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UPMINSTER & CRANHAM RESIDENTS' ASSOCIATION

Chairman's Annual Report

As reported in the January issue, the Upminster and Cranham Residents' Annual General Meeting (AGM) has been cancelled due to COVID 19 with all Officers elected at the 2020 AGM agreeing to continue in their roles for a further year. I would like to thank the many people who have supported the Upminster and Cranham Residents' Association in 2020 and hope they continue to do so. In particular, the hard work and input made by our Bulletin team must be recognised, enabling the Bulletin to be delivered, when permitted, throughout a long and difficult year. Our six Councillors have also had a busy year, with their continued support to the community:

- Earlier in the year, our local Councillors put forward alternative budget proposals with identified savings. These savings included the reduction of Councillors' allowances as well as back office and communication costs. The savings would help to reinstate the short term free parking in Upminster. This in turn would assist in supporting our local businesses in conjunction with our Shop Local, Hire Local initiative. Sadly, our proposals were rejected again by the Conservative Party and the Harold Wood coalition members, again, did not support us in the Council chamber.
- Our Councillors put pressure on the Conservative administration, holding them accountable throughout every lockdown. This resulted in the orange sacks and garden waste being reinstated and Gerpins Lane Recycling Centre being re-opened.

As we face another period of lockdown, there is some positive news with the vaccine roll out being accelerated, and hopefully we can see our lives return back to normality as soon as possible. In the meantime, it is imperative that we all remain vigilant and follow Government COVID rules.

Councillor CHRIS WILKINS -
Chairman Upminster and Cranham Residents' Association

Bulletin Delivery

With the introduction of the latest lockdown restrictions we have arranged for a distribution company to deliver The Bulletin to residents, until it is safe for our team of deliverers to resume their usual delivery arrangements.

Boundary Commission New draft recommendations

Havering is currently going through a review by the Local Government Boundary Commission for England, which will result in changes to ward boundaries and councillor numbers from the Local Elections in 2022. The Boundary Commission previously held two public consultations, the latest of which recently resulted in the publication of their new draft recommendations.

Their previous proposals for Upminster and Cranham wards included reducing Upminster Ward from three to two councillors and moving part of the Corbets Tey area into Rainham and Wennington ward. They also proposed moving the Dury Falls Estate from Cranham Ward into Emerson Park.

Following a detailed submission from the Upminster and Cranham Residents' Association (UCRA), together with comments from many local residents, the new Boundary Commission recommendations have reinstated three councillors to Upminster ward and moved both Corbets Tey and the Dury Falls Estate back into Upminster and Cranham wards respectively. The UCRA are delighted that the Boundary Commission have seen sense and now intend to leave our local wards largely unchanged.

A consultation on the new Boundary Commission recommendations will run until 8 March 2021. To view the full report, visit www.lgbce.org.uk/all-reviews/greater-london/greater-london/havering. You can submit comments on the website, by e-mailing reviews@lgbce.org.uk or by writing to Review Officer (Havering), LGBCE, PO Box 133, Blyth NE24 9FE.

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Tesco agree to change plans

Shortly before Christmas, it was announced that due to ongoing building problems, Tesco (including the Post Office) in Cranham village, would be closing for 4-5 weeks from the middle of January for a major refurbishment.

Cranham ward Councillors were concerned by the extremely poor timing of this, in the middle of the pandemic, which would have meant many residents travelling further afield by public transport for food purchases they could not make elsewhere in the village. We therefore approached senior managers at Tesco, to ask them to postpone the closure until the health situation had improved.

After several weeks of discussions, Tesco has agreed that although they must still close the store due to the urgent nature of the work, they will delay it until early February and apply to Havering Council for permission to set up a temporary 'pop-up kiosk' at the front of their existing shop, to provide essential food shopping. Unfortunately, it is not possible

for the Post Office to remain open during the refurbishment nor the ATM machine.

Although not an ideal situation, Cranham Councillors are grateful for the co-operation of Tesco, to reduce the impact on residents at this difficult time.

Cllr JOHN TYLER

Christmas Tree Trail

Later in this issue there is an article from Judith Hall of Upminster Methodist Church on the Christmas Tree Trail. Apart from the donation that went to the local First Step charity, it brought a lot of pleasure in our community where residents toured the area to see the various trees. The number of trees in Springfield Gardens was spectacular! Well done everyone.

Cllr RON OWER

Exchange House, St Mary's Lane

In The Bulletin last year, we advised that Havering Council had refused planning permission on Reference P1044.20 at Exchange

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House, 180-182 St Mary's Lane, Upminster for the proposed "Conversion of the Offices to Residential involving demolition of existing rear extension and garage structure, rear infill extension and alterations to the building and elevations to create 7 two bedroom and 1 one-bedroom flats, with associated basement storage area, parking and amenity spaces".

The applicants have appealed to the Planning Inspectorate and they have decided to hold a written Inquiry on this. We will keep you informed on the outcome.

Cllr RON OWER

Upminster Police

I am pleased to confirm that PC Hannah Thornton will be joining PC Ed Zoltan as our second dedicated ward officer. PC Hannah Thornton previously worked in Barking and Dagenham. Reported crime in December included one burglary, 10 thefts from motor vehicles and 6 thefts of motor vehicles. Most of the vehicles stolen were high value ones, eg Range Rovers/Mercedes. The police advise to

ensure vehicles are locked and a faraday bag for electronic keys is a good idea. There have been sightings of people trying car door handles in the Argyle and Springfield Gardens areas, so keep a look out. There was a joint exercise at Upminster Station in December with the Dog Unit and Transport Police checking for drugs. 45 people were stopped and 5 arrests made. If anyone wants crime prevention advice please contact the Upminster Team on **01708 7212726**.

Cllr LINDA VAN DEN HENDE

Storm Bella

The storm hit locally early on the morning of Sunday, 27th December. Several trees were lost along with a number of broken branches across Havering. Sadly, the well-established tree outside Kushoom Bugh Indian restaurant at 174 St Mary's Lane was completely lost and blocked the pavement. This was reported to the Council's emergency number on the Sunday. The Council hope to replace the tree in the planting programme later this year.

Cllr RON OWER

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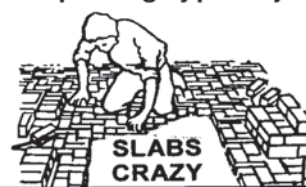
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Road Resurfacing

Every year a list of roads/pavements due for resurfacing is drawn up, normally by the end of the year, for the coming financial one. This year, due to restraints on Transport for London, with their much reduced income as a result of a decline in passenger levels throughout the pandemic, this is likely to be less than normal, and possibly only cover principal roads. I am aware that a number of our residential roads still need attention, and these will not be forgotten, but can I please ask readers to be patient. Hopefully things will return to the old normal soon, and things can resume as before.

Cllr LINDA HAWTHORN

Harold Hill Foodbank

In 2020 the Harold Hill Foodbank received 1,521 referrals from frontline care professionals such as schools and childrens' social services. The foodbank gave out

4,767 three-day emergency food supplies, 2,414 of these were for adults and 2,353 for children. A total of 39 tonnes of food was given out, which was donated mainly from the general public, but also from Havering Council and corporate supporters.

Nearly all of the regular volunteers had to stand down last year because they were in the "at risk" group, but thankfully we had a fantastic response from furloughed workers standing in.

The Foodbank is under severe strain with increased requests for assistance. If you can donate via one of the supermarkets, that's great, but not everything clients need is donated in sufficient quantity, so it is helpful for them to have monetary donations as well so they can stock up on items donated less often - and they have to meet the costs associated with running a warehouse, it all adds up. You could send a cheque payable to Kingdom Storehouse Limited to the Harold Hill Foodbank, Unit 1, Guardian Business Centre, Farringdon Avenue, Romford, RM3 8FD, or go online to <https://haroldhill.foodbank.org.uk/give-help/>

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Housing Strategy consultation

Havering Council's Housing Services department has launched a new Housing Strategy, to shape their services for the next five years. As part of this, they have started a public consultation, running until 7th March 2021, to encourage residents to give their views on the following aims:

- Deliver more genuinely affordable homes that meet the needs of Havering residents.
- Maintain good quality homes, prioritising safety and environmental sustainability.
- Support existing and future residents to live independently and well.
- Deliver good quality housing services for all residents.

The consultation questionnaire is available online via consultation. haverling.gov.uk/housing/a-new-

housing-strategy-for-havering/. If you are unable to complete the consultation online, you should ring 01708 434 000 or e-mail getinvolved@haverling.gov.uk

Cllr JOHN TYLER

Potholes

Sadly we have seen an increase of potholes recently. Your Resident Association Councillors are reporting these. Let us know of any nasties and these will be reported to Havering Council.

Council Out of Hours emergency number

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Gates, Parish & Co, 100 years 1921 – 2021

Gates, Parish & Co are proud to announce their Centenary in 2021. Founded by Ernest Rose Holden Gates in 1921 they traded as Gates & Son from 40 Station Road. He was later joined by his son Ernest Bridger Gates, a tall man affectionately known as "Tiny" Gates, a pillar of the local community and a member of the St Laurence Church Choir. Following their retirement, a limited company was formed known as Gates & Son Ltd, their Directors being David Williams, Robert Langdon, Hubert Cardnell and Albert Parish (father of David). Robert Langdon was sadly killed during the War and following the retirement of the other Directors, Albert Parish moved the firm to their present offices at 32 Station Road in 1946 and commenced practising

as Gates, Parish & Co. He was joined by his brothers John William Parish and Leonard Charles Parish and two Chartered Surveyors Leonard Collett and Gerard Williams.

The firm has shaped much of Upminster and Cranham as we know it and were involved in the development of shops in Byron Parade, Corbets Tey Road, Upminster and Willow Parade, Cranham. They were also responsible for much of the residential development of Upminster post 1930 including large parts of the Gaynes Park, Springfield and Cranston Park Estates in Upminster and the Oaks Estate off Lichfield Terrace in Cranham. The firm also acted for many of the builders and developers of that era including A C Salinger, L G Holden, F C Holmes, A E Palmer and S H Lansdell.

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the future with confidence.

Frontline workers at Saint Francis Hospice receive COVID-19 vaccine

Since the outbreak of the pandemic, healthcare workers at Saint Francis Hospice have been on the frontline caring for people who are seriously unwell. While PPE and safety measures were in place, the new vaccine was eagerly awaited to help beat COVID-19 and prevent people from suffering complications or even dying. On 16th December, a number of nurses and staff at the Hospice were invited to receive the vaccine at Queen's Hospital after the Barking, Havering and Redbridge NHS University Trust (BHRUT) included the charity in its vaccination programme.

"We were delighted our staff were included with the BHRUT roll out of the vaccine," said Tes Smith, Director of Quality and Care at the Hospice. "Our staff are very much on the frontline on site and in people's houses as they care for patients and families. It's vital we are able to continue to provide our services as safely as we can. Huge thanks to the BHRUT team for all their support to Saint Francis Hospice."

Diane Drain was the first

healthcare worker at the Hospice to receive the vaccine, describing it as an "honour and a privilege" to be representing Saint Francis Hospice during this historic time. "Having the vaccine is a step forward in combating this virus and sends a positive message to my colleagues supporting them in making their own decision regarding the vaccine."

Magda Smith, Chief Medical Officer at the Trust said the vaccine was a "game changer" and our "best defence against COVID-19."

"I am delighted our vaccination hub is now open, ensuring those who need it most, like care home workers and vulnerable frontline staff, are first in line to get it," added Magda.

ANITA MCCARTHY

Derham House care home visit

Seven-time World Championship snooker finalist Mark King A.K.A The Romford Battler, visited Derham House Care Home in Upminster in December. Mark had heard about the fantastic work that the team have been doing throughout the COVID-19 pandemic.

He came armed with boxes of chocolates to thank the staff for their dedication along with signed photos for his fans amongst the team. Knowing that a small number of residents do not have any family he had bought

continued on page 7

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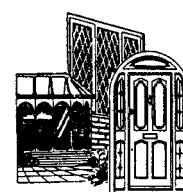
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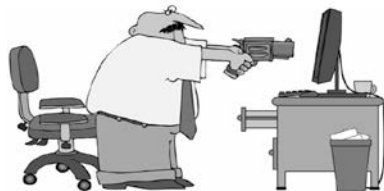
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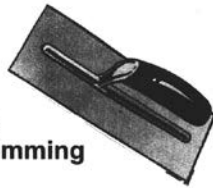
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Christmas presents for them and they were overwhelmed at Mark's kindness and could not thank him enough.

Due to the COVID restrictions Mark could not enter Derham House but was able to use the home's beautifully appointed designated COVID-secure visiting suite to greet residents who were on the other side of the safety screen. Speaking afterwards Mark said he was very impressed with the attractive home and the level of care provided to residents.

Crina Lee, the General Manager of Derham House, said "Mark was full of generosity and has really created a buzz in the home. He has also offered to come back once the COVID restrictions have been lifted to play snooker with the residents and lead some lessons."

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or to find your closest care home, please visit our website www.Barchester.com.

Five easy ways to be greener

We have all been hearing about climate change a lot lately and now David Attenborough is talking, I think that's definitely our cue to listen. This year, one of my new year resolutions was to be more eco-friendly and I'm hoping it's one to last much longer than the first two weeks of January!

Here's a few easy ways to be greener:

1. Buy local

Not only is supporting local businesses more important than ever, but it saves on harmful gases from shipping across the world or country.

2. Eat seasonally

Eating fruit and veg in season means we can be sure it hasn't been grown with the use of unnatural fertilisers or lots of energy to basically change the weather.



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3. Ditch the facewipes

These aren't the greatest for our skin and they aren't great for our planet either. Swap to cleansers or if you like the ease (like me) buy the biodegradable ones.

4. Switch to reusable

Instead of cling film, sandwich bags or tin foil try to use tupperware or beeswax wraps. Perhaps buy yourself a reusable water bottle or coffee cup to take to Costa (and save 25p!).

5 Remember to recycle

We have all heard this before but remember tins, aerosol cans and cardboard packaging go in the orange sacks with the paper and plastic.

FRANCESCA MONTEFUSCO

Upminster Lymphoma Support Group

We are an independent support group and if you, or anyone you know, have received a blood cancer diagnosis and wish to be involved with others in a similar

position who have this shared experience, then why not join our friendly support group. We meet monthly at 1.30 on a Tuesday afternoon (unfortunately only via zoom at present) with a full program of interesting speakers and time to chat too. Our next meeting is on the 23rd February. Partners and carers are also most welcome and if you would like more information then please get in touch.

DOREEN & IAN RUSSELL
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DENISE HOSKING
denise.hosking@gmail.com

Fly tipping

We are still reporting incidents of fly tipping in a number of the rural lanes in our area and in the town centre. This results in huge costs for the Council and they will prosecute any offenders who are caught. If you are aware of any dumped rubbish please let us know.

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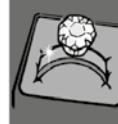


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As the cold weather kicks in, sharing this little snippet, as reported in *The I newspaper* in January:

"Anniversaries

Saturday 5 January 1709

The coldest winter for 500 years, known as the Great Frost, begins during a time of low sunspot activity called the Maunder Minimum. William Derham recorded a low of -12°C in Upminster, Essex on that first night."

LGA Independent Group Clarence Barrett Award

Clarence Barrett, although gone is certainly not being forgotten. His work and engagement with the Local Government Association (LGA) led to the LGA Independent Group establishing the Clarence Barrett Award in 2019 in his memory. Clarence had been the Group's Treasurer and had also been a key leading member of the Resources Board

and other areas of work over a number of years.

The Award recognises those Councillors who go above and beyond in their work, to contribute something significant to local governance and residents. Leader of the LGA Independent Group said, "We miss Clarence. He was a remarkable man doing so much for his community, for his two Councils, one as an employee and Finance Director and the other as a leading elected Councillor, as well as making a significant contribution to national influence with the LGA. He supported Councillors through a clear understanding of Local Governance Finance and gave detail to support calls for better funding of our Councils. Clarence was very well liked and respected by our staff and Councillors alike."

In 2020, the Clarence Barrett Award was given to Independent Cllr Julian German, the Leader of Cornwall Council who sits on the LGA's Culture, Tourism and Sport Board and County Councils Network. Julian and Clarence did a lot of work together at the LGA and he was especially touched to

receive the Award as Clarence was an inspiration to him.

Cllr GILLIAN FORD

Advice re bonfires

Whilst many people have the occasional bonfire to dispose of garden rubbish, repeated bonfires or burning items which give off noxious fumes can be a nuisance. Whilst Havering Council discourage bonfires, they are not banned. However, they give the following advice -

- Only garden waste should be burned - definitely no household rubbish.
- You should have no more than two bonfires per year.
- All material burned should be dry to avoid any unnecessary smoke.
- Fires must be small scale and preferably within a small garden incinerator.
- There are no set times when you can or can't have a bonfire. However, consideration should be shown to your neighbours

and, where possible, they should be given suitable prior warning.

- In general, the Council recommends bonfires should be of a short duration and preferably one hour after sunset, to minimise the impact on neighbours.

If fires are being held frequently, this can be classed as a statutory nuisance. If this happens, you can download a Nuisance Information Pack via the Havering website haverling.gov.uk/downloads/file/1546/nuisance_information_pack

Cllr JOHN TYLER

Lower Thames Crossing – contact email

Kindly note Havering Council have set up the following dedicated email address for any correspondence on The Lower Thames Crossing proposals lrcadmin@haverling.gov.uk
We will also be keeping you up to date here in The Bulletin.

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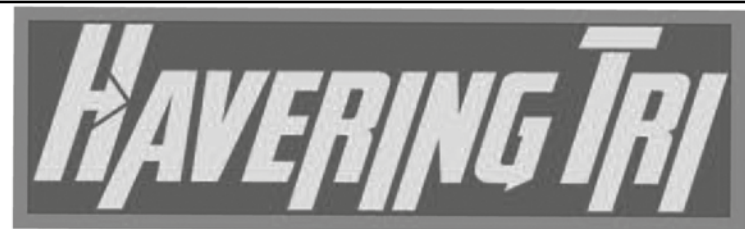


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Walking for wellness in the winter



With the winter turning colder before the advent of spring, it can be a glorious time to explore the Thames Chase Community Forest from your own doorstep.

Skeletal winter trees, beautiful winter sunrises and frost covered meadows are often found on a brisk winter walk, and in some of the Thames Chase sites, historical monuments can also be discovered.

Research has found that walking is one of the best all round forms of exercise for heart lungs and body, and relaxing in the great outdoors is beneficial for physical and mental health.

Our volunteers have put together a selection of walks of different lengths and levels of accessibility and all can be found at www.thameschase.org.uk/discover/walking.

Or if you'd like to explore Thames Chase from the comfort of your own home, join our volunteer Jill on a virtual winters walk around Thames Chase at www.thameschase.org.uk/home-activities/winter-trails.

Last Christmas

My article in the November Bulletin regarding the Beatles' album Rubber Soul released in 1965 brought a host of memories from a number of you. It has also brought a number of memories regarding other musical periods in the eighties.

I was delighted to see that over the Christmas / New Year period "Last Christmas" by Wham (George Michael and Andrew Ridgeley) after 36 years got to the number one position! It was beaten to number one in 1984 by the legendary record "Do they know it's Christmas" by Band Aid.

George Michael, who sadly passed away on Christmas Day four years ago sang on the Band Aid single and he and Andrew Ridgeley both performed at the Live Aid Concert at Wembley in 1985. The eighties produced a wide range of artistes. Do you have any memories to share, please let us know here on bulletinra@yahoo.co.uk. Have you seen any eighties entertainers locally?

CLlr RON OWER

Pavement Parking

A number of roads locally have white marked bays where it is possible to 'part park' on the pavement.

These have been introduced over the years following requests from residents and assist with traffic flow etc.

As pointed out several times before, please note if these bays are in a parking restricted area, eg where it is not permissible to park

from 8am to 9.30am or 8am to 6pm Monday to Saturday etc. These bays are included within the parking restrictions. The Council will and do issue parking tickets. Please pass this information onto friends and relatives if they are visiting you.

CLlr RON OWER

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to apply for grants of between £300 and £1,500 from the Tree Council's Branching Out Fund, which is open from now until March 2021. The initiative is intended to get communities and young people (up to the age of 21) involved in tree and hedge planting.

Applicants must ensure that they can plan and execute their project by the end of March 2021. Applicants will be informed of whether they have been

successful within four weeks of applying.

Information can be downloaded from the Tree Council website <https://treecouncil.org.uk/take-action/grants-for-trees/>

In addition, free tree packs are available for schools, supported by the Tree Angel Orchards Fund. Schools can register to hear when applications open via the link on the Tree Council website.

Cllr JOHN TYLER

Clearing snow from a path or road

Just before Christmas, the Health and Safety Executive (HSE) published a list of 12 popular myths concerning what people and businesses are not allowed to do. For anyone interested, it can still be found on their website hse.gov.uk (enter 'twelve myths

of Christmas' in the search box on the website).

Although many were obvious, one that does come up on a

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regular basis is whether it is OK to clear snow from the path or roadway outside your house. The information below is taken directly from the HSE website:

You can clear snow and ice from pavements yourself. It's unlikely that you'll be sued or held responsible if someone is injured on a path or pavement if you've cleared it carefully.

How to clear snow and ice -

- do it early in the day - it's easier to move fresh, loose snow
- don't use water - it might re-freeze and turn to black ice
- use salt if possible - it will melt the ice or snow and stop it from re-freezing overnight (but don't use the salt from salting bins as this is used to keep roads clear)
- you can use ash and sand if you don't have enough salt - it will provide grip underfoot
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Havering Mind – Board of Trustees

As I'm sure you would agree, the unprecedented year we've all been through has increased awareness around mental health and the needs across

continued on page 15

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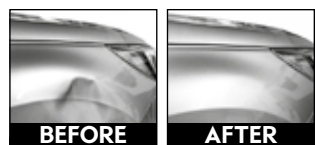
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If you or anyone in your network is interested in becoming a Trustee of Havering Mind please download a recruitment pack from our website at <https://www.haveringmind.org.uk>

Book review

We are delighted to welcome Rosie Meadway who has offered to provide regular book reviews.

Rosie says, "Hi, I'm Rosie, I'm 14 years old and during the periods of lockdown I read a lot of books, which is a really relaxing hobby and an opportunity to learn. I'd love to share some book reviews with you."

'*Dear Evan Hansen*' by Steven Levenson is based on a West End musical of the same name. I'm obsessed with musicals because they take you away from reality. I have been extremely disappointed that theatres have remained closed... until I found this book. It gave me the fix of theatre that I was missing. It transported me to a front row seat of the Noel Coward Theatre and gave me a bird's eye view of every dramatic twist and turn.

Evan Hansen is a teenager with mental health challenges whose confidence and self-belief increase as the story unfolds. I laughed, cried and sometimes felt frustrated (at some of the decisions made), all whilst caring deeply for the characters. I consider the moral to be that the truth sets you free.

This touching and heartfelt book deals with poignant mental health

issues (including suicide) in a hopeful way. It shows readers that 'it's ok to not be ok' and how to talk openly and honestly about feelings so as to start to feel better.

I would recommend this book to all of my fellow theatre lovers and to anyone who wants to travel on a journey from uncertainty to optimism!

ROSIE MEADWAY

'Reconnections' for the over-65s

Independent Age, a charity that supports the over-65s, has recently launched a free service in Barking & Dagenham and Havering, called Reconnections, for people who are feeling lonely and would like to connect with new people, activities or interests. People can self-refer or their relatives or friends can do it for them, as can health professionals. For more information, see the Independent Age website - www.reconnectionslocal.org, e-mail them at info@ReconnectionsLocal.org or phone 0207 050 6565.

45th Rotary Christmas float - one to remember!

This year was always going to be challenging - and so it proved. For 45 years our Christmas float has toured the streets of Upminster and Cranham bringing smiles and joy to young and old.

Havering Rotary Club decided to adapt usual procedures so that we could take our float around safely for the benefit of the whole community in these difficult times.

We delivered around 9,000 leaflets and even persuaded Santa to make a video to announce timings and new routes on Facebook. A tracker device was fitted to the float so Santa's progress could be followed. This worked particularly well and it was a delight to see so many excited children (and adults) waving and dancing in their gardens and by their front gates as the non-stop Santa drove down their street.

continued on page 17



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Part of the restrictions meant that we were unable to collect door to door as normal. This meant our local charities, including First Step, St Francis Hospice and Riding for the Disabled, will not receive quite as much as they normally do, but our leaflet encouraging online donations worked well and we raised just over £1,900 for these good causes.

We thank you once again for your fantastic support and if you missed the float and would still like to donate to help our local charities, you can still do so at <https://justgiving.com/rotary-haveringeast>

COLIN COE,
Havering Rotary Club

What was so good about 2020?

2020 has become labelled as a miserable year, one of imposed restriction and infection, but as we start a brand new year, let's remember the good things we could take forward with us into 2021.

Things went topsy turvy, but in some respects, in a good way. Whilst we will remember those who we've lost to COVID, we also remember how our heroes became the care workers and nurses treating our infected family and neighbours, the supermarket workers and drivers taking personal risk so we could remain stocked up. These otherwise anonymous people became our crucial allies as keeping each other safe became a surprising priority. Our celebrities became second place to those making themselves vulnerable to serve us.

This 'making the first last' is actually a prime principle in a community of 'shalom', where people work for the best of each other's health, wealth, relationships, well-being, peace and security. Our care for each other is the glue that keeps our community together and makes it work. Without it we each become mere islands in a vast and stormy ocean. Bringing shalom to our community is an overarching theme of our bibles, we can look there for more on living this rich way.

GREG NASH

Neighbourhood Watch Protect Your Pa\$\$W0rD campaign

As we spend more time at home and on our online devices, over one third of people say that they're more concerned about cybercrime than physical crime and a startling 1 in 5 people have been a victim of cybercrime! You

could be more at risk than you might think.

If strengthening your passwords is something you keep putting off, or you feel overwhelmed by the sea of online security information, you're not alone.

As part of their Cyberhood Watch initiative, launched in 2019 in partnership with Avast, Neighbourhood Watch (NW) have launched a PROTECT YOUR Pa\$\$W0rD campaign, providing everyone with 3 easy steps to be more secure online and 'Protect Your Pa\$\$W0rD'.

- 1) Create a separate password for your email account
- 2) Use 3 random words
- 3) Turn on two-factor authentication (2FA)

To find out more about how to do each step visit the Password Protection page on their website - www.ourwatch.org.uk/passwords.

Whilst taking those 3 easy steps will go a long way to protecting yourself online, NW want to protect not just you, but your whole community! To do this, they are asking you to spread the word and help protect your family, friends, colleagues and neighbours, by sharing these three easy steps with three others.

A Fine Balance

The period of lockdown throughout 2020 has been really tough on many local businesses and especially those which have been forced to close and re-think how they might be able to operate remotely.



A Fine Balance yoga studio in Upminster was closed for more than half of 2020 but has taken steps to adapt and run its business on-line, livestreaming its timetable of yoga and meditation classes to help people access the benefits of exercise from the safety of their homes. The studio has invested in, and trained its teachers to use new technology, they have sought to reduce costs wherever possible whilst at the same time as offering free sessions to those struggling financially, but in need of wellbeing support. They really have made every effort to continue to offer a service and ensure the longer term sustainability of their business during these difficult times. The

continued on page 19

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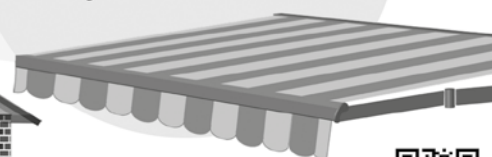
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Haven House Children's Hospice

Throughout these challenging times, Haven House Children's Hospice has continued to provide an essential service for sick children and their families across all of North East London - this currently includes several children in Havering who are being supported in their homes. The need for the hospice's support remains significant, irrespective of and at times exacerbated by, COVID-19 and the current lockdown.

Like many hospices, Haven House only receives about 20% of the money it needs from government sources and the pandemic has made normal fundraising very difficult, but that hasn't stopped some creative thinking around events everyone can potentially join.

Recognising that the hospice provides care 24 hours a day, 7 days a week, week in week out, we are asking everyone to kickstart 2021 in our Step up to the 24/7 Challenge. All you need to do is dream up an activity based around the numbers 2, 4 and 7 that suits your skills and complete it by February.

Are you sporty or arty? Do you love to bake or love to game? How about turning household chores into something rewarding. It's completely free to sign up and you can fundraise alone or with a team.

Please sign up today to receive your free fundraising pack at **www.havenhouse.org.uk/247-challenge** and help us ensure that

Haven House can continue to support sick children in Havering.

MIKE PALFREMAN,
CHIEF EXECUTIVE

COVID-19 Mobile testing unit

The Department of Health have approved the use of a section of Upminster station car park to support COVID-19 testing from the 19th January.

This will be a mobile testing unit for pre-booked drive through and walk in tests, typically set up under gazebos. The person requiring a test pre-books a slot and on arrival receives the test kit and instructions from a member of staff, parks up, takes the test, drops the completed test in a bin on exit then leaves the site. You can make a booking and check on opening times via the Government website **<https://www.gov.uk/get-coronavirus-test>**

Havering Astronomical Society

Havering Astronomical Society are continuing with their online meetings and Facebook activity. There is also a new Young Astronomers section for anyone aged 8-16. Details can be found on the website **www.havastro.co.uk** or email **young.astronomers@havastro.co.uk**.

Next event: **Wednesday, 17th February, 7.15 for 7.30pm**

Dr Dafydd Wyn Evans, Institute of Astronomy, Cambridge:
'Gaia: what was delivered in EDR3 and what is to come in DR3' - concerning the Gaia mission and in particular the first tranche of Data release 3. This includes the measurement of the position and motion of nearly 1.5 billion stars and the brightness (magnitudes) of 1.8 billion stars.

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Cllr Gillian Ford – Profile



I was born and educated in Cranham and attended Engayne primary school and Hall Mead. I am married with three sons.

I have personally been associated with the Residents' Association since the age of 16 when I was Cranham Carnival Queen and represented young people on a fund-raising committee, raising funds for the development of Cranham Community Centre, Marlborough Gardens. I became a Cranham Committee member in approximately 1999 and have been an elected Councillor for the Residents' Association since 2002.

I am not employed, as I dedicate my full time to public service, serving on a number of committees, boards, task groups etc that meet during the day and evening. As a Councillor, I have previously represented Independent Councillors nationally as Deputy Chair on the Local Government Association's (LGA) Community Wellbeing Board and Children and Young People Board. I am currently Deputy Chair on the City and Regions Board. I am Member Peer, and represent Councillors on the EU Exit Delivery Board, LGA Exit Taskforce and the EU Committee of the Regions.

I am a Member on Havering's Audit Committee, Children and Learning Overview and Scrutiny Sub-Committee and Corporate Parenting Panel. I am a Trustee on the Upminster Schools Association, a Dementia Champion and Vice Chair of Havering's Dementia Action Alliance. I am a member of Havering's Dementia Engagement Group and I set up the Upminster Dementia Choir in 2018. I organise street planting in both Avon Road and Cranham Village and at Christmas, I organise Christmas trees for both areas.

I have been working with Engayne School on a design for a mental health garden, which due to COVID-19 has been delayed,

and I also sit on the Cranham Police Ward Panel. I am a health champion and am proactive on social media, updating residents on local, and national information and responding to enquiries and concerns. I am currently Chair of Havering's Residents' Associations which is an alignment of the different Associations in Havering.

Clockhouse Gardens moat

Readers who visit Clockhouse Gardens will have noticed how high the moat is, and it has overflowed on a number of occasions. This is in hand, with a new, larger overflow pipe ready to be installed, and flooding work in progress until then. When this has been completed, we will look at other work which can be done, to improve this tranquil area of Upminster, which is enjoyed by all.

Cllr LINDA HAWTHORN

Upminster and Cranham Christmas Tree Trail

Upminster Methodist church was unable to hold its Tree festival in 2020 so it was decided to take the festival into the community by creating a Christmas Tree trail. This

proved very popular, over 300 trees were on the trail maps, each one topped with a rainbow. The trees were all shapes, sizes and each one unique, brightening up the streets before Christmas.

We would like to thank all those who took part and for the very generous donations totalling £3,268, which will go to First Step, a local charity for babies and pre-school children with special needs and their families. Thank you for your support.

JUDITH HALL

Upminster & Cranham 2020 subscriptions

As confirmed in the December Bulletin, your Executive Committee decided not to collect subscriptions in 2020 due to the pandemic. If you would like to make a donation to the Association can you please email bulletinra@yahoo.co.uk and someone will contact you.

Push and Pull

The first train from Romford leaves at 06.11 and the last one at 21.41, with a journey time of 9 minutes to Upminster. Trains leave at the same times past the hour during the day.

First train to Romford from Upminster is at 06.24 and the last

continued on page 22



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Upminster Ward	Cranham Ward
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Ron Ower 07721 780372  CouncillorRon.Ower@havering.gov.uk	Linda Van den Hende 01708 223761  lindavandenhende@btinternet.com
Chris Wilkins 07960 059195  CouncillorChristopher.Wilkins@havering.gov.uk	John Tyler 07982 962925  JohnTylerUCResidents@outlook.com

ASSOCIATION CONTACTS

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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one leaves at 21.54, again it takes 9 minutes. 24 minutes and 54 minutes past the hour are the train times during the day.

Around 32 trains a day, all trains stop at Emerson Park. Great service!

Youngs Farm Café-a

Have you seen there is a new café opened in Youngs Farm shop opposite Cranham golf course? They are open 7 days per week and have a varied menu offering plenty to choose from for breakfast or lunch. With a large spacious eating area, under cover tables outside, while you wait take away service and easy access free parking available, you'll be guaranteed a warm welcome from Donna and her team.

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. Our Friday evening sessions have continued and we are trialling a Wednesday morning session. We also run an online friendly 'Teams of Four' league, which is 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.

Guests of any standard are welcome. 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

Welcome Hugo's

As we go to press we understand that Hugo's Traditional East End Pie, Mash and Liquor has opened in Willow Parade, Moor Lane on the corner of Chipperfield Close. This is a family run business which has been serving Brentwood from their stunning beautiful food truck which is a converted vintage horse box. Opening times are Tuesday to Saturday 12.30 to 7.30pm and Sunday 12pm to 6pm. Please see their website for further details.

Upminster Park Retains Green Flag Award

Upminster Park was one of sixteen parks in Havering to receive the prestigious Green Flag award in 2020, the most the borough has ever had. The award, given by environmental charity, Keep Britain Tidy, is for parks that are well maintained and have excellent facilities.

Congratulations to the Council's parks and ground maintenance staff for all their work and the wonderful floral displays they produce, and also to the Friends of Upminster Park.

Local Businesses

We are always delighted to publicise new businesses in the area. If you have a new venture please let us know at bulletinra@yahoo.co.uk. Over the years The Bulletin has helped many new businesses. For commercial advertising please contact Martin, full contact details on page 22

Tree Preservation Order (TPO)

Following approval of the outline planning permission for development on the Pitch and Putt site in Hall Lane, Cranham Councillors moved swiftly to seek to protect the beautiful trees on the site with the request that TPOs be put in place. A schedule of 32 trees was identified by officers and an interim TPO prepared. Officers sent this to 47 addresses in the area for comment. All comments will be considered before a decision on the final Order is made. We have been told this will be 'early in the New Year'. In addition, a number of residents have expressed concern over a small number of trees which have not been included and these concerns, supported by Councillors, have been made to officers with the purpose of seeking to have them included in the TPO. At the time of writing a final decision has not been made. We will keep you updated.

Cllr LINDA VAN DEN HENDE



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