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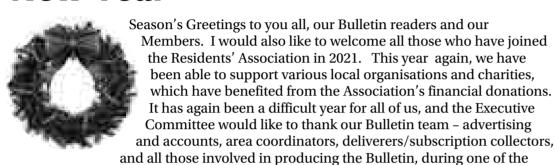
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UPMINSTER & CRANHAM RESIDENTS' ASSOCIATION

Merry Christmas and a Happy New Year



most challenging times in our 100 year history. We would also like to thank all of the residents, who have supported our ongoing 'Shop Local, Hire Local' scheme. It was great to see so many new businesses opening in our town centres this year, and local residents welcoming and utilising the new services on offer. Our local medical community and volunteers have done amazing work in relation to the vaccine and booster roll out programmes, and this has led to a significant return to some sort of normality in our lives. However, let's all continue to keep our loved ones and ourselves safe. Finally, your Residents' Association Councillors are committed to serving the people of Upminster, Cranham, North Ockendon and The Dury Falls Estate, 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.

Cllr CHRIS WILKINS

Chairman Upminster and Cranham Residents' Association

A note from the Editor

It's now 12 months since I stepped into the editorial seat for the Bulletin; doesn't time fly. It's been a pleasure to be back and involved with the Residents' Association and to support the good work that they do for everyone in our local area. Christmas is coming and it's great at this time of year to see the wonderful lights and decorations start to appear as everyone begins to

prepare for the festivities. If you are looking for that perfect gift, please support local businesses. I'm sure gift vouchers from local shops and outlets would be well received by many. Enjoy the celebrations, spending time with family and friends and be kind to one another. Merry Christmas everyone.

PAULINE MASTROIANNI



Havering Residents Association "Change is Coming"

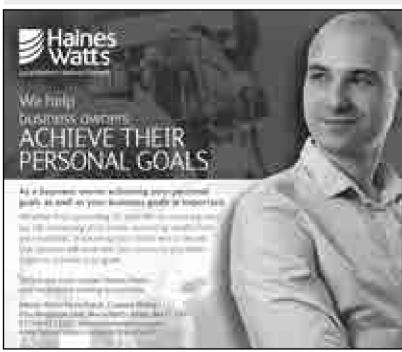
The Upminster and Cranham Residents' Association are proud to be members of Havering Residents Association - working together on behalf of local people across

Subscriptions

May we thank all those who have paid this year's £2 subscription, and it was especially great that a number also paid for last year's which we were unable to collect. Apart from donating money to local charities and good causes, we take an active interest in our community and need funds to ensure we can fight on your behalf where we need to. If you were out when we called, you should have received an envelope from us. Please return to the address given on the envelope. Thank you for your support.

Subscriptions collection

We need your help with collecting the 2021 UCRA annual subscriptions in Upminster ward. We also need someone to assist with delivering the Bulletin in Upminster town centre. If you can help with this, please ring Chris Wilkins on 07960 059195.



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lindahawthorn@hotmail.co.uk

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Chris Wilkins 07960 059195



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Free Saturday parking in council car parks for five weeks

Havering Council have announced that to support the borough's residents and businesses, there will be free parking in council car parks on five consecutive Saturdays in the lead-up to Christmas. These will include Hoppy Hall, Wilson Close and Front Lane car parks in Upminster and Cranham. The free parking will start on 27th November and end on 1st January 2022.

Contacting **Upminster** SNT

Upminster Safer Neighbourhood Team ("SNT") have asked me to remind residents that if they want to contact the SNT specifically they should use the email upminster.SNT@met.police.uk. Our SNT work a variety of shifts

and are not available 24/7. The Upminster Team consists of Sgt Sehmby, who we share with three other wards. **PCs Ed Zoltan** and Andrew Allen and PCSO Joanne Greatorex. If you need to report a crime which is not in progress or to pass on any intelligence, you should call 101 or online https://www.met.police.uk/. If there is an emergency or a crime in progress call 999. In those cases a response team may be despatched depending on the circumstances. Our SNT work hard to keep Upminster safe when on shift.

Cllr LINDA VAN DEN HENDE

Upminster Councillor surgeries

Many thanks to those who joined us at last months' surgery, it was good to be out with you all again. Our next surgery will be on Monday, 13th December at the older Costa's in Station Road, 10 to 11am

> Cllrs LINDA HAWTHORN, RON OWER, CHRIS WILKINS

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Council Finances – 2022/23 Budget Proposals

The Council's Cabinet meeting in October, debated the Council's Medium Term Financial strategy, as well as the proposed Council budget 2022/2023. It was reported that the Council was facing budget pressures for Periods 4 and 5 (July/August 2021), which is showing a potential overspend of £14m. The overspend is due to increased demographic pressures on Adults' and Childrens' Services and the impact of the COVID pandemic on areas such as Leisure and Transport. The Council have advised that they hope to reduce the overspend by taking a number of steps by the end of the financial year. If this doesn't occur, there will be a significant impact on general reserves. Proposed savings identified include:

- Staffing reductions £7m, this will reduce the staffing headcount by approximately 400.
- New Models of services delivery £4m.
- Prevention reviewing opportunities with partners, such as the Health Service and NHS investment - £1.5m.
- Better use of data through Business Intelligence – £1m.
- Reviewing Regeneration proposals £0.5m.

Residents' Councillors recognise the challenges the Conservative Administration have had in managing this year's finances, but we are disappointed that the points we raised during last year's budget setting process, were not considered. It was pointed out that the budget was over ambitious and there were a number of risks, which would put pressure on Havering's finances and, sadly, the impact it will have on our services. Residents' Councillors will be working on an alternative budget and we will also continue to press the Administration to reduce





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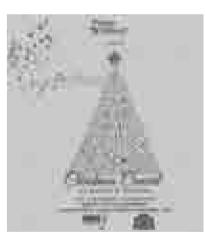
the number of their Members, and Coalition Members who receive Special Responsibility Allowances, thus reducing budget costs. The budget consultation commenced on 1st November and will run until 4th January 2022. Can we please encourage you to respond to the budget consultation, so your views are heard when the Council sets the 2022/2023 budget. An online survey can be found on the Havering Council website. The questionnaire will take no longer than 10 minutes to complete. For any questions regarding this questionnaire, or to request a hard copy, please email richard.tyler@onesource.co.uk.

Cllr CHRIS WILKINS

Christmas at Queen's Theatre with Pinney Talfourd

Pinney Talfourd has announced

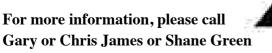
the return of their annual charity Christmas Concert. Paul Rhodes and the talented Dawn Chorus will be performing a range of classic Christmas songs to bring in the festive cheer. Refreshments will be available afterwards courtesy of Pinney Talfourd. This event is in aid of the Queen's Theatre charitable trust and Havering Association for People with Disabilities (H.A.D). Monday, 13th December, 11am - 1pm (doors open 10:30am) at Oueen's Theatre, Hornchurch. Please book via Queen's Theatre Box Office: 01708 443333.



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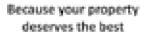


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Havering in Bloom

We reported in the November Bulletin that the newly refurbished Upminster Windmill Visitor Centre garden won first prize in the Havering in Bloom competition for Best Communual Garden. Our congratulations go out to all those who have worked so hard to get this award. As you can see from the photos, it really does look splendid and is well worth a visit.





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WD LUYOUT

Remember last year, Upminster had a Rainbow Christmas Tree Trail? This year we are holding the festival back in the church for the 11th time. Upminster Methodist Church, Hall Lane, RM14 1AE will be holding its annual Christmas Tree Festival between the 4th and 12th December. Local schools and organisations from the church and community have been invited to decorate trees for this event. The Residents' Association are participating and sponsoring a

The opening times are Saturdays 10-5pm, Sundays 2-5pm and weekdays from 2-6pm. The festival opens on Saturday, 4th December





and there will be refreshments available all day. Entrance is free: donations this year are for St Francis Hospice. We do hope you will visit.

"Feel Good in the Forest" at **Thames Chase Forest Centre**

A new programme of forest activities has been launched at **Thames Chase Forest Centre** to help people connect with nature and feel happier and healthier. "Feel Good in the Forest" is Forestry England's new social prescribing project. The project provides opportunities for individuals and community groups to improve their physical and mental health. Rachael Purchase, Forestry England, says "taking part in forest activities encourages people to become more active, increases confidence, helps maintain a healthy weight and can alleviate symptoms of long-term health conditions. We're running weekly walks at Thames Chase Forest Centre and

with sufficient interest we'll be expanding the activities to include yoga, seated exercise, cycling and more. We're also working with local community groups, charities and health services to deliver group sessions in the forest."

All the activities are free to participants and as well as enjoying some physical activity, there's always a friendly chat and a cuppa included!

To find out more about how you can get involved in Feel Good in the Forest or to refer someone else to the project, visit www. forestryengland.uk/feel-good or contact Rachael.purchase@ forestryengland.uk





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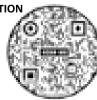


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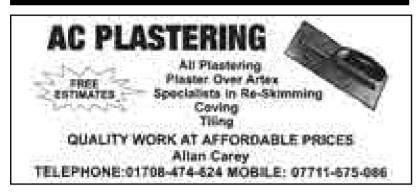
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Public Access Defibrillators update - with more to come



As you may remember Councillor Clarence Barrett died in

March 2019 and since then, we as a family, have been raising funds along with Upminster and Cranham Residents' Association and local community groups to provide more public access defibrillators. We have been grateful for the support too from London Hearts https:// londonhearts.org ensuring we have access to these life saving devices in our community spaces. All sites have 24 hour access and are available to anyone that may need them in an emergency. We are truly grateful for all the hosted venues of these devices in supporting this important project. Defibrilators (also known as AEDs - Automatic External Defibrillators) are medical devices that help and support a patient in cardiac arrest. In fact, they are the

only device that can help when someone has a cardiac arrest. The device will talk you through what to do when you need to use it until further help can assist you when dealing with someone who is having a cardiac arrest.

In early 2022 we are hoping to hold CPR (cardiopulmonary resuscitation) training in the local area to support our community with life-saving skills. Look out for more information in the next Bulletin on dates and venue. So far we have the following defibrillators in place:

- 1. **British Legion,** 316 St. Mary's Lane, Upminster, RM14 3HLS
- 2. **St Luke's Church,** 201 Front Lane, Upminster RM14 1LD
- 3. **Upminster Baptist Church,** 1 Springfield Gardens, Upminster RM14 3EH
- 4. Cranham Baptist Church, Severn Drive, Upminster RM14 1SW
- 5. **Moor Lane C of E Church,** 26 Moor Lane, Upminster RM14 1HN



- 6. **Allen Ford Upminster,** 321 Corbets Tey Road, Upminster RM14 2DF
- 7. **Roomes Furniture Store,** 22-24 Station Road, Upminster RM14 2UB

We have three more to go up in the next month:

- 1. **Cranham Village Surgery,** 143 Ingrebourne Gardens, Upminster RM14 1BJ
- 2. **New Windmill Hall,** St Mary's Lane, Upminster, RM14 2QH
- 3. Plus another for Corbets Tey, opposite Upminster Park

If you would like to find out more about hosting a defibrillator in your area and applying for funds then do contact the Bulletin Editor who will pass on your details for us to get in touch.

CORINNE BARRETT





Share the Light

Christmas greetings from the Christian churches in Upminster, Cranham and North Ockendon. In these darker, colder and more uncertain days, there is one message that can bring more comfort, joy, peace and hope than any other. We invite you to explore the real Christmas story of who Jesus is, and what He offers to you and your family. Details of our Christmas services via: *ctucno. org.*

PAUL THOMPSON, Leader of King's Church, Upminster

Our Local History

We love to reflect on our local history from time to time. Please feel free to share with us your memories. The Bulletin was first produced in the 1950s and it's nice to see any old copies. If you have any going back to the 50s or 60s we would like to see them. We can copy and return.



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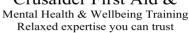
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Thanks for your messages on "Potholes" in our area. We have been reporting these to the Council and chasing them up. Please inform us of any potholes you are aware of.

Reminder – Havering is a Smoke Control Area

According to government data, in recent years pollution from log burners has increased dramatically, and they are now the biggest source of the tiny pollution particles that are most damaging to health.

We would like to remind residents that the whole of Havering is a Smoke Control Area. This means that any household using solid fuels must ensure that they use an authorised smokeless fuel and/or exempt appliance. It is not permitted to burn wood and coal in an open fireplace. A new law in England also restricts the sale of house coal and wet wood:

- Selling bagged traditional house coal and wet wood in small units (less than 2m cube) is now unlawful.
- Wet wood in larger volumes must be sold with advice on how to dry it.
- Makers of solid fuels need to show they have a very low sulphur content and only emit a small amount of smoke.

Smoke Control Areas only restrict domestic burning and do not cover bonfires or the burning of waste. However, Havering Council state that "If you burn rubbish that causes a nuisance, we may issue an 'abatement notice' and ask you to pay a fine."

Cllr JOHN TYLER

Hornchurch Football Club

Please note the upcoming home fixtures at the Stadium, Bridge Avenue:

Saturday, 4th December, **Kingstonian.** *Kick off 3pm.* Saturday, 18th December, **Horsham.** *Kick off 3pm* Saturnday, 1st January, **Bowers & Pitsea.** *Kick off 3pm.*

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MyMINIMIX – mini on prices, mix on tastes

MyMINIMIX is the London based Eastern European Convenience Store chain newly arrived in Corbets Tey Road Upminster. Customers are able to enjoy a first-class cup of coffee and delicious café-style food as a takeaway before or after they shop. Imagine finishing the daily shop by taking away a quality cup of coffee and, perhaps, a hot dog, a pastry or even a meal, all from under one roof.

The store offers all the usual things that supermarkets sell, bread, dairy, cereals, candies, snacks etc., at very competitive prices, but it will use its very strong connections in Europe to bring in items that your ordinary stores do not offer. German, Spanish speciality foods and delicious products from Eastern European and other countries will enable

the adventurous and discerning shopper to considerably improve their table. Wines not normally available will be on the shelves and the wine buff will have a field day discovering brands they have never before come across.

The staff are highly trained and efficient, and they aim to make the shopping experience as smooth as possible. The convenience store with a difference, MyMINIMIX, is open 7 days a week, from 9am to 8pm Monday to Saturday and 10am to 6pm on Sunday. Welcome!

Looking after outdoor pets this winter

Is this winter going to be the coldest on record? The forecasts are divided. What is certain is our outdoor living pets need our help during the winter. Rabbits and guinea pigs are often kept in hutches above ground, and they lack the ability to burrow to keep warm. It is up to owners to ensure our pets do not suffer in the colder weather. We can help by keeping rabbits and guinea pigs secure, out

continued on page 11

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of draughts and with a plentiful supply of dry hay or straw for them to make an artificial burrow in. If possible, move hutches into an outbuilding or cover the front to reduce windchill. Keep a careful eye on water bottles which may freeze and ensure there is always food available. If you have concerns regarding your pets living outdoors this winter please telephone Lawton and Stoakes 01708 384444.

Staying safe

As we head into autumn and the nights draw in, one unfortunate consequence is that darker streets provide cover for thieves and increase our vulnerability to street robbery. That's why Havering Council and local Police have once again joined forces to launch the Autumn Nights campaign. The campaign offers residents advice on how to stay safe both at home and when out-and-about.

Key messages for residents include:

Remember to lock your doors and windows at night and when leaving your home unattended

- even if you're only popping out for a short time.
- Ensure your home is well-lit. A house in darkness is easy for a burglar to identify as a target.
- Check and set your house alarms if you have one.
- If you feel less confident as it becomes dark early, plan your trips and consider asking a friend/companion to accompany you.
- If you are walking home alone at night - be aware of your surroundings. Make sure to tell friends or family where you are.

Govani chemist

Christmas and New Year opening times for Govani chemist, 87 Front Lane, Cranham RM14 1XN.

25th, 26th, 27th and 28th December -10am to 12pm.

1st January 2022 - 9am to 5pm. **2nd and 3rd January 2022** - 10am

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Following our recent messages in the Bulletin we have had two

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Network Rail trackside vegetation and tree removal

In mid-October, some local residents who back onto railway lines received a letter from Network Rail stating that they will be undertaking trackside vegetation and tree removal in the Upminster area over the winter period.

Resident Association Councillors contacted Network Rail to find out more about the proposals and were told that they were still finalising the details for their local vegetation management



programme, but that they would conduct an ecological survey to ensure that they didn't damage or endanger sensitive species or habitats. They also said that they would not remove any trees unnecessarily, only those which could cause a safety issue for the railway.

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Before undertaking work, Network Rail has said that they will arrange a community meeting to discuss any concerns or questions residents and Councillors may have. At the time of writing, the date for this event had not been announced. As soon as we are informed, we will highlight it on our website ucra.co.uk and, if there is enough notice given, in The Bulletin.

Cllr JOHN TYLER

Pinney Talfourd free seminars

A reminder of the return of Pinney Talfourd's popular seminars on Wills and Lasting Powers of Attorney. The next seminars will be taking place on the following dates:

- Friday, 28th January and Saturday, 29th January 2022
- Friday, 11th February and Saturday, 12th February 2022

In the talks, the speakers will look at why having a Will is so important, what a Lasting Power of Attorney is, and how they can help with both. There will be refreshments on offer and lawyers from the team will be available to answer any questions attendees may have.

For more details visit their website here https://www. pinneytalfourd.co.uk/news/ free-wills-lpa-january-februaryupminster

To book a free place, email Marketing Manager Jo Smith joanna.smith@pinneytalfourd. co.uk or call her on 01708 229444.

Struggling with

In these uncertain times, many are finding it hard to make ends meet. This can be for multiple reasons, but imagine living in constant fear, perhaps of a knock on the door, the phone ringing, going out in the street, or the flap of the letterbox bringing more demands and threats. The result is that people in debt can face losing their homes, breakdowns in relationships, and parents going without food themselves to feed their children. People need support to get back

on their feet so they can start to rebuild their lives.

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CAP (Christians Against Poverty) which I have supported for many years. Upminster and Cranham have a CAP centre that has been established for the last 10 years and has helped 52 people become debt free, find jobs and once again contribute to and be valued by our community.

This service is available to residents in Hornchurch and Romford as well. If you know someone who needs help, or you need help yourself, please contact Miles Picknell by emailing milespicknell@capuk.org, or for those who want to find out more before making a call, visit www. capuk.org or call 08003280006. The service is completely free and is confidential, or perhaps you could think about donating to such a worthy cause?

> PHIL RUCK philruckucra@yahoo.com

Feeding the ducks

There are a number of lakes and ponds in our area. It's great to see the variety of wildlife, especially ducks and swans. We have been

asked to remind you that whilst the ducks will eat bread, they need a varied diet to be healthy and bread does not have much nutritional value. It fills the duck's stomach so it doesn't forage for the food it should naturally eat, which can lead to malnutrition. Bread can also attract rodents. The Canal & River Trust has an excellent website www.canalrivertrust. *org.uk* with some really useful information. They recommend the sweetcorn, lettuce, frozen peas, oats, seeds and rice. A healthy duck is a happy duck.

Aladdin -**Queen's Theatre Panto**

Panto is back in Hornchurch for 2021! Oh yes it is! Christmas is coming and Queen's Theatre Hornchurch are overjoyed to announce the cast and creative team for the much-loved traditional pantomime Aladdin, playing from 25th November 2021 2nd January 2022.

Hop aboard a magical carpet ride to a far-away land. Join the

continued on page 15







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adventure as Aladdin falls in love with the Princess, discovers an enchanted lamp and with his hilarious mum Betty Bagwash and a mysterious Genie, sets out to make a fortune. But hiding in the shadows is the evil Sven Gali, who will stop at nothing to get his hands on that lamp...boo! hiss!

Brought to you from the team behind Robin Hood. With original tunes played live for all ages and plenty of panto antics, this is a laugh-out-loud Christmas treat not to be missed.

The theatre is offering several access performances; a Dementia Friendly performance on Thursday, 16th December at 1.30pm, an Audio described performance on Thursday, 30th December at 2pm and a Relaxed (SEN/Autism Friendly) performance on Saturday, 1st January at 6.30pm.

Tickets are £12.50 - £34 (plus 65p QRenew Fee per ticket) with discounts for groups and schools. To book, call the Box Office on 01708 443333, visit the theatre in person, or go online at queenstheatre.co.uk

TOGETHER, LET'S CREATE

THE LAWN **WE BOTH LOVE**

Book Review: They Both Die At the End - Adam Silvera

Imagine you're living in an alternate universe where on the day that you will die, you are called by the Death-Cast agency and told to live it to the fullest. One morning, Mateo Torrez and Rufus Emeterio were called; they were total strangers with one thing in common: they were looking for a last friend. Luckily in this world, there's an app for that.

This is a teen, LGBTQ+ novel that was published in 2017 and has recently gone viral on TikTok and elsewhere. It takes you on an emotional rollercoaster: one minute you're laughing, the next you're crying. As a result, I became immediately attached to the characters and cared for their future.

The end of this book had me bawling, but in other reviews readers have been disappointed that they weren't more upset! This highlights how a person's individual taste determines

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whether they like a book. A warning: death is mentioned throughout and suicide fleetingly. However, overall it is full of hope, positivity and great moralistic messages.

It is written almost solely in first person with narration shared between multiple related characters. These autobiographical perspectives make you feel empathetic to the characters' challenges.

This is one of the most incredible page-turners I've ever read and am hoping that it is turned into a series or film soon!! I highly recommend it to any teenager that loves emotional and heartfelt books.

ROSIE MEADWAY

Hornchurch & Upminster **Rotary Club**

Please note the club will have static collections outside 26/28 Station Road, Upminster between 10am and 5pm on Saturday 18th, Tuesday 21st, Wednesday 22nd, Thursday 23rd and Friday 24th December.

They will also be visiting the

following roads between 5 -7.30pm on Friday, 10th December. Starting at Sunnyside Gardens, Argyle Gardens, New Place Gardens, Derham Gardens, Cedar Gardens, Tudor Gardens, Garbutt Road, Howard Road, Branfill Road, Champion Road and St Lawrence Road. Please give generously.

Foodbank Bulletin

It's that time of year to think of those less fortunate. 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 Ltd, to the Harold Hill Food Bank, Unit 1, Guardian Business Centre, Faringdon Avenue, Romford, RM3 8FD, or you could go online to https://haroldhill.foodbank.org. uk/give-help/donate-money/

continued on page 17

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During Autumn, it's essential to prepare your lawn so you can enjoy it when Spring comes around. You may now be seeing some moss interfering with your lovely lawn, it's quite common at this time of year.

Moss loves thatch, the perfect home for moss. The best way to remove thatch, consequently removing moss, is with Aeration & Scarification. Now is the time for your lawn to benefit from Machine Work. Trust us, your lawn will thank you!

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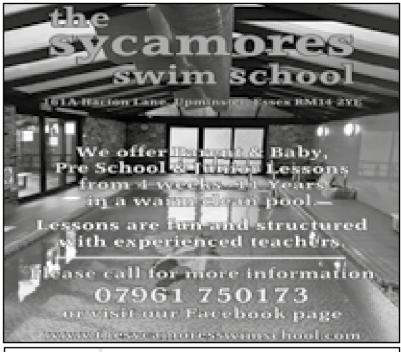


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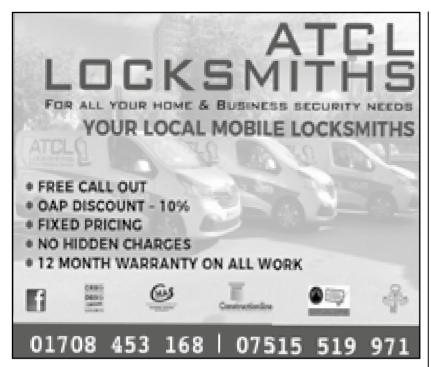
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We at Austin Chapel Independent Financial Advisers LLP, have been providing unbiased, Independent financial advice to local people for over 20 years. In these uncertain times, now may be a good time to review your existing financial arrangements, to 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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Happy Christmas from UCRA Coach outings

We will hopefully be running a full programme of coach trips next year starting with The Thriplow Daffodil Festival planned for Saturday, 19th March 2022. We have had a huge response to our trips and it's very reassuring to know that the majority of people are as keen as ever to return to our very popular outings. We are very grateful for your ongoing support and would like to wish you all a very happy Christmas and a peaceful and healthy New Year.

For information and availability on our trips why not join our mailing list. *gina.savill-turner@email.com* tel: 07958 006503 / 01708 228270

OUT AND ABOUT IN YOUR LOCAL AREA

Winter Wonderland

At Oakfields Prep school in Upminster, on Friday, 10th December, 3.30 – 6.30pm. Ice skating, rides, games, market stalls, food trucks, reindeer, music and more. Come and join us for some Christmas fun. Free admission, with tickets for rides and games available on the day.

Havering Hearties

The Havering Hearties are a local cardiac support group for heart patients and their family members. Meetings consist of quizzes, a variety of speakers and twice yearly buffets. Come and join us, no membership fees - a monthly raffle raises funds and we ask members to bring along unused items for the raffle. They meet every second

Thursday of the month at the Rafa Club, 18 Carlton Road, Romford RM2 5AA at 7.30pm (free car park at the rear). Contact *Colin Everett* (Chairman) on *07969 934895* or *Jackie Richmond* (secretary) on *07724 642423* or *jacqueline. richmond47@hotmail.com*.

"Learn, Laugh and Live!"

Havering U3A meets at 2.30pm second Wednesday of the month at St. Michael's Church Hall, Main Road, Gidea Park.

Wednesday, 8th December **Daniela Bartlett** -

"Tis the Season to Be Jolly" - doors open 2:15pm. Interest groups run throughout the month.

For more information come along or see our website.

www.u3asites.org.uk/havering

How to Grow and Care for Orchids

On Tuesday, 14th December The Upminster & District Horticultural Society invite you to a Christmas talk by Michael Radley who will tell us all that we will ever need to know about growing Orchids. Come and join us in the New Windmill Hall, St Mary's Lane, Upminster. The lecture begins at 7.45pm and finishes at 9.45pm with an interval for tea and a mince pie plus a Christmas raffle at the end of the evening.

Entrance is free to members and £2 for non-members. You can find out more about our society by visiting our website *www. upminsterhorticulturalsociety. co.uk*.

Havering Astronomical Society

Wednesday, 15th December, 7.15 for 7.30pm - Test your knowledge continued on page 19



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If so, The Havering Telecare Centre may be able to help you. We provide assistive technology in your own home and could also attend to your property 24 hours a day in case of an emergency, all at a low weekly cost.

Assistive Technology includes but not limited to: **Pendants** that can be worn in the garden and bath, **Smoke & Carbon Monoxide detectors** monitored 24 hours a day (we call Emergency Services if you are unavailable i.e. in hospital), **Bed sensors** that can switch on lamps when you get out of bed.

If you would like to be more independent in your own home or help someone else, then please contact us for further details quoting UP21.



Havering Telecare Centre
Web: https://www.havering.gov.uk/telecare
Email: telecare@havering.gov.uk
Phone: 01708 432843





on all matters celestial with our annual Christmas Quiz, great fun, whatever your level of knowledge. Now meeting at Thames Chase Forest Centre, Upminster, also available live online. If you are interested in joining us please email secretary@havastro.co.uk and see the website www.havastro. co.uk for more details.

The Arts Society, Havering

Christmas at Covent Garden: 300 Years of Christmas Shows at one of London's Great Theatres, by Sarah Lenton. This lecture will be held on Tuesday, 14th December 10 - 12pm at the New Windmill Hall, Upminster. This event will be available to visitors for a fee of £8. Please visit our website: https://tashavering.org.uk/Home.aspx or contact us at info@tashavering.org.uk.

RICHARD SAVILLE

Essex Wildlife Trust Walks

Saturday, 4th December 2021. **Bowers March.** 10.30 - 12.30pm Church Road, Bowers Gifford SS13 2HG.

Walk for wildlife, waders and wintering birds.

Book with *Tony Loveless* on *07413649006*. Walks take about 2 hours and optionally continue after lunch. Please wear suitable clothing and footwear and bring a packed lunch if needed.

The Wesley Players Panto – Rapunzel

A date for your diary, Panto time is near! Rapunzel, a fair maiden snatched away from her family by a wicked witch and locked in a tower. The dates are 27th, 28th and 29th January 2022. Box Office 07708 241742 will be open from 1 Dec 21. Full details on our website www.wesley-players.co.uk

Hornchurch Photographic Society

We are a friendly group of amateur photographers looking for new members to join our club. We meet on a Monday night, 7.45 – 10pm at Ardleigh House Community Association/Havering College in the main hall. If you have an interest in photography and would like to improve your skills come and join us.

Contact us: Chairman: Jean McGowan 01708 727694. General Secretary:

Ray Sweetman 07821 609174 or email: steve_hps@yahoo.com

(Publicity Secretary)
For more info visit our Website
www.hornchurchphoto.com

Murder Mystery Quiz Night

Cranham's own Oglethorpe Players are delighted to perform their brand new Murder Mystery Quiz night, "Murder at the Caravan Park". Performance at All Saints Vestry Hall, The Chase, Cranham on Friday, 3rd and Saturday, 4th December at 8pm. Bring own drinks and nibbles. Tickets £8.

These performances follow the riotous sell-out show in October at Brandon Groves, South Ockendon. For tickets and details call **01708 221923.**

Future events at Trinity Church

The Kingsley Choral Group at Trinity Church Upminster will be performing its Christmas concert on 17th December at 7.30pm. This marks the retirement of Tom Johnson, who founded the choir in 1965. Over 27 years, concerts at Trinity have raised £34,000 for the church and various charities. Tickets cost £7.50 and include seasonal refreshments. There will be a raffle, proceeds to Trinity and First Step. On 11th December, there is a coffee morning and mini Christmas sale at Trinity Church, Upminster from 10am to 12 noon. Proceeds to Hope4Havering.

Upminster and District Probus Club

At our upcoming meeting on 15th December, after enjoying a traditional Christmas dinner, the speaker will be Richard Moorey giving us a historical talk on Old Cranham and North Ockendon. Are you retired? Would you like to join us? We meet once a month at The Cranleigh restaurant in Hornchurch. Contact our secretary, Barry on 01708 703783 or at *Upminsterprobus.seretary*@ gmail.com or visit our website on https://upminsterprobussec. wixsite.com/upminster-probus You can also find us on Facebook

Havering Singers

We are pleased to share details of our Christmas Carol concert planned for Saturday, 18th December @ 7.30pm, All Saints Church, Ardleigh Green Road. Admission £12 adults / £5 children.

www.haveringsingers.org.uk Tel: 01708 341265 Email: Tickets@haveringsingers.org.uk

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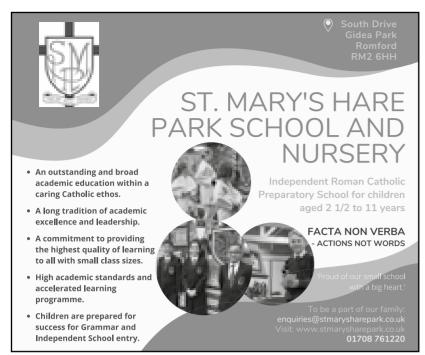
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Your new Upminster and Cranham Residents' Association representatives are now on Facebook

Social media across a range of platforms, including Facebook,

Twitter and others, justifiably attracts criticism in relation to its capacity to spread abusive, misleading and offensive material. This can be targeted at specific individuals or simply pushed out to attract the gullible or to reinforce extreme views. The Government is drafting legislation which may be of help in tackling the more toxic aspects described here.

There is of course a whole other side to social media. As an accessible and immediate form of communication it offers a great means of sharing our experiences, distributing news, exploring issues and differing points of view, highlighting need and supporting fundraising, information and advice, signposting to organisations and services, and for promoting good causes, events and commerce.

For Upminster representative Oscar Ford search: 'UCRA Oscar Ford'

For Cranham representative Phil Ruck search: 'UCRA Phil Ruck'

Havering Rotary Club - Christmas Float Routes 2021

With the help of Upminster 41 Club, Havering Rotary Club will once again be bringing joy to young and old in Upminster and Cranham. Monies raised during this period will be donated to local charities such as First Step, St Francis Hospice, Dycourts School and Riding for Disabled.

*Sunday 12th Dec:

Gaynes Pk Rd, Sycamore, Beech, Oak, Elm Ave area*

Monday 13th Dec:

Little Gaynes, Grove, Parklands, Huntsman area

Wednesday 15th Dec:

Moor Ln, Queens, Cranham Gdns, Roseberry Gdns area*

Thursday 16th Dec:

Deyncourt Gdns, Courtenay, Grosvenor, Claremont area

Friday 17th Dec:

Springfield Gdns, Ashleigh, Roxburgh, Meadow Way area



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*Sunday 19th Dec:

Moor Ln, Heron Way, Swan, Limerick, Laburnham area*

Monday 20th Dec:

Waldegrave Gdns, Engayne, Spencer, River Dv area

Wednesday 22nd Dec:

Chester, Peterborough, Winchester, Rectory Gdn area

Thursday 23rd Dec:

Park Drive, Cranston Pk Av, Melstock, Coniston area

*Friday 24th Dec:

Severn Dr, Fleet, Isis, Stour,

Humber, Mersey area*

*Float starts 4.00 pm on Sundays/ Xmas Eve, otherwise 6.15pm

More information and sleigh tracker on our Facebook Page. We will be making door to door collections this year, COVID permitting, cash and credit/debit cards accepted. Or make an online donation at www.justgiving.com/rotary-haveringeast

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Upminster Police update

At the recent police ward meeting an update on our crime figures were presented. The really good news is that there have been no robberies in the 3 month period to September. Our priority on burglary shows there has been a total of 4 in the 3 months to September. Motor vehicle crime continues to be a concern with a total of 12 thefts from a vehicle in 3 months, although this is down on the previous year of 18, and theft of a vehicle was 8, again down on 2020 which was 13. These are often high value cars. One theft from a vehicle in the town centre included bank cards which may have been on show. These cards were used several times before the theft was discovered. In another case, keys appear to have been left close by and the vehicle driven away. The police remind us to always ensure nothing is left on show and all vehicles securely locked. We welcomed a new officer to the SNT, PC Andrew Allen who is working on a comprehensive speeding activity to be implemented over the next few months in areas already identified as "hot spots". The SNT continues to have a presence in the town centre, with PC Ed Zoltan ensuring he is visible to discourage crime.

Cllr LINDA VAN DEN HENDE

Neighbourhood Watch ("NHW")

The new NHW on the Cathedral Estate is working very well and

a number of matters reported. A new, or rather re-invigorated NHW, was recently launched in The Grove. This was triggered by a spate of shed break-ins which encouraged residents to join forces to keep everyone connected in sharing intelligence with each other and the police. It is often really local issues which bring residents together to support each other, something that has become more apparent during COVID. Apart from these two, a further three NHWs are in operation in Upminster. If any resident is interested in starting one in their road, please contact our PCSO Joanne who has been amazing in supporting the setting up of NHWs and can provide all information. Joanne can be contacted at Joanne.M.Greatorex@met.police.

Cllr LINDA VAN DEN HENDE

Bulletin deliverers needed in Cranham

We are urgently looking for two volunteers to help distribute Bulletins to our individual deliverers, one in central Cranham and the other for the Dury Falls Estate. This would take around 30-60 minutes once a month. Having your own transport would be an advantage. We also currently need a volunteer to deliver Bulletins once a month in Clyde Crescent.

If you are able to assist us with any of these rounds, please contact Cllr John Tyler on 07982 962 925 or via JohnTylerUCResidents@outlook.

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