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## UPMINSTER & CRANHAM RESIDENTS' ASSOCIATION

### Boundary Commission draft proposals - UCRA response

The Local Government Boundary Commission for England (LGBCE) are currently undertaking a review of the electoral wards in Havering. Earlier this year they published their draft recommendations, which proposed major changes to some wards.

The LGBCE proposals included reducing the number of councillors in Upminster Ward from three to two and for the ward to contract in size, with Cranham Ward keeping three councillors but expanding to include North Ockendon and the surrounding areas. Part of the Corbets Tey area would move into Rainham and Wennington Ward and the Dury Falls Estate into Emerson Park. Local RA councillors received numerous comments from residents objecting to some of these proposals.

In their response to the subsequent consultation, the Upminster and Cranham Residents' Association reluctantly accepted that the LGBCE were unlikely to reverse their decision to reduce the total number of councillors over the two wards from six to five, or keep the Dury Falls Estate within Cranham Ward. Our proposal is for Upminster and Cranham wards to have relatively minor changes to their current boundaries but for Cranham to reduce from three to two councillors, while Upminster remains at three. This would give a far better geographical and community balance than the LGBCE proposals, and allow the whole of the Corbets Tey area and local rural communities to remain within Upminster Ward.

Our full response document is on our website - [www.ucra.org](http://www.ucra.org). Enter 'Boundary Commission' in the search box, for the link.

### Bulletin Area Controller needed

We currently still need a volunteer to act as an Area Controller in Cranham, to distribute Bulletins to a small number of our deliverers. If you have around an hour to spare once a month, we would be grateful for your help. Please call **John Tyler** on **07982 962 925** for details.

### Poppy Appeal

The Royal British Legion will be carrying out the Poppy Appeal as usual. However, due to the Covid-19 pandemic, this year's appeal will be very different, with restrictions on street collections and locations for collecting tins. If anyone is interested in helping please contact us at [upminsterrbl@aol.com](mailto:upminsterrbl@aol.com).

We are very grateful to local schools, community groups and businesses who are involved in the appeal during these very difficult times. You can also see the Poppy stock available at the Upminster Legion club (316 St Mary's Lane) - entry into the club can only be made during opening hours and all visitors must wear face coverings.

In addition to this, due to the Covid-19 regulations there will be no Remembrance Sunday Parade on 8 November. A Poppy Wreath will be laid by the Legion on behalf of the local community at 11.00am but to ensure everyone's safety, people are requested not to gather at the memorial. Anyone wishing to lay a wreath is invited to do so after 12 noon. We thank you for your support in previous years and greatly appreciate your support for the remembrance of the fallen. We look forward to your continued support in future years.

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## Branfil School Streets Scheme update

As mentioned in last month's Bulletin, the Branfil School Streets Scheme zone is now running for a trial period up until June 2021. The scheme was introduced by Havering Council to reduce air pollution and improve health, by encouraging walking and cycling to schools.

The scheme covers all of Cedar Avenue and the part of South View Drive west of Acacia Drive, which are now pedestrian and cycle only from 8-9.30am and 2.30-4pm Monday to Friday during term time. During this period, access for residents will be maintained if their vehicles are registered for an exemption. All other vehicles will not be permitted to enter during the closure but any vehicle already in the restricted zone can exit without receiving a penalty. The zone is enforced by unattended cameras positioned in South View Drive and Gaynes Park Road. Any vehicles not permitted to enter the zone will be automatically issued with a penalty charge notice.

Your local Councillors supported the scheme and recognized the benefits. However, they raised concerns and suggested improvements to Havering's Chief Executive Officer, both before and since the scheme was implemented, particularly concerning the problem of displaced parking in adjoining roads, such as Gaynes Park Road. The CEO has confirmed that a future review will consider some sort of parking scheme. However, due to budgetary constraints, it is not possible to conduct a review this financial year. We are disappointed with this response and will continue to lobby the Council that something needs to be done much sooner. For further information on the scheme visit [havering.gov.uk](http://havering.gov.uk) and search 'school streets'.

COUNCILLOR CHRIS WILKINS

## Annual Christmas Event

With there being no ease with the Covid restrictions. I wish to up-date you on a few local events.

The popular Christmas Event, normally held the 3rd week of November, has been cancelled, with a possibility of a small virtual one instead. We know how much children enjoy this, and we are very disappointed ourselves, but when my colleague Chris and I had a virtual meeting with the council officers, there was no other option. Hornchurch and Rainham's have also been called off too. We can only promise, fingers crossed, and conditions favourable, for a special big event in 2021.

Likewise, many public firework displays have been cancelled too, this might increase the number of people having their own events in their own gardens - can I please ask all to take care and check any pets are safe

CLLR LINDA HAWTHORN

## Green Light for Hall Mead ARP

Hall Mead School in Marlborough Gardens has been providing outstanding education for 12 students as part of their Additionally Resourced Provision

(ARP) but have at times faced challenges to get the necessary funding to support the increased demand to support pupils who have additional needs.

Back in January, Havering Council launched a consultation process on plans to merge the 12 place ARP with the 10 place Autistic Spectrum Disorder (ASD) Learning Resource Unit, at one location, Hall Mead School. The Regional Schools Commissioner who has oversight of Academies has now approved the merger, which has created a 22 place ARP at Hall Mead School for pupils with ASD.

COUNCILLOR GILLIAN FORD

## Would you like to join us?

Over the years we have hosted young writers in the Bulletin. If you are at school or university and would like to have a regular column, drop us a line at [bulletinra@yahoo.co.uk](mailto:bulletinra@yahoo.co.uk).

We have been delighted with the wide range of subjects and views we have received.

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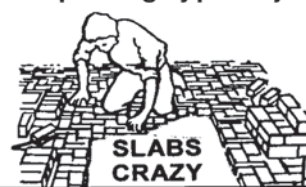
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## Residents' Association Formation

The Upminster Residents' Association was formed in 1906, by six gentlemen. Little is known about what they did, or achieved, but details of their first successful campaign were recorded in 1929, when they saved the church's glebe land from development, and it became our Upminster Park. Following the out-break of World War Two, prospective Councillors stood for election, and were successful in getting elected.

The Cranham Residents' Association was formed in 1938, with the two committees merging in 1958 to form the Upminster and Cranham Residents' Association. We were able to return one candidate in 1957 and two in 1958, despite opposition comments that we were Socialists or Communists, or pseudo-Tories - things do not change.

We have been successful in most elections and many campaigns

since then, dealing with numerous issues. Our original slogan was The Watchdog on Local Affairs - this still stands.

Have you any memories of the Association over the years? Please let us know if you have.

Cllr LINDA HAWTHORN

## Havering Community Hub

The voluntary community sector, charities, and residents working in partnership with Havering Council have developed the Havering Community Hub. The Hub offers a single place for a range of information, opportunities and support for residents and provides a platform for communities to connect with each other for the benefit of their neighbourhood. The range of advice and support available includes housing and employment support for residents of all ages, with specific support for young people of 18-24. There is also information on charities and events. The site will be updated regularly and residents

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are encouraged to provide information for inclusion. See [haveringcommunityhub.com](http://haveringcommunityhub.com) for details.

Cllr LINDA VAN DEN HENDE

## Reporting flooding – Emergency contact details

After the recent heavy rainfall, we thought it would be a good idea to remind residents that Havering Council have a webpage detailing who is responsible when roads, rivers and sewers etc. flood. For details, visit [havering.gov.uk](http://havering.gov.uk) and search 'hazards pollution and flooding'.

If you know of a flooding problem, you can also phone Havering Council Monday to Friday 9am to 5pm on **01708 434 343**. Outside of these hours, their emergency number is **01708 433 999**.

Other water related emergency numbers are – **Thames Water**

(burst pipes and leaks – 0800 714 614) and **Environmental Agency floodline (0345 988 1188)**.

Cllr JOHN TYLER

## USPFA fireworks display cancelled

The USPFA committee are sad to announce the cancellation of the Upminster School Fireworks Night. Our small team of volunteer organisers have closely monitored the COVID19 situation and planning has continued as far as possible. It has become evident, however, that we will be unable to deliver this event to the community. With all the uncertainty we face over the next few months, public safety must, and will always be at the forefront of our concern.

Please be rest assured, that we plan to make next year's Firework display the best it has ever been! Saturday 6th November 2021 is a date for your diary, and by then we will surely have a great deal to celebrate! Thank you and stay safe.

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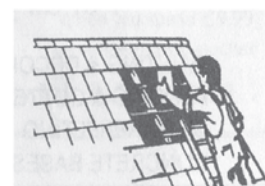
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## Current Highways England survey works

Residents may have noticed large numbers of cones and works machinery, such as diggers, appearing in fields around Upminster and Cranham in early September. These are archaeology survey works, conducted by Balfour Beatty on behalf of Highways England, and are part of the process of ground investigations, prior to the submission of a Development Consent Order application for the proposed new Lower Thames Crossing.

The works are likely to continue until the end of the year, with the soil replaced once the works are complete. Residents' Association councillors have been contacted by a number of residents who were concerned about the work. We are continuing to liaise with Highways England and Havering Council to ensure the works are conducted in the least disruptive way possible and any problems suitably addressed.

Further details can be found on the Archaeological trial trenching page of the Highways England website - [highwaysengland.co.uk/our-work/lower-thames-crossing/](http://highwaysengland.co.uk/our-work/lower-thames-crossing/)

## Hornchurch Town Centre car parking

The Residents Association of Emerson Park team were recently alerted by a resident who visited the Sainsbury's car park twice in a day, only to get a parking ticket claiming that he had been parked all day. When this was queried, they were informed by Sainsbury's that the parking signs permit only one visit per day. Please watch out if you make multiple trips to Hornchurch and use the Sainsbury's car park.

## News from Haven House

Following on from last month's article (October page 3), I am delighted to let you know that the charity walk from John O'Groats reached Land's End on schedule on Wednesday 30 September with



the two main walkers, Paul Turrell and Simon Fanning, having walked 874 miles. They averaged 30 miles a day for 29 walking days, took 1.7m steps each, climbed a total of 16,800m (over twice the height of Everest) and burnt 105,000 calories!

Though the final day started from Penzance in torrential rain and wind, fortunately this all relented for the finish and we entered Land's End with blueish skies. I was almost equally delighted to achieve my own personal goal, walking a total of 512 miles over the month - enough to convince me that 874 is a phenomenal achievement! You can read more about the whole walk on [www.simonfanning.blog](http://www.simonfanning.blog)

Our fundraising has now passed the £71k mark, which is great, though our ambitious target of £100k means we have further to go. I wanted to say a very, very big thank you to all of you for your generous support.

MIKE PALFREMAN - HAVEN HOUSE CHILDREN' HOSPICE

## Coping with COVID fatigue

Local Counselling Experts Theresa Hughes and Julie York share some ideas about coping with COVID fatigue.

Health Professionals are reporting higher numbers of patients struggling to cope as the pandemic lingers. The following practical tips may help:

**BUILD NEW ROUTINES** - Creating little habits can give a sense of control and predictability in an uncertain world.

**KEEP ACTIVE** - Releases endorphins in our bodies, making us feel better. Exercise, walk, run, skip, dance, whatever makes you feel good.

**TALK** - Helps release frustrations and worries - chat to neighbours, friends, family, GP or phone a Helpline. It also helps us stay and feel connected.

**BE KIND to yourself.** Accept that it's OK to be imperfect and avoid regretting missed opportunities. Find ways to relax and unwind.

**HERE AND NOW** - Focus on the present without looking too far ahead. When you have to plan, aim to keep plans flexible and have an alternative ready.

**BE GRATEFUL** for what you have, the different parts of your life and the people in it and take things day by day.

For your longer-term mental well-being, aim to use healthy ways of coping and stay connected with others.

Theresa is an accredited Counsellor/Psychotherapist based at Havering Therapy Centre, Hornchurch - [www.counselling-directory.org.uk/counsellors/theresa-hughes](http://www.counselling-directory.org.uk/counsellors/theresa-hughes). Julie is a Systemic Family Therapy Practitioner specialising in supporting young people and their families based in Upminster - [julie@mylifeskills.co.uk](mailto:julie@mylifeskills.co.uk).

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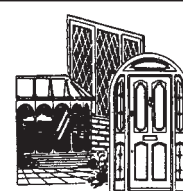


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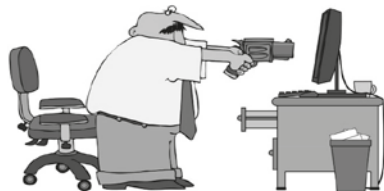
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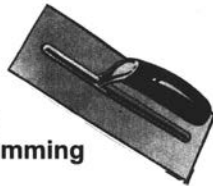
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## Rubber Soul

It was around fifteen years ago, early one evening, that I was walking down Corbets Tey Road and saw a magnificent coach painted in psychedelic colours. Looking close at it, it was the working vehicle for a Beatles tribute band who were playing at West Lodge banqueting suite, just off Corbets Tey Road, on the site where Bellmakers Mews is now. West Lodge over the years had many acts many of whom were well known. Some of the nights were legendary.

What prompted my memory is that next month sees the 55 year anniversary of the release of the much acclaimed "Rubber Soul" album. Rumour has it that in 1965 Paul from the Beatles, and possibly some of the rest of the group, came for a walk in Upminster before appearing at a concert in Romford. Any readers aware of this or have any memories on this or other events, let us know at [bulletinra@yahoo.co.uk](mailto:bulletinra@yahoo.co.uk).

RON OWER



## Rest in peace Doreen Campbell

Sadly Doreen passed away in August this year, following a long battle with illness which left her housebound in recent years. Doreen was a familiar face in Cranham, where she lived for more than 43 years. Always immaculately presented - she never had a bad hair day, and with a twinkle in her eye, ready to share a smile or a laugh with everyone. Having had the pleasure of travelling on the 346 bus and commuting to London with her for several years, it was clear she was known to so many and could only be described as a lovely lady. Doreen, you will be

missed and I really wanted to let everyone know that you were now with the angels. Rest in Peace.

PAULINE MASTROIANNI

## 'Misfits' at the Queens Theatre

It's 1908 and Joanna's planning to provoke the attention of Southend and the whole of the nation, by becoming the first black woman to compete in a beauty pageant. Fiza's moved home with her parents...Under dire circumstances...At nearly 40. Will she pick herself up in time for the dreaded school reunion?

Tag's out with the lads in 1998 - it's his last night as a proper Essex boy. But there are last nights, and there are last nights. Daisy's having a baby. Yep right now. Actually having a baby. The pain relief kicks in, the room goes fuzzy and she finds herself in 1978... in a glam rock band.

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## Havering Council hotline to prevent scams

Havering Council have launched a hotline for residents to call if they believe they may have received one of the many scam letters currently circulating, purporting to come from Havering Council, the government or the NHS etc. The letters often encourage people to go onto a website, which is fake and will attempt to con people out of money for bogus COVID-19 testing.

If you are concerned about this or any other letter, phone call or e-mail you receive, you can call the council's COVID-19 hotline on **0800 368 5201** (Mon-Fri 9am-5pm).



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## Unused business telephone lines

With every penny being important to businesses at the moment, it was interesting to read that a local authority outside of London undertook a review of the telephone lines they were paying for, to find out whether there were any that were not being used. After approaching their phone company, they were amazed to find that there were so many lines that were not connected to actual phones, and had remained unused for over twelve months, that they could save around £100,000 per year by having them cut off.

Although this extreme amount would hopefully not be the case for normal businesses, there is apparently no obligation on phone companies to inform their clients of lines that are not being used and it may therefore be worth even smaller companies checking with their provider.

CLLR JOHN TYLER

## Saint Francis Hospice needs your support

Everyone's life matters and hospice care is about helping people to live as well as they can and, when the time comes, to help people to die as well as they can. Medical Director, Dr Corinna Midgley, and Palliative Care Consultant, Dr Pia Amsler, from Saint Francis Hospice share their thoughts on what makes the charity such an integral part of the community.

One of the biggest challenges the Hospice faces is meeting increasing demand. Over this past year, Saint Francis Hospice has cared for 1,674 people living in Havering and the surrounding areas. Dr Midgley said, "Over this last 10 years referrals have doubled, without expansion in staff size. Care has generally become more complex and we now support people with a much wider range of advanced life-limiting conditions."

When the country went into lockdown, the hospice played

a crucial role in relieving the pressure off NHS frontline services, and continues to do so. However, the charity receives less than a quarter of its funding from the government and relies on donations to cover their remaining costs. "There is a clear expectation that life will carry on as it is but the charity is struggling and unless something changes and people support us more, our valuable service could be at risk," said Dr Amsler.

## Push and Pull

From 05 October, the Romford-Upminster railway line (commonly known as the 'push-and-pull') began using a different type of train (British Rail Class 710), the latest update in the line's fascinating history.

The line was first opened in 1893 to connect the Great Eastern Railway running through Romford, to the London, Tilbury and Southend Line running through Upminster. Originally, the line only stopped at Romford and Upminster but a station at Emerson Park opened in 1909.

A single steam train remained

on the line until 1956, when the rising price of coal compared to the falling price of oil made the steam train too expensive to maintain, and so it was replaced with a diesel train. A year later, a new station bay opened in Upminster, dedicated to the push-and-pull, to cope with the increased number of passengers. After a cut in funding in the 1960s, some attempts were made to close the line entirely, but local activists successfully persuaded officials that the line was too important to local commuters to be closed. In 1986, the line was electrified and the train was again modernised to an electric. This was the final major change until this month, 34 years later. Interestingly, in 2017/18 Emerson Park Station was the least busy on the Overground, with an average of less than a thousand passengers per day.

DAVID TYLER

## The Bulletin

We were really pleased to receive your comments on the return of the printed copies of the Bulletin.

*continued on page 11*

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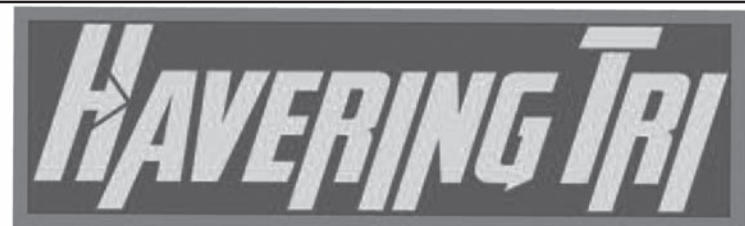


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Please see below, one message we received in particular.

'The Bulletin is a valuable local resource. I deliver a small number to houses in Spenser Crescent. I know how much the physical copies were missed by the older generation during lockdown. They were pleased to see it back!'

PENNY EDWARDS

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## Streets Apart over 65's walks

Living Streets, a UK charity created to encourage people to do more walking, are organising weekly walks for the over 65's in many areas, including our own. Under the title of Streets Apart, they are looking for participants and volunteers. For further details contact Patricia Edeam on **07714 616 599** or e-mail **patricia.edeam@livingstreets.org.uk**. They also have a web page - **livingstreets.org.uk/streetsapart** and a Facebook site - **'Streets Apart: Walking with over 65's in Essex'**.

## Bridge Players wanted

Have you missed playing bridge? Upminster and Cranham Bridge Club have remained open throughout the past six months,

using on-line bridge. We have successfully continued to run our Friday evening sessions and are just trialling a Wednesday morning session. We also run an online friendly 'Teams of Four' league, which is very enjoyable and great fun! Why not get a group of friends together and join us? We can find you a suitable partner if you don't have one.

We remain the only club locally who are continuing to keep our sessions open and new guests of whatever standard are very welcome. The sessions are run by a director and qualify for EBU Master Points and grading. For those new to bridge, please do not be worried about not being good enough. It is often playing against higher standard players that brings you on and everyone is very friendly.

Our Year 1 'Beginning Bridge' and Year 2 'Continuing Bridge' classes are to commence as soon as we are able.

Please contact Tony French on **07957 406 088** for more information.



## Dennis Wyman

We recently heard with great sadness that the Upminster Park Rovers Chairman Dennis Wyman has passed away aged 96. UPR was co-founded by Dennis in 1966 and he put over 50 years into grassroots football with the club. His dedication to the sport and young people has been outstanding, having had an influence on the lives of many local people and leaving a lasting legacy.

Our deepest condolences to his family, friends and everyone associated with the club at this sad time. He will be sadly missed.

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## Caring for your Pets during the Pandemic

Everyone's lives have been turned upside down this year and it looks like this will be continuing for some time. Thanks to the Coronavirus pandemic, our pets' lives are also being affected.

While some will be enjoying more time and attention from their owners, there are others who may be unable to get out and about as much as before. It is important to adjust your pets' diet according to the amount of exercise you have been able to give them. If you are considering buying a pet at this time, then do consider how well you will be able to provide for its needs once life returns to normal.

If your pet needs veterinary attention and you are uncertain how to obtain help, please telephone our receptionists at Lawton and Stoakes on **01708 384444** and we will be happy to advise you of our COVID-19 safety measures to keep you, our staff and your pets safe.

## Common scams targetting the over-60s

Online magazine and community, Sixty and Me, have published advice on the most common types of fraud that target older people, such as investment, inheritance, identity, romance or even grandparent scams. The Sixty and Me advice is set out in a clear concise way and can be viewed on their website – [sixtyandme.com/seniors-scams/](http://sixtyandme.com/seniors-scams/).

If you think you have been the victim of fraud or cyber crime you can report it on the national Action Fraud website [www.actionfraud.police.uk/](http://www.actionfraud.police.uk/)

## Walks for Wellbeing with Thames Chase

Thames Chase Community Forest actively promotes access to the green environment through its network of green spaces. Whether that access is on foot, cycle or horse, the development of non

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motorised routes has been key to offering local communities a place for healthy exercise and enjoyment.

Working in partnership with Thames Chase Trust, the Walking the Fanns project led by the Land of the Fanns Landscape Partnership Scheme, has allowed visitors to discover more local green spaces. Volunteers have surveyed different routes to put together interesting and varied guided and self led walks, for people to do in their own time.

Now, the Thames Chase Community Forest network of paths allows people to discover the natural beauty of this unique area. Walk leaflets can be found at <http://www.thameschase.org.uk/discover/walking> and the Thames Chase Forest centre.

Thames Chase are also offering a new 'Wellbeing and Tree Walk' every Wednesday morning (10.30 - 11.30am) at the Broadfields site, for just a £3 donation. During the guided walk we will share knowledge of the local woodland to deepen your understanding of this calming environment.

To book your space please

call **01708 642 970** or email [enquiries@thameschase.org.uk](mailto:enquiries@thameschase.org.uk).

## Marks & Spencer

Following last month's article on the Waitrose store in St Mary's Lane, a number of you have contacted us with memories of various stores on the site. This month we feature the current Marks and Spencer at 51-53 Station Road Upminster.

Many of us have fond memories of the Roomes Stores on this site. I can remember bumping into the late John Roome at the store, who would take time out to speak to customers. It would take him a while to get across the road to the other store as he spent time having a nice chat with customers. I have nice memories of this store with its magnificent home goods collections and a wonderful stair case. It is well worth having a look at the history section of their website.

The history of Marks and Spencer is also fascinating. Michael Marks started from a stall in

*continued on page 15*

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Leeds market in 1884, famous for the slogan 'everything is a penny', going into partnership with Thomas Spencer in 1894. The food store has become an integral part of our High Street with parking nearby, although many residents also walk to the store. No doubt as you read this there will be one of their famous Christmas Ads on the TV! We are lucky to have such a choice of food stores in our centre.



Roome's Homewares Store as it was

## Saint Francis Hospice formation - Part 2

In May 1978, an imposing Victorian mansion that had stood unoccupied for some time caught the eye of one of Saint Francis Hospice volunteer fundraisers, Sophie Ransome. Thanks to loans from trustees, a bid for £108,000 was placed and verbally accepted by the Heap family. The euphoria surrounding the Hospice's beautiful new home was growing, before a devastating turn of events. It was a challenge that, at first sight, couldn't be overcome. A consortium wanting to turn the mansion into a country club put in a bid of £200,000.

"We couldn't have raised our offer any higher," recalled one of the Hospice's founders, Joan Matthews. "There was no earthly reason why Mrs Heap should have accepted our substantially lower offer. Amazingly, bless her, she did."

As spring warmed into the summer of 1978, Saint Francis Hospice had officially acquired

The Hall in Havering-atte-Bower. Thirty-six years on, Saint Francis Hospice is still there to support people in our community - but the charity needs you more than ever before.

Why not play the Hospice's Lottery? Every week, someone will win £1000, and the rollover can reach a whopping £25,000. If you'd like to be in with a chance of winning while doing something incredible for local people living with life-limiting illnesses, please visit [www.sfh.org.uk/lottery](http://www.sfh.org.uk/lottery).

## Hornchurch Football Club

Please note the following home fixtures for Hornchurch FC at The Stadium, Bridge Avenue, Upminster in November. Saturday 14th Leatherhead FC (3pm kick off), Tuesday 17th Enfield Town, Town.(7.45pm), Saturday 28th Lewes FC (3pm).

As I write, I am pleased to hear that Hornchurch have beaten Walthamstow FC two nil in the second qualifying round of the FA Cup. Should they have made more progress since, they may also be due to play in the first round proper of the competition in November. For up-to-date information see the club's website - [hornchurchfc.com](http://hornchurchfc.com) or call them on 01708 220 080.

CLLR RON OWER

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## Upminster and District Probus Club

Please note following Upminster and District Probus meetings with details of their speakers (subject to any government restrictions). Both will be held at the Cranleigh Restaurant and Banqueting Suite, Station Lane,,Hornchurch at 11.30am for 12 noon. For further details, see their web site - [upminsterprobus.com](http://upminsterprobus.com).

**November 25:** Bernard Lockett - The Musical Theatre of Gilbert and Sullivan

**December 16:** Howard T'Loosty - Sparkling Stories from My Life In Show Business

## Crusaider First Aid & Mental Health & Wellbeing

We at Crusaider First Aid are excited to announce that this year we have expanded into Mental Health and Wellbeing. This is accredited training, which concentrates on the early warning signs and symptoms of the start of mental ill health i.e. anxiety, stress, depression, eating disorders, self-harm and more, which if left unaddressed will greatly inhibit a persons wellness and life opportunities.

We are determined to play our part in ending the stigma attached to mental ill health. For more information contact ua via <http://www.crusaiderfirstaid.com> or email: [david@crusaiderfirstaid.com](mailto:david@crusaiderfirstaid.com).

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## Is now the time to review your financial planning arrangements ?

We at Austin Chapel Independent Financial Advisers LLP, have been providing unbiased, Independent financial advice to local people for over 20 years. In these uncertain times, now may be a good time to review your existing financial arrangements, to ensure they still meet your current and future requirements.

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## News from HAS

The Havering Astronomical Society (HAS) are continuing with our online meetings via Webex. Our two for this month are very exciting and we are proud to present (both 7.45pm for 8pm start) -

Wednesday 04 November: HAS will host an online talk by Professor John Zarnecki of The Open University; also former President of the Royal Astronomical Society. His talk is entitled 'Spacecraft I have known and loved' (dealing with his experiences with some iconic space missions).

Wednesday 18 November: HAS will host an online talk by Nik Szymanek, amateur astronomer, renowned astro-photographer and author, entitled 'Adventures with CCD Imaging'. He will cover basic imaging procedures and discuss software and hardware requirements. There will also be a mention about remote telescopes in Australia, Spain and Chile. There will be plenty of images on show to delight and inspire.

Further details of both meetings from Liz on **07706 885 948** or [enquiries@havaastro.co.uk](mailto:enquiries@havaastro.co.uk).

## Hornminster Edge Services

In the Bulletin, we are always glad to highlight new local businesses, especially ones who provide a specialised service.

'Through cubs, scouts, outdoor pastimes and working on site, I realised the value of sharp tools, and through my wife's love of cooking, the value of sharp kitchen utensils. For years, we sharpened the knives and tools of friends and family, so have finally taken the plunge and started our own sharpening business' - Leon Copland

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## Business advice

There's a saying: turnover for vanity, profit for sanity and cash is reality.

Businesses often talk about having a cash flow problem, when in reality what they have is a profit problem. It is vital for business owners to ask themselves what it is they do well and look at where their profit is coming from. By doing this, businesses can begin to flex, adapt, remain agile and ultimately stay profitable.

Many business owners during lock down realised that their businesses had become a bit

flabby and were not the lean, mean fighting machines they once were. This has led to owners reevaluating how their business is structured and how to improve performance.

You need to seek the advice of people you trust and identify the challenges you're facing when the going gets tough. If you need help, or just someone to talk to, call Haines Watts Hornchurch office on **01708 475 220**.

## Kelly's Eye

Older readers will remember the 'Kelly's Eye' articles in the Bulletin, often on the front page. They were the brain child of former editor and Hornchurch Residents' councillor, Norman Miles, who whilst representing Hacton Ward, lived in The Crescent, Cranham with his wife Audrey (who was our Cranham Ward secretary). Norman had a great sense of humour and was able to use the column to challenge a number of local issues and also give snippets of views. I thought that it may be a good idea to resume the column and, with this in mind, I have written a few thoughts -

The country has just gone through unprecedented times and the council and government have been working hard on keeping our communities clean. I find it amazing that a tiny minority still leave litter in our streets and dump rubbish all over the place. For instance, we regularly have to ask for the areas around the various recycling areas to be cleaned up. Fly tipping is still a menace in our countryside, costing the council thousands of pounds to clear up - cash that would be better spent elsewhere!

Should we now make the penalties higher and name and shame the offenders? Feel free to get your thoughts to us at [bulletinra@yahoo.co.uk](mailto:bulletinra@yahoo.co.uk).

Cllr. RON OWE

## Pinney Talfourd recognised in the 2021 Legal 500 rankings

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*continued on page 19*



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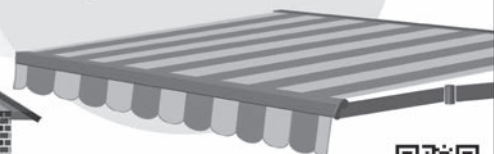
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## Ogelthorpe Players

The Cranham based Oglethorpe  
Players drama group would like  
to inform their loyal and many  
fans that the enforced 'resting'  
period caused by Covid 19 has not  
diminished their desire to perform  
again as soon as restrictions are  
lifted. As director Gerry Sweeney  
explained, "We have a brand new  
Murder Mystery waiting to be  
performed and we can't wait to get  
stuck back into rehearsals."

The new production, entitled  
'Murder at The Caravan Park',  
follows the Players now immensely  
popular format of mixing Murder  
Mystery Whodunnits with a quiz  
and entertainment, that has  
proved to be a winner over the  
years.

The Players can perform a  
choice of these evenings at  
other venues for fund raising  
projects and welcome interest  
from organisations. Gerry can be  
contacted at  
[gerrysweeney@sky.com](mailto:gerrysweeney@sky.com) .

## British Evacuees Association

Any of our readers who were  
children during the Second World  
War, or their relatives, may be  
interested to know of the British  
Evacuees Association, which was

formed in 1996 with the support  
of the Imperial War Museum. The  
charity's aim is to tell the story of  
former evacuees and they produce  
a bi-monthly magazine, The  
Evacuee, full of photographs and  
articles. For further details of the  
British Evacuees Association, visit  
their website [www.evacuees.org.uk](http://www.evacuees.org.uk)  
, e-mail them at [era@evacuees.org.uk](mailto:era@evacuees.org.uk)  
or phone 01777 816 166.

## NHS COVID-19 app – Upgrading Android and iPhones

The current NHS COVID-19 app,  
that is part of the NHS Test and  
Trace system, only works on  
phones with newer operating  
systems. An estimated 30% of  
phones in the UK do not have  
versions of Android or Apple iOS  
able to use the app and although  
many phones will be too old to  
change to a newer system, there  
is a significant number who may  
be able to update. To find out if  
yours can, visit the NHS website -  
[covid19.nhs.uk](https://www.nhs.uk/covid19) .

## Watch that Speed

Over the last few weeks we have  
received a number of messages  
and calls on speeding in our area.  
May we remind you to watch  
your speed please. The Police are  
undertaking speed checks and  
will prosecute offenders.

## Ongoing & New Planned Roadworks

For the latest updates on new  
and planned roadworks in the  
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## Residents' Association Councillor profile - John Tyler

A former police officer, John left the Met in 2017 after 30 years service and now works locally. He is married with two children, one who has just left school. He was first elected as a councillor in 2018, having become involved with the Residents' Association as he strongly believes that local government should be run by local

people and not overly influenced by national party politics. He sits on the Planning and Licensing committees and is also a member of the Crime and Disorder sub-Committee.

John edits the UCRA website, helps to put together the Bulletin and co-ordinates Bulletin deliveries in the Cranham area. He has a keen interest in indie music and closely follows the fortunes of Swindon Town FC, whilst surrounded by his family of West Ham supporters!

## Upminster Christmas Tree Festival

2020 would have been the 10th year of holding the tree festival at the Upminster Methodist Church, Hall Lane. For many people, seeing the beautiful trees in the church had become a fixture for the start of their Christmas, but sadly this year we are unable to hold the festival in the church. Instead we are planning an Upminster community event, involving a Christmas tree trail in the local area and we will be hoping that some people will be willing to decorate a tree in their front garden for this event. More information will be available on



Facebook and the Upminster Methodist Church website at the beginning of November. The Tree festival does raise money for local charities and we hope to continue to support them by doing this.

## UCRA Constitution

Recently, someone asked whether the Upminster and Cranham Residents' Association's constitution (known as our 'Rules') was publicly available to view. We realised that, due to an oversight, it was not on our website.

We have now added a link on the front page of our website - [ucra.co.uk](http://ucra.co.uk). Just click on the 'UCRA Rules' button.

## Cranham Community Library

The Cranham Community Library, in the Cranham Community Centre, Marlborough Gardens, has a great range of jigsaws and fiction books to borrow. They are open Tuesday to Friday 10am-12noon, new members are welcome and free parking is available.

For further information, phone Janet on **01708 222 665**.

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## Upminster Park

Really great to see how nice Upminster Park has been looking. Now Autumn is with us there are some magnificent colours amongst the trees and plants. Well worth a visit.

Cllr RON OWER

## Ward Surgeries

Although current restrictions mean that we are unable to hold our Ward Surgeries or Meet the Councillor sessions, your Residents' Association councillors are still always available by phone and e-mail. See our contact details on page 22.

Cllrs LINDA HAWTHORN, RON OWER, CHRIS WILKINS (Upminster Ward)

Cllrs GILLIAN FORD, JOHN TYLER, LINDA VAN DEN HENDE (Cranham Ward)

## Countryfile Calendar

Looking for a nice stocking filler Christmas present? The BBC 2021 Countryfile Calendar is available at £9.50 (plus postage) from Hallmark Consumer Services via [www.hcscalendar.co.uk/](http://www.hcscalendar.co.uk/). £4.50 from the sale of each calendar will go to Children in Need



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## ASSOCIATION CONTACTS

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## Jessie Luff

In recent editions, several of our former young writers have returned to let us know what has happened to them since. This month, Jessie Luff tells us what she is up to now.

As a Year 10 Emerson Park Academy student back in 2012, I was thrilled to be offered my own column in The Bulletin. I enjoyed researching and writing about local issues. After attending Coopers Coborn & Company sixth form, I then went onto The University of Southampton to study History, drawing upon my research skills that I was building

whilst writing my monthly article. I was also involved in many university societies, one of which gave me the opportunity to climb Kilimanjaro in support of Meningitis Research.

I now work as a Financial Lines Insurance Broker at Marsh McLennan. For this role, I need to understand how a range of industries work, which I love as I am constantly learning.

At the time of writing for The Bulletin, I was unsure of the career I wanted to follow. Although I did not ultimately pursue a career in an industry directly literature related, I look back at my time writing for the Bulletin with fondness, as it helped lead to where I am today.



## London Marathon

Sadly, the Marathon did not take place in April, thus many Charities missed out on the sponsorship cash that is normally collected. In particular a number of local charities, such as St. Francis Hospice and First Step Children's Charity. However, on Sunday 3rd October a reconvened marathon took place and many runners used their gardens and local open spaces to complete a 26.2 miles run. If you ran and completed this, well done and please consider St. Francis Hospice and First Step if you are raising any cash.

## UCRA Coach Outing News For 2021

We have had a huge response to our provisional programme, with some trips already half full and its very reassuring to know that the majority of people are as keen as ever to return to our very popular outings in the New Year. Our card payment facility will soon be up and running, so pay and reserve your preferred seats with complete confidence of a full refund if the trip is cancelled.

Our provisional programme for

2021 will look something like this. For up-to-date information and availability on our trips, why not join our mailing list?

**March** - Thriplow (Sunday 21st)

**April** - Long Melford / Bury St Edmunds (date to be confirmed)

**May** - Snape Maltings / Southwold (date to be confirmed)

**June** - Faversham / Whitstable (date to be confirmed)

**July** - TBA

**August** - Countryfile Live at Windsor Great Park (Saturday 21st - TBC)

**September** - Salute to the 40s at Chatham Dock Yard (Saturday 18th)

**October** - Broadstairs (date to be confirmed)

**November** - Classical Spectacular at the Royal Albert Hall (TBC)

**THURSFORD CHRISTMAS SPECTACULAR UPDATE - NEW DATE FOR 2021 THURSDAY 16TH DECEMBER!!!**

Stay safe **Gina & Joan X**

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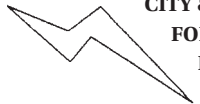
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