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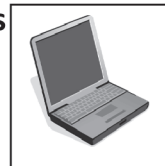
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UPMINSTER & CRANHAM RESIDENTS' ASSOCIATION**Upminster/Cranham Town Centre Reopening**

During the lockdown a number of shops in Upminster and Cranham stayed open for trade and this was very much appreciated by the local community. Some of the shops were able to continue deliveries while others adapted and began a delivery service, which helped out venerable residents, as well as those who were shielding. In June the High Street started to open again and it was great to see the community hub coming to life. As mentioned, in a separate article, your local Resident Councillors have again promoted our Shop Local Campaign and we are again encouraging our residents to support the local economy and shop and use the great facilities on offer in both Upminster and Cranham. As you know, many more businesses opened on the 4th July, in line with Government guidance, the approach for Havering is one of trusting people to act responsibly following a process of proactive (and reactive) engagement and education for how businesses can open safely and operate, maintaining a Covid Secure Workplace. To facilitate this the Council will address the use of the areas where the public will be walking by shops to ensure space is maximised for businesses to operate successfully, whilst access is maintained for the general public. This would be particularly important for those who may need more space or may have a disability/visual impairment or someone with a pushchair/wheelchair. The Council have announced should there be a risk to public order, criminal offences taking place or anti-social behaviour present then enforcement action can be taken in partnership with the Police. They will monitor activity within the Borough as the businesses open. CCTV will be used to gather evidence and where breaches have occurred and if necessary, take action. The main focus will be on matters such as encroachment on the highway, activity within parks, anti-social behaviour and noise, and staff are on standby to deal with any street cleansing requirements. This will be reviewed and changes made as circumstances change. Going forward we want to see our High Streets being used again and our residents being able to use facilities, but please remember no one wants to go back into lockdown by not following the Government guidelines. We have all, during the past number of months, made sacrifices and we do not want reckless behaviour to result in our shops/restaurants and pubs shutting again. On a positive note, although the virus is still out there, we hope life can begin to return to some form of normality and we can enjoy the great facilities on offer in our local high streets. Please be vigilant and stay safe.

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

Parking 'Back Track'

Havering's Conservative Administration have performed a spectacular 'back track' on parking charges!! A recent Executive Decision, dealt with under 'Special Urgency', thus allowing no opportunity for call-in or scrutiny, proposes a range of parking changes. You can read the full Executive Decision from the UCRA website (<https://www.ucra.co.uk>). Clearly the determined and ongoing protests of local residents and retailers have hit home and they are proposing the introduction of a 1 hour free 'Stop and Shop' in 1000 plus pay and display bays across Havering, together with free parking on Sundays. This is dressed up as 'supporting businesses' affected by the Covid-19 pandemic, failing of course to acknowledging that for some businesses it is a little too late, with some already closed for good. Whilst this proposal is to be welcomed, their failure to address any free parking in our Town Centre car parks is an opportunity missed and something local Councillors will continue to press for. There is a proposed discount for using cashless payments in car parks of 20%, which of course discriminates against anyone not having a smart phone or ability to use one. There is an intention to offer special permits for 'key workers', although details on this are scant. These changes will start from 3 August. From 13 July the reintroduction of enforcement for permit bays will operate. So be warned! From September consultations on parking and traffic schemes, suspended for many months, will recommence, so take the opportunity to ensure your views are heard.



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Upminster Park/Hall Lane Playing Fields

Not surprisingly, we have seen the number of residents using our parks across the Borough, particularly those in Upminster, rise considerably during the recent spate of warm weather. The majority of residents have complied with social distancing rules, but a minority have, unfortunately, not done so. The Police were called out over a recent weekend, following reports of anti-social behaviour, at Hall Lane Playing Fields and Upminster Park. Our local Police Safer Neighbourhood Teams have told us that arrests were made and 'dispersal orders' put in place, covering both locations. They will be undertaking additional patrols in these areas. Information on local police activity can be found by viewing the Upminster Police Twitter and the Cranham Police Twitter pages. Their resources are stretched, as are Local Authority workers, and therefore in view of this can we please ask residents that when using local parks, to respect others and comply with social distancing rules. In addition, please don't leave rubbish in the park. This is unsightly

and attracts vermin such as foxes and rats. Both Upminster Park and Hall Lane Fields are fantastic places and we want to keep them that way, so please help us by keeping them clean for everyone to enjoy and use safely.

Cllrs CHRIS WILKINS, LINDA HAWTHORN, RON OWER, LINDA VAN DEN HENDE, GILLIAN FORD and JOHN TYLER

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

Hall Lane Mini Golf - Planning

On 09 July Havering Council's Strategic Planning Committee voted by 5:3 to grant outline planning permission to build houses on the Hall Lane Mini Golf Course. Councillors Best, Ryan, Themistocli, D. Patel and Darvill all voted in favour. Once the land is sold, the new owner can then submit detailed development plans to develop the site. This is an incredibly sad day for the history of the Hall Lane Miniature Golf Course and a huge loss of character to the area. Cranham RA councillors all spoke at the meeting against the proposal.

Local Roads and Pavements

Readers will have noticed that several of our roads and pavements have been refurbished recently, many of which were much needed - there is the obvious disruption while the works are on-going, but it's worth it at the end. Please let me know of any roads/pavements which you think should be included in future schemes.

Cllr LINDA HAWTHORN

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

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Lower Thames Crossing - Further consultation

Highways England are holding a further public consultation on a number of proposed refinements to the design of the proposed Lower Thames Crossing. The consultation will run from Tuesday 14 July until midnight on Wednesday 12 August. For further details visit the Lower Thames Crossing website - highwaysengland.co.uk/lower-thames-crossing-home, e-mail them at info@lowerthamescrossing.co.uk or ring 0300 123 5000.

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!

The Palms Hotel Debacle

Over the weekend of the 20-21 June, rumours started emerging that the Home Office had decided to house up to 200 asylum seekers in the former Palms Hotel, on the A127.

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Residents' Association (RA) councillors were alarmed at the apparent lack of prior consultation with Havering Council or our local MP, particularly as it appeared at that time that local GP services, other health services and schools etc. would be required to take on all of those requiring their services, without any extra resources being provided by the Government.

We immediately contacted senior officials at Havering Council, asking for further details of what was known about the proposals and clarification on whether planning permission was needed for the change of use proposed?

After several days of very little useful information from the council, we were informed on 24 June that the Home Office had abandoned its plans, which were described as a temporary measure during the coronavirus crisis, to house people who had already been granted asylum. A reason was not given of why the decision had been reversed?

Whether the hotel would have been a suitable environment or location for the use the Home Office intended, is open to question - We were contacted by many residents who clearly thought it wasn't.

What cannot be disputed, however, is that although there was a lack of information provided by the Home Office in the first instance, when the Council's ruling administration did find out about the proposal in the middle of the previous week, they kept it quiet until the story broke over the weekend. At no time did they inform RA councillors, who, as elected representatives of communities likely to be affected by the proposals, should have been some of the first to be told, but instead left us to rely on our own sources to find out what was happening.

Was this a politically motivated decision? Whatever the answer, this was a debacle that showed no-one in authority in a good light.

Cllr JOHN TYLER

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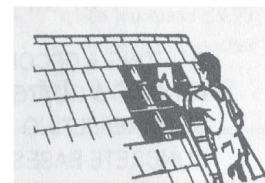
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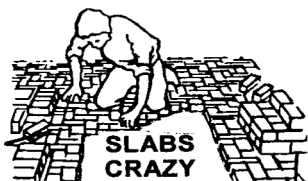
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EMAIL ADVICE - via www.haveringcab.org.uk (Please allow 5 working days for response) For those needing support and advice to claim **UNIVERSAL CREDIT** Phone 0800 144 144 Monday to Friday—8am to 6pm. You can also find advice at www.citizensadvice.org.uk

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 OWE

Speeding

At the request of our Safer Neighbourhood Sergeant, Traffic Officers have undertaken several speed checks along the A127 and Front Lane in the past few weeks. 5 vehicles were stopped in Front Lane doing over 40 MPH, highest was 47 MPH and were issued with fixed penalty notices several more were doing 37-40 and were told to slow down. On the A127 a car doing 66 MPH was stopped. Officers were static in the BPM & S garage on the A127 and as officers have to wear High Viz jackets when undertaking these checks, that also acts as a deterrent. As resources allow more speed checks will be undertaken.

Cllr LINDA VAN DEN HENDE

Queen's Theatre - The Hired Man Success

We've had a hugely successful stream of our co-production with Hull Truck Theatre and Oldham Coliseum Theatre, raising £1889!

Over 12,000 people from all over the world tuned in to enjoy the production, and help spread the joy of theatre from their homes. There were loads of lovely comments on social media, some beautiful stories about the impact of the production at this time, and plenty of repeated viewings.

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Bloom And Veg launch Website

Bloom and Veg are a family run Farm Shop, established in 1925, based in Upminster, Essex.

Specialising in British produce and holding a large range of fruits, vegetables and of course some 'little farm shop gems' too, including local jams and homemade cakes. In the middle of March they found themselves at the begin of this global pandemic and wondered what they could do to support their community. With delivery facilities already in place from their existing wholesale service, they adapted and invested to offer a home delivery sector. This meant they could still offer Fresh and Well Known goods, in a time of need, which was their priority.

The service has since grown larger and wider beyond their imagination. They have now introduced an online store to create a simple way of ordering quickly and effectively. They would like to thank each one of their customers for supporting them every step of the way.

www.bloomandveg.co.uk

Thrive LDN Webinars

Thrive LDN is a citywide movement to improve the mental health and well-being of all Londoners. It is supported by the Mayor of London and led by the London Health Board partners. They are presently promoting a

series of NHS-led 'Coping Well During Covid' webinars, to give advice to people feeling anxious about coronavirus and its impact on themselves, their loved ones or their work. The webinar topics will include managing well-being, anxiety, low mood and sleeping difficulties. The 60-minute sessions offer the chance to explore ideas and tools to support personal mental health and well-being in a clinically led and interactive way, when joining live. The full schedule of webinars and registration details are available via the Thrive LDN website - thrivedn.co.uk/resources/

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

Grass Seeds - Lawton and Stoakes Vets

With the dry weather we experienced in April and May and councils not able to cut the grass verges, the grass seed season has come early. Some of our pooches are waiting for dog groomers to reopen and long hairy coats attract these dart-like seeds. If left these seeds migrate under the skin or get into eyes, noses and ears causing pain and distress and often have to be removed surgically. To prevent this please check over your dogs after each walk and remove any bits of vegetation you find.

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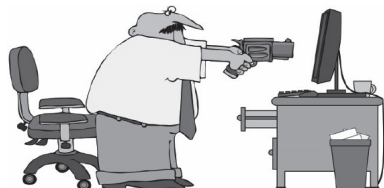
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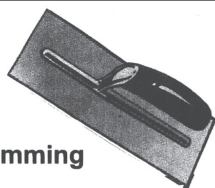
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Discover Thames Chase Community Forest's Paths On Your Daily Exercise

Thames Chase Community Forest has, from its inception, actively promoted access to the green environment through its



network of green spaces. Whether that access is on foot, cycle or horse, the development of non

motorised routes has been key in the creation or regeneration of the sites, now numbering over 48 across the Forest area. This has never been more important than during this year's pandemic, when safe access to woodland, parks and open spaces has offered local communities a place for healthy exercise and enjoyment, whilst following medical advice and guidelines.



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Community Forest emphasises 'The health benefits of the natural environment are well documented, extending beyond the tangible, physical benefits of exercise to improved mental well-being through stress relief. The Community Forest provides a freely accessible resource available to all elements of the community that has a role to play in reducing health inequalities across the area it serves.' Thames Chase Conservation Volunteers play a very important part in helping maintain the public footpaths through Havering and aid in the surveying, mapping and assessment of paths. This involves the clear the pathways by cut back overhanging bramble, branches and trees, repair or replace bridges, gates and signs, and sadly, also bag up a great deal of litter, so the green space remains accessible to be enjoyed by all visitors. Leaflets are produced for many paths including directions and local interest.

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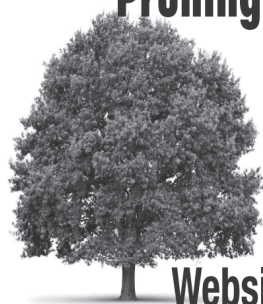
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Look After The Arts

As local residents will shortly be returning to Restaurants and Pubs after many weeks. Please spare a thought in the meantime for the performing arts who are battling for survival. It is not only London's West End that has first class musicals, amazing plays and operas etc. We have locally excellent venues Queens Theatre and the Fairkites Arts Centre Hornchurch and The Brookside Theatre, Eastern Road, Romford. We also have a number of amateur groups in Havering as an example here in Upminster and Cranham we

have The Wesley Players and the Oglethorpe Players who produce excellent plays. The Pantos are a must see.

Theatre in the UK is a huge success story and is vital to the Country's economy.

Not only does theatre bring a lot of pleasure it also assists educating and informing people on many issues. Last year it attracted over 30 million visitors, it employs 300 thousand people it promotes tourism and generates huge tax returns. The industry depends on ticket sales which sadly recently have virtually disappeared.

I really hope that Theatres survive and flourish.

Let's look after the Arts!

Cllr RON OWE

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Engayne Poetry Winners

In the Spring term the whole school entered the Premier League Writing Stars poetry competition on the theme Ambition.

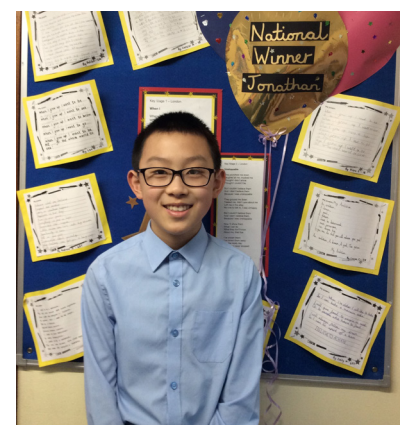
We were thrilled to hear that two of our entries Joel (Y2) and Jonathan (Y5) were selected as KS1 & KS2 regional winners for the London area. The poems were then submitted for the National awards and we have great pleasure in announcing that the poem by Jonathan titled "Unstoppable" has been selected as the national winner of the KS2 category of the Premier League Writing Stars competition! This poem has been selected by the judging panel from many thousands of poems submitted by primary school pupils across England and Wales.

As a national winner, Jonathan and the school wins some great prizes including a special poetry workshop at the school when it is safe to do so. Mrs Sankey, Head teacher says "In these difficult times it is really wonderful to be able to share some fabulous news about our pupils". "Well done to both boys on their achievement and we all look forward

to a super workshop and visit once it is safe and we are all back together in school."



Joel O - Winner KS1 Regional winner London



Jonathan F - National Winner - Premier League Writing Stars

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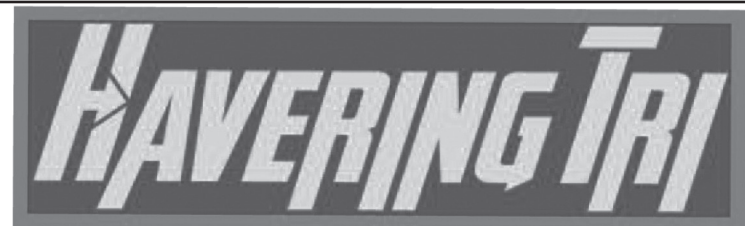


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Children and Corona Virus Q&A

The current health pandemic has caused difficulties for all families, not least separated families. Children have been away from school and their usual routines for several months now and in some cases this has also meant being away from the parent they do not usually live with.

While some families have decided, in line with government advice, to continue to allow children to travel from one home to the other others have been more cautious meaning children have not seen one side of their family for several months.

We have set out below some issues that we have advised upon during the past 3 months of lockdown:

Q. We have a Child Arrangements Order/agreement in place stating that our child is to spend alternate weekends with their Father who lives

an hour away. Can I travel to drop the child off?

A. Yes, the Government advice was initially a little unclear but it was clarified that leaving your home for the purposes of dropping off/collecting your child before/after they had spent time with the other parent was an acceptable reason.

Q. We have a Child Arrangements Order/ agreement in place providing that during term times our child spends alternate weekends with their Father but that during school holidays/ non-term time the time is shared equally between us. What do we do now that the schools are closed, is this still considered term time?

A. Parents are free to agree any alternative arrangements during this time and as parents you may know better than the

court or us lawyers what will work best for your family. If a dispute arises each case will have to be considered with the families' circumstances in mind. We have generally advised that the usual term time pattern should continue, as technically it is still term time and most children have had school work to complete on a daily basis. Also, in these times of uncertainty, any efforts to keep up their usual routine may be in the best interest of your child.

Q. My child has underlying health issues and has been advised by the government that she should be shielding, the child's Mother has been allowing my child to come into contact with 3rd parties outside of our household and inviting people into their home. How can I stop this and protect my child?

A. This is a tricky issue that we have encountered a lot over the past few months; one parent is seemingly either flouting the rules or taking a lighter approach to the government guidance. In circumstances such as the above, where the child is vulnerable, we have advised that if one parent is risking the child's health an urgent court application may be necessary to put measures in place to ensure that the child is protected. Over the course of the past few months we have advised on Non-Molestation Applications

and Specific Issue Children Act applications dealing with the above.

Q. Our child is of year 1 school age and lives with me, the Mother, during the week. I am intending on sending her back to school in line with the government advice. However, the child's Father does not agree and believes they child should not return to school until the new school year commences in September. What should I do?

A. Again, this is something that has cropped up recently following the governments plans to return all reception, year 1 and year 6 aged children to school from the 1st June 2020. Many parents have agreed that this is too soon for them and have therefore not returned their child to school and it seems the government have accepted the parent's decision and are not criticising or punishing parents who make this choice. Where there is one parent wanting to return the child to school and one that does not want to an inevitable conflict will arise. If a dispute arises each case will have to be considered with that particular family circumstances in mind. We have advised that whether to send your child to school or not is a matter for each parent exercising their own Parental Responsibility, so for example, if the child lives with both parents during different week days that parent may decide to send

continued on page 13

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the child to school on the days that they are in their care. However, when the child is in the care of the other parent they may decide to keep them home. If parents really can not agree then again a court application can be made but time is of course of the essence and given how busy the courts have been and the pressures they have had to overcome it remains unclear if these applications will get to hearing before the school term ends in July.

If you need any assistance please contact a member of the Family Team at Pinney Talfourd.

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Fairkytes Live Weekly Youtube Content Promoting Musicians

Each Wednesday, the team from Fairkytes Live in Hornchurch will present a mix of videos submitted by musicians living in the borough.

Episode 1 features jazz guitarist Mark Etherington, young singer Josh Barber and two family contributions to the venues Last Band Standing at Home competition.

Search for Fairkytes Live Presents in YouTube to find all episodes (currently 3 at time of publication).

Musicians local to Havering or surrounding areas are welcome to submit videos for consideration for future episodes. Please email arts@havering.gov.uk

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

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continued on page 15

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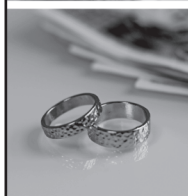
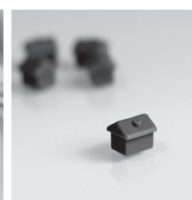
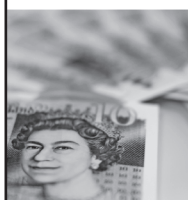


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coaching programmes, holiday time camps; and Lee and our other coach Darren offer individual coaching. New members will be assigned a "buddy" (mentor) to help them quickly feel comfortable at the club. Adult courses are available for non-members and 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!"

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The Impact Of Covid-19 On Estate Executors

Probate lawyers have witnessed a significant increase in the number of cases as a result of the Coronavirus outbreak. The related volatility of

stock markets and unstable property market has important tax implications for executors and their advisers.

Inheritance Tax

Inheritance Tax is calculated based on the value of an estate on the date of death. Very often the value of an asset will change after death, particularly equity based investments and property. If an estate is liable to Inheritance Tax and the value of shares or property reduces after death, it is possible to claim a tax refund on the loss in value but this is subject to strict time deadlines. If shares are sold at a loss within 12 months of death then executors can claim a tax refund. In effect the date of death valuation is replaced by the eventual sale figure and the Inheritance Tax recalculated accordingly to lead to a refund to the estate. Crucially the relief is not available if the shares are transferred to estate beneficiaries.

The same relief is available when a property is sold at a loss to the date of death valuation. In the case of property sales the time period is more generous than share sales with tax relief available provided the property sells within four years after death. The tax refunds are not automatic and require an application to HMRC, again within strict time deadlines. A claim for loss on sale of shares must be made within four years of death. A claim for loss on sale property must be made within seven years of death.

Capital Gains Tax

When a death occurs during a period when stock or property markets are depressed there is always a possibility that those assets will increase in value prior to a future sale. Whilst any such gains do not have any Inheritance Tax implications, they may result in the estate incurring a Capital Gains Tax liability if those gains exceed the available exemptions and reliefs. It is the sole responsibility of the executor to ensure that the relevant tax returns are prepared and filed with HMRC and that all tax is correctly calculated and paid.

It is possible to reduce or in some

cases eliminate altogether a Capital Gains Tax liability provided that appropriate planning is carried out. Such planning may include spreading the sale of assets over a sustained period of time to maximise the available exemptions, or strategically transfer assets to estate beneficiaries prior to sale.

Tax advice

We recommend that all executors take taxation advice during the course of an estate administration to ensure that they comply with their obligations to HMRC, that all available tax reliefs are claimed and the correct amount of tax is paid. This will ensure executors fulfil their legal duty of maximising the value of the estate for the estate beneficiaries. More information
To arrange a free consultation please fill in the contact form on this page or email us at mail@pinneytafourd.co.uk or contact us on 01708 229444 (Upminster Office), 01277 211755 (Brentwood Office) or 01708 511000 (Hornchurch Office)

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.

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One Step Closer To No Fault Divorce

Under The Divorce, Dissolution and Separation Bill, a spouse will no longer have to prove fault in order to obtain a divorce from the other spouse. They can simply claim that their marriage has irrevocably broken down. The bill will also mean that spouses will not be able to contest the divorce unless coercion or fraud can be proven. The bill will introduce a six-month minimum period that must pass between the divorce proceedings starting to the divorce being finalised, giving spouses sufficient time to reflect on their decision to end their marriage before it is finalised.

On 8 June 2020 the bill was read for the second time in the House of Commons and was debated by MP's. MP's voted strongly in favour of the bill 231 to 16 and it will now progress and hopefully soon become law. The next stage is the Committee stage and this is due to take place on 17 June 2020.

Family lawyers up and down the country have been pushing for change for many decades and it is finally almost upon us. Members of the family law group Resolution have been the driving force behind the campaign and were delighted to hear that the bill was now backed by MP's. The members believe that no fault divorce will make divorce kinder to all involved and ensure more families an amicable divorce resulting in longer lasting and better post-separation relationships.

Our family team at Pinney Talfourd are active members of Resolution and would be happy to discuss any aspect of divorce/separation with you.

Manage Loneliness

Counselling Experts Julie York and Theresa Hughes share some thoughts on how to manage loneliness during these challenging times

At the time of writing, Dame Vera Lynn has sadly passed away and the lyrics of her most famous song seem particularly poignant. While the easing of lockdown restrictions has enabled some of us to hug elderly parents or grandchildren for the first time in months, not everyone is as lucky, and many are still facing the curse of loneliness. Loneliness was a growing problem before lockdown, and it is known to lead to increased physical and mental health problems. Here are some ways that might help:

- Appreciate what you have - the sunshine, the rain (good for the garden!) birdsong, happy memories, old photos and earlier positive life experiences.
- Listen to music- songs you enjoy will boost your mood.
- Listen to the radio - people feel more connected to radio than TV.
- Keep in regular touch with friends and loved ones - pick up the phone or chat over the garden fence to stay connected.
- Reach out to a befriending service (see below).

- Go outside if possible and make use of the wonderful parks in our area.
- Join a virtual choir e.g. Havering Singers (details below) - singing is good for your mental health and helps you feel connected.
- Read or listen to books - stick with your favourite genre/authors or try something different. Swap books with a neighbour or friend.
- Make time to eat and sleep well and exercise. There are even ballet classes for 'Silver Swans' (see below)
- Practice Mindfulness or Mediation - resources are on YouTube or apps (e.g. Headspace, Insight Timer)
- Volunteer your time - helping others increases our sense of connection and mental wellbeing, while decreasing loneliness.

These are challenging times, particularly if you suffer from loneliness. We hope this article may inspire you to reach out, to look after yourself and perhaps help others and between us we can come out of this stronger and more connected. We will meet again.

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

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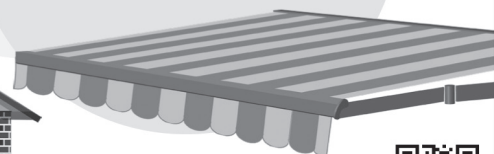
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Basking Babies Charity Massage-thon

Saturday 4th July was not only about celebrating American Independence and pub openings: the Basking Babies UK team were also busy providing an entire day packed full of free, online Baby Massage, Baby Yoga and Baby Reflexology courses for the parents of Essex and beyond, in aid of the Great Ormond Street Hospital Charity's Never Far Away: Essex Appeal.

The charity massage-thon took place live from the Basking Babies UK Facebook page which was freely accessible all day. The itinerary included a tummy massage to relieve trapped wind and colic, a session just for dads and finished with a bedtime massage session at 7pm.

The charity massage-thon raised £370 in donations which was matched by Basking Babies UK, bringing the grand total raised to £740.

To help support the cause, visit www.justgiving.com/fundraising/basking-babies. To find out more about Basking Babies classes, visit www.baskingbabies.co.uk.

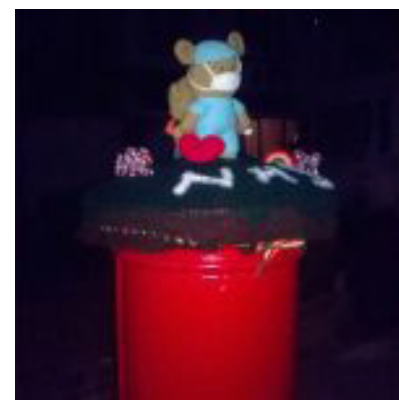
Cathedral Estate Knitted NHS Tributes

During the lockdown period, those of us who live near to the Cathedral Estate in Upminster were treated to some wonderful knitted tributes to the NHS, on the local postbox and a gate post in Winchester Avenue. They were normally put in place in time for the Thursday evening NHS 'Thank You' clap.

Thank you to the person or people

who knitted these tributes, for making us smile.

Cllr JOHN TYLER



Can You Help With Bulletin Deliveries?

We are hoping to re-start delivering paper copies of The Bulletin in the near future but inevitably some of our current volunteers will not be in a position to help us straight away.

We would therefore be extremely grateful for any extra help people can provide, whether it is on a permanent basis or even just as a one off. Delivering to most roads normally takes 15-20 minutes once a month.

For people living south of Upminster Station please call Chris Wilkins on 07960 059 195. Anyone living north of the railway line (including the Dury Falls Estate) please call John Tyler on 07982 962 925. Thank you

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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 Police Office

It is with regret that I have to inform you that we are vacating the Corbets Tey Safer Neighbourhood Office at the end of July. The office will be decommissioned as a police building at the end of August and handed back to the landlord. The Cranham and Upminster Neighbourhood Teams will relocate to Hornchurch Police Station in the coming weeks. Please rest assured the teams will remain the same and will remain focussed on their respective wards. I know this will be a disappointment to many people and that there will be some concern amongst the local community which we will work hard to ensure does not manifest itself into an increase in crime or anti-social behaviour in the Upminster and Cranham areas.

Kind Regards Amar
PS Amar Sehmy | 189EA | East Area
Command Unit |

Lockdown Live Comes to an End

Friday evenings down Derham Gardens will not be the same again as the final Friday Lockdown Live Music concert was held on 3rd Jul. Skip was joined by some excellent guest singers from the road all in support of Saint Francis Hospice. Residents



came out in their front gardens and enjoyed the music for over two hours and finished with a rendition of we'll meet again. 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.

Property Prices

Interesting to see in the National Press details on the levels of property

price changes in the 32 London Boroughs since 2016.

Havering was very close to the top with the Inner London Borough of Hackney being at the top showing an increase of 15.4%.

Our neighbours Barking and Dagenham at 11%, Redbridge 9.1% and Havering was on the same level with Newham at 8.8% increase.

One important thing the lockdown has pointed out to Londoners is the "value of Green Spaces" with a large number of people living in inner London wanting to buy in the suburbs.

I wrote in the May Bulletin on how the extension many years ago of the "District Line" enabled house buyers to flock to the Upminster Garden Suburb.

Locally we have the added advantage of being on the doorstep of the huge Thames Chase Community Forest whose Head Quarters is in Pike Lane, Cranham. Hundreds of thousands of trees have been planted over the years.

In addition we have wonderful parks, open spaces what an asset to the community the mini golf course in Hall Lane is.

In addition we have three golf clubs, two bowling greens many heritage buildings.

My colleague Linda recently wrote in the Bulletin on the Windmill refurbishment.

We have a very efficient Public Transport system and C2C who operate the Upminster to Fenchurch Street / Shoburyness Rail service continues to come out as the best in



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ASSOCIATION COUNCILLORS

Upminster Ward	Cranham Ward
Linda Hawthorn 01708 225451  lindahawthorn@hotmail.co.uk	Gillian Ford 01708 641317  councillorgillian.ford@haverling.gov.uk
Ron Ower 07721 780372  CouncillorRon.Ower@haverling.gov.uk	Linda Van Den Hende 01708 223761  lindavandenhende@btinternet.com
Chris Wilkins 07960 059195  CouncillorChristopher.Wilkins@haverling.gov.uk	John Tyler 07982 962925  JohnTylerUCResidents@outlook.com

ASSOCIATION CONTACTS

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

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Cllr RON OWER

2 Bell Corner

Haverling Council has approved planning permission at this former class A1 (Shops) to Nail and Beauty Salon in Corbets Tey Road.

What Future for Cash ?

An ongoing discussion has been active on the future of cash. The lockdown has pushed us even further towards a cashless society. More and more businesses are now cashless or plan to be. Many shops have asked for customers to pay by card to reduce contact with staff and the added advantage of being quick. Here in Upminster we have seen the closure of a number of banks Santander, HSBC, Lloyds, Nat West and at the end of May Barclays with the loss of their ATM machines and of course cash inside the banks. The move to buying on line has also led to the decrease of cash. It is worth looking to Sweden which has become the model for a cashless society where some 80 per cent of transactions are said to be cashless has slowed down to help those without bank accounts. However, many residents like to use cash they like to see where their money is going and find it easier to control their budgets. It will be interesting to see how this developments.

Cllr RON OWER

Missed Rubbish Collections

Despite waste collection services returning to near normality recently, it seems that many roads are still not having their bags or green bins collected on time. The advice given by Haverling Council is to leave rubbish out by 7am on the designated day and if it has not been collected by 5pm, to store it overnight and place it out for collection again by 7am the next morning (including Saturday). The council publish a daily list of roads and blocks of flats that have not had their rubbish collected. If yours has been missed you can check it is on the list by visiting the Council's website - www.haverling.gov.uk and searching for 'missed rubbish collection'. If your road or block is not on the list then you should report it either online or on 01708 432 563 and leave a message on their

answerphone.

Help for those with Dementia if they go missing

The Herbert Protocol is a national scheme introduced by police forces across the country, that encourages carers, family and friends of people living with dementia, to put together useful information on a form, that will assist the police if that person goes missing.

Further information and a copy of the form can be found on the Met Police website - www.met.police.uk and searching for 'Herbert Protocol'.

Reporting Companies Who Ignore Consumer Rights

The Competitions and Mergers Authority (CMA) have recently received a large number of complaints, as some companies sought to use lockdown as an excuse to ignore consumer rights and/or charge rip-off prices for goods and services. Whilst most people understand the difficult time that businesses have experienced over the last few months, this does not give them an excuse to behave illegally. The majority of complaints have been related to refunds and cancellations, particularly only offering vouchers instead of a refund for holiday accommodation. A large number of complaints also concern nursery and childcare providers and the cancellation of weddings. To make it easier for people who think they have been treated unfairly to complain, the CMA have set up a COVID-19 Taskforce. Complaints can be registered via their website coronavirus-business-complaint.service.gov.uk/.

Cllr JOHN TYLER

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

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



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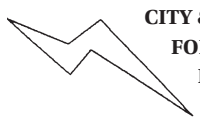
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