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UPMINSTER & CRANHAM RESIDENTS' ASSOCIATION

What UCRA has delivered over the last 4 years

It is great to have the support of the residents of Upminster and Cranham, and we will continue to focus on the local issues that matter to you over the next 4 years. Following our article last month, in this the second of the series, we set out the range of more major local issues and support with which UCRA has been involved over the past 4 years

Finance

On entering the administration in 2022 we exposed the appalling state of the borough finances and lobbied with some success for a better deal. We were successful in attracting external funding to be used to enhance the town centre (UKSPF) and the Tithe Barn (National Highways, English Heritage, Historic England). We were also successful in getting continuing support for the Upminster Christmas events, combining contributions from local businesses with direct grants from ourselves.

Supporting our parks

Another focus of our efforts has been our continued backing for a range of Friends groups including support for Upminster Park, establishing the Friends of Upminster Playing Fields, reinvigorating the Friends of Clockhouse Gardens, with a Friends of Brickfields in development. We also protected the Fleet Close Green as a Village Green, with a Friends Group developing there too. Councillors have also been active in litter picking and tidying up other green areas.

Keeping the community informed

The UCRA website provides a valuable resource to the community, keeping people informed about current events and issues and is updated on a regular basis. The Bulletin, also published by UCRA on a monthly basis provides a range of local news, views and issues of interest to the community, aiming to help residents keep safe and informed. In addition, the Bulletin provides the opportunity for local tradespeople and those providing services of different types to connect with their potential customers in the local community.

Benets Road protest

On Sunday 14 June, Councillor John Tyler and myself joined residents for a protest against the recent planning application for 475 homes on the beautiful fields behind Benets Road on the Dury Falls Estate. There was an excellent turn out and it was very well organised by residents with refreshments available.

If the application is rejected by the local planning authority, the Greater London Authority (GLA) has the ability to call it in and make the decision themselves. However residents and Cranham Ward Councillors are hopeful that they have provided enough evidence to show why this application should not be allowed to go ahead. We will keep you updated with any news via the Bulletin and on our website ucra.co.uk.

Cllr LESLEY TYLER

continued on page 2

Armed Forces Day celebration

Col Mark Bryant MBE, Nick Bracken OBE DL, Elm Park Residents Association Councillors Barry Mugglestone and Stephanie Nunn and former Councillor Graham Williamson took part in celebrating the Armed Forces Day in Romford recently.



Whitepost Farm, Ockendon Road - LMC Motors

On 5 December 2025, Havering Council refused a retrospective planning application made by the occupiers of Whitepost Farm, LMC Motors located at the junction between Ockendon Road and Clay Tie Lane. LMC had breached planning regulations by setting up a large scale motor vehicle business within a Conservation Area. It was also deemed to be detrimental to the character and openness of the Green Belt. LMC Motors were given until 5 June 2026 to appeal the refusal.

Earlier this year, when I was alerted by residents of North Ockendon that despite the planning application refusal (and a prior enforcement notice preventing LMC from extending the development on the land), the business was moving earth around and seemed to be carrying on operations on the farm regardless.

I am pleased to say that, just after I stepped down as councillor in Upminster ward, Havering Council attended the site and on 4 June 2026 a new enforcement notice was



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ASSOCIATION COUNCILLORS

UPMINSTER WARD

Oscar Ford
01708 641317



oforducra@gmail.com

Chris Wilkins
07960 059195



CouncillorChristopher.Wilkins@havering.gov.uk

Michael Fisher



m.fisherucra@gmail.com

CRANHAM WARD

Gillian Ford
01708 641317



councilorgillian.ford@havering.gov.uk

John Tyler
07982 962925



JohnTylerUCResidents@outlook.com



@CllrTyler

Lesley Tyler
07467 840399



ltylerucresidents@outlook.com

ASSOCIATION CONTACTS

Commercial Advertising
Martin Flower 07785 244212
bulletinadvertra@yahoo.com

Bulletin Editor Richard Paling
bulletinra@yahoo.co.uk

Upminster Organiser
Gio Anastasi 07908 916119
gio.anastasi@hotmail.com

Cranham Organiser & Residents' Association Website
John Tyler 07982 962925
www.ucra.co.uk

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issued. The business has until
2 July 2026 to either a) make
an appeal to the Planning
Inspectorate or b) to remove
all the vehicles and storage
containers from the farm and
remove all hard surfaces which
they laid and remove/demolish
any additional buildings which
they had erected or added to the
site.

Upminster councillors will keep
you informed on what happens
going forward.

JACQUELINE WILLIAMS

- consider asking your
neighbours to close curtains
after dark and to park on your
drive
- remember to cancel newspaper
and milk deliveries

For further advice on home
security and all other forms of
crime prevention visit met.police.uk/cp/crime-prevention/.

Cllr JOHN TYLER

Going away?

Here are five tips from the
Metropolitan Police to help you
keep your home and belongings
stay safe while you're away:

- if you're off on holiday and
wish to post anything on social
media, make sure your posts
aren't public and that they're
only seen by your friends
- leave lights and a radio on a
timer to make the property
appear occupied
- get a trusted neighbour to keep
an eye on your property or join
a Neighbourhood or resident
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Cllr JOHN TYLER

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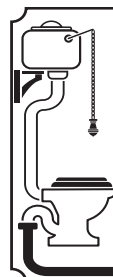
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New Zebra Crossing in Front Lane

Local residents will have seen that a new Zebra Crossing has been installed in Front Lane, Cranham, south of Isis Drive. This follows several years of campaigning by both residents and your Cranham Ward Councillors.

The crossing will, for the first time, provide a safe crossing point for parents and children making their way between the Waycross Road area and Engayne Primary School.

Cllrs GILLIAN FORD,
JOHN TYLER and LESLEY TYLER

Avon Road display board

Residents may have noticed that the community display board in Avon Road near to the postbox has been badly damaged. This appears to have been hit by something heavy. I have reported this through to the Council as a matter of urgency for it to be made safe and we hope that it will be fully repaired or replaced as soon as possible since this provides

an important asset for the local community.

Cllr LESLEY TYLER

Hall Lane Playing Fields

If you carry out football training on Hall Lane Playing Fields, please make sure you go through the formal channels. There have been concerns raised that clubs are meeting at the park without permission, causing damage. If you or your children train over there please check the club is permitted to do so. The booking of grass pitches and facilities can be done by emailing parks@haverling.gov.uk, alternatively by calling 01708 434743.

Cllr GILLIAN FORD

New scheme to tackle theft of trade vans

Our local police have highlighted a new initiative to tackle the theft of trade vans and the valuable tools they carry. The scheme invites trade van owners to

sign up to a monitored vehicle watch programme, providing an additional and highly visible layer of security. Participants will receive professionally installed tamper proof identification stickers, clearly signalling that the vehicle is registered under the scheme and may attract police attention where appropriate and with the owner's consent. By increasing visibility and awareness, the CT1 Vehicle Watch Scheme acts as a strong deterrent to theft. It also supports the early identification of stolen vehicles, improving recovery rates and reducing the risk of further crimes linked to stolen vans and tools.

This project represents a unique pilot across Havering and Essex and is currently limited to the first 1,000 registered vans. Demand is expected to be high, and eligible vehicle owners are encouraged to register promptly. The scheme is free to join with no ongoing obligations, making it an accessible and practical solution for those serious about safeguarding their vehicles and tools.

Van owners wishing to take part can sign up and book a professional installation appointment via

vehiclewatch.ct1.com/.

Cllr JOHN TYLER

Things need to change

Have you noticed how some people think it is OK to leave their rubbish in the streets and in our parks? We used to be told if there isn't a bin, take the rubbish home with you. So what has changed? Being a Councillor you regularly receive complaints about litter and rubbish that the Council has failed to clear but we also receive complaints about the state people have left the area in. Our parks are a good example. Please, please, please use the bins, if that one is full, wait until you find another one or take your rubbish home. Parents and carers, please teach children and young people to respect the area, as none of us want to live in a place that looks messy.

Cllr GILLIAN FORD

Trip hazards and pot holes

During my ward work, if I come

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Courier fraud targeting over 70s

City of London Police have issued a warning regarding courier fraud, particularly targeting the over 70s. Courier fraud typically begins with an unexpected phone call from someone claiming to be a police officer or bank employee. Victims are told their account is at risk or that they are assisting with an investigation, before being instructed to withdraw money, purchase items, or disclose

sensitive information. A courier is then sent to collect the items such as jewellery, cash, bank cards and PINs. In reality, this is the work of criminals.

How to protect yourself:

- Your bank or the police will never ask you to transfer money to a safe account.
- They will never send a courier to your home to collect cash or property
- Contact the organisation directly using contact details you know are correct, such as those on official websites, on the back of your card or by calling 159 for your bank.
- Don't trust Caller ID on your phone - it's not proof of ID.

You can report suspected scam calls by sending a text to 7726 with the word 'Call' followed by the caller's number. If you think you have been a victim of fraud contact Report Fraud on **0300 123 2040** or visit reportfraud.police.uk.

Cllr JOHN TYLER

Beautiful verges

In some parts of our area,

residents have taken particular care of the areas on the street outside their houses with flowers and verdant green grass. Examples of this are shown. Our thanks to people who look after their verges and keep the streets looking neat and tidy. If readers have any other examples, please send them in.



Allotment break-ins

Following thefts of tools over the past couple of years from both Ashvale Gardens and Stewart Avenue allotments, the Upminster Police Safer Neighbourhood Team (SNT) have been invited

to an open day event on the 15 August 2026 at Stewart Avenue allotments. The police have also given the following crime prevention advice.

Allotments are friendly places, but they are sometimes targeted for theft or damage. These easy steps help keep everyone's plot safe -

- Lock It - Always lock your shed and gates, even if you're 'just nipping off'
- Use a strong padlock on sheds
- Don't leave tools out overnight
- Take valuables home - If tools are expensive (e.g. strimmers, drills), take them home. Avoid storing fuel or high value items on site
- Mark your tools - Write your plot number or postcode on tools. Use a UV pen or permanent marker if you have one. Marked tools are harder to sell and easier to return.
- Be aware - Visit your plot regularly. Say a friendly hello to people you don't recognise - offenders don't like being noticed. Let the committee know if something doesn't feel right.
- Report problems - Via 999 if a

continued on page 7

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crime is happening right now, or 101 or online police report for theft, damage or suspicious activity. Please report every incident, even small ones.

- Look out for each other - Keep an eye on nearby plots. Share information with neighbours. A busy, active site is the best deterrent.

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Cllr JOHN TYLER

What a difference you've made to 2,945 people.

Because of the kindness of the supporters of St Francis Hospice, people facing the most difficult moments of their lives have not had to face them alone. In 2025/26, your support helped St Francis Hospice care for 2,945 people, both at the hospice and at home. That's not just a number - it represents thousands of moments of compassion, dignity and

understanding when it mattered most. This support has helped provide outstanding care on our ward, in people's homes and across the community. It has also funded vital therapies, counselling and bereavement support, bringing comfort and reassurance to families when they need it most. This year, the generosity of our supporters also helped us complete our Ward Development Project, creating a more welcoming, homely environment for the people in our care.

New and faster MRI scanners at Queen's Hospital

Patients at Queen's Hospital are set to benefit from faster scans, clearer imaging and a more comfortable experience following the arrival of two Siemens Sola MRI scanners.

These can complete some scans much faster than the previous machines, particularly for patients needing imaging for back problems, joint pain, and muscle

injuries. By reducing the time it takes, The hospital expects to be able to see more patients each day and help reduce waiting times for important diagnostic tests. Last year over 49,000 MRI scans were completed.

The scanners produce clearer, more detailed images, helping clinical teams diagnose conditions faster and more accurately. Patients may also notice they feel less cramped than older machines. The new equipment has a wider opening and is designed to create a more comfortable experience, particularly for patients who may feel anxious or claustrophobic during scans.

Fostering in Havering

As Ward Councillors we are being urged to promote "Foster for Havering". The Local Community Fostering Service is dedicated to supporting people to becoming a local authority foster carer. A comprehensive guide is available at havering.gov.uk/fostering or by calling **020 8496 3437**.

Cllr LESLEY TYLER

Reporting suspicious emails

The Metropolitan Police have recently highlighted that 55.7 million suspicious emails were reported to the Suspicious Email Reporting Service (SERS). 'Phishing' is when criminals use scam emails, text messages or phone calls to trick their victims. The aim is often to make you visit a website, which may download a virus onto your computer, or steal bank details or other personal information.

Reporting a scam is free and only takes a minute. By reporting suspicious emails, messages and calls, you can reduce the amount of scam communications you receive, make yourself a harder target for scammers and protect others from cyber crime online.

If you've received an email or text message that doesn't feel right, STOP!

- Break the contact - don't reply, click on any links, call any phone numbers or make any

continued on page 9

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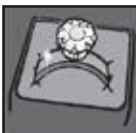
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Cllr JOHN TYLER

Upminster's only rooftop bar

If you want a drink with a great view and with very pleasant and breezy surroundings, the rooftop terrace at Brewdog in Station Road could be the place to go, especially if you are coming home from the station at the end of a hot and busy day. The terrace provides an impressive view over the area

and is generally open when the bar on the ground floor is open, (although it may be closed in weather when you would not want to be outside!).

While the terrace is open for most of the time that the ground floor is open, the bar there is only open at busier times so it is worth checking at the main bar. However, if the upstairs bar is closed you can always make an order downstairs and either have it delivered to the rooftop or take it up with you.

There are also occasional events on the terrace, including live music, singers and DJs, with details of upcoming events released monthly on social media and on posters outside the building. The rooftop terrace is also available for private hire for all kinds of celebrations.

Please note that access is currently via stairs.

Hornchurch Football Club

As you can imagine our local club having been promoted are looking forward to the next season starting this month. As we are going to

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press a number of the Supporters Club have been tidying up areas around the ground. For games at The Stadium, Bridge Avenue please have a look at the club's excellent website .

Crime Prevention Stall on Upminster High Street

Met. Police will be manning a Crime Prevention Stall on Station Road near the Brewdog pub on Friday 21 August at 8.00pm (weather and police operations permitting).

Cllr LESLEY TYLER

South Essex Townswomen's Guild Leisure Day 2026

Our annual leisure day will be held at the New Windmill Hall, St. Mary's Lane Upminster on Tuesday 22nd September 2026. The doors will be open from

9.30 am. Tea, coffee and biscuits will be served, followed by three informative and entertaining speakers. There will be a break for lunch from 12.15 pm until 1.55 pm when ladies can enjoy local lunch venues. The event will finish at 3.30 pm.

Tickets are priced at £9 (incl. of tea, biscuits and coffee) with payment at the door. Please contact Brenda Smith on **01708 457403**

'Grief Shared'

Cranham Baptist Church is starting a monthly bereavement support group called 'Grief Shared' on the first Friday of each month, from 1:30 to 3pm. Here people who are grieving can come and share stories and support one another through the difficult grieving process. Refreshments are provided and there is no need to book. For any questions please contact Helen on **07436 720911** or email cbcminister1@gmail.com.

The Windmill in August

The Windmill is open on 8th, 9th

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and 23rd August - you can tour the Mill, or simply come and enjoy the sun in the Visitor Centre Garden or on the Mill Field with tea and cake from our kiosk. We have games and activities for kids, and there are things to do and see in the Visitor Centre on the history of the Windmill and how it has been supported by the local Community during its long life.

Entry to the Garden, Visitor Centre and Grounds is free. Windmill tours are available at £6 Adults, Under 18s £2 [Minimum height 1 Metre]. Closed in footwear is required. For full details of opening times and activities in 2026, please visit www.upminsterwindmill.org

Trinity Church coffee morning

Coffee morning and sale will be held at Trinity Church on Saturday 8th August 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.

The church will also be open during the sale for anyone wanting to come and look round from 10.30-11.30am, with a short time of prayer at 11am. All are welcome to join us to light a candle and offer prayers for anyone or any situation close to your heart.

Help needed for 2nd Squirrels Heath Scouts Cub Pack

Do you have a couple of hours a week when you are free? Are you looking for some way of volunteering in the Community? Posy, our Cub Leader at the 2nd Squirrels Heath Scout unit would like some help with the Cub Pack. Are you that person?

The boys and girls are aged 8-10 1/2 years and the pack meets on Thursdays at 6.30pm- 8pm at the Arnaud Lodge, Slewins Lane, Gidea Park.

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Cubs do lots of different fun activities, from craft to camping plus visits locally and further afield. They also participate in Hornchurch District events, which is an opportunity to meet other Cub Packs from the area. It is a vibrant, busy Pack.

Interested? Find out more by contacting Glynis Youngs on **07779063110**.

Tony Rivers

I am sorry to inform you that as the July Bulletin was going to print, we heard that long time local resident Tony Rivers had passed away earlier this year. Tony born as Douglas Anthony Thompson lived in Hall Lane for many years and moved to Spain and came back to live in Yorkshire.

Tony was a singer, songwriter and session musician. In the 60's he formed Tony Rivers and the Castaways, then Harmony Grass. On youtube there is a range of videos. Tony will be remembered for being in the 1985 Live Aid Concert at Wembley backing Elton John and George Michael. He also backed Cliff Richard on many occasions and Cliff spoke kindly about Tony's passing. Locally

he was well known with his son Anthony at Upminster Cricket Club.

I have very fond memories of seeing Tony perform with Mick Clarke of The Rubettes at a number of functions locally. I simply also have to mention that one of the last times I saw him perform was for a special lady in my life when I had asked Tony to sing for her birthday at The Crumpled Horn. What a night we had with the bonus of Tony's son Anthony joining him.

RON OWER

Tee Off for a Great Cause at First Step's Annual Golf Day

Local charity First Step is delighted to announce its Annual Golf Day, proudly sponsored by West & Coe, taking place on Friday 18th September 2026 at Langdon Hills Golf Club. A highlight of the charity's fundraising calendar, the event brings together local

continued on page 13

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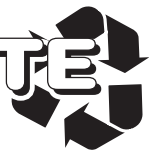
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businesses, supporters and golf enthusiasts for a fantastic day of golf, networking and community spirit, while raising vital funds for families supported by First Step. Set against the stunning panoramic views of Langdon Hills Golf Club, players can enjoy a friendly yet competitive 18 holes followed by opportunities to socialise and connect with others from across the local community.

Whether you are a seasoned golfer or simply enjoy a relaxed round with friends or colleagues, everyone is welcome to take part and support a worthwhile cause. The day will also feature a raffle and auction, and First Step would be grateful for any prize or auction donations from local businesses or supporters. Places are expected to fill quickly, so early booking is advised. To book or find out more, contact Kate on **01708 556 355**

Stewart Avenue Allotments Summer Open Day

Stewart Avenue Allotments will be opening their gates for its annual

Summer Open Day on Saturday 15th August between 10a.m. and 1p.m. as part of the National Allotments week.

Visitors will be able to examine the wide variety of plots on the site and see what is growing, as well as viewing the entries in the Allotment Show. In addition, there will be refreshment stalls selling tea, coffee and home baked cakes; plant and produce stalls; kids' activities; raffles and the opportunity for horticultural discussion. Entry is free, although donations will be welcome.

Visitors should come to the main allotment gates at the end of Stewart Avenue. There is no parking on the site but on street parking is available on Southview Drive, a short walk away through the public footpath to Stewart Avenue.

SAA open days have always been really well supported by the local community. Last summer, over 200 guests came to our site and we are really excited to be inviting visitors back through the gates again this year to celebrate our wonderful green space.

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the last three years we have donated over £3,000 and £2,000 respectively from our fundraising events, thanks to plot holders, donations and efforts and the generosity of our visitors.

For further information about the site, see our Facebook page and for any enquiries email stewardsaallotments@outlook.com.

New classes at the Cranham Community Centre

Pottery classes for adults (Guided hand building) Monday 10am - 12.00 and Friday 7 - 9pm

Mat Pilates classes - Aligned by Annie Saturday 9 - 9.45am
Contact Annie **07512740423**

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Day trip to Hastings - Saturday 19th September 2026 - £21 per person. Join us for a day out in the classic seaside town of Hastings! Explore the cobbled charm of the Old Town, relax on the beach, or stroll along the award-winning Hastings Pier. Ride the UK's steepest cliff railway, visit the museums, or simply enjoy fish and chips by the sea.

Symphonic Soul, Royal Albert Hall - Sunday 4th October £45.50
continued on page 15

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A Cockney Christmas - Tuesday

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For bookings and further details, please contact Gina **07958 006503** or ginasavillturner@outlook.com. Please note the telephone number in the July edition of the Bulletin was incorrect.

Thames Chase - August 2026

The Summer of Fun

Join us at the Thames Chase Forest Centre this summer! We have a variety of activities for children and adults available during August including:

- Follow the Invertebrate trail at the Forest Centre
- Adults Butterfly Bay: Flower Clay Necklace Making Workshop - 1st
- Revamp Boutique Tie Dye Effect Workshop - 2nd
- Children's Musical Maracas Craft - 4th
- Adults Glass Fusing Workshop with The Pink Parachute - 5th
- Children's Art Competition - FREE drop in session - 7th
- Children's LUSH Science Workshop - 9th
- Children's Butterfly Crafts - 11th
- From Sun to Stars, Observing at Thames Chase - 12th
- Children's Flower Power Craft Session - 18th
- Family Pottery Painting with The Pink Parachute - 19th
- Children's Circus Skills Workshop - 21st
- Forest Flow and Wander: Yoga, Meditation, Sound Healing and Wellbeing Walk - 22nd
- Thames Chase BioBlitz - FREE Family event - 25th
- Back To School with Party Monsters - 26th

For information and to book

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OUT AND ABOUT Havering Astronomical Society

Our events are held at Thames Chase Forest Centre, Pike Lane, Upminster. For further information, please see our website, www.havastro.co.uk, or e-mail enquiries@havastro.co.uk. NB: Please note our concessionary rate of £30 for those aged 30 and under at time of joining; this and other details can be seen on our website.

On Wednesday 12 August, we will hold an afternoon and evening of safe solar observing through our telescopes involving partial solar eclipse viewing and Perseids meteor shower watch in collaboration with Thames Chase. For full details and to book tickets for the planetarium shows, please see <https://>

www.tickettailor.com/events/thameschase/2149346.

Our Young Astronomer and Adult meetings, held on the first Thursday and third Wednesday of the month respectively, will resume in September. The 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.

East of London Family History Society

The Havering branch will meet at Trinity Church, Gaynes Road, Upminster Essex RM14 2SJ on Saturday 1 August. The hall opens at 1.00pm and the meeting starts at 2.00pm. Doreen Tayler will give the talk on Edward VIII's Courtesan and the Perfect Murder. In 1923 Marguerite Alibert, a former mistress of Edward VIII, then Prince of Wales, was on trial for the murder of her husband. The case was

continued on page 17

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very sensitive as Marguerite had kept compromising letters from the prince which could cause embarrassment to the monarchy. Doreen is a member of the society and an experienced speaker.

On Saturday 5 September, Tony Tuckwell will give a talk on London's 19th century suburban and manufacturing explosion and the impact of new immigration. Tony was formerly the Headmaster of King Edward VI Grammar School in Chelmsford.

For further details, please contact Janet Seward at Janetseward51@gmail.com or 07762 514238

Upminster Art Society

Upminster Art Society is a small but dedicated and friendly group, meeting on Wednesday evenings from 7pm onwards. We hold regular exhibitions at venues including Queen's Theatre and Upminster Library. Although we no longer have a resident tutor, professional artist demonstrations and a varied programme continue to inspire members to develop their skills and enjoy painting together. New members of all abilities are always welcome. For more information, please contact Terry on 07880 770324.

Cranham Art Society

We are a very friendly group who meet on Wednesday mornings at Cranham Social Centre in the main hall at Marlborough Gardens from 10 - 12. All abilities welcome. Just pop in to have a look around and see what we do or phone Kathy on 07749 868538 for more details

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!

Upminster Wine & Social Club

We meet in the Cranham Social Hall at 8 pm on the 3rd Thursday of every month. Our meeting date for August is Thursday 20th. For this we have a quiz organised. Guest fee is £5. please come along for a great evening out. For further information please contact Kevin on 07727 497367.

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

Havering Joggers

Havering 90 Joggers is a running club for adults aged 18+. We meet Tuesday and Thursday evenings at *continued on page 19*

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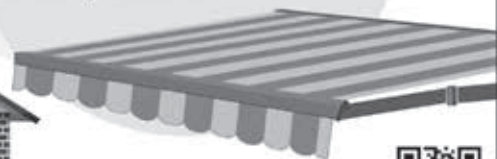
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7.30pm at Upminster Rugby Club, Two Gables, Hall Lane, Upminster. We also have a Sunday group that runs from a different park in Havering every week at 9am. We periodically arrange a Learn-to-run (Couch to 5k) coached 10 week course. Please get in touch if you are interested in joining future courses.

Runners of all abilities are welcome, from beginners learning to run, to those that wish to jog, chat and get a bit healthier, to those that want to improve their race times or train for specific distances. Come and try it for free. Further information can be found at www.h90j.org.uk or email membership@h90j.org.uk

Gadabouts Social Club

We are a friendship club for active single people between 40 and 70. The club meets on the first Tuesday of the month at Hornchurch Bowls Club. We have an interesting programme of monthly events arranged by our members. Included in the June programme will be live music events, quizzes and meals. Come along and make new friends. For more information contact Maureen on **07817 232156**.

The New Horizons Club

We are a friendly social dancing

club who meet every Monday (excluding Bank Holidays). We provide social evenings including 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 7.00 pm with dancing 7.30pm - 10.00pm. Contact: Peter Kirtland: **01708 227757** for further information

Upminster and District Probus Club

Are you a retired or semi-retired Gentleman? Our Probus Club normally meet at the Square in Deyncourt Gardens, Upminster on the second Wednesday of each month, where we enjoy a chat and a drink before a 3-course lunch followed by tea or coffee. Our August meeting will be held at Top Meadow Golf Club when our speaker will be Mike Brace who will be talking about This is your Life.

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. 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

Harwood Ladies Probus Club

Are you looking for a friendly place to enjoy a meal and make new friends? Are you new to the area or simply looking to expand your social circle? Our Probus Club is the perfect spot for you! We welcome new members of all backgrounds who are interested in sharing good conversation and laughter. We offer a delicious lunch, engaging talks to enjoy afterwards and a welcoming and sociable atmosphere where everyone feels at home. Interested in becoming a member? We meet on the second Wednesday of every month at Top Meadow Golf Club, Fen Lane, Upminster. Get in touch with Wendy for more details on **07860 262588**

Other Clubs

Set out below are brief details of a number of other clubs and groups. This includes when and where these meet and contact details. I am sure they will all give you a friendly welcome.

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 Diable 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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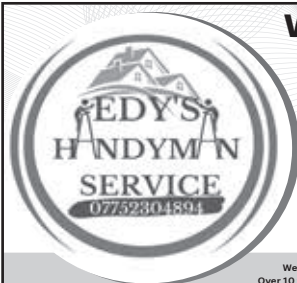
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Havering weed control schedule

Havering Council's weed control schedule for 2026 involves all wards having their roads sprayed four times during the growing season. As in previous years, if any areas appear to have been missed during spraying, ward councillors will bring this to the attention of the council.

By the time you read this, both Cranham and Upminster should have had two treatments. Cranham's remaining sprays should be completed by the end of July and the start of October. Upminster's should be completed by the end of the first weeks in August and October.

Cllr JOHN TYLER

Ardleigh House Trips

Due to the support we receive from readers of "The Bulletin" and many others who support Ardleigh House through our trips, we currently have no trips available with ticket availability. We are deeply grateful for everyone's support and are truly sorry. We are running a waiting list for each of our trips so please telephone our office if you would

like to be considered, if we get any cancellations. Telephone **01708 440660**.

All our current trips can be viewed on our website www.ardleighhouse.org/trips

Breast Cancer Support & Rehabilitation at My Pilates Fix Studios

At My Pilates Fix Studios situated directly opposite Upminster Station, Dr Karen Robb, specialist Cancer Physiotherapist and Body Control Pilates teacher, is offering private 1:1's or short courses for groups of maximum six Breast Cancer patients who need support at any point in their journey, whether that be soon after diagnosis, during treatment, or after treatment. The next group course is scheduled to start on Friday 18th September at 6pm. Karen will take you through the basics of Pilates and physical rehabilitation (or prehabilitation), taking into consideration your personalised needs and goals and tailoring appropriately. She will discuss consequences of treatment, look at risk reduction techniques for Lymphoedema,

fatigue management, and long term management of surgical scars in terms of mitigating movement restriction/discomfort. Breathing, relaxation and stress management techniques are incorporated into this course. These sessions are held in a safe and supportive environment and are designed to support recovery and wellbeing. For further information please visit www.mypilatesfix.co.uk or email contact@mypilatesfix.co.uk or call **07411 826721**.

Support Carol's fundraising with Strictly Saint Francis

One of our long-term volunteers, Carol Driscoll, is raising money for Saint Francis Hospice by taking part in a fab-u-lous night of dance, glitz and glamour at the Strictly Saint Francis event at the Brentwood Centre on 23 October!

Carol says "I am aiming to raise funds for the wonderful St Francis Hospice by taking part as a ballroom dance competitor in Strictly St Francis. In my life I have never asked for sponsorship and never had the courage and self-confidence to do anything like

this, let alone compete in front of a live audience. However, I'm pushing my fears aside as life is for living while I'm still fit and healthy enough and I am passionate about dancing, so what better way could there be to raise funds for Saint Francis Hospice?"

To help Carol raise money, visit her JustGiving page - [justgiving.com/page/carol-driscoll-1](https://www.justgiving.com/page/carol-driscoll-1).

You can also book tickets to the event itself by visiting [everyoneevents.com/whats-on/saint-francis/](https://www.everyoneevents.com/whats-on/saint-francis/). If you buy tickets to the event, it would be appreciated if you can email Carol at caroldriscoll298@gmail.com with your name and how many tickets purchased, as she will get some points credit towards her dance score for ticket sales.

New way to report fraud

The Metropolitan Police Service have sent out the following message regarding fraud reporting. From 04 December 2025, the existing Action Fraud support will be replaced by our new Report Fraud service. If you previously received alert messaging from Action Fraud, this will change to advice on cyber-crime and fraud from Report Fraud.

You should report cyber-crime
continued on page 22

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and fraud from now on via reportfraud.police.uk or on **0300 123 2040**.

Cllr JOHN TYLER

Travelling abroad with children after separation

What parents need to know

Many separated parents will want to travel abroad with their children. However, it is important to understand the legal requirements surrounding parental consent to travel outside England and Wales.

Q: Can I take my child abroad without the other parent's permission?

A: Not usually. If another person has parental responsibility, you will need their consent before taking your child outside of England and Wales, unless there is a court order that states otherwise.

Q: What happens if I travel without consent?

A: Travelling without the necessary permission can have serious legal consequences. It is child

abduction, which is a criminal offence

Q: What if the other parent refuses to agree?

A: It is important to seek legal advice as soon as possible as a Court application may need to be made.

For advice on travelling abroad with your child, contact Pinney Talfourd's Family team on **01708 229 444** or visit www.pinneytalfourd.co.uk.

Help needed

Help needed for a new Bulletin deliverer in Leasway and Shrubbery in Upminster delivering 40 copies once a month. Anyone interested please contact Gio Anastasi at gio.anastasi@hotmail.com.

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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

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If you have any queries on this please contact: philip.madeley@icloud.com

North Ockendon Reading Room - Update

On 30 April 2026, the North Ockendon Reading Room was sold as authorised by the Court Order dated 20 September 2024. In accordance with the Court Order, the net proceeds of sale are to be distributed in equal shares to persons who as of 20 September 2024 pay Council Tax or are entitled to a valid exemption from paying Council Tax for a residential property having one of

the following postcodes:

RM14 3PL, RM14 2XH, RM14 2XB, RM14 2TZ, RM14 3PP, RM14 3QJ, RM14 3QH, RM14 3PT, RM14 3PS, RM14 3QA, RM14 3PR, RM14 3PX, RM14 3QB, RM14 3QL, RM14 3QP, RM14 3QR, RM14 3PG, RM14 3RD, RM14 3RB, and RM14 3RH.

Anyone who meets the above criteria is invited to write to Pinney Talfourd Solicitors, Crown House, 40 North Street, Hornchurch, RM11 1EW or email readingroom@pinneytalfourd.co.uk and provide the following pieces of information: (1) a Council Tax Bill or evidence of Council Tax exemption covering the date of 20 September 2024 for one of the listed postcodes and (2) UK bank account details for the listed persons who pay or are exempt from paying Council Tax.

The deadline for providing both pieces of information is up to and including Monday 5 October 2026. Correspondence after this date will not be considered. It is the intention that the net proceeds of sale will be distributed in equal shares by the end of the year.



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