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**Delivered Every Month by the Residents' Association of Emerson Park - Part of the Havering Residents' Association**

# Welcome Back

Welcome to the first 'paper' edition of the Bulletin since March. It is certainly good to be back!

Firstly, we would like to say that we hope you, your families and friends have all kept safe and well during the past few difficult months. For anyone who has suffered a bereavement, please accept our sincere condolences. If anyone still finds themselves in difficult circumstances caused by the effects of the pandemic, please contact one of your local councillors via David, Laurance or Paul (page 22 for contact details).

Like many, we had to take difficult decisions at the start of the lockdown period. The advice at the time was that it would have been potentially unsafe to deliver Bulletins through the door, both for the deliverers and the people receiving them, and so we went 'online only' on our websites, for the April to July editions.

We know that many people will not have seen the Bulletin online and so we have repeated in this edition some of the more important and interesting stories you may have missed. In particular, there have been announcements from the council regarding parking charges and the extremely disappointing news that planning permission has been granted to build homes on the Hall Lane Mini Golf site, despite nearly 900 objections from the local community. We also re-launched our 'Shop local' campaign.

It is our intention to carry on delivering paper copies of the Bulletin every month from now on but it is inevitable that some of our volunteer deliverers will not be able to resume straight away, so please bear with us if you receive your copy later than usual. We are doing our best! If anyone new is able to assist with delivering to a road or roads in your area once a month, please let us know. We are grateful for all offers of help to deliver of distribute the Bulletin - Keep safe and keep well

Laurance Garrard, David Godwin, Paul Knight

The Residents' Association of Emerson Park Team

# Shop Local, Hire Local!



In our recent on line June edition we re-launched our 'Shop local' campaign as our contribution to helping local shops and business get back on their feet following the epidemic.

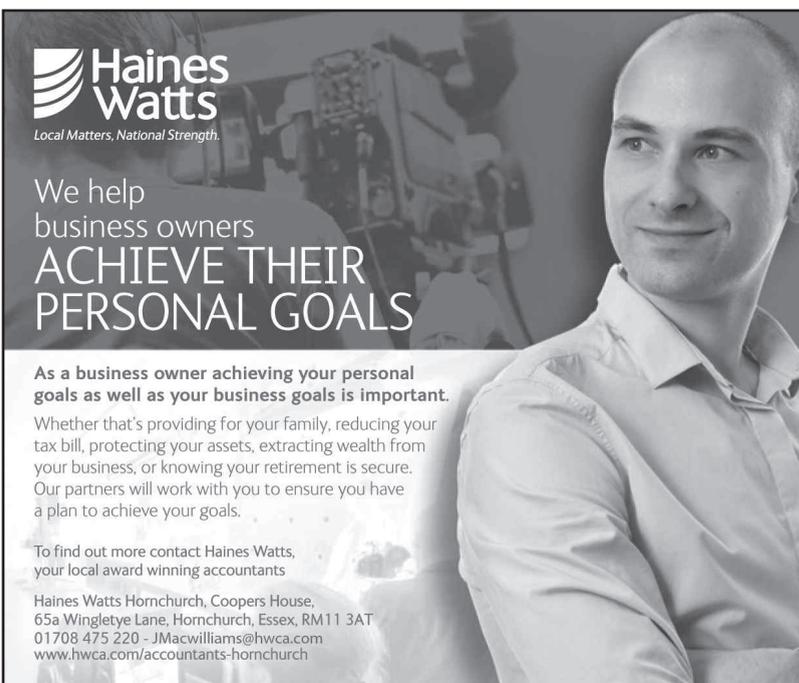
Now that the lockdown period has ended we are happy to repeat the message once again as it is very important that we look to the future and do everything we can as individuals to help support the businesses and workers in our local community and all of the self-employed.

Quite simply, for vast numbers of our local shops and businesses the next few months will be crucial if they are to have a long-term future. For their employees and many self-employed workers, their jobs depend on people spending money on the products they sell or the services they provide.

We are therefore once again calling on ALL local residents to 'Shop Local', whenever you can. Many of our nearby shops and businesses now provide home deliveries and can be accessed by phone or online.

Every pound you spend in a local shop or business and every time you employ a local trader, you are putting money back into our community. The profits and wages generated by your spending can then be re-spent in more local shops and businesses and will further help regenerate our local economy.

Before shopping online or visiting an out of town store, take the time to see whether you can source what you are looking for near to home and look out for our posters (shown on page 2) in our local shops.



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## RAEP – Keeping Busy

After three months of being unable to produce and circulate the Bulletin we are back. Some of you will have seen the interim Bulletins which were available on line from our website www.raep.org which we also keep updated with local news and information.

Myself, David and Paul have been still be busy maintaining a watchful eye on the planning applications with resident notification and objections where we felt necessary. We have also had the usual calls for local litter problems and our constant campaign to get the Council to concentrate their road repair scheme to roads that actually need repairing seems to be succeeding with the long awaited improvement in Wingletye Lane which we have been requesting for years. During lock down we were able to work from home and had several on line meetings with other members of the “Havering’s Residents Associations” a group which continues to go from strength to strength. A big thank you to our loyal deliverers and

distributers who continue to enable us to circulate the only monthly newsletter covering every household in the Emerson Park area. Plus our readers, many of whom contacted us asking when we could get the Bulletin organised again and thank you for being patient with us as we felt we could only start delivering when it was safe to do so. We are here to be of service to you and our local community and we thank you for your support.

Laurance

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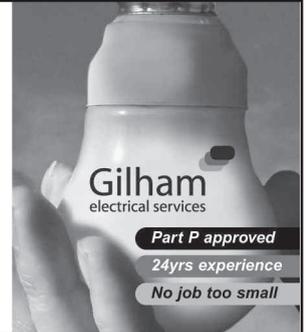
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## Police Contact Number

Kindly note the “Emerson Park Safer Neighbourhood Team” can be contacted on telephone number 0208 7212512. In an emergency please telephone 999.

the staff for reacting so positively to the changes we faced and to our clients who have accepted that whilst we were unable to provide the normal face to face service in the early stages of lock down we are now able to receive visitors to our office in Suttons Lane.

Ross King

## Local Business Survive the Challenges

As a local business based in Hornchurch, LG Insurance have been able to maintain a service to our existing and new clients throughout this difficult time. We managed to keep two staff operating at our office with social distancing and with eight staff working from home we managed to cover all calls and enquiries. Over the last few weeks we have gradually brought more staff back to the office but still have two staff who wanted to work from home for the safety of their elderly relatives, we were able to accommodate this and maintain an excellent service. My thanks to

## Electric Scooters

We were recently contacted by a concerned resident regarding the proposed legislation for electric scooters to be legally allowable on the roads. Having researched this we have found that the facility appears to be only for people over 16 and is restricted to roads and cycle paths – definitely not on pavements. The Council also have the right to suspend their use in areas that might constitute a hazard to the public. Whilst the Government are encouraging the availability of rental scooters in other areas of the country fortunately we will not have to suffer this for the foreseeable future. We propose to monitor the use of e scooters in our area and report to the Council our findings. In the meantime please let us know your views on this development.

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## Upminster Park/Hall Lane Playing Fields

Not surprisingly, we have seen the number of residents using our parks across the Borough, particularly those in Upminster, rise considerably during the recent spate of warm weather. The majority of residents have complied with social distancing rules, but a minority have, unfortunately, not done so. The Police were called out over a recent weekend, following reports of anti-social behaviour, at Hall Lane Playing Fields and Upminster Park. Our local Police Safer Neighbourhood Teams have told us that arrests were made and 'dispersal orders' put in place, covering both locations. They will be undertaking additional patrols in these areas. Information on local police activity can be found by viewing the Upminster Police Twitter and the Cranham Police Twitter pages. Their resources are stretched, as are Local Authority workers, and therefore in view of this can we please ask residents that when using local parks, to respect others and comply with social distancing rules. In

addition, please don't leave rubbish in the park. This is unsightly and attracts vermin such as foxes and rats. Both Upminster Park and Hall Lane Fields are fantastic places and we want to keep them that way, so please help us by keeping them clean for everyone to enjoy and use safely.

Cllrs CHRIS WILKINS, LINDA HAWTHORN, RON OWER, LINDA VAN DEN HENDE, GILLIAN FORD and JOHN TYLER

## The Palms Hotel Debacle

Over the weekend of the 20-21 June, rumours started emerging that the Home Office had decided to house up to 200 asylum seekers in the former Palms Hotel, on the A127. Residents' Association (RA) councillors were alarmed at the apparent lack of prior consultation with Havering Council or our local MP, particularly as it appeared at that time that local GP services, other health services and schools etc. would be required to take on all of those requiring their services, without any extra resources being provided by the Government.

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We immediately contacted senior officials at Havering Council, asking for further details of what was known about the proposals and clarification on whether planning permission was needed for the change of use proposed?

After several days of very little useful information from the council, we were informed on 24 June that the Home Office had abandoned its plans, which were described as a temporary measure during the coronavirus crisis, to house people who had already been granted asylum. A reason was not given of why the decision had been reversed? Whether the hotel would have been a suitable environment or location for the use the Home Office intended, is open to question - We were contacted by many residents who clearly thought it wasn't.

What cannot be disputed, however, is that although there was a lack of information provided by the Home Office in the first instance, when the Council's ruling administration did find out about the proposal in the middle of the previous week, they kept it quiet until the story broke over the weekend. At no time did they inform RA councillors, who, as elected representatives of

communities likely to be affected by the proposals, should have been some of the first to be told, but instead left us to rely on our own sources to find out what was happening. Was this a politically motivated decision? Whatever the answer, this was a debacle that showed no-one in authority in a good light.

Cllr JOHN TYLER

## Lower Thames Crossing - Further consultation

Highways England are holding a further public consultation on a number of proposed refinements to the design of the proposed Lower Thames Crossing. The consultation will run from Tuesday 14 July until midnight on Wednesday 12 August. For further details visit the Lower Thames Crossing website - [highwaysengland.co.uk/lower-thames-crossing-home](http://highwaysengland.co.uk/lower-thames-crossing-home), e-mail them at [info@lowerthamescrossing.co.uk](mailto:info@lowerthamescrossing.co.uk) or ring 0300 123 5000.

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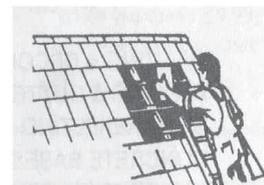
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## Dury Falls News Page

### Dury Falls Alley

Since 2019, Cranham councillors have been attempting to persuade Havering Council to make badly needed improvements to the alley that leads from the Dury Falls Estate to opposite Upminster Station. For the hundreds of people who have to use this uninviting footway, it is not a pleasant experience.

Last summer, frustrated at the lack of action by the council, local residents cut back plant growth from the railway embankment and neighbouring gardens. Councillors have continued to badger the council to regularly undertake this action themselves. In the meantime, councillors identified recognised crime prevention led improvements, such as widening the alley, rounding blind corners and adding a cycle lane. To enable this, a section of unused railway land would need to be purchased. We approached Network Rail, who invited an application to buy the land. We then applied to Havering Council at the end of 2019 to set up a working group to look into the viability of the project. To our surprise, they rejected the proposal. We appealed and, to assist, a local resident agreed to film her evening journey through the alley.

We recently found out that the council have again rejected our application, stating - 'They felt the video showed that the

alley way, although long was well cared for and there was no evidence of Anti Social Behaviour. The area is not a hotspot for crime in the area and as such the group did not feel that it warranted any further action at this time.'

We are extremely disappointed by this but will continue push the council to make improvements.

Cllrs JOHN TYLER, GILLIAN FORD, LINDA VAN DEN HENDE

### Maintenance Of The Alleyway

Councillors regularly report through the need for the alleyway to be maintained. Human excrement has been an issue over a number of months. It appeared to have stopped but we received a message saying that it had restarted. This was reported through to officers in June. Officers confirmed the "alley way was cut back and litter picked on the 12th June. The area will be monitored, and the fouling taking place in the alley way has been reported through to the Enforcement Team".

### Introduction of 20 MPH

The long-awaited introduction of 20 MPH speed limits on roads in the Dury Falls estate, whilst agreed by Havering, are currently on hold. This is due to Covid -19

issues. The majority of parking and traffic schemes have been halted for a number of months, whilst council officers have been working remotely and limited contact has been permitted with the public.

Work on schemes are likely to re-commence in September, but at that time there will continue to be some delay due to the back log. We know this will be disappointing given the time it has taken to get this long-awaited agreement, however we are assured the work will go ahead once 'more normal' working is possible. We will continue to press officers on this important scheme.

### Berkeley Drive Hill

Following contact from residents, in December last year we asked the council's Environment Services department to examine the potentially dangerous worn out roadway on the hill in Berkeley Drive, with a view to including it in the next phase of Havering's resurfacing program. An officer examined the roadway and decided that apart from a small area to be patched, it did not meet the council's level of wear to require resurfacing. We questioned this, particularly as it was on a steep hill but were told that they did not take 'geographical features' into consideration.

Not satisfied with this, we took up the matter with the Cabinet Member for Environment.

Unfortunately, the lockdown started a few days afterwards but we raised it again and have recently been told that as well as some short term patching work, this section of roadway will be fully resurfaced as part of their ongoing program of works. We do not have a date for this but it will hopefully be before the winter.

### Somerset Gardens

Unfortunately, one of the residents had a fall recently due to a manhole cover caving in when they stood on it, causing the lady an injury. Councillors reported this through to officers for the cover to be replaced. In some instances maintenance and repair is the responsibility of utility companies and not the Council. On these occasions the council liaises with the utility company, ensuring the works are undertaken.

### Dury Falls Close

Cranham ward councillors have been approached by a resident, requesting a road mirror be placed at Dury Falls Close. This is due to the blind bend and a couple of near misses. We have sent a request through to officers and are currently waiting for a response.

As always, if residents have any issues that we can help with, please contact us via the details near the end of The Bulletin.

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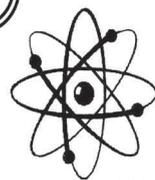


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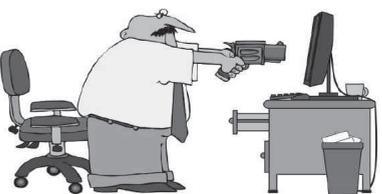


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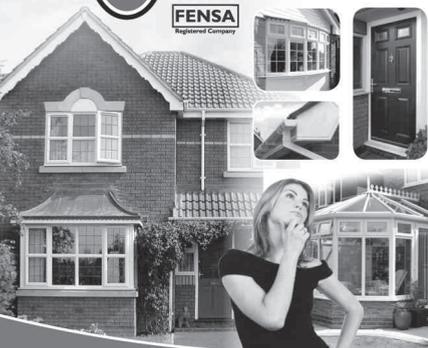



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## Parking 'Back Track'

Havering's Conservative Administration have performed a spectacular 'back track' on parking charges!! A recent Executive Decision, dealt with under 'Special Urgency', thus allowing no opportunity for call-in or scrutiny, proposes a range of parking changes.

Clearly the determined and ongoing protests of local residents and retailers have hit home and they are proposing the introduction of a 1 hour free 'Stop and Shop' in 1000 plus pay and display bays across Havering, together with free parking on Sundays. This is dressed up as 'supporting businesses' affected by the Covid-19 pandemic, failing of course to acknowledging that for some businesses it is a little too late, with some already closed for good. Whilst this proposal is to be welcomed, their failure to address any free parking in our Town Centre car parks is an opportunity missed and something local Councillors will continue to press for. There is a proposed discount for using cashless payments in car parks of 20%, which of course discriminates against anyone not having a smart

phone or ability to use one. There is an intention to offer special permits for 'key workers', although details on this are scant. These changes will start from 3rd August. From 13th July the reintroduction of enforcement for permit bays will operate. So be warned! From September consultations on parking and traffic schemes, suspended for many months, will recommence, so take the opportunity to ensure your views are heard.

Cllrs LINDA HAWTHORN, RON OWER, CHRIS WILKINS, JOHN TYLER, GILLIAN FORD AND LINDA VAN DEN HENDE

## UCRA Coach Outing News

Covid19 has had a dramatic affect on the travel and tourism industry, seeing many well known and trusted companies unable to survive. Regretfully, our regular coach company has ceased trading and our planned events have either been cancelled or postponed until next year.

With the recent cancellations of Country File Live, Salute to the 40's and The Thursford Christmas

Spectacular, we regret there will be no further trips for us this year.

We are consulting with event organisers and coach companies and hope to run a full programme of trips for 2021. If you have any questions or concerns regarding refunds or future trips please contact myself or Joan Carroll.

Gina Savill-Turner - gina.savill-turner@email.com 07958 006503 or 01708 228 270

Joan Carroll - joancarroll66@gmail.com 07789 956 399

## Free advice sheets from Pinney Talfourd

Pinney Talfourd solicitors have kindly provided us with a number of free advice sheets on subjects that may be of interest to some readers. The sheets give information on 'Family Courts', 'The impact of COVID-19 on estate executors', 'No fault divorces' and 'Children and coronavirus.'

The advice sheets can be accessed via our website [www.ucra.co.uk/free-advice-sheets-from-pinney-talfourd/](http://www.ucra.co.uk/free-advice-sheets-from-pinney-talfourd/) or by contacting Jo at Pinney Talfourd on 01708 255 189.

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## Queen's Theatre launches Summer Unlocked

Queen's Theatre Hornchurch is launching a programme of digital and in-person holiday activity for young people of all ages, Summer Unlocked.

These summer activities are designed to help offer safe and inclusive spaces for young people to develop friendships, grow confidence and most of all have fun learning and developing their skills as theatre makers with support from professional tutors. It is also an opportunity for the theatre to support local professional artists and put them in a position to inspire young people, create exciting new work and share some top industry tips.

All workshops are limited to 15 young people and have been designed to adhere to the latest government guidelines for COVID-19 Secure working and social distancing. Summer Unlocked runs from 07-28 August.

For further information please email the Learning and Participation Team: [learning@queens-theatre.co.uk](mailto:learning@queens-theatre.co.uk) or call the Box Office on 01708 443333.

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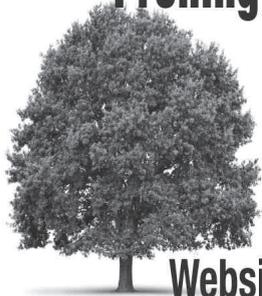
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## Caring For The Environment After The Covid-19 Pandemic

These have been a difficult few months, being isolated from friends and family and our usual social activities. However, I believe we can learn some positive lessons that will help us to live in an improved environment. Here are just two. First, during the pandemic road traffic was reduced, so there was less air pollution. We have learned that air pollution, as well as causing asthma and other illnesses, has actually made the effects of the virus worse for those infected. So, if you have not used the car so often, we very much hope that this will continue, so we all benefit. Second, it is likely that the virus spread to humans because the habitat of bats (its original host) was destroyed by human intervention. Perhaps the most important lesson we can learn from the pandemic is that we need to respect and protect nature.

Ian Pirie, Co-ordinator, Havering Friends of the Earth

## Parking Problems

We regularly receive a number of complaints on parking problems. Please see latest news from the Council

"To ensure parking contraventions are attended to as soon as possible, Parking Enforcement has advised that future reports and / or requests for parking enforcement can be sent directly to the Enforcement Team via an online form [https://www.havering.gov.uk/info/20004/parking/121/parking\\_tickets\\_and\\_traffic\\_fines/8](https://www.havering.gov.uk/info/20004/parking/121/parking_tickets_and_traffic_fines/8) or by telephone 01708 432 787, selecting option 6 to request enforcement action, or the on-duty Enforcement Supervisor can be reached on 07946 738 495. An available Civil Enforcement Officer can then be dispatched to the area of concern as soon as possible. Unfortunately, a PCN cannot be issued retrospectively nor upon third party evidence as the contravention must be observed by the issuing officer. "

We hope this helps.

## Bloom and Veg launch Online

Bloom and Veg are a family run Farm Shop, established in 1925, based in

Upminster, Essex. Specialising in British produce and holding a large range of fruits, vegetables and of course some 'little farm shop gems' too, including local jams and homemade cakes. In the middle of March they found themselves at the begin of this global pandemic and wondered what they could do to support their community. With delivery facilities already in place from their existing wholesale service, they adapted and invested to offer a home delivery sector. This meant they could still offer Fresh and Well Known goods, in a time of need, which was their priority. The service has since grown larger and wider beyond their imagination. They have now introduced an online store to create a simple way of ordering quickly and effectively. They would like to thank each one of their customers for supporting them every step of the way.

[www.bloomandveg.co.uk](http://www.bloomandveg.co.uk)

## Prevent Your Dog Getting Heatstroke

With the weather becoming more unpredictable we might expect periods of extreme hot weather during the summer months. Our pets

can suffer even more than us humans. Dogs can only sweat from their paws and rely on evaporative cooling by panting. If this fails to keep the body temperature below 41 degrees centigrade (105.8 degrees Fahrenheit) then heatstroke occurs.

If you suspect your dog has heatstroke it is important to cool them quickly. The best way to do this is to use plenty of cold water (provided the dog does not have any known heart disease). Always call your veterinary Surgeon as soon as possible as effects of heatstroke on the internal organs can be delayed and can be fatal. To avoid the danger of heatstroke always walk your dog early morning or late in the evening and avoid excessive exercise in hot weather.

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## TV Licence

In the May Bulletin (available on our web sites [ucra.co.uk](http://ucra.co.uk) (Upminster & Cranham) and [raep.org](http://raep.org) (Emerson Park)), we warned residents not to answer scam emails on TV Licence renewals. However the BBC announced last month that they would be charging the over 75s from the first this month - £157.50 for a TV Licence. Previously it was free for the over 75s. The Corporation say that the yearly cost of providing the free

*continued on page 11*

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service will be a billion pounds by 2023.

Whilst several million households who are on pension credit will be exempt (pension credit was introduced for pensioners to bring weekly income to a minimum amount), it has been reported that the change will affect three million households. Please see the TV Licence web site for further details - [tvlicensing.co.uk](http://tvlicensing.co.uk).

Personally I feel whilst it is great to

watch and listen to programmes without commercial advertising, the BBC should look at other ways to cover their costs. What are your thoughts? Drop us a line at [bulletinra@yahoo.co.uk](mailto:bulletinra@yahoo.co.uk).

Cllr RON OWER

## Thames Chase - Where did it all start?

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bodies and the private sector. The Thames Chase Community Forest covers in excess of 40 square miles and encompasses five local authorities - Essex County Council, Brentwood, Thurrock, Havering, and Barking and Dagenham. It is surrounded by a population of over 650,000 people.

Each local authority has contributed to Thames Chase in many ways - as landowners, planning authorities, highway authorities and as active environmental improvers, for those who live and work around the area. For further information visit [www.thameschase.org.uk](http://www.thameschase.org.uk).

## Veterans of War

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## Look After The Arts

As local residents are returning to Restaurants and Pubs after many weeks.

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We also have a number of amateur groups in Havering as an example here in Upminster and Cranham we have The Wesley Players and the Oglethorpe Players who produce excellent plays. The Pantos are a must see.

Theatre in the UK is a huge success story and is vital to the Country's economy.

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*continued on page 13*

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visitors, it employs 300 thousand people it promotes tourism and generates huge tax returns. The industry depends on ticket sales which sadly recently have virtually disappeared.

I really hope that Theatres survive and flourish.

Let's look after the Arts!

Cllr RON OWER

## Engayne Poetry Winners

In the Spring term the whole school entered the Premier League Writing Stars poetry competition on the theme Ambition.

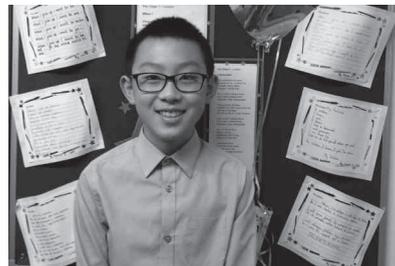
We were thrilled to hear that two of our entries Joel (Y2) and Jonathan (Y5) were selected as KS1 & KS2 regional winners for the London area. The poems were then submitted for the National awards and we have great pleasure in announcing that the poem by Jonathan titled "Unstoppable" has been selected as the national winner of the KS2 category of the Premier League Writing Stars competition! This poem has been selected by the judging panel from many thousands of poems submitted by primary school pupils across England and Wales.

As a national winner, Jonathan and the school wins some great prizes including a special poetry workshop

at the school when it is safe to do so. Mrs Sankey, Head teacher says "In these difficult times it is really wonderful to be able to share some fabulous news about our pupils". "Well done to both boys on their achievement and we all look forward to a super workshop and visit once it is safe and we are all back together in school."



**Joel O - Winner KS1 Regional winner London**



**Jonathan F - National Winner - Premier League Writing Stars**

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## Green Spaces

Elsewhere in the Bulletin there is sad news over the disastrous decision to allow planning permission to build on the Pitch and Putt Mini Golf site in Hall Lane, Upminster.

Whilst this dreadful business has been going on, reports in the national media point out that an area of countryside and green space almost the size of Cornwall has been lost to development since 1990. Whilst Kent during this time has had the largest increase in built-up area, Essex had the second biggest rise.

Here in Havering, large building schemes are underway in Romford and South Hornchurch, former industrial plots going over to a wide range of housing. In fact, in the south of the borough a new town is effectively being built, with its own station on the Rainham via Barking C2C rail line to Fenchurch Street. Is it necessary to lose a valuable green space like the mini golf course? NO! Housing can be provided without concreting over our green spaces. We should also bear in mind the strain on Health Education Services, already under pressure. We are very fortunate in having the wonderful Thames Chase Community Forest on our doorstep but we need our other local green spaces.

Cllr RON OWER

## Are You Getting A Good Night's Sleep?

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## Liberty of Havering Outdoor Bowling Club

The club has opened for the rest of the season under strict Covid-19 & Bowls England rules. We always

*continued on page 15*

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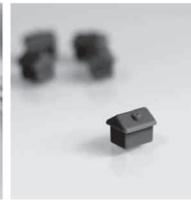
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We are pleased to announce that Samantha Hamilton, head of our Court of Protection department, has been appointed to the Office of the Public Guardian's Guardianship Panel for Missing People.

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welcome new members to our Club where you can enjoy outside exercise and meet new friends - if not this year, plan for next year. The Club is situated in Harrow Lodge Park near the swimming pool. Please contact Richard Strauss 01708 449245 or Anne Philips 01708 470370 if interested in joining - visit to the club by appointment only.

## Please Be Careful

May we ask you to be careful. Residents are still receiving unsolicited calls with all sorts of scams / confidence tricks. Please do not give out personal details over the phone.

## Havering Volunteer Centre

Havering Volunteer Centre is coordinating volunteers and request for support in the Borough working to match volunteers with suitable roles to help the most vulnerable residents in our community.

Also, if you are lonely or just need a chat with a friendly voice on the line the centre have befriending volunteers who will call you.

The Centre's number is 01708 922214.

## Fairkytes Promoting Musicians

Each Wednesday, the team from Fairkytes Live in Hornchurch will present a mix of videos submitted by musicians living in the borough.

Episode 1 features jazz guitarist Mark Etherington, young singer Josh Barber and two family contributions to the venues Last Band Standing at Home competition.

Search for Fairkytes Live Presents in YouTube to find all episodes (currently 3 at time of publication).

Musicians local to Havering or surrounding areas are welcome to submit videos for consideration for future episodes. Please email [arts@havering.gov.uk](mailto:arts@havering.gov.uk)

## Pinney Talfourd Back Open

The safety of our staff and clients remains our priority and we have been working hard to ensure that each office is now COVID-secure. Rigorous cleaning measures are in place, alongside supplies of gloves, masks and protective screens in shared areas, such as meeting rooms and reception areas. All offices will observe social distancing measures and we ask that you work with us on this to protect both you and others. Please rest assured that if you don't feel comfortable visiting in person, we are still available by telephone and will be happy to arrange initial meetings via phone or video call. Thank you all for your understanding and support.

## Anyone for Tennis ?

Come and play in Upminster at the friendly and welcoming Cranston Park Lawn Tennis Club! Head Coach, Lee Duncan, of the Coniston Avenue club writes, "We boast all-year tennis on eight brand new fully floodlit tennis courts; a great clubhouse, lounge area, kitchen, changing rooms and showers. And a bar with club prices!" From absolute beginners to improvers to playing socially- and representing competitive teams - There are Mini, Junior and Adult coaching programmes, holiday time camps; and Lee and our other coach Darren offer individual coaching. New members will be assigned a "buddy" (mentor) to help them quickly feel comfortable at the club. Adult courses are available for non-members and for 2020 we've added an option for new and existing course players to enjoy more of the Club with a special introductory membership. Lee said, "We also have Quiz nights, barbecues and dinners! Come and get fit, enjoy playing tennis and meeting new friends at your premier local

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## Upminster Sports Massage & Pilates Open

I'm delighted to say that following a 4 month closure we're finally open again, and it's all thanks to our wonderful loyal Pilates clients who embraced our Zoom classes. Sports Massage/Soft Tissue Therapy Appointments are now available to book with Neil on Monday, Wednesday, Thursday and Friday afternoons, Friday evenings and Saturday mornings. Remember, you don't have to do sport to book a Sports Massage! Call Charlene on 07411 826721 to book an appointment.

### Pilates Beginner Course

Available to book now:  
Wednesdays 12.15pm Starts 16th September 2020 (4 weeks)

Pilates classes and 1:1's and 2:1's will recommence from 25th July. Many of our clients are coming back to classes at the Studio and some will be joining the same class via Zoom as we now have a big TV screen on the wall!! This will also work well for those who are self isolating without symptoms, those who struggle with childcare, those who used to attend with us but moved away, those who don't want to leave their home on a cold winter's night, or those who go on holiday but still wish to 'attend'!! We will test this out and it may even become a permanent fixture!

### Keeping you safe during COVID-19

We have carried out a full Risk Assessment and have many measures in place to reduce any risk of transmission to our clients. Here are just some of the measures we are taking:-  
-Further reducing the class sizes to 8 participants to comply with 2 metre social distancing  
-New queuing and entrance/exit strategy  
-Extended time between classes & between appts for extra cleaning

-New easy to clean covers for our Reformer straps  
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Charlene, Neil, Beth, Ai Lin, Noreen, Sophie & Claudia

## Tithe Barn Open Days

The Barn was originally built in 1450 as the hunting seat for the Abbott of Waltham and retains all of its original character and displays some of the finest oak craftsmanship in the country. When the museum first opened in 1976 the main focus was on agricultural equipment but that has since given way to a superb collection of domestic items - the sort of things you remember your gran having - the pre-war Hoover, wind-up record player, china ginger beer bottles and the old gas cooker says barn administrator Ian Whaley. There are more than 16,000 exhibits and entry is free. Isn't it time you paid a visit?

If you have a love of history and are interested in helping keep the Medieval Barn open to the public ring 01708 228730.

### 2020 open days - 10.30am to 4pm

(Depending on Government Advice)  
August 15  
September 5, 19 and 20 (Open House)  
October 3

## Tesco Bags of Help

Tesco Bags of Help COVID-19 Communities Fund have funding for groups and organisations to continue the work they are doing in their community. The application and payment process has been streamlined to make it easier to get funds out quickly and groups can apply for a single payment of £500 for their work in directly responding to the crisis. Groups and organisations can apply online through the following link - [tescobagsofhelp.org.uk/tesco-cv-fund/](http://tescobagsofhelp.org.uk/tesco-cv-fund/)

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Michael Roome



## Manage Loneliness

Counselling Experts Julie York and Theresa Hughes share some thoughts on how to manage loneliness during these challenging times

At the time of writing, Dame Vera Lynn has sadly passed away and the lyrics of her most famous song seem particularly poignant. While the easing of lockdown restrictions has enabled some of us to hug elderly parents or grandchildren for the first time in months, not everyone is as lucky, and many are still facing the curse of loneliness. Loneliness was a growing problem before lockdown, and it is known to lead to increased physical and mental health problems. Here are some ways that might help:

- Appreciate what you have - the sunshine, the rain (good for the garden!) birdsong, happy memories, old photos and earlier positive life experiences.
- Listen to music- songs you enjoy will boost your mood.
- Listen to the radio - people feel more connected to radio than TV.
- Keep in regular touch with friends and loved ones - pick up the phone or chat over the garden fence to stay connected.
- Reach out to a befriending service (see below).
- Go outside if possible and make use of the wonderful parks in our area.
- Join a virtual choir e.g. Havering Singers (details below) - singing is good for your mental health and helps you feel connected.
- Read or listen to books - stick with your favourite genre/authors or try something different. Swap books with a neighbour or friend.
- Make time to eat and sleep well and exercise. There are even ballet

classes for 'Silver Swans' (see below)

- Practice Mindfulness or Mediation - resources are on YouTube or apps (e.g. Headspace, Insight Timer)
- Volunteer your time - helping others increases our sense of connection and mental wellbeing, while decreasing loneliness.

These are challenging times, particularly if you suffer from loneliness. We hope this article may inspire you to reach out, to look after yourself and perhaps help others and between us we can come out of this stronger and more connected. We will meet again.

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## LOCAL FUTURE EVENTS - AUGUST

[Events currently removed, if you need contact details please see previous editions]

## More and More Upcycling

Great to see more and more people locally are reusing discarded objects and material and are creating wonderful new products. With residents staying in lofts/ garden sheds have been raided and old objects been given a new lease of life. Please let us know at [bulletinra@yahoo.co.uk](mailto:bulletinra@yahoo.co.uk) if you have just finished or still working on using that hidden item. It has also been interesting seeing the amount of books, DVDs etc put outside homes free to take. One house in Springfield Gardens gave away a host of plants. Especially nice seeing the plant names.

## Harold Wood Running Club

Due to COVID we haven't been running and the Club is suspended until we get the go ahead from England Athletics. Although it hasn't stopped us running virtually and we have arranged a few fun days by passing a virtual baton and sending the next person off via a Whatsapp Group. We recently did a 24 hour Social Distance Scramble, we recorded what exercise we did over a 24 hour period and earned virtual badges. Some of our runners have also completed virtual races and submitted times.

*continued on page 19*

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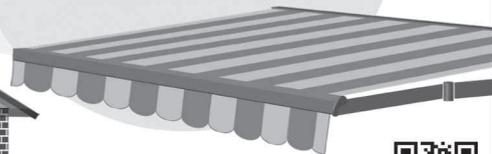
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**Can You Help  
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Deliveries?**

We are hoping to re-start delivering paper copies of The Bulletin in the near future but inevitably some of our current volunteers will not be in a position to help us straight away. We would therefore be extremely grateful for any extra help people can provide, whether it is on a permanent basis or even just as a one off. Delivering to most roads normally takes 15-20 minutes once a month. For people living south of Upminster Station please call Chris Wilkins on 07960 059 195. Anyone living north of the railway line (including the Dury Falls Estate) please call John Tyler on 07982 962 925. Thank you

**Thefts From  
Vehicles In  
Upminster**

Thefts from vehicles in Upminster We have been contacted by our local Police Safer Neighbourhood Team officers, to ask us to highlight how important it is not to leave valuable items in vehicles when they are unattended. Recently, several vehicles have been broken into in the Upminster area and expensive items taken. Advice on keeping your vehicle safe can be found on the Met police website - [www.met.police.uk/cp/crime-prevention/theft-from-a-vehicle/](http://www.met.police.uk/cp/crime-prevention/theft-from-a-vehicle/) .

**Funding  
Opportunities**

Havering Council have a regularly updated list of current funding opportunities, large and small, that local and larger organisations and charities can apply to. For details see Havering's website - [www.havering.gov.uk](http://www.havering.gov.uk) and search 'new funding opportunities'.

**Alcoholics  
Anonymous  
Help if you need it**

During the coronavirus pandemic Alcoholics Anonymous (AA) have had a huge surge in people looking for help with their drinking. Times of stress and anxiety can cause issues with substance abuse to escalate and they want people to know the options available for getting the help they need. The phone line, email, website and chat box are available and through these channels it can be arranged for an AA member to contact anyone who is worried about their drinking. Phone: 0800 9177 650 Email: [help@aamail.org](mailto:help@aamail.org) Website and chatbox: [alcoholics-anonymous.org.uk/](http://alcoholics-anonymous.org.uk/) They have a wide range of meetings happening online using virtual platforms. These meetings follow a similar format to the physical meetings and are available to everyone free of charge. A list of London AA meetings can be found via [alcoholicsanonymouslondon.com/](http://alcoholicsanonymouslondon.com/) . Al-Anon is also available for anyone affected by someone else's drinking via [al-anonuk.org.uk/](http://al-anonuk.org.uk/) .

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## Coffee On The Corner Info

At the Chapel, on the corner of Butts Green Road and Hillview, Coffee on the Corner has grown from strength to strength. With the welcome of 'Come one, come all!' we're a group from 2 - 98 years with everyone in between including artists, musicians, policemen, doctors, teachers, engineers, students, different races, faiths and no faith united in community by friendly chat, discussion, home-made cake and fresh coffee. The welcome continues as we all peep out after lockdown. A few of the group had restarted, unofficially, outside the lovely Le Moulin Patisserie in Hornchurch High Street and so we're prompted back into action, albeit al-fresco, at social distances in the garden in Brooklands Gardens! So far so good with the weather... If you'd like to meet new people, fancy a chat or just a cuppa in a warm atmosphere and it isn't raining(!) the welcome extends to you. Just send Diane a note at dmnash49@gmail.com for info.

## Havering Council Contact Numbers

With most, if not all, of the normal council building being closed to the public at present, Havering Council have published the following phone numbers to access council services. This does not stop people contacting them via their website [havering.gov.uk](http://havering.gov.uk) in the normal way.

Adult Social Services: 01708 432 000  
Children's Social Services / Safeguarding Team: 01708 433 222  
Council Tax: 01708 433 997  
Environment / Streetcare: 01708 432 563  
Housing Benefit: 01708 433 996  
Housing Services (Repairs / Rents/ PSL): 01708 434 000  
Housing Solutions / Homelessness enquiries: 01708 432 824  
Payment line: 01708 433 993  
Planning and Building Control: 01708 433 100  
Registrars: 01708 433 481  
School Admissions: 01708 434 600  
Main switchboard: 01708 434 343

## Ardleigh House Community Association

At the time of writing, we are half way through July and at Ardleigh House I have yet to see any trip run.

Back in February the daffodils were cut down by the Thriplow Daffodil Weekend committee. In April ghosts and witches saw off our ghost hunt in Suffolk. If that wasn't bad enough, in May all the shops were shut, so a visit to Bicester Village was pointless and the Dons at Oxford University told us to go away as all the students had been sent home. June must be better but alas no. In July our trip on the hovercraft was cancelled because it was being used to carry front line staff and supplies between Portsmouth and Isle of Wight. I had just got over that, when the lunch on a steam train crew told me they weren't getting steam up until the end of July, so no lunch. And now Christmas is cancelled well, at least the Thursford Christmas Spectacular has been.

What does a frustrated group tour operator have to do in 2020 to get an outing?

Peter Garner - Events manager, Ardleigh House Community Association

## Stop Hate Crime confidential hotline

Stop Hate UK is an independent organisation that supports people affected by all forms of Hate Crime and discrimination across the UK. One of the ways they do this is by providing a confidential hotline, to enable people to report Hate Crime without having to contact the police.

Like many councils, Havering's Community Safety team work in partnership with partners, such as Stop Hate UK, to monitor racial hate crime and hate speech.

If you witness or are a victim of such crime on social media in Havering, you can report it 24-hours a day to the Stop Hate UK confidential helpline on 0800 138 1625.

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## Hospitals 'Thinking of You' service

Barking, Havering and Redbridge University Hospitals NHS Trust have launched a 'Thinking of you' service to allow people to send letters and images to relatives and friends currently staying in their hospitals. These letters and images will be printed and delivered to patients by their PALS team every day from Monday to Friday. They also have a phone line for people to share their messages on 01708 503 604 between 10am and 2pm Monday to Friday. You can send a message via their website - [bhrhospitals.nhs.uk/thinking-of-you](http://bhrhospitals.nhs.uk/thinking-of-you).

## Help for those with Dementia if they go missing

The Herbert Protocol is a national scheme introduced by police forces across the country, that encourages carers, family and friends of people living with dementia, to put together useful information on a form, that will assist the police if that person goes missing. Further information and a copy of the form can be found on the Met Police website - [www.met.police.uk](http://www.met.police.uk) and searching for 'Herbert Protocol'

## Watch that Speed

Over the last few weeks we have received a number of messages and calls on speeding in our area. May we remind you to watch your speed please. The Police will prosecute offenders.



### MEMBERSHIP APPLICATION FORM

Please return this form with your cheque made payable to **Residents' Association of Emerson Park**. If preferred, you can also email the completed form back to us ([info@raep.org](mailto:info@raep.org)) and pay by BACS to our bank Sort code: 30-14-24 account number: 23391860

Please do not send cash through the post as it may get lost, but you can drop off to 7 Inglelen, RM11 3BB (Just off Wingletye Lane).

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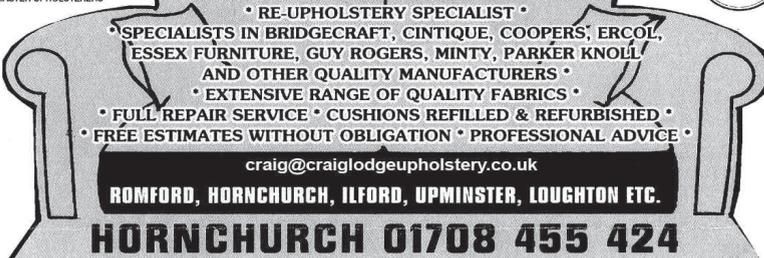
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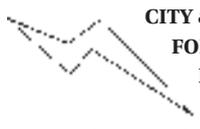
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