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UPMINSTER & CRANHAM RESIDENTS' ASSOCIATION

Shop Local, Hire Local!

The coronavirus pandemic has been called a once in a lifetime event and has affected literally everyone in our community. As many of us are grateful to be released from the long weeks of lockdown and many more are still self-isolating, it is important that we look to the future and do everything we can as individuals to help support the businesses and workers in our local community and all of the self-employed.



Quite simply, for vast numbers of our local shops and businesses the next few months will be crucial if they are to have a long-term future. For their employees and many self-employed workers, their jobs depend on people

spending money on the products they sell or the services they provide.

We are therefore now once again calling on **ALL** local residents to 'Shop Local, Hire Local', whenever you can. Many of our nearby shops and businesses now provide home deliveries and can be accessed by phone or online.

Every pound you spend in a local shop or business and every time you employ a local trader, you are putting money back into the communities of Upminster and Cranham. The profits and wages generated by your spending can then be re-spent in more local shops and businesses and will further help regenerate our local economy.

Before shopping on Amazon etc. or visiting an out of town store, take the time to see whether you can source what you are looking for near to home -

Shop Local, Hire Local!

Cllrs Linda Hawthorn, Ron Ower and Chris Wilkins, (Upminster Ward)
Cllrs Gillian Ford, John Tyler and Linda Van den Hende (Cranham Ward)

Gerpins Lane Recycling Centre Reopens

Your local Resident UCRA Councillors have been lobbying on behalf of you to reopen Gerpins Lane Recycling Centre. This included putting forward a number of questions at online Council meetings. This pressure recently paid off and the Council confirmed that the East London Waste Authority agreed to open the recycling centre on 11th May. However, at the time of writing large vans, trailers and commercial waste are not being accepted at this time, effectively trade waste is not being allowed onto the site. In view of this local residents' Councillors are again lobbying to have this reversed. This will help with revenue and reducing fly tipping. In addition, your UCRA Councillors have been working with local residents to tackle the problem of fly tipping in Upminster and Cranham. Should you want to report dumped waste, this can be done via My Havering account or reporting it to the Council on the Loving Havering app. More details can be found on the London Borough of Havering website regarding these reporting methods. However, If you are reporting dumped rubbish that poses an immediate danger between 5pm and 9am on weekdays, or at weekends, please call our 'out of hours' emergency line - 01708 433999.

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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

Trees

By now, it will be apparent if any of our street trees are dead or look as if they may be diseased. These could be dangerous, with branches falling off suddenly, and in some cases falling in high winds - one fell last autumn in Beech Ave, with no injuries to anyone. If you see any, please let me know. There is obviously a back-log of work, due to the recent situation, but I can get them on the list - trees which are removed are normally replaced,

during the planting season, which is Nov to March.

Cllr LINDA HAWTHORN

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.

Cranham Friends Association

It will come as no surprise to you all, that the planters in Cranham Village and Avon Road have not been planted up this Spring, due to the Covid-19 pandemic. They are unfortunately looking very sad for themselves and I have every

intention of getting them planted up as soon as practicable.

Cllr GILLIAN FORD

Upminster Dementia Choir

I had the pleasure of setting up the Upminster Dementia Choir last June, with the support of All Saints Church who let us use their Church Hall, dedicated volunteers who continue to make tea and coffee at each session, and to Mark our Choir Master.



We are still meeting every other week via Zoom and are looking forward to our entrance into the London Dementia Choir Competition. We are delighted to be Havering's entry into the competition, which is being organised by The Association of Adult Social Care and London Councils. It is proposed that the Grand Final will be held at

the amazing venue of the Royal Albert Hall, when all choirs will be invited to attend and sing as a mass choir. That gives us something to really look forward to! If you are living with dementia, or care for somebody that lives with dementia and you would both like to join the UDC, please contact us at: upminsterdementiachoir@gmail.com

Cllr GILLIAN FORD

Kennels, Ockendon Road

Havering Council have received a planning application reference P0528.20 for "for Conversion, part demolition & part extension of existing kennels and associated buildings into 14 dwellings with associated parking and private amenity space" and see that it is very similar to Application reference P0862.18 that was given approval at the planning committee in 2018 on the Chairman's casting vote. The Kennels are in Ockendon Road, North Ockendon. The site is in the Green Belt.

We will keep you informed on this.

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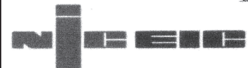


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Local Shops

Fishy Business

The Fishmongers in Corbets Tey Road are doing a local home delivery service (orders through the shop on 01708-224556) from Fishy Business and obviously are still open to the public and keeping social distancing they have a great instagram page now (fishybusinessupminster and their Facebook page has been upgraded and people are sending in some amazing pictures of the fish they have bought including three past Masterchef contestants who regularly send in their pictures. One of them (Gordon Herbert @houseofherbert Masterchef 2019) is making fish pies and fish cakes made with their fish and then sold in the shop. Natasha Sealy @tashas.table was semi-finalist on Masterchef 2020 and is often in buying fish and sending in her photos and @mrskhaleeshasaidloveday who was a Masterchef contestant 2015 is a pescatarian (fish no meat) is always in the shop.

Red Earth Floral Design

The shop next to Upminster station is going from strength to strength as people find out how flamboyant she is with her creative flair. Lynn who owns and runs Red Earth trained at Jane Packer in London doesn't just sell her

bespoke hand-tied bouquets which are really creative (and that's exactly what they are) but also caters for weddings, funeral tributes and corporate events and also has some unusual home accessories in the shop. At the moment she is still taking orders via email reearthfloraldesign@hotmail.com or phone 01708-224089 and it's totally no contact with free local delivery.

Moving Home ?

On Wednesday 13th May we saw a relaxation in the rules relating to the English property market, allowing those able to, and comfortable to do so, to now move home. Many people have been in limbo waiting for restrictions to ease and they now have the option to resume the process, whilst still being cautious of social distancing and other measures to ensure that everyone stays safe. It still won't be appropriate to move if you are self-isolating or have tested positive for Coronavirus, and chains with people in this category will still have difficulty finding a safe route forward. Want to move? For those still trying to find their dream home, whilst Estate Agents are able to conduct physical viewings, virtual viewings are still

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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!

Water Please

The Council planted almost 400 trees in the last planting season.

Many of them following requests from your Residents Councillors in our area.

At the time of writing many could do with some water.

Please assist and give your trees a drink please.

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**

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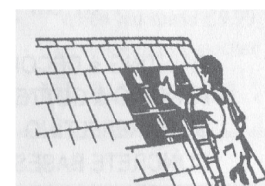
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During the lockdown, police resources have been mainly focused on reassurance. Officers have often been redeployed from their usual roles, although Safer Neighbourhood Team officers have been kept, where possible, on their wards. Overall the crime figures in Havering as a whole have shown a significant decline. Over the past 12 weeks Burglary has reduced by 17%, Robbery by 64% and Violence against the person by 15%. This is obviously good news. Officers continue to investigate reported crime.

Cllr LINDA VAN DEN HENDE

0800 144 144 Monday to Friday—8am to 6pm
You can also find advice at www.citizens advice.org.uk

Property Revaluations

We were recently asked what action is taken on Council Tax Bands when a property is demolished and a new property built on the site. The information we received is: "Once the property is demolished, the band it's in also becomes voided then the Valuation Office Agency will place the property in a higher band if it is larger than the previous one."

Cllr RON OWER

Citizens Advice Havering



We are Citizens Advice Havering who are a local charity for the local community. If you need free, confidential, independent, impartial advice during this pandemic Citizens Advice Havering are here and can now support you to access our advice service in the following ways:-
TELEPHONE ADVICE which can be accessed by calling 01708 629902. This is available at the following times:- Monday, Wednesday and Friday = 10.00am to 12.30pm AND Tuesday and Thursday = 1pm to 3.30pm
EMAIL ADVICE - via www.haveringcab.org.uk (Please allow 5 working days for response)
For those needing support and advice to claim **UNIVERSAL CREDIT** Phone

UCRA Councillors Volunteering

A number of the Upminster and Cranham Councillors, who have been able to do so, have been helping out at the Havering Volunteer Centre. Recently the Bulletin Team has been contacted by a resident in Foxhall Drive, who has been so grateful for the support from one of the Councillors that he has asked that we highlight their good work in the Bulletin. The resident stated that the volunteer Councillor has gone above and beyond what is required of them, going on to say support from neighbours and a Bulletin deliverer in Hall Park Road has been fantastic as well. If you need any help from the Havering Volunteer Centre they can be contacted on the following - Email: volunteering@haveringvc.org.uk tel: 01708 922214 Mob: 07757 426481

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Councillors LINDA HAWTHORN, RON OWER and CHRIS WILKINS
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Councillors GILLIAN FORD, LINDA VAN den HENDE and JOHN TYLER
Cranham Ward.

Queen's Theatre - True Stars

In September we partnered on a year long project with the theatre company LUNG and Havering's Virtual School to start a youth group 'True Stars' for looked after children living in Havering and Essex. Over the last few weeks we have succeeded in taking the project online, with weekly virtual meet-ups, workshops and creative homework tasks.

Through drama based exercises, as well as group and one-to-one interviews the group explore their own experiences of care to support the development of a brand new show putting young people's voices at the forefront of how we consider the care system on a local and national level to raise awareness of the lived experience of being a looked after child.

The young people's words will create the basis of the script, whilst they also help to cast the show, design the set and costume, and help to shape the workshops and training delivered alongside the play itself. LUNG will develop the stories into a verbatim musical telling the story of growing up in Essex in the care system, and how children can find love and family in unexpected places. The show will tour to schools and community venues in Havering and

Essex in spring 2021.

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

Please Be Careful

We have had the following message from a concerned local resident to "remind parents about their children, especially teenage boys being out on their bikes, whilst out dog walking recently we have seen lots of youngsters just cycling along with out regard for the rules of the road. Recently we stood on the corner of Argyle Gardens and Park Drive and witnessed a very close shave between a car and a bike, it was only the quick reactions of the driver that stopped a serious accident."

Many thanks.

Free Meditation Classes

A Fine Balance is providing free weekly meditation classes. They are live-streamed via Zoom every Wednesday at 10.30am. This class is open to everyone for free. They have moved all their yoga classes online now so are now live-streaming classes 7 days a week. They are also offering free classes to NHS and essential workers too. Supporting people's mental health and wellbeing is so important right now.

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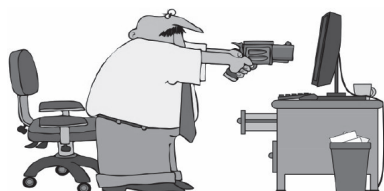
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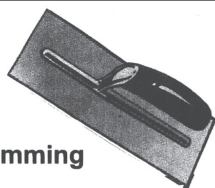
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With Covid-19 still causing restrictions on daily life it is likely to be some time before life for Veterinary Surgeries returns to normal. During the lockdown period we are only able to see emergency or urgent cases, however we are now able to offer consultations via a video link to your computer or smart phone so that you don't need to leave home. If you are concerned about the health of your pet it is important to seek veterinary help. Please do not hesitate to contact us and we can advise whether your pet can be seen at the surgery or whether a video consultation would be more appropriate. Please telephone 01708 384444 and speak to one of our receptionists.

Moving House in Spite of the Virus

With the house market opening up people wishing to move may be hesitant about surveys and visits by surveying professionals and craftsmen to carry out their various commissions.

Guidelines and advice have been issued by the Government for those wishing to move home during the COVID19 outbreak and reasonably comprehensive copies dealing generally with moving home may be down loaded, free, on line from The Ministry of Housing, <http://www.gov.uk/government/organisations/ministry-of-housing-communities-and-local-government>; Section 4 of the document deals with property searches and surveys.

Frank J Everett
Everett Partnership LLP

Chesterfield FC

Elsewhere in The Bulletin there is an article on The Crumpled Horn Pub in Corbets Tey Road, Upminster. Many residents will have fond

memories of the Pub's first managing team Tim and Clare who came down from a Pub in Norwich to run The Crumpled Horn for a considerable time.

Tim was a keen supporter of Chesterfield FC (Home of the Church with the crooked spire) Football Club through the Bulletin we mentioned this and a number of other supporters of the club got together to go to home matches.

We understand this continues As you can imagine there are many groups locally that get together to travel to various sports occasions. Are there any groups who regularly travel together to see games etc at significant distances .. let us know at bulletinra@yahoo.co.uk

Thames Chase Community Forest - Calling Young Artists

Thames Chase Trust is running a special art competition for children to showcase what they love about forests across the Community Forest and beyond to help celebrate 30 years of environmental improvements. The project is part of the Thames Chase annual Art Exhibition which each year

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sees up to 150 local artists participate in a display at the Forest Centre. Last year local artist Tom Mead, a finalist in the 2019 Sky Arts Portrait Artist of the Year competition, launched the Art and Sculpture Exhibition. The children's art competition runs alongside the annual adult exhibition, and this year, children may have extra time to work in different mediums and processes to produce an image to share and show how they use and enjoy the many sites across the Forest area. The competition is in two classes, 4-10 years and 11-16 years, and can include pictures, sculptures or collages. The closing date is 10th August. Photographs of pieces of work should be sent to the Forest Centre with name, contact details, and parental signature to authorise its use and to confirm it is the children's work. Photographs will be shared online and if possible original work will be displayed and judged at the Centre by Tom and a group of artists between 16th and 21st August. The winners will be announced and prizes awarded at the preview of the adult exhibition on 25th August. For full terms and conditions, please see the website www.thameschase.org.uk. The adult Thames Chase Art Exhibition is between 25th August and 6th September. This, too, will be online if, following COVID-19 regulations the Forest Centre is still

continued on page 9



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not able to open. Adult artists please send photographs of your exhibit to enquiries@thameschase.org.uk before 21st August. These will be used online if necessary.

The annual Thames Chase 10k and family Fun Run scheduled for 7th June has been deferred and will be rescheduled when it is safe and appropriate to do so. Information will be on the website. Hopefully, you will have taken full advantage of the opportunities that the Community Forest has provided for healthy exercise during the COVID-19 restrictions and will continue to support Thames Chase Trust into the next 30 years of landscape regeneration. Please see the website for how you can donate and get involved.

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Scrubs For Queens

The Association made a donation to the appeal for the making of scrubs for our two hospitals, Queens and King Georges. The good news is that the appeal for funds has raised £52,000, which exceed their target and a total of 8,000 sets of scrubs have been made so far. They are continuing to produce them via their army of local volunteers, so our hospitals are very well provided for this essential kit. In addition I am aware that our Hospitals are well provided with PPE.

CLlr LINDA VAN DEN HENDE

Dog Walking

Dog walking is in my blood, for over 40 years I have pounded the streets, woods and beaches with many a four-legged friend. A lot of happy memories have been made. My first real 'charge' was our poodle called Poppet, he came everywhere with me, I used to live in Walthamstow and our Saturday mornings were spent walking through the lovely 'then' Lloyds Park on my way to my father's place of work where he was a removal man. Poppet and I spent Saturday mornings reading Pets Corner out of the Daily Mirror and putting articles into a scrap book. I used to help Aunt Molly, Mr Brewers wife (of Brewers

Removals) bake apple pies and tidy up her garden. Poppet was also a very important part of Aunt Mollie's lonely life, with no children of her own we were a very welcome distraction, especially when the lorries were out on long distance journeys. Then came Radar, a Shetland, or Sheltie Collie, aptly named after the dog in Z Cars. He was gentle and soft natured. One of our walks took us down to the River Roding in Loughton; unfortunately Radar decided to jump in and swim and headed straight for the weir. It was a wet ending for both me and Radar, we looked a picture walking



home. Now grown up I can have dogs of my very own. We started off with two Yorkies, Alfie and Harvey, cute little darlings and very protective of each other. After they both passed we decided to rescue a dog and chose



everything in. We went on to have a further two boxers, Ruby a small red boxer, who was very motherly and gentle and would not say boo to a goose. On the other hand, we then went all out and rescued Cass a deaf white boxer, boy did the fun begin. He was a great escape artist and favoured the game run out a lot, excellent at fence jumping, emptying people's bins and sitting in people's gardens waiting to be rescued. He was the funniest dog with oodles of character and personality. Miss the old boy, he went on until he was 14, a grand age for Boxers. Now we have Monty, our Patterdale Terrier. Monty has the life of Riley; he gets to meet many new friends through my dog walking business, but his favourite is Coco a beautiful exotic bulldog. Unfortunately, due to lockdown Monty, or Mo, as he is affectionately called has not been able to meet his new friends. However, we have not let this stop us from having new adventures and finding out new places to walk and explore and have fun. Upminster and surrounding areas are so beautiful, Cely Woods,

continued on page 11

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Abbey Wood Lane is so picturesque, Pages Wood, Bonnets Wood, Parklands, Harold Hill Court we have been all over the place, and it is my job to investigate and walk off the beaten track. I have always said "the best things in life are free" thank goodness for the joys of walking, especially with Mo and his friends. Like everyone, I/we are looking forward to getting back to the new normal. Until then go explore it's all on our doorstep.
Stay Safe.

Sheri - Woodland Dog Walks

Havering's Got Talent

Do you have a hidden talent? If so, the Brookside Theatre would love to hear from you. In association with Time FM, the Romford Recorder and the Romford Business Improvement District, the theatre are proud to present Havering's Got Talent. Are you an Amazing Singer? Hilarious comedian? Uncanny Impressionist? Rapping Granny or own a Tap dancing Poodle?

Starting this month, the theatre will be launching an exciting new talent competition HAVERING'S GOT TALENT in which the winner will take away a cash prize of £500.

They are looking for talented individuals or groups; singers, musicians, dancers, comedians, magicians, ventriloquists, impressionists, drag artists, novelty acts; in fact anyone who believes that their talent could win them the cash prize.

Every other Wednesday at 7pm, from 8th July, 10 acts will be broadcast on the theatre's YouTube channel where the top two, as voted for by the public, will be offered the opportunity to perform in a live final which will take place at the Brookside Theatre, Romford early 2021. The lucky finalists will perform in front of a live audience and judged by a special guest panel. To keep up to date with heats, voting and winners, simply 'like' the Brookside Theatre's

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Reporting potholes to Havering Council

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end of winter there are a lot of potholes which have appeared in our roads.

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Wills - The Way Forward

The outbreak of the Coronavirus and the subsequent lockdown saw a surge in people wanting to make Wills and Lasting Powers of Attorney. This presented considerable challenges for lawyers who have a strict duty to ensure that clients understand what they are doing and are not acting under the influence of anyone else. This can be more difficult to establish when it is not possible to meet with a client personally and instead rely upon taking instructions over the telephone or video conference.

As the country enters the next phase
continued on page 13

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of its response and the economy takes its initial tentative steps to recovery, Pinney Talfourd lawyers are now able to meet with clients to assist them with making their Wills and Lasting Powers of Attorney. This follows a careful risk assessment and appropriate measures having been put in place in accordance government guidance to ensure the safety of our staff and clients. For more information please contact Pinney Talfourd on 01708 229444 or upminster@pinneytalfourd.co.uk.

Thank You Skip Atkins

In case you didn't know, this is Skip Atkins. Skip is one of our most dedicated fundraisers. Over VE weekend Skip raised over £700 for #SaintFrancisHospice! He has been busking outside Waitrose in Upminster and had a VE day celebratory sing song in his Street,



socially distanced of course. It was a great night and many local residents came out to enjoy the entertainment. It's thanks to people like Skip that our Hospice doors stay open and right now we need his help more than ever. We cannot thank ALL of our supporters enough. Thank you!

To Skip.. please keep singing! And to everyone, stay safe and well.
<https://www.sfh.org.uk>

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.

Good News

It was announced on Palm Sunday 5th April, that the new vicar of the Parish of Hornchurch is Revd Ken Wylie. Ken has been our associate minister

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We send our love, prayers and best wishes to Ken and his family as they take on a new chapter in their lives within the parish.

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 01708 345887

Moving Forward in Difficult Times

Moving forward in difficult times This pandemic has impacted all of our lives. As a firm, however, we have experienced first hand the uneven nature of people's personal experiences and the challenges and difficulties both the virus and lockdown has caused.

We have seen genuine positivity with people rebuilding their family relationships when they were previously fractured, establishing new relationships with their children or relatives when these had previously been distant and settling long running disputes in the interests of moving on. Sadly, we have also seen the tragic effect the virus has had with bereavement and ill health in many age groups, the devastating effect the lockdown has had on family relationships and the implications for businesses and employees who have been seriously impacted by the lockdown.

We have tried our best to be there at all times for our clients. Now that lockdown is easing, we are now able to escalate our support to existing and new clients. Whilst we have been providing our services seamlessly

continued on page 15

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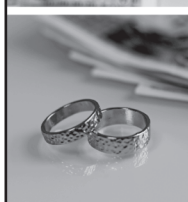
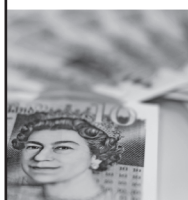
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We are pleased to announce that Samantha Hamilton, head of our Court of Protection department, has been appointed to the Office of the Public Guardian's Guardianship Panel for Missing People.

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(including face to face meetings) by electronic means to date, there are certain circumstances that require a physical meeting, whether because of privacy, the necessity of a physical signature or professional witness or sheer complexity. For the safety and well-being of our clients and our colleagues, we have in place robust safety measures to ensure that we can now conduct physical meetings, by appointment only, whilst protecting the health and safety of our clients and our colleagues. We have set guidance and requirements on our staff and clients on or before arrival at our offices. When in the office, we are able to ensure distancing of two metres at all times, we have supplies of hand gel, gloves and masks for optional use, single use pens and perspex screens in our receptions and meeting rooms. The majority of our staff are continuing to work away from the office and we have a rota and strict rules in place as to the number of staff in our offices at any given time to limit our physical staff interaction. As you would expect, we have rigorous cleaning and internal hygiene procedures in place. If there are any legal issues which you need help with during this difficult period then please call Pinney Talfourd on 01708 229444 or email upminster@pinneytalfourd.co.uk.

Anyone for Tennis ?

**Tennis is one of the first sports to come out of "lockdown". If we aren't playing by the time you read this,



we will be ready to re-start in a safe, environment respecting our own, LTA and public health guidelines, when it is safe to do so.** Come and play in Upminster at the friendly and welcoming Cranston Park Lawn Tennis Club! Head Coach, Lee Duncan, of the Coniston Avenue club writes, "We boast all-year tennis on 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

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improvers to playing socially- and representing competitive teams - There are Mini, Junior and Adult coaching programmes, holiday time camps; and Lee and our other coach Darren offer individual coaching. New members will be assigned a "buddy" (mentor) to help them quickly feel comfortable at the club. Adult courses are available for non-members and for 2020 we've added an option for new and existing course players to enjoy more of the Club with a special introductory membership. Lee said, "We also have Quiz nights, barbecues and dinners! Come and get fit, enjoy playing tennis and meeting new friends at your premier local tennis club!"



year. We have confirmed with one of the local Residents' Association councillors that the prohibition was removed in the middle of January and anyone receiving a fine after the 15 January can ask for the ticket to be quashed.

Cllr JOHN TYLER

Tithe Barn Open Days

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)

July 4 and 18

August 1 and 15

September 5, 19 and 20 (Open House)

October 3

Taxicard Scheme Extended

London Councils operate a subsidised service for use with 'Black cab' taxis called Taxicard.

To give better support during the current coronavirus outbreak they have extended the scheme to include booking drivers to pick up and deliver essential supplies. The scheme has also been extended to allow friends and family to use the member's Taxicard for the same purpose.

For further details of the Taxicard scheme, see the London Councils website - londoncouncils.gov.uk/

continued on page 17

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Domestic Abuse

Counselling Experts Theresa Hughes and Julie York continue to share their thoughts on how to manage during these challenging times. In this article, they raise the difficult issue of domestic abuse - the hidden pandemic.

We have all adjusted our lives to the "Stay at Home" instruction - but what if home is not the safe haven it should be? Sadly, another consequence of the lockdown is the rise in domestic abuse - the charity Refuge reported a 49% increase in calls to their domestic abuse Helpline during the last few weeks.

Anyone can be a victim of domestic abuse. It can include coercive control and emotional, abuse, sexual, on-line or economic abuse. If you feel afraid, or change your behaviour to pacify others, then you might be experiencing domestic abuse. If you feel concerned about yourself or someone in your community, please take action.

You can call 999 from a mobile (press 55 to make yourself heard) or from a landline (stay on the line as long as possible to enable your location to be identified).

Draw up a Personal Safety Plan.

Think about the points below to prepare yourself to stay safe.

- Go out for daily exercise and shopping - this will help you feel less isolated and more connected.
- Keep up basic self-care - sleep, rest, personal hygiene, exercise, regular meals.
- Do something calming, e.g. Yoga, mindfulness, Pilates. Free online classes are on YouTube and other platforms.
- Find a safe place at home - can you lock or barricade a room? If not, stay out of the kitchen and keep near doors/ exits.
- Keep in regular contact with your support network - family, friends, colleagues, health professionals, and local groups.
- Identify a 'safe place' away from home, e.g. a trusted family member, friend, or refuge. Have a bag packed with some money kept in a safe, accessible place. Use a 'safe word' to text if you feel you need to leave home.
- Download a Personal Safety App, e.g. Hollie Gazzard (which turns into a personal safety device) or Brightsky, (personal safety support).

Please remember it is not your fault and you are not alone. There are websites and resources below where you can seek help:

Refuge

For women and children. Against domestic violence.

Freephone 24-Hour National Domestic Abuse Helpline: 0800 2000 247

ManKind Initiative

01823 334244 - Helping men escape domestic abuse



NATIONAL LGBT+ DOMESTIC ABUSE HELPLINE

The National LGBT+ Domestic Abuse Helpline continues to be open at the usual hours of:

Monday to Friday: 10:00am - 5:00pm
Wednesday to Thursday: 10:00am - 8:00pm

0800 999 5428
help@galop.org.uk



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Theresa Hughes is an accredited Counsellor/psychotherapist, based at Havering Therapy Centre, Hornchurch - <https://www.counselling-directory.org.uk/counsellors/theresa-hughes>

Julie York is a Systemic Family Therapy practitioner specialising in supporting young people and their families - julie@mylifeskills.co.uk

LOCAL FUTURE EVENTS - JUNE

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

FAQ's - from a Family Law Perspective

Are family lawyers currently available for consultations?

Yes. We are using telephone, zoom and What's App to offer initial appointments.

Are the Courts open?

Very much so. Paperwork is still being processed. There are online systems and we are using email to remove the need for paper.

Many hearings are taking place by telephone or video link and they are working remarkably well.

It is highly unlikely that anyone currently needs to attend Court in person at the current time.

I believe I am risk from a former partner. What can I do?

The Courts are still dealing with emergency applications. A protective injunction can, where necessary, be obtained on the same day.

My ex partner won't let me see our children because of coronavirus.

Is there anything I can do?

The Court has produced helpful guidance stating that children can travel between 2 households to see both parents. However, it may be necessary to issue a Court application.

Is it best to wait for the pandemic to be over?

Firstly, we don't seem to have a clear idea when that will be and secondly that depends upon the circumstances of your case. Most issues relating to children cannot wait. In relation to finances this will depend upon the individual circumstances of your case.

If you require help with any of these issues or any other family law issues please call Pinney Talfourd on 01708 229444 or email upminster@pinneytalfourd.co.uk and one of our family lawyers will assist.

Call : Gary or Liam

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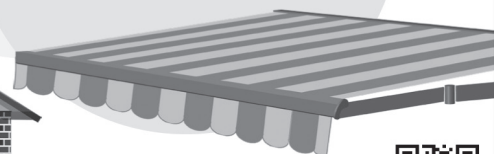
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Havering's broadband speed improves

Price comparison company Comparethemarket.com have published a British Broadband Index, based on figures supplied by Ofcom. This shows that Havering broadband users had an average speed of 75.8 Mbps in 2019, an increase of 16.4 Mbps from the previous year. The figures show that Havering are ranked joint 8th of the 33 London boroughs (including the City of London), up from 10th place in 2018. Nationally, Havering were 66th out of 377 local authority areas. Full details of the British Broadband Index can be found via comparethemarket.com/broadband/content/british-broadband-index/. The index, which covers every local authority in the UK, is based on the average of the services that people have subscribed to, NOT the maximum potential speed in each area.

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Stroke Awareness

National Stroke Awareness Day was recently held and to support the campaign we have published a summary of the NHS advice below. For full details see the NHS website - nhs.uk/conditions/stroke/.

A stroke is a serious life-threatening medical condition that happens when the blood supply to part of the brain is cut off. Strokes are a medical emergency and urgent treatment is essential. The sooner a person receives treatment for a stroke, the less damage is likely to happen. If you suspect that you or someone else is having a stroke, phone 999 immediately and ask for an ambulance.

The main symptoms of stroke can be remembered with the word FAST -

- Face - the face may have dropped on one side, the person may not be able to smile, or their mouth or eye may have dropped.
- Arms - the person with suspected stroke may not be able to lift both arms and keep them there because of weakness or numbness in 1 arm.
- Speech - their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake; they may also have problems understanding what you're saying to them.
- Time - it's time to dial 999 immediately if you see any of these signs or symptoms.

Green Waste Collection News

Green waste collection news
Now that Havering Council have restarted green bin garden waste collections, if your green bin is not emptied as scheduled, you should leave it out again the next day. For collections not completed on a Friday, the bin should be left out on Saturday. Subscribing and Renewing Havering Council will be issuing a refund of £4.40 to current subscribers for the missed collections in April. For anyone who did not renew at the time and for new subscribers, the fee for the rest of the 2020/21 period is

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Fly-tipping

You are encouraged to report fly-tipping online, 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

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.

Local Listed Buildings

Readers will no doubt have heard of buildings which are listed nationally, most churches, including our St Laurence's is Grade 1 listed, which means that neither the outside or inside can be changed without permission, some buildings are grade 2 listed, which means that the inside can be changed, but not the outside. Havering also has what is called the local list, where buildings, not so much of national interest, but are important to our borough can be listed, which gives them more protection if plans are put in for a development which might affect them. If you can think of any such buildings, please let me know, and I'll try to get them on our list

Cllr LINDA HAWTHORN

Car Parking Problems in Cedar Avenue and Adjoining Roads

Over the past number of years Cedar Avenue and adjoining roads have seen a significant increase in parking problems due to children being dropped off and picked up from Branfil School. This has led to

an increased number of complaints from local residents requesting that the Council take action to resolve and alleviate this parking problem. Local Councillors have been putting pressure on the Council and they did agree in 2016, that a Public Spaces' Protection Order (PSPO) could be used to prevent non residents parking in surrounding roads near Branfil School.

Other Schools in the borough have used the PSPO effectively and this has included using CCTV to enforce parking restrictions and issuing fines where there has been a breach. However, the Council have since reneged on this agreement, but have not taken any other meaningful steps to resolve the parking problems in Cedar Avenue and adjoining roads. We have however continued to lobby the Council on the residents' behalf and have held meetings with the school, who also want this matter to be resolved. Prior to the lockdown we were meant to have met with the Director of Neighbourhood Services, who is responsible for parking in the Borough, but this was cancelled due to Covid 19.

Work on solving the parking problems was also held up due to the Council's borough wide parking survey last year which we are still waiting to see the outcome.

The Council have recently produced a paper with a number of options to deal with the above matter. We are not fully convinced yet how effective these options would be in addressing the above problems. We have responded with our comments.

We are sorry that these problems have not been dealt with, but we will continue to pressurise the Council for some solutions. When we have further updates we will, of course, update residents.

Councillors LINDA HAWTHORN,
RON OWER AND CHRIS WILKINS

Thanks Keith

Further to the article in this month's Bulletin on Keith (Skip) Atkins collecting for St Francis Hospice. Thank you from residents in Derham Gardens thanks for the weekly guitar playing and songs to lift the spirits.

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). 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.



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The Crumpled Horn

The Pub at 33-37 Corbets Tey Road will be having it's twentieth birthday shortly in Upminster.
 The Pub took over three shop units that had been empty for several years . The Pubs then owners, Wizard Inns , gutted the units and installed the current Pub.
 New residents have asked where did the name " The Crumpled Horn " come from ?
 Wizard Inns asked the Association through the Bulletin to hold a competition for the name, around 100 entries came in with a wide range of ideas several mentioned could it be called The Bell named after The Pub that was in the centre of Upminster for many years.
 However, the Pub owners liked "The Crumpled Horn " which was the name of the Dairy that was on the western side of Station Road (opposite Upminster Station). The dairy actually had a tea garden at the rear. The site actually became a Post Office for many years.
 It's interesting to note Station Road has retained this type of business with a number of cafes and restaurants today.
 The Pub has become a feature in our town centre.
 I wonder how many Pints have been served ?
 If you remember the original Crumpled Horn or when the Pub opened let us have your memories please email bulletinra@yahoo.co.uk



Reporting Scam e-mails

The Government's National Cyber Security Centre (NCSC) has launched a suspicious email reporting service to allow people to report e-mails that they believe are bogus or phishing scams. To report a suspicious e-mail simply forward it to report@phishing.gov.uk .
 Once the NCSC have received your e-mail they will investigate to confirm whether it is genuine or a scam. They will then take any action necessary, such as arranging for bogus websites to be closed down.
 Unfortunately, the NCSC are unable to personally reply to e-mails they have been sent, due to the sheer volume that they receive every week.

Cllr JOHN TYLER

Hospitals 'Thinking of You' service

Barking, Havering and Redbridge University Hospitals NHS Trust have launched a 'Thinking of you' service to allow people to send letters and images to relatives and friends currently staying in their hospitals. These letters and images will be printed and delivered to patients by their PALS team every day from Monday to Friday. They also have a phone line for people to share their messages on 01708 503 604 between 10am and 2pm Monday to Friday. You can send a message via their website - bhrhospitals.nhs.uk/thinking-of-you .

Free Government online digital and numeracy skills courses

The Government has created a new 'Skills Toolkit' offering free online courses on Digital Skills and Numeracy Skills, to help boost job prospects for those undertaking the training. The website can be accessed via theskillstoolkit.campaign.gov.uk/ .

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



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