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## UPMINSTER &amp; CRANHAM RESIDENTS' ASSOCIATION

## Merry Christmas and a Happy New Year!

Seasons Greetings to you all, and a very big thank you once more to all our Bulletin readers and deliverers. I would also like to welcome all those who have joined the Residents' Association in 2020.

Once again, we have been able to support various local organisations and charities, who have benefited from the Association's financial donations. This is a result of your on-going generosity. It has been a difficult year for all of us, and the Executive Committee would like to thank our Advertising/Accounts' team, area coordinators, deliverers and all those involved in producing the Bulletin. We would also like to thank all of the residents who have supported our relaunched 'Shop Local, Hire Local' scheme.

With the recent positive news about a vaccine, we all hope that life can start to return to some sort of normality in the near future, but in the meantime let's all continue to follow the rules and keep our loved ones and ourselves safe.

Finally, your Residents' Association councillors are committed to serving the people of Upminster and Cranham, and will continue to do so this coming year and thereafter. Thank you for your continued support and have a great Christmas and a Happy New Year.

Councillor CHRIS WILKINS -  
Chairman Upminster and Cranham Residents' Association

## Upminster and Cranham Residents Subscriptions 2020

This year the Upminster and Cranham Executive Committee decided that due to the pandemic, we would have a payment holiday in 2020. The collections, subject to Government restrictions, will continue again next year. If, however, you would like to make a donation to the Association, can you please email [bulletinra@yahoo.co.uk](mailto:bulletinra@yahoo.co.uk) and someone will contact you.

## Council Finances Update

At the Overview Scrutiny Board meeting in October, Council members were presented with a Budget Monitoring report and Covid update 2020/21 period 05 (August). Some of the key points are as follows:

*Projected Covid Expenditure:* £11.870 million

*Potential loss of income:* £12.194 million

*Potential loss of savings identified:* £6.879 million

*Business as usual net position:* £5.055 million

*Total budget pressures:* £35.998 million

To bridge the above £35.998 million projected deficit, the Council have used the following to balance the budget:

*Government support to date:* £15.781 million

*Projected value of Government support on income loss:* £4.0 million

*Corporate underspends:* £1.906 million

The gap to balance the budget is therefore £14.311 million and this has resulted in the Council using reserves and balances to ensure they achieve a balanced budget at the end of March 2021. The above is clearly going to have an impact when the Administration sets the 2021/22 Council budgets.

UCRA Councillors were previously able to identify efficiency savings for the current year's budget, which were sadly ignored by the current Administration. We will once again put forward similar proposals to protect front line services and to meet our residents' priorities.

Councillor CHRIS WILKINS



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## School Streets' Scheme Further update

Following consultation the times have subsequently changed for the operation and road restrictions for the School Streets' Scheme on the whole of Cedar Avenue and South View Drive - west from the junction of Acacia Drive. Please ignore the afternoon times, as stated in the November Bulletin and on our website, these times were correct at the time of going to print, but were then changed. The correct restriction times are between 2:00 and 3:30pm. Sorry for any confusion. Please see more details on the Council website - [www.havering.gov.uk/info/20004/parking/121/parking\\_tickets\\_and\\_traffic\\_fines/5](http://www.havering.gov.uk/info/20004/parking/121/parking_tickets_and_traffic_fines/5).

COUNCILLOR CHRIS WILKINS

## Lest we forget

The sun was shining on Sunday 8th November, as this year's Remembrance Services were replaced with socially distanced small gatherings. Upminster

Royal British Legion held a small service at the Memorial in Corbets Tey Road at 11.00am, requesting societies and organisations wanting to lay a wreath to do so after 12.00. This was necessary due to the current COVID-19 regulations.



Their 2020 theme was 'Coming Home', which took on a new meaning due to the pandemic. The focus was on both the millions of British and Commonwealth men and women whose service and sacrifice secured peace and freedom 75 years ago, and also about the service and sacrifice of so many today in protecting our nation from Covid-19, and the similarities in feelings, emotions and experiences of then and now.

Havering Council shared a 'virtual' remembrance service,



with the Mayor of Havering and former Mayors, laying wreaths across the borough. The Mayor's representative for Upminster was former Mayor, Upminster and Cranham Residents' Association Councillor, Linda Van den Hende. The Upminster and Cranham Residents' Association were represented by Councillor Gillian Ford, who laid a wreath on their behalf at the foot of the Upminster memorial on Sunday afternoon.

## Upminster Police update

There is some good news about crime figures for September and October in Upminster compared to the same months last year. Burglary has reduced from seven to one compared to 2019, but for Motor

Vehicle crime the news is not quite as good. There were seven thefts of vehicles in both years, however theft from motor vehicles were up one to eleven. The message from the police is always ensure vehicles are locked and nothing is on display to encourage a theft.

On other issues, the police wish to remind residents that with the darker evenings, it is good practice to have lights on a timer switch, so the house does not look unoccupied. In addition, although windows are less likely to be open, whenever the house is unoccupied, always ensure windows are closed and when leaving the house, ensure doors, both back and front, are securely locked.

Our local SNTs are always happy to visit to provide crime prevention advice, just email them at [upminster.snt@met.police.uk](mailto:upminster.snt@met.police.uk) or [cranham.snt@met.police.uk](mailto:cranham.snt@met.police.uk). Finally, a new Neighbourhood Watch has recently been set up as a result of our recent appeal. Anyone interested in setting one up in their road can contact their team and they will provide all assistance in getting one off the ground.

CLLR LINDA VAN DEN HENDE

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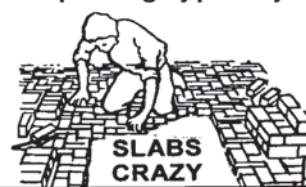
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## Pitch and Putt Closed

For nearly two years the Upminster and Cranham Residents' Association and local residents have been challenging the Conservative Administration's decision to dispose of the Hall Lane Mini Golf Course for housing. Recently, the disposal of the site was agreed by the Cabinet, despite a final challenge from us.

From the start, we have been contesting each decision and process. This has included leafleting, Bulletin articles, emails, social media updates, public meetings, liaising with the Friends Group and giving advice to residents backing onto the site regarding Statutory Declarations. We have challenged council reports (including the Tree Preservation Report, which resulted in 32 Tree Preservation Orders being made) and called-in council submissions at every opportunity, including the Outline Planning Application and the Appropriation and Disposal proposals.

We also engaged expert legal advice and commissioned and funded independent environment and planning reports. We made formal submissions to the relevant Secretary of State, the Mayor of London and the Planning Inspectorate, challenging Havering's Local Development Plan and the failure to include the Pitch and Putt in the borough's Open Space Strategy.

This has been a mammoth effort by councillors, the UCRA Executive and the people of Cranham and Upminster. Can we thank you, the residents, for your dedication and support in taking up the challenges, distributing leaflets and for writing hundreds of letters of objection. Unfortunately, our barrister has advised that there are limited grounds to take the matter to Judicial Review, our only legal option remaining, which would be expensive and have little prospect of success.

We now await the land being sold and a full planning application submitted. We will, of course, keep you posted on any details as

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CLLRS GILLIAN FORD,  
JOHN TYLER AND  
LINDA VAN DEN HENDE  
Cranham Ward Councillors

## Public Access Defibrillators - Thank you!

Thank you for all the family, friends and residents who contributed to Councillor Clarence Barrett's Just Giving Page. We have been able to place four defibrillators from the money raised and bid for another through London Hearts Charity, meaning so far we have a total of five in the local area.

Can we thank St Luke's Church, Front Lane, Upminster Baptist Church, Cranham Royal British Legion and Roomes Furniture store for offering to have the cabinets and defibrillators placed. We hope having these in the community will help save other people's lives if they go into cardiac arrest. Just as a defib gave us, his family, another two

weeks of life, so we hope these defibrillators can save another life in the future.

A special thank you to London Hearts and Kym and Jo, for all their support in this project and to Gavin from Alex Electrical, the electrician who supported in the placement of the units. Clarence cared so much about the area we live in and our community. It wasn't about politics but about supporting our local community, our green space and the streets we live on. Through this project his good work will continue.

To all the family, friends and local community who donated to make this happen, thank you, from the Barrett family.



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## Lower Thames Crossing Development Consent Order process

Highways England submitted their application for the Lower Thames Crossing scheme in October and the Planning Inspectorate had until the 20th November to decide whether to accept it. Assuming that they have accepted it, local authorities and other groups and people will be invited to register as an Interested Party in the examination. They can then submit a representation as to how they agree/disagree with the application, what they consider the main issues to be, and their impact. These representations will be used by the Examining Authority (ExA) to help inform their initial assessment of the principle issues that need to be discussed at examination. The Planning Inspectorate will then publish the relevant representations online.

Interested parties will then be invited to a Preliminary Meeting to discuss the procedure and timetable to be followed during the examination stage (maximum of 6 months duration). The invitation to the preliminary meeting will also include the ExA's initial assessment of the main issues.

After the preliminary meeting has been held, the application

will enter into the examination stage. Highways England are currently suggesting the following timescales but these are subject to change -

- **Pre-examination period** - Late November 2020 - March 2021
- **Examination** - March to September 2021
- **Recommendation period** - Autumn 2021 to Spring 2022

## Upminster Christmas Tree Festival

The Upminster Methodist Church are unfortunately unable to hold their 10th tree festival in the usual manner this year. Instead, they are inviting people to erect a tree in their front garden from Saturday 05 December and create a community festival around the streets of Upminster and Cranham.

The theme is Rainbows, in acknowledgement of all the NHS has done this year, with colourfully decorated trees being encouraged. Contributors will be given a rainbow to go on the top of their tree, and there will also be an A4 laminated sheet given out to go on each tree, explaining that it is part of the tree festival. They plan to create at least one trail around the locality for people to spot the trees. They will also be setting up a Just Giving page with the intention of raising some money for First Step.

If you would like any more information or to take part in this festival then please send an email to [Christmastreefestival2020@gmail.com](mailto:Christmastreefestival2020@gmail.com). More details will continue to follow through the church website, Facebook and Instagram. Let's make the 10th Christmas Tree Festival one to remember, in a different way!

## Santa's Sleigh Always Brings Smiles and Joy

Over 44 years, Havering Rotary Club, with help from Upminster 41 Club, have brought much joy to the streets of Upminster and Cranham with their Santa Sleigh. We are always amazed at people's generosity and support. Over ten nights last year, the Float collected a record amount of £8448 for local good causes such as First Step, Saint Francis Hospice, Dycorts School and Riding for the Disabled. Your money makes a real difference!

It is hard work and many miles but the smiles of the children and feel good factor generated during this period is worth all the effort.

Just when we thought we could use the float with a sense of normality, COVID has again presented us all with some real challenges. Keeping safe and reducing the spread of the virus is a priority. Havering Rotary Club have planned a full programme and obtained permissions but we are governed by current

restrictions, which change regularly.

Please check our website and Facebook page in December for our latest plans. Hoping we can bring some cheer to your street in the near future!

COLIN COE  
Havering Rotary Club

## Happy Christmas from the Churches

2020 has been a year to remember - many have experienced hardship, pain, loss or confusion, amongst other things. The Christian Church has had to close its doors, but remains one of the largest providers of social care and practical help in the UK.

2000 years ago, even more significant than Covid 19 was the birth of Jesus Christ - fully God and fully man, on a rescue mission to save the planet from chaos, self absorption and rebellion. Jesus entered and left the world in shameful circumstances, but brought unrivalled teaching, astounding miracles and a means by which you and I can receive a personal relationship with our creator God.

If you need practical help or advice or would like to attend one of our live Zoom or online Christmas services, please Google "Churches in Upminster", or visit [www.ctucno.org](http://www.ctucno.org) - any of us would be pleased to help

*continued on page 7*

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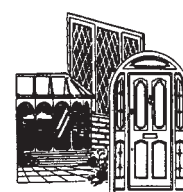


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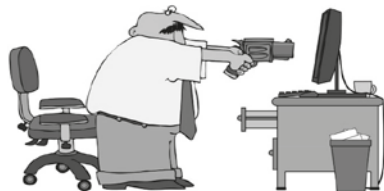
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## Secret Blind Garden Appeal

Havering Volunteer Centre, in partnership with the Friends of the Secret Blind Garden, have launched a crowdfunding campaign to improve the only outdoor recreational space within the London Borough of Havering for the visually impaired. The space, which is in Harrow Lodge Park near to the new leisure centre, has been lovingly tended to for the past four years by dedicated volunteers, who have ensured that it has remained open and safe for visitors.

It's now time to develop this area and enhance the enjoyment for those with visual impairment, by installing large, raised font and

braille signage, so that users of the space can truly benefit from its splendour. They have therefore launched a fundraising campaign to help raise £3,000 to finance this work. If you would like to donate please visit [www.spacehive.com/secret-blind-garden-braille-improvements](http://www.spacehive.com/secret-blind-garden-braille-improvements).

## New young writer - Francesca Montefusco



Over the years we have been delighted to host a number of young writers, and readers would have seen articles from former writers on what they are

now doing. We are delighted to welcome Francesca for the first time.

Hi. My name is Francesca and I'm 16 years old. Being a pretty typical teenager means I spend most of my time either in school (I go to Coopers), studying, watching TV with my family, or hanging out with my friends. But I also enjoy baking, being a young leader at Rainbows, yoga, and now, writing for The Bulletin.

I'm writing this not long after World Mental Health Day. After a difficult year, a focus on mental health is so important. Mind (mental health charity) found that more than half of adults and over two thirds of young people said their mental health worsened during lockdown. With the current situation, going for a walk, learning a new skill or doing something creative could be massively helpful.

This year's theme is 'mental health for all'. It's all about getting everybody involved and starting the conversations. Whether it's a bad day or an ongoing problem, the most important thing is not to

try and cope on your own. Talking to friends or family is great but there are lots of amazing helplines where you can get support from professionals who really do care and want to help you.

**Samaritans** - call 116 123,  
**Age UK** - call 0800 678 1602,  
(worrying about your child)  
**NSPCC** - call 0808 800 5000.

## Local contact tracing - Avoiding scams

Havering Council have highlighted the numbers being used by their local contact tracing service, as some people have been concerned that they may have been contacted by scammers. Residents being contacted by Havering Council should see the telephone numbers 0203 928 1402 or 01708 43 43 43 come up when contacted. Nobody the council contacts will be asked for any new personal data or other information, such as bank details.

If residents are suspicious about a call, they should hang up and

*continued on page 9*



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contact the council's Covid-19 hotline on 0800 368 5201 or the main council switchboard on 01708 434 343. They can also email: [Covid19support@havering.gov.uk](mailto:Covid19support@havering.gov.uk).

## Saint Francis Hospice OrangeLine

Saint Francis Hospice have asked us to publicise their confidential helpline service, OrangeLine. It is open to anyone, regardless of whether they have had contact with the hospice or not. Their specially trained team are there to listen and support people who may be bereaved, isolated or lonely and in need of a friendly ear or signposting to other services. The OrangeLine number is 01708 758 649

Their other services include experienced palliative care and crisis support in the hospice and at home, social groups, occupational and complementary therapies to help you live well, and family support for you and your loved ones.

You can phone them direct for advice and support on **01708 758 643** or speak to your GP for a referral. You can also visit <http://www.sfh.org.uk> to find out more.

## Cranston Park Tennis Club

Cranston Park Tennis Club play throughout the autumn and winter (restrictions permitting), with their well drained courts and floodlights ensure tennis continues as the nights draw in. Midweek membership (Monday through to Friday up until 4pm) is good value at £150 per annum and is also currently available at £50 for December through to the end of March 2021. Chairman, Guy Wade says, "We have eight floodlit courts - six artificial grass and two clay and we look forward to welcoming new members to our safe, friendly and beautiful club. Check our website for our pro-rata membership fees, you'll be pleasantly surprised. We play all year round."

New members will be assigned a "buddy" (mentor) to help them quickly feel comfortable at the

club. Adult courses are available for non-members wanting to try their hand at tennis. Membership enquiries: [monicawhitbread@googlemail.com](mailto:monicawhitbread@googlemail.com). All other enquiries contact Lee at [tenniscoach@hotmail.co.uk](mailto:tenniscoach@hotmail.co.uk). Website: [www.cranstonpark.co.uk](http://www.cranstonpark.co.uk).

## Fly-tipping and littering

Government policy of charging to use refuse sites, is fundamentally flawed and encourages fly-tipping. I don't believe that anyone should have to pay to dispose of their waste, providing they use the designated sites.

If charges for legitimately disposing of waste were abolished, there would be no economic advantage in dumping rubbish in a country lane, rather than taking it to an authorised site. I appreciate that the cost of running waste sites would have to be covered by some form of taxation. Whilst this may have to be a national decision, my understanding is that local authorities already have discretion to abolish the charge if

they so wish. I suggest that they do so.

I believe that the vast majority of residents deplore fly-tipping and would support the current penalties being applied more stringently. The Council have occasionally reported on fines that have been issued, but the figures suggest that many fines are never paid. What steps do the council take to recover unpaid fines?

The amount of litter in our streets and parks is also a sad reflection of how little concern some people have for the environment. Rather than kicking the can along the road (literally and metaphorically), perhaps those of us who do care, could do our bit by picking up the odd can and putting it in the next bin we pass.

ROY BRAND

## News from Abigail

This month we have news from another of our former young writers, Abigail Mangion.

It doesn't seem so long since I hung up my pen to focus on my

*continued on page 11*

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GCSEs. The exams didn't happen as planned. I know for some it was a relief to not have to sit through the process but for many of us, it was hard to accept that we would not get the chance to gain the grades in the traditional way. Thankfully, I secured the grades I needed to carry me on into the

sixth form. It is all about A-levels for me now.

Now is a difficult time for most people, us younger residents included. In the second lockdown, even though schools remain open, every day I wonder if today my bubble will be sent into isolation. So many aspects of life have been removed, seeing friends, after school clubs, and we are back to missing our grandparents.

But what I have seen through the covid is also hopeful. People sewing scrubs, delivering food parcels, singing in the street and, more recently, putting on great Halloween displays and offers of children's lunches. I know many young residents have been involved or benefited from some of these inspiring community acts. I hope many others share my pride in our communities response to this crisis.

Wishing you all well.

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We have had a huge response to our provisional programme and its very reassuring to know that the majority of people are as keen as ever to return to our popular outings. We are grateful for your ongoing support and would like to wish you all a very happy Christmas and a peaceful and healthy New Year.

2021 Programme - Long Melford/ Bury St Edmunds (Sat 17th April), Snape Maltings/Southwold (Sat 15th May), Faversham /Whitstable (Sat 12th June), Countryfile Live at Windsor Great Park (Sat 21st

August - TBC), Salute to the 40s at Chatham Dock Yard (Sat 18th September), Broadstairs (October - TBC), Classical Spectacular at the Royal Albert Hall (November - TBC). Thursford Christmas Spectacular update - New date for 2021 is Thur 16th December. For up-to-date information and availability on our trips why not join our mailing list!

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## Climate change and flooding

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climate change happening, the atmosphere is getting warmer – and warm air holds more moisture. As a result, rain when it falls, is heavier than usual.

Sadly, our council rejected a motion to recognise there is a climate emergency and it is no surprise to us that they were caught unprepared for the recent heavy rain. We have written to ask why they have not done more to prepare for the changing weather patterns, and flood preparation in particular. Please bear in mind that you can help to slow down global warming and prevent flooding by using less fossil fuel, growing more shrubs and even grass, and not concreting over your driveways!

HAVERING  
FRIENDS OF THE EARTH

## Christmas in a time of corona

We are grateful once again for the advice of local counselling experts, Theresa Hughes and Julie York. As we wait to see how COVID will affect our Christmas celebrations, here are some ideas

you may find helpful.

**Manage Expectations** - Discuss with loved ones how to adjust, with honest expectations. Christmas without all the family may seem harsh, but following the guidelines helps keep everyone safe.

**Plan** - Having a plan can give us a feeling of control and decrease anxiety. Get organised, book online deliveries and buy/make presents. Spend time outdoors if you can and meet others in a local park or café.

**Create new traditions** - Have a Christmas Zoom quiz or a movie or games night. Bake Christmas cookies and make home-made hot chocolate.

**Help others in the community** - Helping local people or volunteering can reduce loneliness and give a sense of purpose.

**Be hopeful** - Having a hopeful attitude helps our brain to produce endorphins, which give a sense of well-being, calmness and improved mood.

We both wish you a peaceful Christmas and hope for the year to come.

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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, couples and families based in Upminster - [julie@mylifefskills.co.uk](mailto:julie@mylifefskills.co.uk).

## Those were the days

My article in last month's Bulletin on the iconic Beatles album, Rubber Soul, which was released this month 55 years ago, prompted a number of nice memories. Several recalled seeing the Beatles live and many other acts. Groups from the Mersybeat era got a special mention by a number of you.

Sadly, whilst I have had the pleasure of seeing the Stones and a number of bands, I simply could never get a ticket to see The Beatles. I was lucky to see Paul McCartney in Manchester and, as I mentioned in my article, rumour has it he came to Upminster

before performing in Romford in 1965.

One reader remembers seeing Paul Simon, one half of the legendary Simon and Garfunkle duo, locally and was sure it was him having a coffee in Roomes Store. A number mentioned seeing acts over the years at the Queens Theatre and at the Cliffs Theatre, Southend-on-Sea.

Let's hope we can get back soon to see live acts shortly. Feel free to send us more of your memories.

CLLR RON OWE

## Fake PayPal emails

Action Fraud is warning people selling items via online marketplaces to be on the lookout for criminals sending fake PayPal emails. Between January and September 2020, around a third of all fraud reported to Action Fraud concerned fake PayPal emails, with victims losing over seven million pounds.

The deception happens when criminals send sellers emails purporting to be from PayPal. The

*continued on page 15*

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*How can you protect yourself?*

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- A PayPal email will address you by your first and last name, or your business name, and will never ask you for your full password, bank account, or credit card details in a message.

If you think you've been a victim of fraud, report it to Action Fraud online at [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or by calling 0300 123 2040.

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## Thames Chase - Managing the woods and the trees

Not being able to see the 'wood for the trees' is a common problem in the perception of woodland management. We are always told that planting trees is a good thing and instinctively many of us think that cutting them down is therefore bad. But in order to create the healthiest, most diverse woodlands, some trees must be felled for the ecological good. This work is carried out in the winter months. When Thames Chase Community Forest was established in 1990, there were around 825 hectares of existing woodland in the 40 square miles of the Forest. New planting has since brought up the total woodland cover to over 1300 ha.

The woodlands of tomorrow are growing from locally sourced seeds in our Community Tree Nursery, tended to by



our dedicated volunteers and Community Tree Manager, Alex. You can also now purchase a selection of plants and saplings grown in the Community Tree Nursery, from our cart outside the Thames Chase Forest Centre for just £3.

Join us on Facebook for our Christmas quiz on Sunday 6th Dec (family quiz 5pm, adult quiz 8pm - tickets £5). Visit [www.thameschase.org.uk](http://www.thameschase.org.uk) or our Facebook page for more information.

## Give your pets a happy Christmas!

As Christmas approaches and families may not be able to

*continued on page 17*

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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.

If you would like to review any of the following, please get in touch to discuss how we may be able to help you.

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get together during the festive season, more focus may turn to our pets. The market for pet treats and toys has expanded in recent times, and we all want to spoil them rotten. However, to avoid heartaches this Christmas, beware of safety issues with some toys and treats that can present a choking hazard, particularly soft toy chews and raw hide chews with a knot at the end. These can be broken into small pieces that can be swallowed and cause an intestinal blockage, resulting in the need for surgical removal. Also be aware that chocolate and raisins are toxic if eaten in sizeable quantities by your dog, so keep food presents for people out of the way of inquisitive pups.

If your pet is on long-term medication, make sure you have a supply to last over the Christmas period in case of further lockdowns. Lawton and Stoakes Veterinary Surgery will be open right up to Christmas Eve and over the bank holidays, and an emergency service is always available by ringing **01708 384 444**.

We wish everyone and their pets a peaceful Christmas and a happy New Year!

## Be careful of sharp firework debris!

Following Bonfire Night last month, we found several pieces of debris in our garden from exploded fireworks. This ranged from the normal pieces of cardboard to sharp plastic shards, some up to three inches long. Aside from the obvious environmental impacts of this, it does not bear thinking about what would happen if a young child or pet trod or fell onto these. Therefore, it may be a good idea to check your garden for anything similar if you or your neighbours have private fireworks displays over Christmas and the New Year.

DAVID TYLER

## History of Saint Francis Hospice (continued)

When Saint Francis Hospice finally secured The Hall in Havering-atte-Bower during the summer of 1978, there were further obstacles to overcome. The empty mansion's security consisted of some locked gates and a farm manager, with his fierce dog, on evening patrol. Insurance inspectors were not impressed.

In July 1978, the Hospice received a letter to say that the insurance cover would be withdrawn unless security improved. Both Joan Matthews and co-founder Dr Dorothy Rule were firm believers

in the power of the Christian faith. They were regulars at Reverend Richard Grinstead's prayer groups at the church across the village green. "The vicar asked if we had any requests for prayers," Joan recalled. "We told him about the Hall being unoccupied and the dilemma we were facing." Enter Dave Wilson. Just a few days later at the Community Health Council offices, this tiny man with a face like a cherub poked his head around the door and said to Joan and Dorothy: "I've just been to a prayer meeting at St. John's and I understand you need some help. I'm retired and could set up an office for you." Dave's daily manning of a fundraising office was enough to satisfy the insurance company.

Find out more about how you can get involved by volunteering or fundraising by visiting [sfh.org.uk](http://sfh.org.uk).

## Juice HQ

We are happy to highlight local businesses who offer something different to our community. Juice HQ is a relatively new and successful artisan maker of quality cold-pressed fruit/vegetable juices, who have been based at Westbury Farm, Upminster since 2018. Their detox and cleanse programmes, ranging from full to mini cleanses, are delivered to doorsteps between 3am and 8am in reusable glass bottles and cooler bags, like a milk-round but for juice.

Livestock on surrounding farms are fed with pulp left over from the process. The process is fully sustainable, with no waste. Cold press juicing is a process using machines that gently press (rather than grind) - meaning vital vitamins are preserved and resulting in a highly nutrient-dense product. It takes more time but is worth it. Juice HQ detox and cleanse programs encourage removal of toxic build-up stored in our bodies, bringing back the healthiest feelings and a stronger immune system.

You can order from [www.juicehq.co.uk](http://www.juicehq.co.uk) or follow their journey down at the farm via Facebook: **Juice HQ** or **Instagram: @juicehq**.

## Havering Astronomical Society

Wednesday 09 December, 7.45 for 8pm, the Havering Astronomical Society (HAS) will host its annual Christmas quiz; to be held online, and with a surprise twist this year! Test your knowledge on all matters celestial. Great fun, whatever your level of knowledge. To be presented by Peter Morris and Magda Wheatley, joint Meetings Secretaries of the HAS.

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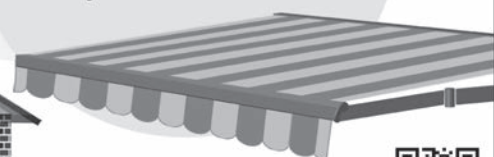
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We will also be announcing the winner of our 2020 HAS Annual Photography Competition. This is our first year and we look forward to viewing the entries and showing some of them on the evening. Many thanks - Liz

## Protect your pension

The Pension Protection Fund, a public body set up to protect people who have a defined benefit pension scheme, have joined with several other pension bodies to answer questions and give advice on the effect of COVID-19 on private pensions and how to protect yourself against pension scams. This is in recognition that the current pandemic and economic uncertainty will have left many people worried about their finances and whether their pension is safe.

Together, they have produced a downloadable guide, which is available from **[www.ppf.co.uk/news/covid-19-and-your-pension](http://www.ppf.co.uk/news/covid-19-and-your-pension)**.

## Meadowbanks Residential Care Home

Meadowbanks Residential Care Home in Hall Lane has asked us to let people know that they are now welcoming new admissions and (at the time of writing), due to the diligence of staff, their residents enjoy a COVID-19 free home.

Their full care service includes 24-hour support by a trained care staff team, catering, housekeeping, handyman and laundry services. The home remains fully compliant with the Care Quality Commission.

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as well as an active social programme. The home is situated in four acres of secure tranquil countryside where residents can walk, sit in and attend organised activities e.g. picnics, professional entertainers, summer fun days and garden parties. For further details visit **[www.meadowbanks.co.uk](http://www.meadowbanks.co.uk)** or ring **01708 330 140**.

## Grants available for small charities

The Marsh Christian Trust supports around 300 charities every year and focuses on providing funding which could help small organisations pay for various running costs, such as volunteer expenses, training days, equipment maintenance and other core outgoings.

Applicants must be a registered charity with the Charity Commission for England and Wales or the Office of the Scottish Charity Regulator. This does not include Community Interest Companies (CICs). Charities must have been established for more than one financial year and able to provide a full set of their most recent Annual Report and Accounts, or the equivalent financial information if their annual income is under £25,000.

Eligible charities must be working in the areas of arts and heritage, social welfare, environmental causes and animal welfare, education and training, or healthcare. Grants are unrestricted and range from £300 to £2,000, with new applications at the lower end of this scale. Applications are considered on the basis of the organisation's financial position, performance against charitable aims and objectives and the ratio of voluntary income against fundraising expenses. Applications can be submitted at any time.

More information on the Trust and projects supported, can be found via **[www.marshchristiantrust.org/grants/](http://www.marshchristiantrust.org/grants/)**

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## Residents' Association Councillor profile - Linda Hawthorn

Linda has been a councillor for Upminster Ward for thirty years and is currently the Leader of the Upminster and Cranham Residents' Group. She has served on a wide range of committees and currently sits on the Strategic Planning, Governance, and Overview and Scrutiny committees.



Linda is passionate on animal welfare issues and takes an active interest in our local heritage and open spaces. She is chair of the Friends of the Old Chapel and is an active member of the Upminster Windmill Trust. Linda is also the Secretary for the Friends of Parklands and Chairman of The Friends of Clockhouse Gardens. An ardent supporter of Upminster Town Centre, Linda has worked on the Christmas Lights event for a number of years.

## Light up Havering – Keep your home safe

Our local police Safer Neighbourhood Teams have urged residents to 'Light up Havering' and reduce crime. If you're out all day, then it's advisable to use timer switches to automatically turn lights and a radio on when it gets dark.

- Consider fitting door and window alarms. These can be cheap to buy and simple to fit
- Double lock your doors and consider fitting a burglar alarm
- If you go out in the evening, shut the curtains and leave lights on

The Met Police have some excellent advice around crime

prevention on their website – [www.met.police.uk/cp/crime-prevention/residential-burglary/](http://www.met.police.uk/cp/crime-prevention/residential-burglary/) or you can give the Safer Neighbourhood Teams a call (Upminster Ward – **0208 721 2726** or Cranham Ward – **0208 721 2578**).

## Pond Walk Pond

The pond at Pond Walk continues to thrive thanks to the efforts of a great team from the council. In spite of current difficulties, the team spent three days in late October cutting the grass, trimming the willow tree and scooping out reeds that had started to clog the water with a mini-digger. The pond is a great asset to the area and on behalf of the residents and locals, I would like to express our sincere thanks for all the hard work.

BOB ORRISS



## Govani Chemists

Please note that Govani Chemist have told us that they will be opening on Christmas Day, Boxing Day and New Years Day from 10am-1pm at 87 Front Lane, Cranham.

## Oldest Oak Tree

There is always some rivalry about the age of trees, and which tree is the oldest in a borough. Oak trees are usually very long lasting, with one in Lincolnshire believed to be over a thousand years old. Here, in Havering, a sessile oak in Harold Hill is believed the oldest at 380 years, but Upminster does not come far behind. The huge oak on the corner of Little Gaynes Lane and Little Gaynes Gardens is thought to be 330 years old. I would be interested in readers' views, if they know of any older?

CLLR LINDA HAWTHORN

## Halloween Fundraising

With the Covid restrictions affecting so many events and family occasions, it is good to see some people turning this negative into a positive. During the period leading up to Halloween, an

*continued on page 22*



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**Ron Ower** 07721 780372



[CouncillorRon.Ower@haverling.gov.uk](mailto:CouncillorRon.Ower@haverling.gov.uk)

**Chris Wilkins** 07960 059195



[CouncillorChristopher.Wilkins@haverling.gov.uk](mailto:CouncillorChristopher.Wilkins@haverling.gov.uk)

### Cranham Ward

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**Linda Van den Hende** 01708 223761



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## ASSOCIATION CONTACTS

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Upminster family decided to put 14 different displays in their garden, with ghosts and skeleton themes. They had skeletons of people and dogs doing laundry, gymnastics, dancing and even sitting at mock computers. Not only did it give their neighbours a laugh, they raised a massive £15,873 pounds for Saint Francis Hospice. Well Done!

CLLR LINDA HAWTHORN

## 180-182 Exchange House, St Marys Lane, Upminster

The Council have informed us of their decision regarding planning application number P1044.20, for conversion of B1 (Office) building to C3 (Residential), involving demolition of existing rear extension and garage structure, rear infill extension and alterations to the building and elevations to create 7 x 2-bed and 1 x 1-bed flats with associated basement storage area, parking and amenity spaces.

After carefully considering the planning issues and any comments received, the council decided to refuse the application.

## Hazel Sargent - Calendar Girl for Upminster Golf Club

Covid lockdown was a difficult time for us all. However, Hazel Sargent, an octogenarian of Cranham Gardens, found a way to raise a smile for the Ladies section of Upminster Golf Club, by creating

and posing as a different 'saucy' character and posting it daily onto the Ladies Whatsapp group! Eventually Hazel compiled a set of twelve different photographs and her lovely family have put these together to make a calendar.

Every year Upminster Golf Club Captains raise money for a charity and this year it is for Little Havens Hospice. Hazel has kindly offered copies of her calendar to raise money for this wonderful Charity. If you are looking for a stocking filler (and Hazel is a stocking filler!), then the calendar is on sale at the club at the Pro Shop at a cost of £10, or please telephone **07787 806 802**.

CLLR RON OWER

## News from Kusoombugh

The Kusoombugh Indian Restaurant in St.Marys Lane, has informed us that (restrictions permitting) they will be open through out the Christmas and New Year period, with the exception of Christmas Day. They are also doing deliveries. Please see their advert on page 12 for full contact details.

## Thanks to the Bell

We received a large number of nice comments on the poppy decorations outside the Bell School ( Upminster Junior and Infants ), in St.Marys Lane. The school has over the years had some great decorations on their railings - Well Done.



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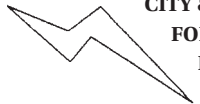
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