward 01708 227884 to book.

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The John Lewis Partnership is joining forces with leading charities to boost support of the most vulnerable in society during the current crisis. A donation of £75,000 will initially be given to each charity, including Age UK, FareShare and the Trussell Trust. The funding will be used for immediate activity in response to the coronavirus outbreak, giving vital help to those in local communities undergoing isolation and food insecurity.

The Partnership is committed to working with the charities over the coming months to support them through the challenges caused by coronavirus, including identifying how Partnership resources can be best used to match charity need, for example through volunteering and product donations. The John Lewis Partnership also announced new measures to support customers, including the launch of a £1million Community Support Fund to help local communities along with a protected shopping hour for the elderly and vulnerable. The retailer also launched a support fund to aid Partners of the John Lewis Partnership who are facing additional costs as a result of the pandemic; such as childcare costs. Partners will also be offered free meals at work.

The Partnership will also donate money to industry partners GroceryAid and retailTRUST.

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## A Huge Thank You

We have received a number of nice comments on the refuse / recycling collections. Thanks again to the crews collecting each week.

## Haven House Children's Hospice

Haven House Children's Hospice, based in Woodford Green, is currently supporting 30 sick children and their families who live in Havering and is working closely hand-in-hand with the NHS to ensure that sick children and those approaching end of life but without COVID-19 can be safely brought out of hospital, thus freeing up essential hospital beds.

But, with 80% of the money it needs coming from voluntary income, and all its shops currently shut and events cancelled, the hospice is facing a fall in income of around £500k in

*continued on page 13*

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the next 3 months alone. Though various forms of government support are providing short term relief, the medium term is very uncertain and the future of the hospice itself and its critical services are under threat.

The charity has launched an appeal and readers can read more both about the essential work of Haven House through this crisis and how you can support the hospice to continue by looking at the website [www.havenhouse.org.uk](http://www.havenhouse.org.uk) or by calling Mike Palfreman, Chief Executive, on 07584 314539

## Havering Mind

Havering Mind is launching #WeAreNotAlone online campaign and inviting everyone to join in on social media and support each other. #WeAreNotAlone campaign is about letting people know that they are not alone, that we are all in this together and that we will get through it.



We are asking people to SHARE a few inspirational words of advice and support with one another. By doing this we can help everyone that views them feel more together and less isolated.

It's easy to get involved: Create your own short video and add it onto the post on our Facebook page or email it to me. Videos should ideally be simple, on point and be no longer than 4 minutes. Alternatively you can take a picture of yourself holding up a #WeAreNotAlone sign and post that!(see attached) Add the #WeAreNotAlone frame to your Facebook profile picture Please SHARE the campaign across your networks to encourage others to get involved.

You can view the video on our Facebook page: <https://www.facebook.com/haveringmindcharity/>

Let's make sure that no one in Havering feels alone!  
#WeAreNotAlone

It would be great to get as many people in Havering doing this as possible!

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## Havering Volunteer Centre

Havering Volunteer Centre is coordinating volunteers and request for support in the Borough working to match volunteers with suitable roles to help the most vulnerable residents in our community.

Also, if you are lonely or just need a chat with a friendly voice on the line the centre have befriending volunteers who will call you. The Centres numbers is 01708 922214.

## Brass Band Concert

Brass Band Concert of popular music in aid of St Francis Hospice. Saturday October 10th 2020, 7.00 for 7.30 till 9.30 at Collier Row (North Romford) Community Centre (Clockhouse Lane, Collier Row, RM5 3QJ) Drinks to buy at the bar Tea/coffee & cakes available for a donation. Raffle and lucky programme number prize Adults £8, Children (under16) £6 For tickets please contact Glinette Woods [glinettewoods@btinternet.com](mailto:glinettewoods@btinternet.com) 01708 345887

## Haines Watts

Coronavirus has had a major impact on all local and large businesses in all sectors over the last few weeks.

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- The Coronavirus job retention scheme (CJRS) - aims to provide a grant of up to 80% of an employee's normal salary to employees who would otherwise be laid off.
- Working capital and cash flow - The government are providing interest free funding for businesses, under the Business Interruptions Loan Scheme (BILS).
- VAT & tax payment deferment - VAT payments due between 20 March and 30 June 2020 have been automatically deferred without charge to 31st March 2021. Personal tax payments due 31st July have also been delayed to 31st January 2021.

Call our Hornchurch office if you need help regarding your business on 01708 475220.

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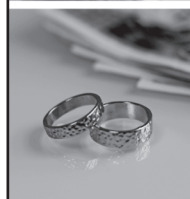
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We are pleased to announce that Samantha Hamilton, head of our Court of Protection department, has been appointed to the Office of the Public Guardian's Guardianship Panel for Missing People.

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## Kushoom Bugh Delivers to NHS

Upminster Cricket Club sponsor, the Kushoom Bugh Indian restaurant delivered enough curry to feed 350 NHS workers at Queens hospital in Romford in April. Owners Kalam and Rasel said that they wanted to do something to help out the NHS staff at Queens hospital who are working tirelessly during these unprecedented times. Kalam and Rasel are very much community minded and they are current sponsors of Upminster Cricket Club; Upminster Hockey Club and Upminster Veterans Football Club. Rasel said that their father Abdul Rahim, who founded the Kushoom Bugh in 1978 was always supportive of clubs or causes in the local community and he and his brother want to continue this tradition, especially in the current climate. Regular customer and local businessman Ron Jenkins also wanted to contribute towards the cause and between them, they hatched a plan to supply curry to the nurses, doctors, porters, cleaners and other staff members who are working tirelessly to care for patients at Queens during this difficult time.

Kalam and Rasel would like to thank their customers for their continued support and also to their staff, who

have worked tirelessly in preparing the food for their customers and NHS workers at Queens hospital.

## Wesley Players Cancellation Notice

The Wesley Players regret the cancellation of their production on the 14th - 16th May due to the CoronaVirus outbreak.

## Runners Support Queen's Theatre

Our fantastic runners raised an incredible £2,500 to support Queen's Theatre Hornchurch and our Dementia Friendly activities through running the Brentwood Half & Fun on Sunday 15 March.

It's so important for people to have



access to the arts, providing people living with dementia a welcoming atmosphere and plenty of support for their carers and family members. These donations will go towards our foyer shows such as Down Memory Lane - a monthly afternoon foyer performance and dementia friendly performances of main house shows such as our traditional pantomime, this year Aladdin.

## Tithe Barn Open Days

Upminster Tithe Barn Museum of Nostalgia, in Hall Lane, Upminster, was due to open its doors for a new season on Saturday April 4 but has had to restrict access due to a lack of volunteers.

The Barn was originally built in 1450 as the hunting seat for the Abbott of Waltham and retains all of its original character and displays some of the finest oak craftsmanship in the country. When the museum first opened in 1976 the main focus was on agricultural equipment but that has since given way to a superb collection of domestic items - the sort of things you remember your gran having - the pre-war Hoover, wind-up record player, china ginger beer bottles and the old gas cooker says barn administrator Ian Whaley. There are more than 16,000 exhibits and entry is free. Isn't it time you paid a visit?

If you have a love of history and are interested in helping keep the Medieval Barn open to the public ring 01708 228730.

**2020 open days - 10.30am to 4pm**

(Depending on Government Advice)

June 6 and 20

July 4 and 18

August 1 and 15

September 5, 19 and 20 (Open House)

October 3

## Bank Holiday Rubbish Collections

Please note that, as usual, there will be changes to rubbish collection days over both Bank Holidays in May. The changes are as below -

Normal Collection Date  
**New Date**

Friday 8 May

**Saturday 9 May**

No other collection days will be affected. Collections return to normal on Monday 11 May.

Monday 25 May

**Tuesday 26 May**

Tuesday 26 May

**Wednesday 27 May**

Wednesday 27 May

**Thursday 28 May**

Thursday 28 May

**Friday 29 May**

Friday 29 May

**Saturday 30 May**

Collections return to normal on Monday 1 June.

## Cancer Research UK

Information on Covid-19 and cancer

With guidance from the Government regularly evolving, people may be unsure how to protect themselves and their community as best they can. This is especially true for those living with cancer who, alongside their friends and families, will want to take extra care to reduce their risks. Cancer Research UK have created a web guide containing the latest information and important links so people can keep up to date with caring for themselves and others. This guide is available via their website at <https://about-cancer.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer>.

They are committed to supporting the national effort to tackle Covid-19 and are already using their resources and expertise to help.

- They have established the Francis Crick Institute as a Covid-19 testing hub for London and are liaising with national co-ordinators to explore how their other institutes can also help.

- They are releasing their funded clinical research workforce to

*continued on page 17*

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return to NHS front line service delivery.

- They are developing a targeted research call.
- They are making their research centres, wider infrastructure and lab kit available where they are of use. Like many charities, Cancer Research UK have seen donations drop significantly during the current health crisis and would therefore be grateful for donations to help them continue their invaluable work. This can be done via their website or on 0300 123 1022.

## Manage Your Anxiety

*Counselling Experts Julie York and Theresa Hughes share some thoughts on how to manage your anxiety during these challenging times.*

Many of us are feeling anxious about Covid 19. Being anxious is a perfectly normal feeling and keeps us safe. Our bodies are equipped with early warning systems to help us recognise potential threats, which we experience through thoughts, feelings and physical sensations. We all experience anxiety differently, so it is helpful to recognise our own personal signs.

Signs might include increased heart rate, headaches, rapid breathing, restlessness, sleep difficulties, trouble concentrating, feeling of dread, wanting to escape or being constantly alert. Prolonged or increased anxiety affects our physical and mental wellbeing, so it is important to use self-care and seek help when needed, including from your GP. Some techniques that may help right now:

**54321 Technique** - Sit comfortably in a chair or stand with your feet grounded, breathe deeply then quickly say out loud:

**5 things you can SEE**

**4 things you can FEEL**

**3 things you can HEAR**

**2 things you can SMELL**

**1 thing you can TASTE**

**Deep Breathing** - Sit upright in a chair or stand with your feet grounded. Close your eyes, inhale through your nose to a count of 4, hold for 4 then exhale through your mouth for 4. Repeat until you feel your anxiety decrease.

**Worry Time** - Set aside a daily 10 minute 'Worry Time'. Afterwards, do something positive or uplifting: phone a friend, watch a comedy show, or take a relaxing bath.

**Help Others** - To volunteer contact the Havering Volunteer Centre on 01708 922214.

Julie York is a Systemic Family Therapy practitioner specialising in supporting young people and their families - julie@mylifeskills.co.uk  
Theresa Hughes is an accredited Counsellor/psychotherapist, based at Havering Therapy Centre, Hornchurch -  
<https://www.counselling-directory.org.uk/counsellors/theresa-hughes>

## LOCAL FUTURE EVENTS - MAY

**[Events currently removed, if you need contact details please see previous editions]**

## Upminster Windmill Update

*Courtesy of Friends of Upminster Windmill.*

Work to restore the mill had been progressing well and was due for completion during the spring. Unfortunately, events overtook this. The cap had been refurbished in the Dutch workshop, before being dismantled and returned to Upminster. It was being reassembled on the ground when the work was halted. A further two to three weeks' work will be required to complete the re-assembly and apply the weatherboarding to the boat-shaped frame.



*Assembling the cap frame*



*Installing the brake wheel*



*The ribs have been added*



*The partially assembled cap is now wrapped until work can resume*

The sails and wallower are still to be built. We do not know when work will resume though, once that happens, the exterior of the mill will be completed within a few weeks. Lifting the cap and sails into position will be a memorable event but a wind free day is required for this.

*continued on page 19*



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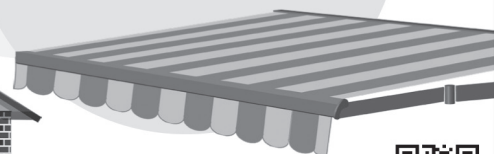
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[Continued from Page 17]

Cliff Featherstone has created a virtual model of the Windmill and can produce three-dimensional illustrations that can be viewed from any position.

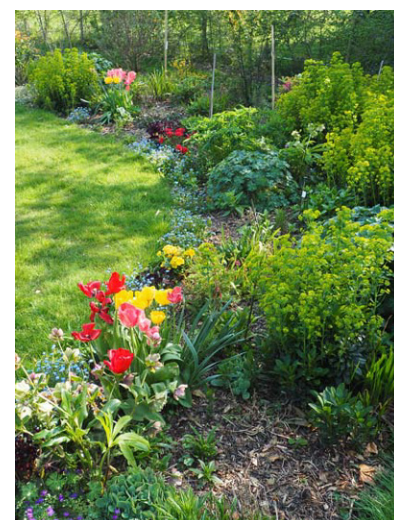


*View of the full model showing  
the smock frame, gallery and cap*

Inside the mill work is continuing  
on the refurbishment of the  
milling machinery.



Until the lockdown, our garden  
volunteers worked extremely  
hard to develop and maintain  
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## Fly-tipping

You are encouraged to report fly-tipping on line, but to do so you need a postal code. I was asked what if the fly tip was in a park, which obviously does not have one, and was told that you can also report by phone using the switch board number of 01708 434343 and ask for Environment Services. Out of Office hours number 01708 433999.

CLlr LINDA HAWTHORN

## Old Upminster Nat West Bank



Havering Council have received the following planning application for 14-18 Station Road, Upminster on Reference P 0472.20

“ Demolition of the existing commercial buildings at 14- 18 Station Road and construction of 4 - storey building comprising two commercial units (Use Class A1 and A2 ) at ground level, 8 residential units at first, second and third -floor level, a gym at basement level with ground floor access, and a first -floor creche to the rear “

Kindly note A1 use is shops and general retail and A2 use is a new class of use for financial, professional and other services.

## 2 Bell Corner

The Council has received a Planning Application Reference P 0117.20 for change of use from Class A1 (Shops) to Sui Generis (In a class by itself) for use as a Nails and Beauty Salon. Shop was Bell Jewellers.

## Crematorium

South Essex Crematorium Gardens of Remembrance has now re-opened. The remembrance gardens to the crematorium in Upminster will be open from 9am to 7pm (with the last entry at 6.45pm). The car park remains closed to those visiting the gardens due to the temporary morgue located there. Parking is only available for those families attending funeral services

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## The Upminster & District Horticultural Society

It is with regret that our planned lecture for May will no longer take place due to government advice and the subsequent temporary closure of the Windmill Hall.

We hope to resume all activities in the near future.

Until then keep safe and healthy.

For more information visit [www.upminsterhorticulturalsociety.co.uk](http://www.upminsterhorticulturalsociety.co.uk)

## St. Marys Lane

Several years ago the Bulletin ran a number of articles on how the shops had changed locally over the years. We featured St. Marys Lane which still has a wide range of Independent businesses. One shop, a former shoe shop, bought in a number of letters and one in particular from the former owner living in Sweden. We must have received around 30 plus letters ..yes letters and of course emails.

It is always great to hear how far and wide the Bulletin is read - especially with the Bulletin being on our web

sites [ucra.co.uk](http://ucra.co.uk) for Upminster and Cranham and [raep.org](http://raep.org) for Emerson Park. My Council colleague John Tyler updates the web sites regularly they are also a great source for information!

The article further in the Bulletin on the Kushoom Bugh Indian Restaurant in St Marys Lane reminded me when I first came here in 1973 house hunting I popped in several times to the “Regent Café “ the former home of the now Kushoom Bugh. I remember it had a wonderful Mediterranean picture or was there a number ? It was run by a local family who sold the café to the family who still run the Kushoom Bugh.

From memory the gentleman cooked and his wife took the orders ..a real café with nice food.

Then around 1974 the Kushoom Bugh became Upminster’s first Indian Restaurant serving a wide range of curries and of course Tandoori dishes cooked in the Tandoor Clay Oven..and the restaurant look’s vastly different to the original Regent café with the fish tank and the layout of tables etc.

Do you remember the Regent Café ? Did you have a welcome cuppa there, lunch etc let us know.

Then on the Kushoom Bugh which must have produced thousands and thousands of meals over the years. Have you had a special occasion there ?

If so give us your memories ...drop us a line or email us on [bulletinra@yahoo.co.uk](mailto:bulletinra@yahoo.co.uk)

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## Havering Council – Grass Cutting And Maintenance

Havering Council suspended routine functions of their grounds maintenance service, such as grass cutting, in late March, so that staff normally carrying out this work could be available to support other essential services, including waste collection and street cleansing. However they are still be able to respond to any emergencies, manage sight line issues caused by shrubs, empty litter bins and maintain fine turf areas, which would take many months to restore to a playable standard if they were neglected.

## Local Police Twitter Accounts

Links to the Cranham and Upminster Police Safer Neighbourhood Teams official Twitter pages are now available via our website ([www.ucra.co.uk](http://www.ucra.co.uk)). See the 'Upminster Police' and 'Cranham Police' links on the right hand side of every page.

These Twitter accounts are updated regularly and give a useful idea of what our local officers have been doing.

## District Line

Meeting anyone and mentioning you are living in Upminster often brings ..Yes I know that town... I have seen it on the London Underground Map. It's on the Green Line the District Line !

The first stretch of the line opened in December 1867 from South Kensington to Westminster, very convenient if you lived in Belgravia and wanted to travel to Parliament. The company that built it was the Metropolitan District Company ..it then simply became known as the District Line.

What must be one of the longest underground lines in London with 60 stations starting at Upminster going right across London and finishing at either Ealing Broadway, Richmond or Wimbledon. Not forgetting the extension to Kensington High Street and the short hop to Kensington Olympia the line actually does not go "underground" until it leaves Bromley By Bow approaching Bow Station and then makes an appearance in the light close to South Kensington Station and then overground at Earls Court a busy interchange where passengers can opt to change if they are going to a different destination than that advertised on the train.

The District Line extension from Barking came to Upminster in 1932 thus bringing residents from East

London wishing to live close to the countryside by buying a property in the Upminster Garden Suburb.

The Line now of course shares Upminster Station with C2C and the Transport for London "Push and Pull" service via Emerson Park to Romford..

## Orange Recycling Sacks

With most (if not all) of the normal places where residents can pick up extra rolls of orange recycling sacks being closed at the time of writing, Havering Council have told us that from early April they started delivering an extra roll of sacks to each home across the borough. This is likely to take up to ten weeks to cover the whole borough, so if you have not already received them they should hopefully be with you soon. The Council have also advised that any residents who run out of sacks should put recycling items in a bag that is either clear or as see-through as possible and label it as recycling.

## Upminster Sanctuary

"Following on from the Government Announcement and guidelines outlined by the Health Minister; It is with great sadness that we announce that The Upminster Sanctuary will be closing its doors until further notice. Therefore, Classes, Workshops and Group Sessions are cancelled at present. Our Therapists and Tutors will be in contact with their clients and students personally. Many of them will be offering online alternatives and we are so proud of how they are adapting to the situation; please feel free to contact them individually with any queries or for more information. Julia will be lovingly tending to The Sanctuary, its Gardens and her beloved Bees and looks forward to re-opening and welcoming everyone back to The Sanctuary's haven of comfort, peace and tranquillity as soon as we are allowed."

Our email will be monitored and we can be reached on [admin@healingandteaching.co.uk](mailto:admin@healingandteaching.co.uk) or by telephone on 01708 251124.

## Cranham Ward Meeting Dates

Currently all meetings are postponed but you can contact us as usual on our details are opposite.

Cllr GILLIAN FORD, Cllr LINDA VAN DEN HENDE, Cllr JOHN TYLER

## Upminster Ward Meeting Dates

Currently all meetings are postponed but you can contact us as usual on our details are opposite.

Cllr LINDA HAWTHORN, Cllr RON OWER, Cllr CHRIS WILKINS

## Article & Advertising Submission Deadlines

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

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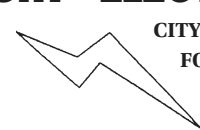
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