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UPMINSTER & CRANHAM RESIDENTS' ASSOCIATION

May 2026 Elections

In the run-up to the May elections we are focussing on what these are all about, what councillors can do or alternatively what they cannot do.



Councillor Gillian Ford



Councillor John Tyler



Lesley Tyler

UCRA - Keeping the Local Elections Local

With the Local Elections almost upon us, I searched online for the local websites of the five major national political parties, to see what they had to say about their policies for our area. It was an eye opener. The News page of one hadn't been updated in the last year, another not since the 2024 General Election. A third didn't even have a proper website, only a Contact Us form, whilst a fourth doesn't have any form of website for Havering. Only one of the parties actually has anything to say directly about Havering, and even then, I could find nothing specific to Cranham and Upminster.

Contrast that with the Upminster and Cranham Residents' Association (UCRA). If you look at our website ucra.co.uk (and read our monthly Bulletin), you will see our great advantage at a local level - we are involved in the community at all times. We care about what happens here, in our area, with our fellow residents.

And by representing Cranham, Upminster, Dury Falls and North Ockendon on Havering Council, UCRA councillors help shape what goes on across the whole of the borough and will engage with national issues when they affect us locally, such as Havering's chronic underfunding under the last two governments.

I recently had a call from someone living in Suffolk who was attending a funeral in Upminster, to find out the best place to get a drink and a meal afterwards. They remembered UCRA from when they used to live locally, and thought I might be able to help. I was obviously happy to oblige. This is just a very small example of what our (your) Residents' Association does every week of the year.

Whichever way you would vote at a General Election, at the Local Elections on May 7th, I would urge you to **KEEP THE LOCAL ELECTION LOCAL** and give your three votes to the Upminster and Cranham Residents' Association candidates in Upminster and Cranham Wards.

Cllr JOHN TYLER Cranham Ward

What are we voting for?

On 7th May, residents across London will vote in the local council elections. But what exactly are we voting for? These elections do not affect things such as income tax, immigration, the NHS, national policing, or foreign policy. Those decisions are made by Parliament and central government. Instead, this election decides who will represent each ward on local councils for the next four years. Local councils are responsible for many services that shape everyday life in our area. These include planning decisions, parks, waste collection, road maintenance, libraries, and other community services. They also set how much council tax you pay. By voting, residents choose who they want to be their councillor, representing them and the community in these local decisions.

LESLEY TYLER
Cranham Ward Team Member

What powers does a Councillor have?

Councillors are elected to represent residents on their local council, in our case the London borough of Havering. Their role is to raise local concerns, help residents navigate council services, and take part in the decisions that shape the borough.

One important point is that councillors do not manage the council. The day-to-day running of the council is carried out by professional officers and staff. Councillors cannot personally order work to be carried out, overturn planning rules, or instruct staff to act outside council policies.

They sit on the council and its committees, where they review policies then discuss and

continued on page 2

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Cranham Organiser & Residents' Association Website
John Tyler 07982 962925
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vote on matters such as planning applications or the council's budget. Just as importantly, councillors act as a voice for residents. They raise concerns with the council, highlight problems in the community, and work with officers to find solutions.

Why your vote matters

Local elections may not attract the same attention as national ones, but they have a direct impact on our everyday surroundings. Turnout in local elections is often lower than in national elections, which means every vote carries even more weight. By taking the time to vote, residents can help shape the decisions that affect their neighbourhood and the future of the borough. If voting in person a form of identification will be required at polling stations. To see what forms of identification are acceptable then visit havering.gov.uk/elections-voting/elections-act-voter-id.

LESLEY TYLER
Cranham Ward Team Member

No Waiting signs on the Dury Falls Estate

Across much of the Dury Falls Estate are evening and overnight No Waiting restrictions for vehicles over 5T and larger passenger carrying vehicles. As these seem very old, I contacted Havering Council to see whether they were still valid and received the following reply - "Thank you for your enquiry regarding weight restricted overnight parking signs at Dury Falls Estate. I have received confirmation that the signs relate to an old scheme that is no longer in operation, as the associated traffic order expired many years ago. Consequently, the restriction is no longer enforceable and has not been enforced for a considerable time." I have therefore asked the council to remove the signs.

Cllr JOHN TYLER
Cranham Ward

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What has the HRA delivered?

The HRA is an umbrella organisation of Residents' Association councillors from across the borough, including the majority of UCRA's current councillors, who form the present Council Administration. Working together has meant that it has been able to deliver a number of key initiatives, programmes and strategies that will make a difference to residents. This is all despite the lack of government funding and the need to make savings, where the HRA has delivered £21.3m of savings and is on track to make a further £8.8m. We have procured the development of a 300 place SEND School in Gidea Park, launched and delivered the All Age Autism Strategy, we have delivered the Live Well Havering initiative supporting residents through Healthy Body, Healthy Mind, Healthy Money and Healthy Home, and the Joy App with over 600 local groups and organisations registered for residents to engage with.

There have been 14 Village Greens established, protecting them all from development. There has also been the £3m investment to upgrade the borough CCTV with state-of-the art control room and digital cameras and built 2 supported living homes for 14 Havering Residents.

The HRA are also responsible for establishing Havering London an arts and culture company which has attracted over £1.76m of external funding into the borough. We have resurfaced over 38.63 miles of roads and over 17.75 miles of pavements. Not forgetting the £350k upgrade to the borough tennis courts and the roll out of Padel Courts, all with external funding.

We have been looking after our heritage, taking the Tithe Barn off of the At Risk Register and have secured external funding to progress the saving of Bretons. The list goes on but this is just a snapshot as to what Resident Association Councillors do for their communities and as you can see, a council isn't just about roads and pavements.

Cllr GILLIAN FORD
Cranham Ward

Consequences of leaving the GLA

It is a proposal of one of the party's standing at the Local Elections, that Havering should leave the Greater London Authority (GLA). At Havering's Full Council Meeting of 18 March 2026 (webcast available online - see from 25:30), the Leader of the Council was asked to explain the impact on Havering should we withdraw from the LGA. He stated that we would likely lose Freedom Pass access to TfL rail services, lose free travel for under 11's on the underground and under 16's on buses, and risk TfL withdrawing bus routes from our area. In addition, we may have to withdraw from the East London Waste Authority (ELWA) or re-negotiate the terms of membership, and move our police and fire service provision to the new Essex Mayoral Authority. Do we want to risk losing all of the travel benefits we currently have? Do we really want our police to eventually become part of a

regional force potentially serving an area as far north as Norwich? And what about London Weighting? Would Essex be likely to finance London Weighting for public sector employees in our borough, while not doing the same across the rest of their authority? If not, that would make it far harder for us to recruit staff, when they could go elsewhere locally for far more money. Whilst the GLA is far from perfect, for the reasons given above, Upminster and Cranham Residents' Association Councillors support continued membership of the Greater London Authority.

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If you sign up to Met Engage you will get updates on policing for Upminster and the wider Met. It is easy to do. Search Met Engage on google and log in with your email to receive these messages. This new information format provides up to date information on our SNT as well as Met wide information.

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Seminar details: Saturday 16 May 2026 9:45 - 11:30 am at Pinney Talfourd Solicitors, 54 Station Road, Upminster, RM14 2TU. To book a place, please email marketing@pinneytalfourd.co.uk with your full name and the names of any additional attendees. For any questions, please call us on 01708 229 444

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Gates Parish they are continuing to trade under that name. In March there was a ceremony on the opening of their refurbished offices.

What's on at Upminster Windmill in May and June

The Windmill will be open on National Mills Weekend Saturday 9th/Sunday 10th May, and also on Sunday 24th May for visitors to explore the site, learn about the history of the Mill and its people, or enjoy refreshments in our peaceful, award winning garden. At lunchtime on Saturday 9th May, enjoy the Morris Dancing of the Handsaround group, and Havering Radio Club will be on site all weekend to demonstrate how amateur radio works. In June, The Windmill will be open on Saturday 13th June, when there will be a Craft & Food Market, and on Sundays 14th and 28th June. Entry to the site, the garden and the visitor centre is free. Windmill tours cost £6 Adults, Under 18s

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upminsterwindmill.org](http://www.upminsterwindmill.org).

Helping Pollinators

As part of our audit for our
Training Practice Certification
recently we were asked what
sustainability measures we
take and whether we have
a bee garden. As well as the
usual recycling of plastics and
cardboard we set up a bee garden
in our back yard last spring, and
I'm pleased to say it was a great
success. The lavender and Hebe
were a particular favourite. This
year we will be adding to the
containers to try to encourage
more variety of pollinating
insects. When choosing plants
for pollinators it is important to
choose those with single blooms.
The double flowered bedding
plants might look pretty but they
have little use for wildlife. See our
window display for more wildlife
tips. Lawton and Stoakes **01708
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Would you like your daughters to
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after themselves, others and the
world we live in. We currently
have vacancies for girls aged 7
to 10 at St Laurence on a Friday
night at 6.15pm to 7.45 pm. Please
contact Donna on **07811101322**.
We are also looking for new
leaders to open a Rainbow unit
as we have lots of girls looking
to join. Rainbows is for girls
from 4 to 7. Please contact us on
[josieandsharon6thub@gmail.
com](mailto:josieandsharon6thub@gmail.com) if you would be interested in
helping.

Lower Thames Crossing

Well, has it been around ten years
that we have been discussing the
Lower Thames Crossing? Just to
remind you, what is proposed
is the construction of a 14 mile
link with 2 six mile tunnels under
the River Thames cutting across
Thurrock then through Havering
via North Ockendon before

joining the M25 motorway. The
possible estimated costs have
grown from a figure in 2017 of £6.8
billion to almost £11 billion now.
Millions of pounds have already
been sent on planning, meetings,
publicity, presentations etc. In
fact, I am aware that the proposed
scheme has almost taken over
the life of one Havering Council
Officer who has been heavily
involved on working on this,
looking closely at how it will affect
all of us. As an example, parts of
Ockendon Road will be closed for
many months.
It is planned to be built and
operated by a private company.
The Government has committed
cash towards the scheme in an
effort to attract the private sector
to take forward construction
and long-term operation. I was
interested to see in the National
Press that the operator will also
receive income from the existing
tolls at Dartford! This could be
over a hundred million pounds a
year.
As usual we will keep you up to
date on this in The Upminster and
Cranham Residents Association
Bulletin and on our website .

RON OWER

Former Residents ' Councillor

Eco-friendly garden at Springfield Baptist Church

The church, along with the
Springfield Playgroup, would
like to develop an eco area to
encourage their children to
understand how they can look
after the world. This is a big
concept for little minds but we
have identified 3 child friendly
practices which include saving
water, growing plants and
recycling/composting.

The Men's Shed is committed to
managing the project. This will
involve clearing the land to the
rear of the old youth hut, in order
to accommodate water butts,
compost bins and raised beds for
the children to grow plants, water
them, and then, compost the
waste.

The designated area will need
considerable work before this
can happen as it is currently
overgrown with brambles and
self-seeded trees. We will need
a small digger and two skips to

continued on page 9

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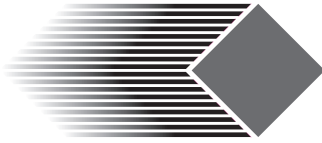
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clear the space. We have been successful in raising the funds necessary to support this work, as well as to purchase guttering, water butts and compost bins which is estimated at about £1,200. We would like to thank those organisations which have very generously provided this support.

Tea, Cake and Talent - The Judy d'Cruz Fund

We have made a few changes from the previous years' Afternoon Teas and the good news is we have been able to halve the price. So for just £10 you can have endless Tea and Cake whilst being entertained by the best young talent Upminster has to offer. This year is at 1pm on the 9th May at New Windmill Hall, Upminster. We are able to run this event at nil cost due to the kind sponsorship of C&D interiors, Elmhurst Landscapes and MAA eyecare. Also because all the cakes have been home-baked by the wonderful home bakers of

Upminster and Cranham we can ensure that every penny raised goes to The Brain Tumour Charity - The Judy D'cruz Fund. I have had bakers come forward but will always welcome more. So please let me know if you can help. Nothing will go to waste as we have a partnership with Homeless help in Basildon so any leftovers are also given to a good cause. To buy your tickets please go to www.judydcruz.com and select the Tea, Cake and Talent option. Thank you for your support as always.

You can also scan the QR Code



Upminster Lymphoma and Blood Cancer Support Group

We have been a blood cancer support group for about 12 years and in that time have been able to help people through the difficult times of coping with a blood cancer diagnosis. If you or anyone you know have been diagnosed with a blood cancer, then why

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not come and join us at one of our monthly meetings where you will find the support of people going through a similar journey as yourself. We meet monthly at 1.30 on a Tuesday afternoon at Upminster Baptist Church in Springfield Gardens. There's time for a chat over a cup of tea and a program of interesting speakers talking on various topics. We'd be happy to see you if you just turn up or email one of the team if you would like more information. Carers welcome too.

Our next meeting will be held on 19th May For more details, please contact Ian.doreen@btinternet.com or Denise.hosking@gmail.com

Diabetes UK-Havering Group

Our next meeting is on Monday 18th May at 8.00pm at the Large Hall, 24 North Street, Hornchurch, RM11 1QX (corner of Westland Avenue, opposite Iceland). Mrs. Lisa Moore, Operational Lead Long Term Conditions and Mrs. Amanda Laybourn DSN From the Havering Diabetes Specialist

Services will talk about 'All aspects of Diabetes covered, including education available for those with Type 1 and Type 2 Diabetes.' As usual there is a £2 entrance fee that covers the cost of hiring the hall and also entitles everyone to a nice cup of tea/coffee. For further details please phone the Group Secretary on **01708 935779**.

The Wesley Players Present

The Book of Will by Lauren Gunderson. A moving drama inspired by true events. A story of love, loss, and laughter as Henry, John, Alice, Elizabeth, and Rebecca fight to preserve the works of their friend, William Shakespeare, before they are lost forever. Set in 1619 on London's vibrant South Bank, they face fire, grief, empty purses, and ruthless publishers in a race to create the very first folio. Step back in time and witness the extraordinary effort that saved Shakespeare's words and shaped the theatre we know today!
Location: Upminster Methodist Church, 10 Hall Lane, Upminster, RM14 1AE

continued on page 11

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 Book early to avoid disappointment.
 Book in advance at www.wesley-players.com or card/cash on the door. Need to speak to the Box Office? Text 07708 214742

Love Begins at 50

All Saints' Players are pleased to announce their forthcoming production of Love Begins at Fifty, a farcical comedy play by Raymond Hopkins. Clive has been married to Anita for 28 years. He feels deprived of love and affection whilst Anita believes she has married beneath her. In order to have some fun before his fiftieth birthday, Clive chooses three prospective partners from the local newspaper's 'Lonely Hearts' column. Unbeknownst to him, Anita enters a competition in the same paper. From that

point onwards things get a little complicated. What happens next? All will be revealed.
 Performances will be at All Saints' Church Hall, Ardleigh Green Road, Hornchurch, Essex RM11 2LG from 14th - 16th May 2026. Performances start at 8pm. Doors open half an hour before curtain up. Tickets cost £8.50 pp for Adults including interval tea/coffee. Tickets can be obtained from the Box Office on 01708 456683 or Email boxoffice@allsaintsplayers.org.uk. You can also follow us on Facebook and visit our website.

Caroline: A New Musical

Queen's Theatre
Wed 6 - Sat 16 May.

A radio station for young people! Why do we need that? Caroline dreams of something more than stacking shelves at the local greengrocers. Her days are routine, but her nights come alive, walking the pier, sharing laughs with her best friend Mary, and spinning records with Robbie, her music-mad boyfriend who's big on charm yet short on direction.

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But a music revolution is coming, and Robbie lands a shock gig with Radio Caroline – the pirate radio station blasting pop, soul and rock 'n' roll from a ship off the Essex coast and suddenly everything changes. Caroline is swept into a tidal wave of music, mayhem and a movement that would shake up British culture forever. Set to a soundtrack of iconic hits from the 60s, Caroline is a vibrant, heart-warming and rebellious new musical about love, ambition and discovering your own voice. She's not a DJ. She's not a rock star. But in the middle of Britain's radio revolution, Caroline might just steal the show.

Tickets can be booked on-line at <https://queens-theatre.co.uk/> or via the Box Office 01708 443333

Frankie Goes To Bollywood

Queen's Theatre
26 - 30 May.

After a smash-hit UK tour, Frankie returns to Hornchurch! Whether you're a fan of musicals, Bollywood films, or powerful British stories, this is one night

at the theatre you won't want to miss. Audiences are raving about the show - returning bigger, bolder, and bursting with Bollywood glamour! With show-stopping choreography, lavish costumes, and a cast of unforgettable characters, Frankie Goes to Bollywood is a bold, uplifting story of ambition, transformation, and the power of telling your own story. Tickets £22 - £34, Under 26s £10

Motorbikes and Scars

Trevor Rayment is a singer/songwriter who has lived in Upminster for 42 years. He has just released his 5th album 'Motorbikes and Scars' with his band 'Scaredy Cats'. The record is on 'Spotify', 'Apple music', 'YouTube' and most music platforms.

UCRA coach trip to Whitstable

Saturday 4th July
Whitstable is perhaps most

continued on page 13

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May Half Term at Thames Chase

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Tuesday 26th May at the following times: 10:30-11:15 and 11:30-12:15 Suitable for ages 3-12 years Cost £5 per child (includes one free accompanying adult)

On the same day, 26th May during the afternoon we have a **Pond Life Identification and Badge Making session**. Come to Thames Chase to help discover and learn about the pond life that is living here and make some amazing badges to take home! Great fun for the whole family! 1.30pm-2.30pm, cost £4 per person.

Join Eden Oasis on Sunday 31st May for an exciting experience with two sessions available from 10:30-11:10 and 11:40-12:20. Discover the hidden world of creatures that come alive after dark at Meet the Nocturnal Animals. Perfect for all ages for curious minds and animal lovers alike. Don't miss this unique opportunity to learn more about the wonders of nocturnal wildlife. Tickets: £10 per child - Includes 1 free adult. Children under 3 years £3

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Hornchurch Photographic Society

We are looking for new members to join our friendly club at Ardleigh House Community Association, Havering College, Hornchurch, RM11 2LG. We meet every Monday at 8pm to 10pm in the Main Hall. 2026 is our 90th year being a photo club and we will be holding 2 exhibitions in May and June to celebrate our birthday. If you have an interest in photography and would like to improve your skills, come and visit our friendly group. Our more experienced photographers are always on hand to help with camera skills and know how. Contact: Chairman Jean McGowan 01708 727694 or General Secretary Sean Callis: seancallis@outlook.com or Email: steve_hps@yahoo.com (Publicity Secretary). For more information, please Email hps@hornchurchphoto.com or look at our Website www.hornchurchphoto.com, Instagram [hornchurchphoto](https://www.instagram.com/hornchurchphoto) or Facebook [Hornchurch](https://www.facebook.com/Hornchurch)

Coffee Morning

Coffee morning and sale will be held at Trinity Church, Station Road, Upminster on Saturday 9th May from 10-12 on the front lawn, weather permitting. On sale will be plants, jewellery, puzzles, books, cards and craft items. All proceeds go to S.M.I.L.E London and Essex - Trinity's chosen charity for 2026, who support those in the local area facing poverty, homelessness and hardship.

OUT AND ABOUT

Upminster and District Horticultural Society

Tuesday 12th May 2026 New Windmill Hall **Soil Sweat and Tears** Our speaker Brian Carline is a former teacher, comedian

continued on page 15

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author and broadcaster who specialises in growing fuchsias, pelargoniums and vegetables. Brian will bring his homegrown plants for sale. Doors open at 7.15pm. The talk begins at 7.45pm with a tea/coffee break interval at 8.30pm and will conclude at 9.15pm. Entrance free for members. Non-members £3.00 <https://www.upminsterhorticulturalsociety.co.uk> Facebook: [Upminster Horticultural Society](https://www.upminsterhorticulturalsociety.co.uk)

The Arts Society Havering

Tuesday 12th May 2026 "Mirror Image: Elisabeth Vigée-Le Brun in Paint and Prose" by Alison Barker. Elisabeth Vigée-Le Brun was an eighteenth century artist, painting the aristocracy of France during the Revolution and in the shadow of the Guillotine. New Windmill Hall Upminster RM14 2QH at 10:15 am. This event is open to visitors for a fee of £8:00. Please visit our web site <https://tashavering.org.uk/Lectures/FutureLectures.aspx> Facebook: <https://www.upminsterhorticulturalsociety.co.uk>

[facebook.com/groups/199870022175485](https://www.facebook.com/groups/199870022175485) or contact us at info@tashavering.org.uk, or telephone 01708 221903

EOLFHS

The East of London Family History Society (EOLFHS) Havering branch will meet at Trinity Church, Gaynes Road, Upminster Essex RM14 2SJ on Saturday 2 May. The hall opens at 1.00pm and the meeting starts at 2.00pm. Eleanor Bloom will talk about the Great Fire of London 1666. Eleanor Bloom is a former City of London police officer and is now a City of London and Westminster guide.

Havering Antiques Club

Havering Antiques Collectors Club meets on the 3rd Friday of the month at the Harold Wood Neighbourhood Centre, Gubbins Lane, Harold Wood RM3 QA from 7.45pm to 9.15pm. Buses 346, 256 and 294 stop outside. Annual membership is a mere £40. Guests are assured of a warm welcome.

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Wednesday 13th May 2026: The Bletchley Park Girls Ellen Owen will tell us the story of the 7,500 women of Bletchley Park from their initial recruitment, backgrounds, their roles, routine and the secrecy of their work
Doors open at 10am - talk starts at 10.30am. £2 supplement for members £4 admission for non-members. Tea and coffee served at the end of the meeting. For more details please email: friendsoldchapel@mary.havering.sch.uk

Havering Astronomical Society

Please note our new concessionary rate of £30 for

those aged 30 and under at time of joining; this and other fee details can be seen on our home page: www.havastro.co.uk.
Upcoming meetings as follows:
Adult Group Wednesday 20 May, 7.15 for 7.30pm
Les Brand, our Vice Chair and Outreach Officer, who works part-time as a Support Astronomer and Adult Astronomy Tutor at the Royal Observatory Greenwich, will present a talk entitled '350 years of the Royal Observatory Greenwich and my small part in its history'.
Young Astronomers (aged 8-16)
Meetings are on the first Thursday of the month (7-8pm). These events are a mix of space news, talks, activities, and observing when possible. Please contact young.astronomers@havastro.co.uk for further details.
Our events are held at Thames Chase Forest Centre, Pike Lane, Upminster. For further information, please see our website or e-mail enquiries@havastro.co.uk

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Havering & District National Trust Association

Our next meeting will be held on *Saturday 16th May*. This includes a talk by Anita Sackett. entitled "1940's / 1950's Memories

- Streets / Street Traders & Games." Meetings are held in the Large Hall at Ardeleigh House, Hornchurch, RM11 2LG. Starting at 2.30pm. Visitors very welcome £3.00 per person. Refreshments during the interval £1.00 for tea and biscuits. Books & jigsaws available plus a raffle.

We break up for the summer after that meeting. For further details of the Cream Tea and the holiday in September please contact the secretary on HaveringNTA@hotmail.com or Anne on **01708 446593**.

Wednesday Afternoon Music at Hornchurch Library

Wed 6th May at 2pm **Blue And The Blues** - presented by Graham Fenegan. Music that has 'blue' in the title be it popular, orchestral, classical or any genre and include the sky, sea, moon or even the River Danube but additionally there will be some 'Blues' singers and musicians. If everyday you have the blues come along and shake them away.

Wed 20th May at 2pm **Wake Up & Settle Down** - presented by Stephen Raindle. A selection of mainly classical music that will vary from up-tempo to restful. There will be marches, boisterous dances, adagios, night time melodies and soothing vocals. All programmes are of recorded music played on high quality

audio equipment and take place in the 1st floor main meeting room, Hornchurch Library, North Street, RM11 1TB commencing at 2pm and finishing by 4pm. Admission £2 per person with interval refreshments available. For further details or to be added to our email list call Stephen Raindle **01708 470670** or email sraindle@aol.com

Upminster and District Probus Club

Are you a retired or semi-retired Gentleman? Our Probus Club meets at the Square in Deyncourt Gardens, Upminster on the second Wednesday of each month, where this month we enjoy a chat and a drink before a 3-course lunch followed by tea or coffee. Our speaker will be Danielle Barnett and the subject will be **Marilyn Monroe and Tales of Tragedy**.

Wonder if you'll fit in? Why not come along? You'll be sure of a warm welcome. Lunch costs just £25, payable at the meeting. You can find us on Facebook or on [upminsterprobussec.wixsite.com/upminster-probus](https://www.upminsterprobussec.wixsite.com/upminster-probus). Should you wish to attend one of our meetings, you will need to book your lunch in advance by telephoning our secretary, Martin Beadle on **07966 881103** or you can email him at upminsterprobus.lunch@gmail.com.

Upminster Wine & Social Club

The club meets on 21st May at Cranham Social Hall in Front Lane. On this evening, we will be visited by Guide Dog puppy trainers. There will be cheeses and biscuits available along with a glass of wine. Guest fees £5. For

continued on page 19

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The Proper Blokes Club

Would you or 'your man' like to get some exercise, or meet some new guys for a regular, year-round 'walk and talk'? It's good for all adult men. Team Upminster meets every Wednesday, 6.30 at the side entrance of Upminster Station, for a local one hour walk. It's welcoming, supportive, friendship-building, and there's the opportunity to join other London groups for extended walks, have a local group bi-monthly evening meal, family games night, or also join Team Hornchurch (Sundays 9am), or Team Romford (Mondays 7pm). www.theproperblokesclub.co.uk or 07397 501110, or 01708 251265

The New Horizons Club

We are a friendly social dancing club who meet every Monday (excluding Bank Holidays) at the New Windmill Hall, St. Marys Lane. Our programme includes Ballroom, Latin and Sequence dancing with regular 'Themed' evenings. The club is open to all adults - no upper age limit. Come along and make new friends and brush up on your dancing. Doors

open 7pm with dancing 7.30pm - 10.00pm. Annual fees: £10 per person, with weekly entrance fee of £6 (£7 non-members). Contact: Peter Kirtland: 07855 406187

Tuesday Art Gathering

Have you ever enjoyed drawing, doodling, or painting? Do you still find the time, space, or motivation to create? Every Tuesday evening from 7.15 pm to 9pm at Cranham Social Hall, Front Lane you'll find a welcoming space to relax and make art for two hours. Join like-minded people in a friendly, no-pressure environment where you can draw, paint, sketch, collage, zentangle — whatever inspires you. Bring your own materials and create at your own pace. Whether you're a beginner, a regular, or returning to art after a break, you'll be in good company. No judging, no scores — just the joy of making. Carl will be there to offer help and encouragement. Want to book a spot or chat about what to bring? Get in touch via Facebook DM - Carl Noah Ramsdon, WhatsApp, or call 07395 098972.

Trinity Leisure Club

Trinity Leisure Club (affectionately known as TLC)

meets every Thursday from 1pm until 3pm in the Roope Hall, Trinity Church (next to Roomes Store) and everyone is welcome. Just ring the bell for access. We play board and card games and enjoy a chat over a hot drink and biscuits or sometimes even cake! Some people bring their knitting but, whatever your preference, it's a fun afternoon in pleasant company. At only £1 per session (proceeds to the church and charity) it's an inexpensive afternoon out. Why not give us a try or bring some friends and get some TLC!

Other Clubs

Because of the pressure on space for this month's Bulletin, we are again just providing brief details of a number of other clubs and groups. This includes when and where these meet and contact details

Cranham Art Society meet every Wednesday 10 - 12 at Cranham Community Centre in Marlborough Gardens

Oglethorpe Women's Institute meet at Cranham Social Centre on the 4th Wednesday of every month from 1.45pm to 4pm. More details from Pat Bridge on 01708 225616.

Carousel Women's Club meet on Monday evenings 7.30 - 10 pm at the Cranham Community Centre, Marlborough Gardens, Upminster. More details from Eve

on 07768 160042 or Marion on 07976 692010 or come along to a meeting.

Deyncourt Ladies Probus Club meet every 3rd Wednesday of the month in the Masonic Hall,

Deyncourt Gardens, Upminster. For more information, please contact our secretary Pauline Diabale on 01708 524 897.

Cranham Engayne WI meet on the third Tuesday of every month at the Cranham Community Centre (Avon Road end of Marlborough Gardens) 1.45-3.45pm. For more details phone Una Henderson on 01708 225088, or simply come along to one of our meetings.

Upminster Park Townswomen's Guild meet at St Laurence Church Main Hall, Upminster on the third Monday of each month from 1.45pm until 4pm. For further information contact Anne Monk 01708 226305 or simply come along.

Friday Coffee & Conversation Club meet at Cranham Social Hall, Front Lane, on the second and fourth Friday of the month from 10.30 am to 12.30 pm. Cost is £2 for as many teas, coffees and biscuits as you want. Please come along and join our friendly club.

Cranham Baptist Church is opening for a weekly 'coffee stop' on Thursdays, 2-4pm. Please pop in and see us for a drink and a chat if you're free! Donations welcome.




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www.Communi-TeaCircle.org
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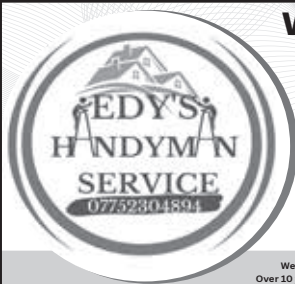
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Ardleigh House Trips

Monday 22nd June - A Tour of the pretty villages of Suffolk We will be joined by Claire, a Blue Badge Guide. The day will also include lunch and a stop in the afternoon for you to buy a tea/coffee. Tickets £55

Wednesday 29th July 2026 - Afternoon Tea on a Horse Drawn Barge We head to Marlborough first, before we rejoin our coach for the 30-minute journey to the Kennet & Avon Canal. Here you can sit back and enjoy a lovely afternoon tea while a sedate Shire horse pulls us along at a very gentle pace. Price £68.00

Thursday 13th August 2026 - The Eastbourne Air Show Eastbourne is always a favourite seaside town to visit but this year we are going on the first day of their Airshow. No special tickets required, as the airshow takes place over the sea all along Eastbourne Seafront. With a special pass our coach will drop us off right by the Pier in the centre of all the action. Price £33.00

Monday 5th October to Friday 9th October - Holiday to Torquay More details later or on the website. To book any trips please go to our website www.ardleighhouse.org/trips

Online Subscription Payments now available

The UCRA are pleased to announce that residents can now pay their £2.00 annual subscription direct to us via an online bank payment. For those that don't have access to online banking, the option of paying your £2.00 subscription through one of our collectors will still be available. Should you wish to pay online please make your payment to the following account:

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RM14 1LD. Fund raising concert to help the Romford Drum & Trumpet Corps to travel to the USA to represent England in marching and concert band competitions. Tickets are £10. Doors open at 6.30pm for 7pm start. For more details of the concert please Email info@rdtc.org

As a precursor to the Band's concert, music workshops will be offered free of charge in the afternoon from 3-6pm to young (10-18) brass and woodwind players with the possible opportunity of performing with the band in the evening performance. For further details of the workshop please Email banddirector@rdtc.org

Litter near to the Upminster Train Depot

A resident recently contacted me to point out that there was a large amount of collected litter behind the Upminster Depot sidings, past the bottle banks at the far end of the council car park. After establishing that was on Transport for London (TfL) land, I asked them to litter pick the area. It appears that much of this rubbish has probably been caused by people throwing it over

the fence while walking over the railway bridge. I would ask that people refrain from doing this, as it is unsightly and TfL are unlikely to agree to repeatedly clear it up in the future.

Cllr JOHN TYLER
Cranham Ward

Power of Attorney

We try not to think too much about the future and the ageing process, but if we are lucky, we can live to a good old age. This however doesn't necessarily come with good health, and we may be unable to manage our own affairs, having to depend on someone else to take responsibility for our wellbeing.

It would be good if we could all just do that without the need for forms and bureaucracy but there are legal requirements that we have to comply with to ensure we can get and give that support.

Even if you are a married couple, it is advised that you put in place Power of Attorney for 'Property and Financial Affairs' and the second for 'Health and Welfare'. You can do this online which costs under £100, alternatively a solicitor will be able to organise

continued on page 22

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Councillor GILLIAN FORD
Cranham Ward

Seated, Supported and Standing Inclusive Dance Exercise Class for Older Adults

Long-term local resident and dance teacher Sue Wilson has taught toddlers, children and adults in Upminster & Cranham since 1989. Her Simply SOSA class incorporates Falls Prevention techniques and supports older adults and those with long-term health conditions and disabilities. Held Mondays at Cranham Community Centre (12-12.45pm), the class allows participants to sit, stand, or use support as needed, ensuring full accessibility. After moving and singing to a range of uplifting music, participants can stay for a cuppa and chat. The first class is free; weekly sessions cost £7 thereafter.

Simply SOSA is designed to improve heart and lung health - endurance - balance - motor fitness - memory - posture - muscle tone - co-ordination - strength - and overall wellbeing. Adaptations are included to accommodate restricted mobility. Sue says "The aim of Simply SOSA is to promote happiness and overall wellbeing through dance while improving mobility and physical health. We really do all dance ourselves happy!" Sue also offers talks for clubs to encourage older adults to keep active and connected.

You can contact Sue on **07940 781881** or email to: sue.danceaway@yahoo.com. More info here: www.dancewithsue.co.uk

School Wars (the facts and outcomes)

Some local residents may have heard of the recently publicised "school wars" that were being circulated on social media a few months ago with a group of approximately 130 young people across London. Understandably the police took the matter very

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seriously and although nothing came of the event there were a number of recommendations that arose. Thankfully the anticipated offline risks did not fully materialise owing in large part to early intelligence assessment, tactical planning, and wider partnership interventions however a number of observations were made following the threats to personal safety that were made:

1. Safeguarding instincts. Young people described feeling an immediate need to protect their families, siblings, and close friends when encountering harmful or provocative online content.

2. Understanding of reporting routes They showed good awareness of how to escalate concerns—whether to trusted adults, schools, parents, or through direct reporting mechanisms on social media platforms.

3. Non amplification as a protective behaviour Many recognised that engaging with or sharing harmful posts fuels their visibility and momentum. Choosing not to share content was seen as an important form of harm reduction.

4. Peer to peer reassurance Informal conversations among friends were a key method for sense checking, calming fears, challenging myths, and reducing anxiety within their own networks. Although based on a North London position these insights are likely to reflect wider sentiment among young people across Haringey and serve as a reminder of the power of social media and the importance of communication with our teenagers.

Clr LAURANCE GARRARD
Emerson Park

Those were the days!

If you wish to catch up on old editions of The Bulletin, please note that on our website copies go back to 2015!

Helping to reduce vehicle thefts

The police have advised that the most effective steering wheel locks are those that cover the whole steering wheel making them particularly difficult to remove.

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