

TASTY BITES
 DELICIOUSLY PREPARED, RECIPIES AND VEGAN/VEGETARIAN TAKE AWAY
EXPERIENCE THE DIFFERENCE
 Tel: 01708 221166
 Fax: 01708 222377
 38 Dingles, Try Road, Upminster, Essex



H.R.A
 Havering Residents Association
www.haveringra.org

PC & Laptop Repairs
 Virus Issues, Formatting, Slow Internet problems, WiFi, Data recovery, Power supplies, Laptop Screens, Hard Drives
 Pick up and Drop off service
 Cranham Computer Centre 01708-250296



THE BULLETIN your local voice on the Council

Welcome to Karen Bryan



We are happy and pleased to introduce your new HRA team member in Squirrels Heath, Karen Bryan. Karen is a hardworking mum who works for Barking & Dagenham Council and lives in Squirrels ward like the rest of the team. She shares her passion for the ward with Doug and I who want the best for our area and our borough. She also shares our values of honesty, integrity and transparency and pledges to work hard for residents.

Cllr BOB PERRY



Havering Residents Association "Change is Coming"

The Squirrels Heath Residents' Association are proud to be members of Havering Residents Association - working together on behalf of local people across Havering.

Council Finances - Urgent News

In November, the Council's Overview & Scrutiny Board continued to debate the Council's Medium Term Financial Strategy, as well as the proposed Council budget 2022/2023. It was reported that the Council was still facing budget pressures (particularly during July/August 2021) and later periods, which means a potential overspend of £14 million is still a possibility for this year's budget. Your Resident Association Councillors have requested from the S151 Officer (the Director of Finance) that the pressures be quantified and whether the Council auditors have reviewed the reserves of the Council to ensure the Council is a going concern. Years of incompetency by the current Tory Administration, fuelled by Westminster neglect have left many Councils facing financial disaster. Just a few months ago Croydon filed a S114 Agreement, the Council version of bankruptcy. The Administration claim that the overspend is due to increased demographic pressures on Adults' and Childrens' Services and the impact of the COVID pandemic on areas such as Leisure and Transport. Resident Councillors have asked challenging questions regarding this overspend, and offered solutions on how savings could be made to help reduce this overspend, therefore hopefully mitigating the risk to existing services and in turn, lessen the risk to this Council's finances. Council Financial Officers advised that the Council's reserve could be reduced from £10.9 million to £4 million. Despite this, the reduction still leaves this Council financially vulnerable, if another economic downturn occurred. Your Resident Councillors will continue to monitor the situation and will provide you with updates next year, when there is more information to hand.

Cllr CHRIS WILKINS and PHIL RUCK, Upminster & Cranham RA team


Happy New Year to all our members

Always here for you

As the Leader of the Council prepares to move from representing the Squirrels Heath ward to Havering-atte-Bower, we want to remind you that we, the HRA representatives in Squirrels Heath ward are here for you. Myself and my HRA colleagues will continue to campaign against sky high parking charges, potholes everywhere, pavements in serious need of repair, unswept streets and missed bin collections. As the May elections approach, remember it is better for the borough to be managed by local residents, for local residents. Your vote in May is the key to a better borough.

Cllr BOB PERRY

Haines Watts
 We help BUSINESS OWNERS ACHIEVE THEIR PERSONAL GOALS
 All business owners seeking to improve their business and as your business goals & objectives...



Windsor Property Extensions
 Family Business Est. 25 Years
 Extension Specialists Garden Room Specialists

- Extensions
- Loft Conversions
- Garage Conversions
- Bespoke Garden Rooms
- Renovations

Phone: 01277 37 52 37 Mobile: 07958 787 297
 Email: wpm321@msn.com
windsorpropertyextensions.com



LADY PAINTER & DECORATOR



Professional, clean & tidy tradeswoman
All aspects of painting & decorating
(incl. plastering, coving and cornice)
Free estimates OAP discounts
Hornchurch & surrounding areas

CONTACT: TRACY on 07449 205770 / 01708 470841
Email: tracy.dawkins@live.co.uk

ALL AREAS COVERED

Family Business Est. Over 35 years

A Touch of Glass

No Salesman, No Canvassers, No Hassle

WINDOWS - DOORS - CONSERVATORIES
uPVC - ALUMINIUM - SEALED UNIT REPLACEMENT

01708 250 070

97 FRONT LANE, UPMINSTER, RM14 1XN WWW.ATOG.CO.UK

FENSA 11835

Youngs Farm Café-a

Tel: 01708 641515 (opposite Cranham Golf course)

- ✓ Varied menu, breakfast and lunch
- ✓ Large spacious eating area inside and seating and tables outside for alfresco dining
- ✓ Dog friendly with easy access and free parking
- ✓ Open 7 days a week
- ✓ Warm and friendly welcome

Local electrician

- Based in Upminster
- Domestic/commercial work
- Electrical testing and reports
- Fault finding and rectification
- Fuseboard upgrades/Re-wiring
- Lighting/Telephone cabling

Paul Gilham 07985 185872
01708 229835
or info@gilhamelectrical.co.uk

NAFIT City & Guilds Qualified

Gilham electrical services
Part P approved
10 years experience
No job too small

ASSOCIATION CONTACTS:

Commercial Advertising	Bulletin Editor
Martin Flower 07785 244212 bulletinra@yahoo.co.uk	Pauline Mastroianni mastroianni@btinternet.com

SQUIRRELS HEATH AREA

Bob Perry 07708 350 069 bob.perry@haverling.gov.uk	Doug Rushworth 07909 886 260 drushworthhaverlingra@gmail.com	Karen Bryan 07880 790390

Email: info@raep.org

Your Help Please

get in touch as volunteers are always welcome.

LAURANCE GARRARD

As we increase our circulation of The Bulletin and our organisation locally, we urgently need several distributors each month to join our distribution network and deliver to 4/5 of our deliverers please. If you can assist it would really be appreciated. Please contact Laurance on **07973 856195**. Help us to help you.

Recycling your Christmas tree

Wondering what to do with your real Christmas tree? You can take it to Gerpins Lane Reuse and Recycling Centre or recycle your tree at Gidea Park Sports Ground, Main Road, Romford on Saturday, 8 January 2022 between 10am to 2pm. If you are a garden waste customer, you could cut your tree and place into your green bin which will be collected on your usual collection day - please make sure the lid is closed. For useful tips on recycling other unwanted items after Christmas, check out the Council website https://www.haverling.gov.uk/info/20093/reducing_waste/730/reducing_waste_at_christmas

HRA expanding

Following the success of the Havering Residents Association's support in our area we have been out helping other areas in Havering to develop their associations to join us next May at the local elections. Thank you to the local heroes who have stepped forward to represent the HRA next year and to promote the message that local issues should be dealt with by local people rather than national parties. If you would like to help with leaflet distribution in other areas please



Article & Advertising Submission Deadlines

Articles - 1st Month Advertising - 3rd Month

Copy to be received on or before the above dates one Month prior to the publish date. Please note that submitting an article does not guarantee publication. Email: bulletinra@yahoo.co.uk

<h3>Upminster Carpets</h3> <p>205 St Marys Lane, Upminster</p> <h2>01708 224515</h2> <p>Old Carpets and Furniture? No Problem!!</p> <p>Home Service Available</p>	<p>We Supply & Fit</p> <ul style="list-style-type: none"> • Carpet • Laminate • Wood • Vinyl • Karndean
---	--

GO Landscapes

Landscape Construction

Driveways, Patios, Brickwalls, Fencing, Ponds, Planting, Water Features, Turfing & Docking.

All work with undertaken by - Greg Oldham -

Tel: 01708 251 004 / 01621 860 529
Mobile: 07812 131 772
email: oldhamgreg@yahoo.co.uk

PLUMBING & HEATING

PJ Rugg & Sons ENGINEERS

FAIR, RELIABLE, FRIENDLY SERVICE

Tel: 01708 229857 Mobile: 07415 096551

Emergency Repair • Blocked Drains • Heating Breakdown • Servicing • Maintenance • Bathroom • Taps • All Work Guaranteed • Established Locally For Over 25 Years

iphe safe

BRICK PAVING BY PETER JONES

www.brickpavingbypeterjones.co.uk

Tel: Office: 01708 780000
Tel: Home: 01708 733088

SLABS CRAZY

Natural Stone Paving

ADVANCED MP
THE FURNACE & BOILER EXPERTS


BOILER REPAIRS • SERVICING AND INSTALLATIONS • OTHER BOILERS

TANKS • FITTINGS • ALL GAS WORK

D.A.P.'S DISCOUNT, NO CALL OUT CHARGE, 24HR CALL OUT

WORKING IN YOUR AREA - QUALIFIED AND EXPERIENCED ENGINEERS

iphe 01708 475044 079301 49046
www.ipsuppliesheating.co.uk
www.ipsuppliesheating.co.uk



Peter the Painter
Decorating Contractor

Interiors & Exteriors • Free Estimates

Upminster ☎ 01708 221642 ☐ 07980 002141



FLEET ELECTRICAL & HEATING SERVICES

Approved Supplier for
Electric Contractors

Full / Part Rewires - Extra Plugs

TEST CERTIFICATES PROVIDED

APPROVED CONTRACTOR

Immersion - Security Lighting - Fault Finding

Established in Upminster for 29 Years

Phone: 01708 250409 Mobile: 07956 335744

5, Mersey Avenue, Upminster

**OVENS, RANGES, HOBS,
MICROWAVES,
EXTRACTORS**

Professionally cleaned using, eco friendly,
non caustic product **No Fumes, No Odours**

Tel 07720781202

www.letsgleamovenclean.co.uk

5 star reviews Facebook & Google



Full Council Meeting report

At the November Full Council Meeting, Havering Councillors voted to endorse or approve the following:

- Havering Climate Change Action Plan
- Local Government Association Independent Race, Equality, Accessibility, Diversity and Inclusion (READI) Action Plan
- Adoption of the Havering Local Plan

Due to time constraints, none of the Members' Questions were able to be heard and all Motions For Debate went straight to a vote, without being debated. Full details of these, and a link to the video of the meeting, are available on the Council website www.havering.gov.uk.

Upminster and Cranham Residents' Association Councillors submitted Members' Questions concerning the renewal

of allotment society leases, reporting dangerous conditions on roads and pavements and pay and display parking machines. For more details on the meeting visit our website - www.ucra.co.uk

Cllr JOHN TYLER

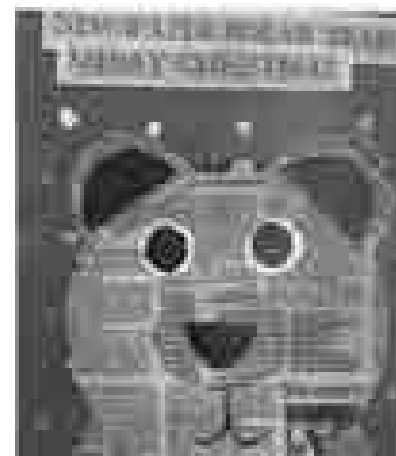
Roads and pavements

Every year the Council issues a list of roads and pavements that they are planning to refurbish. This can always change of course, if other roads are found to be in a worse condition, or funding is diverted elsewhere. We are always asking for other roads to be considered and added to the list, and I have been successful in getting the pavements of Howard Road, Chester Ave and Gaynes Road added, and the roads of Meadowside Road and Gaynes Road. This will take time, sadly there are just too many roads that need repairs.

Cllr LINDA HAWTHORN

Pinney Talfourd Christmas competition

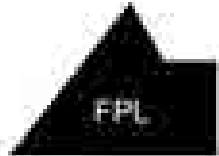
Pinney Talfourd was delighted to team up with Corbets Tey School again for their 'Design a Christmas Card 2021' competition. Children from all years designed cards with Pinney Talfourd selecting a winner and runner up to create the firm's Christmas cards sent to clients and contacts. The winner was Tyler Suchley of Apple Class with his polar bear design. The runner up was Olivia Coster from Mulberry Class with her candy cane design. The winner received a toy of their choice and Pinney Talfourd also provided prizes for the best card in each class. The Residents' Association of Upminster and Cranham support this project every year. The Bulletin is also pleased to sponsor the prize for the runner up.



FOCALPOINT LOFTS
est. 1977

- Family run *Upminster* business.
- Established in Upminster for **40 years**
- Fully insured
- Loft Conversion completed in 6 weeks in most cases
- Previous work can be viewed
- References available
- Plans drawn and submitted

For more information, please call
Gary or Chris James or Shane Green
Office: 01708 250772
Mobiles: 0777 311 8268, 0795 002 5841, 07890 971 579



CRANHAM ROOFING

The Roofing Specialists

- Free no obligation quotations
- New roofs - strip and retile
- Flat roofs
- Chimney stacks - re-point/removed
- Guttering, fascia and soffit works
- Valleys and leadwork
- All repair and insurance work
- All new roofing works guaranteed

TEL / FAX 01245 842063 (office)
MOBILE 07860 752798 (24 hr call out)
EMAIL: r.gagen@sky.com



GOVANI CHEMIST

Medical Limited

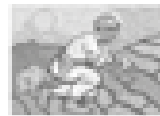
Established in Upminster since 1973

Confidential pharmaceutical help and advice
by Liaquat, Shamin & Firoz Govani, Tommy Hai

64 Station Road, Upminster
01708 220644

87 Front Lane, Cranham
01708 224883

Free local collection and delivery of prescription service available upon request from
housebound patients
www.govanichemist.co.uk



RICKY ARCHER Roofing Contractor



Established 1987

Roof Repairs - New Roofs - Tiling - Slating - Flat Roofs
Three Layer and High Performance Felling - Leadwork - Pointing
Guttering - UPVC Fascias & Soffits - Repainting of Existing Wooden
Fascias & Soffits

For free advice or a no obligation estimate contact Ricky on:
Upminster 01708 226512 Mobile 07710327651
Email: ricky-archer@ntlworld.com

PLASTERING



- Professional • High Quality
- Reskim over Artex • New ceilings
- Clean and Reliable
- Cove & Cornice • Painting
- Cheapest Rates
- OAP Discounts
- Free Estimates
- 27 Years Experience
- Hornchurch and Surrounding Areas

CONTACT: CLAY DAWKINS

TEL: 07961 379277 / 01708 470841

EMAIL: CLAY.DAWKINS@LIVE.CO.UK

Cleaning Products for a Greener world
Eco Mobile Refill Service



Independent local
family-run business delivering
award winning, UK-made cleaning
products and refills to the door.
All are vegan, affordable and ethical

www.happyhedgehogfamily.co.uk Tel: 07396 654017

Prestige Home Insurance

Because your property
deserves the best



Bespoke High Value Buildings and Contents Insurance

Art, Antiques and Jewellery with world wide cover

Dedicated Personal File Handler with full claims support

Business equipment extension available



Call now to be surprised at how competitive
your local Broker can be: 01708 756000

Or call into our local office in Hornchurch

YOUR ADVENTURE STARTS HERE



- ✓ NO 1 ADVENTURE HOLIDAY CAMP
- ✓ OPEN EVERY SCHOOL HOLIDAY
- ✓ 30+ ADVENTURE ACTIVITIES
- ✓ ADVENTURE FOR AGES 5^{1/2}-16
- ✓ OPEN 8.00AM TO 6PM
- ✓ CHILD CARE VOUCHERS ACCEPTED



ONLINE WWW.SMASHCAMPS.CO.UK TEL 01708 224 753

STUDERS ADVENTURE CENTRE, OCKENFORD ROAD, UPMINSTER ESSEX, RM14 3TY

Everything Glass Ltd

For all your window and door repairs

Windows and Doors Supplied and Fitted

Misted or broken double glazed units replaced

Hinges Locks Handles replaced

Toughened / laminated safety glass fitted

All types of glass supplied and fitted

No Job Too Small. 40 Years' Experience

No Call Out Charge

Call Paul on

07958 550796 or 01708 551314

www.everythingglassltd.co.uk



ESSEX WG CONSTRUCTION

40 Years Experience

Caring Company

All Building work undertaken

Plans/Drawings submitted to Council

Extensions/Garden Walls/Patios

Chimney Stacks Removed/Repaired

Garden Landscaping and much more...

Gary 07949556306

Darren: 07989108193

www.Essexwgconstruction.com

BRICK PAVING BY PETER JONES

www.brickpavingbypeterjones.co.uk

SERVICES

- SITE GROUNDWORK PREPARATION
- SUB BASE FOUNDATION USING READY MIX CONCRETE
- SETTING OUT
- RETAINING BORDERS CONCRETED FIRMLY IN POSITION
- SEALER APPLIED TO SURFACE ON COMPLETION
- SITE LEFT CLEAN AND TIDY
- FREE ESTIMATES AND ADVICE

DESIGNED TO YOUR NEEDS

- WIDE VARIETY OF MATERIALS, DESIGNS, PATTERNS AND COLOURS
- CATALOGUE AND PREVIOUS WORK AVAILABLE
- WEBSITE AND FACEBOOK SHOWING EXAMPLES
- HELP AND ADVICE WITH DESIGN AND LAYOUT
- ALL YOUR CONSUMER RIGHTS WILL APPLY
- ALL WORK GUARANTEED

Tel: Office:
01708 780000

Tel: Home:
01708 733088

All work carried out by responsible tradesmen



Natural Stone Paving

Established over 30 yrs

Hornchurch Football Club

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

Saturday, 8th January, **Bishop's Stortford**. Kick off 3pm.

Tuesday, 18th January, **Carshalton Athletic**. Kick off 7.45pm.

Saturday, 29th January, **Lewes**. Kick off 3pm

It's a great friendly club, go along and support The Urchins your local team. The club also has an excellent website <https://www.hornchurchfc.com/>

Remembrance Sunday in Upminster

The Remembrance Sunday service took place on Sunday, 14 November 2021 at the War Memorial in Corbets Tey Road. The event was well attended, which was particularly pleasing after it not being able to take place in 2020. Cllr Linda Van den

Hende laid a wreath on behalf of the Mayor of Havering and Cllr John Tyler did likewise, on behalf of the Upminster and Cranham Residents' Association



Lest we Forget

It was nice to see Poppies being sold locally and worn for Remembrance in November. The displays at the Bell school (Upminster Junior and Infants) and St Joseph's school, both in St Mary's Lane looked magnificent

Un-Healthy Streets

In Havering we are ranked 32 out of 33 boroughs on the Healthy Streets scorecards. Parents drive

their children to school as they are worried about pollution. Nothing to do with convenience? Children are five times more exposed to pollution when travelling to and from school than at any other time. Children breathe more toxic fumes whilst sitting in a car than if they walked.

Columnists, an MP and the BBC asked: "Is it OK to drive your children to school whilst still wearing your pyjamas?" Really! Surely it should read "Given pollution levels, is it still ok to drive your children to school?"

Closing roads around schools at drop-off /pick-up times cuts toxic nitrogen dioxide levels by up to 25%. Schools state they are considering banning the school run - good luck. The government has been defeated three times in court over its air pollution plans and cite the school run as a major factor of pollution. Parents common phrases "I'll only be 10 minutes - just dropping the kids off". Why "school run"? It's not a run or a walk it's a "school car". I'm not saying the "school run" is the only factor in pollution, but the above speaks for itself.

Air pollution is invisible but the damage it causes our atmosphere is not. This won't be popular but ditch the car, walk your child to school.

TRACY DAWKINS

New Collections at Roomes Furniture and Interiors

As the largest furniture store in Essex spanning over two floors, Roomes offers a fantastic selection of furniture, flooring and accessories including products from 18 premium and luxury brands. A local family business since 1888, the furniture store offers everything from sofas, dining, beds and mattresses along with bedroom and living room furniture. Roomes is currently showcasing a range of new collections including a new studio featuring British brand Ercol. Whether you have a classic or contemporary style, there is something to suit every home. With over 100 roomset displays

continued on page 7

A & P JOINERY

EST 20 YEARS
HARDWOOD SPECIALISTS

- Supply only or supply and install
- High quality windows, doors and conservatories
- Leaded lights and coloured glass
- Unique old-fashioned front doors

FREE FRIENDLY ADVICE • FREE ESTIMATES

01708 757675



MR PLUMBER

D T Moore Plumbing Services

- Trading Standards recommended Plumber.
- Reliable with reasonable pricing.
- All Plumbing work undertaken inc. Bathrooms.
- No job too small & emergencies covered
- No call out fee
- For friendly advice please call David

07931 553831 mobile 01708 223581 home



CONCEPT & DESIGN

COMMERCIAL

PROJECT MANAGEMENT

NEW BUILD & EXTENSIONS

RESIDENTIAL

PLANNING & BUILDING REGS



office@novusarchitecturaldesign.co.uk

0203 468 4783

www.novusarchitecturaldesign.co.uk

85 Great Portland Street, London, W1W 7LT

FED UP WITH YOUR DIRTY DRIVEWAY?

ADVANCED POWER WASH

SPECIALISING IN RESIDENTIAL DRIVEWAY & PATIO CLEANING



We can restore your patio & drive back to their former glory. All types of hard surfaces cleaned & sealed at affordable prices.

Call Alan ■ 01708 445112 ■ 07889 139916

www.advancedpowerwash.co.uk



ATOM
ELECTRICAL SERVICES

TELEPHONE: 01708 223669
MOBILE: 07967 603606

- REPAIRS & INSTALLATION • REWIRING
- FAULT FINDING • SHOWERS • COOKERS
- SOCKETS • LIGHTS • EXTERNAL ELECTRICS

SOUTH EAST HEATING

DOMESTIC AND COMMERCIAL GAS, CENTRAL HEATING AND PLUMBING INSTALLATION SERVICING AND REPAIRS

**BOILER REPLACEMENTS
GAS SAFETY CHECKS
LANDLORD CERTIFICATES**

Service Contracts

(please ask for details)

TEL/FAX: 01708 221 500
MOBILE: 07956 481 819
MOBILE: 07539 444 413
E-mail: southeastheating@btconnect.com




Capitalelectricaltd.com
info@capitalelectricaltd.com
01708 700 758 | 07725 501 504

Based in Upminster • Over 20 years in the industry
All aspects of electrical installation undertaken

- Full/part rewires
- Fuse board upgrades
- Additional sockets & lights
- Repairs
- External electrics
- Smoke, heat & CO alarms
- Data & telephone installation
- Inspection & testing
- Fault finding
- Security & emergency lighting
- Boiler control wiring
- Fire alarm systems
- Maintenance
- Call-outs

• Free estimates • No call-out charge • Quick response •



in association with 

Targeting Computer & IT Care in Essex & Havering



PC, Laptop, Tablet, Smart Phone Maintenance & Troubleshooting
Internet/Network Frustrations
Tuition and Assistance
Home & Business Visits
Diagnosis Fee £20
No Fix/No Fee

01708 871482 or 07940 138170
jeremy@itman.biz
www.itman.biz
#itmanessex



Windows • Doors • Conservatories • Fascia and Guttering • Conservatory Refurbishments



OVER 35 YEARS EXPERTISE






BUY WITH CONFIDENCE

For your FREE QUOTE CALL
01708 463 526
www.conceptwindows.co.uk
Trading Standards Approved

96% would recommend CONCEPT to friends

Visit Our Local Showroom. Concept House, Billet Lane, Hornchurch, Essex, RM11 1XP



01708 229031 / 07917 002628
www.gidleybuilders.co.uk
gidleybuilders@gmail.com

- Extensions
- Garage conversions
- Internal and external refurbishments (All aspects)
- Alterations and knock throughs
- Plastering and decoration
- Supply and installation of Bi-fold doors, roof lanterns, uPVC windows and all roofline products
- Kitchens and bathrooms designed, supplied and installed (Showroom facilities available)
- Landlord refurbishments (End of tenancy)
- Plumbing, heating, gas and electrical works




We are very happy to come and meet you and your relatives to discuss our services. Please call us at any time for more information about how we can help you.

01708 609 364
www.radfieldhomecare.co.uk
having@radfieldhomecare.co.uk

Having & Brentwood

We are extremely proud to support older people in our community to live independently in their own homes. Our team is passionate about delivering the highest standard of care and will always go above and beyond to help our clients.




- Outings & activities
- Household tasks
- Medication support
- Wellbeing
- Dementia care
- Personal care

L. J. NICHOLLS

INTERIOR & EXTERIOR
PAINTING, DECORATING &
PROPERTY MAINTENANCE

UPMINSTER

01708 288022 / 07958 492177

AC PLASTERING

All Plastering
Plaster Over Artex
Specialists in Re-Skimming
Coving
Tiling

QUALITY WORK AT AFFORDABLE PRICES

Allan Carey

TELEPHONE: 01708 474 624 MOBILE: 07711 675 086

and an interior design service, you'll not be short of inspiration to create your dream home. To find out more visit www.roomes.co.uk or visit the store at **22-24 Station Road, Upminster, Essex, RM14 2UB**

Potholes

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

COP26: Changing transport

Reflecting on the discussions from the COP26 climate summit in November of last year, it was interesting to hear how the transport sector will have to adapt. 75% of total emissions from this sector come from road vehicles, and aside from the obvious health implications of this, road congestion costs the UK economy £6.9 billion each year.

Solutions are not as straightforward as simply changing en-masse to electric vehicles - entire infrastructure systems would need to adapt, and progress is slow. So, the main short-term proposal is to replace mass car-ownership with a culture of walking, cycling and the use of public transport.

Sadiq Khan wants 80% of all journeys in Havering to be made using one of these three methods (up from a 65% average currently across London) by 2041. How implementation of this is planned remains to be seen, but if electrification is not deemed to be a solution that can be implemented quickly enough, it will take some swift thinking from government and local authorities on how other solutions can be achieved.

DAVID TYLER

Gong Hei Fat Choy

Wishing you great happiness and prosperity.
Chinese New Year. The Year of The Tiger is on Tuesday, 1st February.

The Ideal Choice For All Your Cleaning Needs

Cleaning Services Ltd

The Carpet, Rug, Upholstery & Hard Floor Cleaning Specialists

Hard Floors

Carpets, Rugs & Upholstery

Call David for a FREE quote today
Mobile: 07768 667 824
www.djcleaning.co.uk

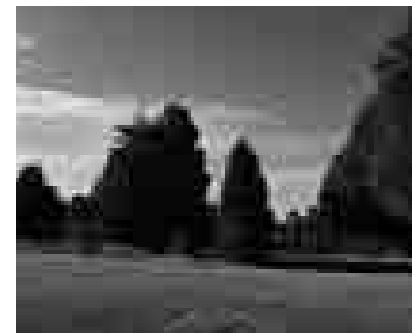
Hall Lane mini golf site sold

In late November, Havering Council confirmed that the sale of the Hall Lane mini golf site had been completed, for a fee of £13.5 million. This is around £3.5 million more than the Council's original estimate and is a reflection of the profit the new owners will be hoping to make.

It was a sad day for the area, and one that Resident Association Councillors and many residents had hoped would not happen, but the site is now likely to be the subject of a full planning application at some point to turn it into housing. Cranham ward's Resident Association Councillors immediately received complaints regarding the fencing that has been erected, and a suggestion that a tree covered by a Tree Protection Order may have been cut down. At the time of writing, we are liaising with Council Officials and will continue to monitor any activity on the site,

to ensure that works comply with planning regulations. The mini golf is now a sorry sight, but below are a few pictures which show it in better days.

Cllrs GILLIAN FORD,
LINDA VAN DEN HENDE,
JOHN TYLER



Interior design SERVICE



Platinum
Trusted
Service
Award
For consistently
delivering excellence
★★★★★
2020 feefo

Creating looks you'll love

A new service completely tailored to you.
Providing inspiration with colours, concepts, layouts, lighting, fabric and furniture. Giving you the perfect look that you've always dreamed of for your home.

Book a consultation with us today
01708 255300

Roomes
Furniture & Interiors | Since 1888

www.roomes.co.uk 22-24 Station Road, Upminster, Essex RM14 2UB

Enjoy a safer shopping experience at Roomes with sanitisation and social distancing throughout the showroom

PGM Gas & Heating

NO CALL OUT CHARGES
FREE ESTIMATES - QUICK RESPONSE
ALL WORK GUARANTEED

- All aspects of Heating and Gas work undertaken
- Complete Central Heating/Boiler Installations
- Service & Repair
- Gas Appliance Installation
- Gas Repair Work
- Powerflushing
- Landlords Gas Certificates

safe
REGISTERED

iphe

Tel: 01708 227787
Mob: 07734 228417

UPMINSTER REFURBISHMENTS

THE KITCHEN & BATHROOM SPECIALISTS

SUPPLIED AND INSTALLED, PLANNING AND DESIGN SERVICE
SHOWROOM WITH EXTENSIVE RANGES TO VIEW
GRANITE WORKTOPS SUPPLIED AND FITTED
FITTING ONLY SERVICE ALSO AVAILABLE (YOU SUPPLY)
TOTAL REFURBISHMENT FROM START TO FINISH
PLASTERING, TILING, LIGHTING, ELECTRICS AND CARPENTRY
GAS SAFE CERTIFIED ELECTRICAL CERTIFICATION WHERE REQUIRED
ALL TRADES CITY & GUILDS QUALIFIED FOR A FREE QUOTATION.

TEL: 01708 222050 MOB: 07930454650

YOUR SATISFACTION IS OUR REPUTATION

Combi Boiler Repairs

Senior Duval

IAN LEWIS

POTTERTON

Warrant

Installation, Service, Repairs,
Power flushing, Insurance

iphe

01708 440581



Complete Bathroom Refurbishments

- Plan & Design
- Plumbing
- Plastering
- Tiling
- Electrics
- Carpentry

For a free estimate call Matt

Tel: 01708 259696 Mobile 07790 753850
Email: M.P.Williams.Bathrooms@gmail.com

Crusaider First Aid & Mental Health & Wellbeing Training



For All First Aid Training Courses
First Aid at Work, Paediatric, Sports, Emergency, AED
Mental Health and Wellbeing Training
All certificates are accredited and last 3 years
20 years experience in education

www.crusaiderfirstaid.com david@crusaiderfirstaid.com
Tel: 01708 202277 Mbl 07946 628416
Or: 07534 583435

GARY COE JEWELLERS ESTABLISHED 1981

*Fully equipped workshop
Diamond & Engagement ring
specialists / Bespoke Wedding rings
Engraving / Full repair service
Watch batteries / Watch repairs / Valuations
Best prices paid for your old gold*

35 Cedar Avenue Upminster Essex RM14 2LN
Tel 01708 222696 Mobile 07771 802624

www.garycoejewellers.co.uk

Cranham
Dental
Centre

(15)
years

Quality Dental Care
& Service in a Modern Family
Friendly Environment



*a
healthier
smile for
life*

***** New Website & Live Online Bookings *****

Inviting all New NHS & Private Patients to Join our Practice.

call 01708 228 291 now

***** www.cranhamsdentalcentre.co.uk *****

reception@cranhamsdentalcentre.co.uk

141 Ingrebourne Gardens, Upminster, Essex, RM14 1BJ



LR ROOFING
SERVICES LTD

All building works undertaken.

All roof repairs - Flat Roofs - High Performance
Felting - UPVC Fascias & Soffits - Guttering
Leadwork - Re point and Remove Chimney Stack

LRroofingltd@hotmail.com



07929 334990
01708 534411

CEDAR TREE CARE

Pruning - Felling - Stump Removal



01708 301 371

07946 216 150

Website: www.cedar-treecare.co.uk

Email: cedartreecare@qualityservice.com

Cedar Avenue, Upminster, Essex

National Ballet's Dance for Dementia

Derham House, Harwood Hall Lane, Upminster is receiving specialist training as part of English National Ballet's Dance for Dementia initiative and ongoing partnership with parent company, Barchester Healthcare. Staff at the home have been specially selected to receive training and to attend interactive sessions led by English National Ballet Associate Dance Artists and Musicians in order that they can help lead dance and music-inspired workshops for their residents. Dancing and creative arts and music interventions engages the brain and can help with symptoms associated with dementia such as memory loss, communication, and physical coordination. Sessions foster creativity and can help improve symptoms as well as providing artistic stimulation and social interaction.



Queen's Scout Award

It was with great pleasure that I was able to present 5 of our wonderful leaders with their Queen's Scout Award. Back in November I met up with the leaders whilst they were helping with Cubs at Thriftwood Scout campsite. The Queen's Scout award is the highest youth award in the Scouting Movement and is one that these young men have enjoyed gaining. They have experienced everything from camping in the Lake District to helping rebuild a maternity unit in Gambia. So who are they, I hear you ask! They are Sam Taylor, Jamie Duffy, Alex Lane, Michael Lillington and Richard Banks. In recognition for gaining the award they were invited to take part in the Remembrance Service at The Cenotaph in London.

I first met these young men when they joined me at Scouts. They had started their journey at Beavers, before moving onto Cubs and finally joining me at Scouts. It's a privilege to have seen you grow from young Scouts into adults and

gain this amazing award. We are super proud of your achievements and here's to many more. Well, done lads.

MARK SCRACE GSL,
3rd Upminster Scouts & Trojan Explorers



'We are still receiving less than 50% of our pre-pandemic journey requests. This, along with changing travel patterns, means we need to manage our service very carefully, and analyse any proposed changes thoroughly. We are currently looking at extending the service hours to 22.00, and hope to reach a decision within the next four weeks.'

At the time of writing, we have not received any further information from TfL but we will update you when we know more.

To contact TfL Dial-a-Ride, e-mail them at dar@tfl.gov.uk, call them on 0343 222 77 77 or write to them at **PO Box 68799, London SE1P 4RD**. You can also visit their website - tfl.gov.uk/modes/dial-a-ride/.

Uncertainty over Dial-a-Ride evening services

Dial-a-Ride is operated by Transport for London (TfL), and used to operate late into the evening as well as during the day. Since COVID restrictions were eased, Dial-a-Ride has only been running between 8am and 8pm.

A local resident contacted Dial-a-Ride in November to ask when they were reinstating their full service and received the following response:

Feral pigeon problem

With the colder months upon us some people will be putting food out to help the birds survive the cold spell. However some birds such as feral pigeons are a nuisance and take the food from

continued on page 11

ICOL SECURITY SYSTEMS

ESTABLISHED 1984

*Can you afford un-invited guests?
Before they arrive: fit a burglar alarm/CCTV*

For a free survey-risk assessment of your premises contact us on: 01708 226385

*Visit our showroom for
a fully working demonstration
of Alarms and CCTV Systems*

UPMINSTER SECURITY CENTRE
129 AVON ROAD, UPMINSTER RM14 1RQ

SELLING YOUR CAR ?

EMAIL YOUR CAR DETAILS OVER TO
peterwillbourne@hotmail.co.uk

Or

Call us on 01708 229284 or 227718

Or

Pop into the showroom in Front lane, Upminster, we are open
Monday to Saturday 8-4.5 till 6 o'clock

Or

We will come to you anytime that's convenient

*Chris Willbourne Cars
Of Upminster*

Chartered Surveyors/ESTABLISHED 1901 Agents, Valuers GATES, PARISH & CO.

Chartered Surveyors, Estate Agents, Valuers
D. J. Parish, F.R.I.C.S

**SERVING LOCAL RESIDENTS FOR 100 YEARS
1921-2021**

- SALES OF RESIDENTIAL PROPERTY
- VALUATIONS FOR ALL PURPOSES
- SURVEY REPORTS
- RESIDENTIAL LETTINGS
- RENT REVIEWS
- LANDLORD & TENANT MATTERS
- EXPERT WITNESS REPORTS
- PROPERTY MANAGEMENT

32, STATION ROAD, UPMINSTER Tel: 01708 250033

Fax: (01708) 220044

Website: www.gates-parish.co.uk

Chauffeur Me (Travel)

For all enquires call Darren

07947 576642

www.chauffeur-me-travel.com

Chauffeur driven in comfort
Eight Seater - Fully Air Conditioned - Privacy Glass - Satellite Navigation

Special functions
Shopping days
Night clubs
Weddings
Race days
Restaurants
Airports
Theatres
Spoil yourself days

CRANHAM ELECTRICAL LTD

ALL ASPECTS OF ELECTRICAL WORK

PROFESSIONAL SERVICE AT COMPETITIVE RATES

Domestic & Commercial Re-Wires
NICEIC Test Reports
Fuse Board Up-grades

TEL: 01708 223046
MOB: 07710 282110
66 Moor Lane Upminster



Interested in Triathlon or Multi-sport disciplines?

www.havingtri.co.uk @havingtri

Contact Kay Hamilton 07957 567915



Adults Learn To Swim and Improver Lessons

www.kasw.co.uk Qualified ASA Teacher

Upminster Osteopath & Sports Injury Clinic

HELPING YOU WITH
NECK, NECK & SHOULDER PAIN
KNEE AND ANKLE PAIN
HEALTHY LIFESTYLE
POST SURGICAL REHABILITATION
SPORTS INJURIES (INCLUDING KINESIO-TAPING)
MARTIAL ARTS

11 EVERLEIGH CARDOVE
UPMINSTER
ESSEX
RM14 1DP

Tel: 01708 229933
Mob: 07941 146433

www.upminsterosteop.com

enquiries@upminsterosteop.com

NO CONTRACTS/OBLIGATION
NO OF REFERRALS NECESSARY
PRIVATE REFERRALS FOR NHS (OUTSIDE) WHERE APPROPRIATE
REGULATED BY THE HEALTH PROFESSIONS (REGULATION) ACT 2001



S C R Roofing

• All flat roofing • Asphalt and felt systems • Facias and gutters

All staff fully trained, Fully insured, All work guaranteed

Contact Steve Rawles

Tel: 07971 171363

S D GARNER + CO

CHARTERED CERTIFIED ACCOUNTANTS



Helping you grow your business - is our business

With a free initial consultation, we have all your accounting needs covered. From Sole Traders to Limited Companies our services include...

- Cloud Accounting
- Start Up & Incorporation Guidance
- Personal & Business Tax Advice
- Company Secretarial
- VAT, Payroll & CIS Services
- Annual Accounts & Tax Returns
- Rental Accounts
- Fixed Fees Available

01708 453131

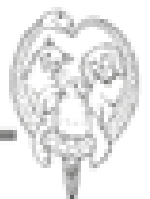
www.sdgarner.com
accounts@sdgarner.com

92 Station Lane, Hornchurch, RM12 6LX

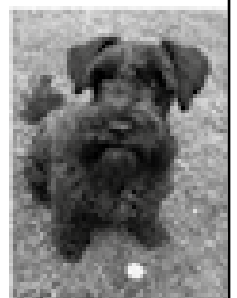


Lawton & Stoakes

WWW.VETS.UK.NET



- Family owned & run Vets
- Established 1985
- First opinion and Referrals
- Catering for all types of Pets
- Consultations to suit your needs
- Excellent Facilities



To make an Appointment

01708 384444

8-12 Fitzilian Avenue
Harold Wood
RM3 0QS



TIME TEES CARS



Upminster MOT & Service Centre
Free Local Collection & Delivery
Covering Cranham Upminster Hornchurch
****Air Con Regas From £69.95****

MOT's Only £45

Or

Included with Any Service

Time Tees Cars, 11 Station Road Upminster.
01708 250011. www.timeteescars.co.uk
Next to Costa Coffee!



J&H ACCOUNTANTS

CHARTERED CERTIFIED ACCOUNTANTS

Family run independent local firm, providing accountancy and taxation services for small and medium sized businesses and individuals.

- Self Assessment Tax Returns
- Corporation Tax
- VAT Returns, Payroll & CIS Services
- Book-keeping
- Annual Accounts Production
- Business Advice and Support
- Management Accounts
- Fixed Fees Available

Get in touch to see how we can help you

nadia@jandhaccountants.co.uk

07508014863

14 Beech Avenue, Upminster, RM14 2HN



smaller birds. Pigeon faeces also carry diseases; Histoplasmosis (which can be fatal if left untreated) as well as Candidiasis and Psittacosis. Their droppings are very acidic and can damage cars and painted surfaces. Feral pigeons can breed all year round if their food source is plentiful. 5 pigeon pairs can become 400 over a period of 2/3 years. When the pigeons nest or sit on roofs and buildings, their droppings act as a fertiliser and cause the acceleration of moss growth. This can subsequently damage roof structures. The RSPB sells pigeon proof bird feeders as food left on the ground attracts rats and mice. Let us help the smaller birds survive the winter, they only breed in the spring.

Give them a chance.

JANE LEGGE

Knives

In response to a question from a local resident who wanted to know where they can dispose of old kitchen knives. Kindly note following information from the local Police.

"At the Gerpins Lane Tip there is

a knife bin. That's the best place to dispose of them. Wrap them up safely and take there."

Mitzee the Scribble Dog goes to the shops

Sharon Brown, a former Cranham resident for 57 years, has recently published a book based on a real life dog, rescued by her daughter and her family from the Dogs Trust. Mitzee, the Scribble Dog is perpetually wet, dirty, full of fun and adventure - of course she is white which accentuates the mud and dirt. Her appealing eyes and amiable nature make her hard to resist. Mitzee adores being around small children and, as most children have vivid imaginations, the idea of combining the two arose. To a small child enjoying a scribble pad, what could be more exciting than a real live dog coming to life from the page, leading the way to adventure and fun before, as ever, adult intervention rapidly closes the story - until such times, in future stories, it can all happen once more.

Parkview Paving & Landscaping

www.parkviewpaving.co.uk

20 years experience

- Driveways
- Patios
- Brick Walls
- Natural Turf
- Artificial Turf
- Indian Sandstone
- Fencing
- Porcelain Slabs

Free estimates/ large portfolio

Find us on Facebook

All work guaranteed

01708 750209/07908891282

As the Dogs Trust was where Mitzee was rehomed from, Sharon wanted them to be part of her story and benefit from the book sales by receiving £1 from each book sold. Books can be ordered from Sharon at sharonbrown200@btinternet.com or by phone 07941491470.



Special place, special people

Osteria is my favourite local restaurant. It is also very popular with my friends, family and many other people in Upminster. I have now discovered that it is extra special. I collapsed in the

restaurant in October and was admitted to Queen's hospital with pneumonia. The care I received from first aiders, Sherine and Lauren, while waiting 4 hours for the ambulance, was way above the expected. Then they looked after my worried husband after I left. I am truly grateful.

LIZ FLETCHER

PAINT & PAPER EMPORIUM

PAINT WALLPAPER FABRIC

107 CORNETT RD ROAD UPMINSTER RM14 2AA
Telephone 01708 234073
info@paintandpaperemporium.co.uk
www.paintandpaperemporium.co.uk

R.R. CONSTRUCTION LTD

EXTENSIONS
GENERAL BUILDING
OVER 30 YEARS EXPERIENCE
FULLY INSURED

PLANS DRAWN & SUBMITTED TO COUNCIL
ELECTRICAL, PLUMBING, PLASTERING
GRANT WORKS (Disabled persons)

Members of Guild of Master Craftsmen

Tel: 01708 251282

www.extensions-experts.co.uk

ESSEX SUPREME CARPET CLEAN



Upminster based



Fully Insured

Carpets, Rugs, Upholstery & Mattresses
Competitive prices & Multi-room discounts

CALL DAVID FOR A QUOTE

Tel: 01708 702194 Mob: 07818 408217

email: essexscc@gmail.com

www.essexsupremecarpetclean.co.uk

- House Surveys & House Purchase Reports
- Party Wall Awards/Schedules of Condition
- Property defect diagnosis & Construction Consultancy
- Design, Planning Services including Planning & Building Regulation Approvals - Domestic & Commercial New Builds/Enlargement
- Regulated by the RICS

The Everett Partnership LLP

Chartered Building Surveyors and Engineers
Construction Consultants
Tel: +44 01708 227932

Email: es@evcp.co.uk



Visit our Website:
<http://www.theeverettpartnership.co.uk>

KUSOOM BUGH



RESTAURANT

Family run business- est 1978
Fully licensed & Air Conditioned

Opening Hours

7 days a week, incl Bank Holidays
Sunday- Thurs: 12 noon to 2.30pm & 5.30- 11.30pm
Friday & Saturday: 12 noon- 2.30pm & 5.30- midnight

174 St Mary's Lane, Upminster, RM14 3BT
Tel: (01708) 220038 or 222606

AERIALS DIRECT

Local family run business, established over 25 years. Offering a fast, friendly, reliable service. Very competitive prices, all work guaranteed

TV, FM, DAB digital aeriels supplied and fitted.
Satellites installed.
Aerial & dish realignment
TV extra points

www.aerialsdirect.co.uk
www.aerialsupminster.co.uk

01708 347257



Quality decorating service
with over 20 years experience

Interior and exterior work. Free estimates and advice. Highly recommended
Handyman services including tiling, flooring, fencing, woodwork & paving

Telephone: 01708 473709 or 07957 096597

Email: contact@sriddick.co.uk

www.sriddick.co.uk

STEPHENSONS

CHARTERED SURVEYORS • ESTATE AGENTS • ARCHITECTURAL DESIGN

Fast

Efficient

Honest

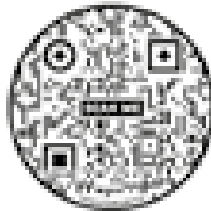
SPACE, DESIGN, DETAIL

Extensions, Party Walls,
New Builds and Project
Management.



For free initial
consultation

call 01708 470001



office@stephensons.name

202 High Street Hornchurch, RM12 6QP

www.stephensons.name



MBM Electrical Services Ltd



Based in Upminster/over 30 years experience

07971 293569

Website:

Mbm-electrical.co.uk

Email:

Info@mbm-electrical.co.uk

01708 898919

* PLANS DRAWN *



ARCHITECTURAL HUB Ltd

FOR:
EXTENSIONS.
CONVERSIONS.
REFURBISHMENTS.

FULLY QUALIFIED, LOCAL ARCHITECT
WITH OVER 15 YEARS EXPERIENCE.
FULL DESIGN PROCESS AND
DRAWINGS SUBMITTED.

Call Malcolm at Architectural Hub
today for your free quotation on:
Mob: 07749 122 058 / Office: 01277 201 828
Email: info@architecturalhub.co.uk



ENERSOLgas

HONEST. RELIABLE. FRIENDLY.
HEATING AND HOT WATER SPECIALIST

CATERING FOR ALL YOUR GAS AND PLUMBING NEEDS

BOILER BREAKDOWN AND SERVICE SPECIALIST
BOILER INSTALLATIONS WITH UP TO 10 YEAR PARTS AND LABOUR WARRANTY
GAS SAFE INSPECTIONS AND SAFETY CERTIFICATES

PLEASE CONTACT GEOFF ON
07982673574
01708223940
enersol@hotmail.co.uk



THE FOOT SURGERY

State Registered Chiropodist/Podiatrist
& Specialist in Foot Surgery

Ms. Meena Matharu

BSc (Hons) BSc Podiatry (HCPC Registered)
19 Years Clinical Experience in Private Practice
Consulted for Harrods and Harley Street

Treatments Available

- Nail surgery, electro-surgery and cryotherapy
- Cortisone injections for pain management
- Sports medicine: bespoke prescription orthotics
- Comprehensive foot care for diabetics and arthritic patients
- All routine foot care: Nail cutting, corn & callous treatment
- Vernucal treatment

Certified for Prescription Only Medicines & Qualified Advanced Clinical Practitioner

For appointments call: 01708 621 104
15 Bilton Lane, Hornchurch, Essex, RM11 1TS
WWW.THEFOOTSURGERY.CO.UK

THE FOOT
SURGERY

Unlock the equity in your home and enjoy a more comfortable retirement.

Are you a homeowner aged 55+? If yes, you could unlock some of the cash tied up in your property by using a lifetime mortgage.

A lifetime mortgage is secured against your home just like a conventional mortgage.

You could release cash to spend however you like for example;

- Improve your home.
- Gift money to Grandchildren for property deposits.
- Have a holiday of a lifetime.

With a lifetime mortgage you will always own your own home*

For your **Free** consultation without obligation please call **01708 220816**.



*It will reduce the value of your estate and may affect your entitlement to means tested benefits.

Austin - Chapel

Independent Financial Advisers LLP

St. Laurence House, Gridiron Place, Upminster, Essex RM14 2BE

Austin Chapel Independent Financial Advisers LLP is a Limited Liability Partnership which is authorised and regulated by the Financial Conduct Authority. Registered in England and Wales No. OC350780

London Ambulance Service advice to Londoners

The London Ambulance Service (LAS) has faced unprecedented pressure since the start of COVID-19. A busy day used to see their 999 control room teams take around 5,500 calls. Since last Spring, this has risen to an average of over 6,000 calls and has occasionally been over 7,000 in a 24 hour period.

The LAS are therefore encouraging Londoners to use their services efficiently to allow them to help as many people as possible, and have given the following advice:

- To help them reach patients quickly, call **999** if it's a serious medical emergency.
- For urgent medical help when it's not an emergency, go to **NHS111** online first.
- If your medical concern is urgent - but you don't need an emergency ambulance, you can also use the **111** phone service and you will get the support you need.

- If you no longer need an ambulance or you can make your own way to hospital, please call them back on **999** to let them know. Their crews can then be redirected to another patient who needs them.

Lock your vehicles

May we remind you not to leave valuables on display in your vehicles. Please also ensure that they are locked when not in use. Sadly opportunist thieves are out there!

Pinney Talfourd free seminars

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

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

In the talks, the speakers will look at why having a Will is so important, what a Lasting Power

of Attorney is, and how they can help with both. There will be refreshments on offer and lawyers from the team will be available to answer any questions attendees may have.

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

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

TfL consultation on step-free Tube access

Transport for London (TfL) are currently conducting a public consultation on step-free access to Tube stations on the Underground network. They particularly want to hear from people who rely on step-free access and what is most important to them.

To take part visit the TfL step-free consultation webpage, which can be accessed via our website - www.ucra.co.uk/tfl-consultation-on-step-free-tube

access/, call **020 3054 6037** or use textphone on **0800 112 3456**.

You can also submit your views without completing the survey, by e-mailing TfL via Haveyoursay@tfl.gov.uk or by writing to **FREEPOST TFL HAVE YOUR SAY**.

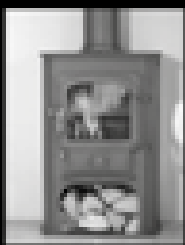
The consultation ends on 10 February 2022.

43 mile Thames Chase Forest Circle walks available to all

As the New Year dawns, many of us start thinking about resolutions after the Christmas excess. This year, why not head outdoors and challenge yourself to walking one or more of the 8 paths which make up the 43 mile Thames Chase Forest Circle? The 43 mile Forest Circle was mapped by the Thames Chase Volunteer walks team in partnership with the Land of the Fanns Landscape Partnership Scheme during 2021, but the concept originated over 30 years ago, when the Community Forest was first established in 1990. The

continued on page 15

HAVERING FIREPLACES & STOVES



Complete Supply & Installation Service
Fitting Only Service also available
Fireplace Packages / Stoves
Clearview Stove Range
Cast Iron Inserts and Fireplaces
Large selection of Marble & Limestone
Gas & Electric Fires
Qualified and Experienced Staff
Free Home Installation Survey
Never Beaten on Price

01708 444954

1-5 Butts Green Road, Hornchurch, Essex, RM11 2JR

E Mail - info@haveringfireplaces.co.uk

www.haveringfireplaces.co.uk

Open 10am - 5pm - Monday - Saturday



Meadowbanks Residential Care Home



Meadowbanks is a 40 bedded residential care home which specialises in dementia care.

The home is located in four acres of meadowland in Upminster, Essex.

Offers large single, fully furnished bedrooms with en-suite shower.

Proprietors: T.L. Care (Housing) Ltd
Hall Lane, Upminster, Essex, RM14 1TT
Telephone: 01708 300140
info@meadowbanks.co.uk

www.meadowbanks.co.uk



HINZ ART
OF UPMINSTER

OLD MASTER COPIES
HAND PAINTED
OIL ON CANVAS
TO YOUR SPECIFICATIONS

OIL PAINTINGS FROM
YOUR PHOTOS

CONTACT DAVID HINZ
Tel: 07395 071 843

Email : davidhinz22@gmail.com

**CARS BOUGHT FOR CASH
CARS, VANS & MOTORBIKES**

£ Instant cash paid £

Or Bank Transfer if you prefer
Any Age, Make, Model or Mileage
Prompt, Professional Service

Please call John:
07948-013-257

Buyer Collects - 7 Days, 9am to 9pm
DVLA confirmation provided

B.K.C. ROOFING LTD

FAMILY BUSINESS WITH OVER 40 YEARS EXPERIENCE
Railway Infrastructure, Commercial, Domestic

Tel/Fax: 01708 340052 Mobile: 07976 278026
Email: Barrycassbkc@aol.com

Member of the Construction Health and Safety Group
Approved contractor by Kingspan Alumasc, Blauder,
Rubber Bond, Widopan
Green roof specialists

Felt flat roof, Single Ply, Rubber, Liquid, Green roofs
New tile roofs, slate roofs, Metal roof, lead roof
UPVC Fascia, soffit and guttering
All work guaranteed, fully insured.

Free estimate

WELLS SOLICITORS

FAMILY LAW

Quality Advice and Caring Service

Fixed Fee Divorce and
Advice Appointments available

Call to discuss your individual circumstances

- Wills & Probate
- Lasting Powers of Attorney
- Court of Protection



01708 251 560

Suite 4, Essex House, Station Road, Upminster RM14 2SJ
info@wells-solicitors.co.uk

LKB Carpentry

Lee's Kitchens, Bedrooms &
Carpentry LTD

Visit my website to view my work
www.LKBCarpentry.co.uk
Upminster 07909630862

CONNECT Lifetime Mortgages

Unlock the money within your home to help you in retirement

If you're over 55 and own your own home, you could be eligible for a Lifetime Mortgage

- ✓ Repay your existing mortgage
- ✓ Home improvements
- ✓ No monthly repayments
- ✓ Helping the family
- ✓ Holiday of a lifetime

Call us on 01708 882955 for qualified & impartial advice
www.connectlifetime.co.uk

This is a shared mortgage. To understand the features and risks please see our personalised document.

A lifetime mortgage may impact your entitlement to means tested benefits and the inheritance you may leave.

Connect Lifetime Mortgage is a regulated financial product, and is provided by Connect Lifetime Mortgage Limited, a company authorised by the Financial Conduct Authority. Connect Lifetime Mortgage is a member of the Financial Ombudsman Service. For more information, please visit www.connectlifetime.co.uk

THE CURTAIN TRACK FITTING COMPANY

Bay Window Experts

We make and fit Tracks, Poles, Blinds, Curtains, Awnings and Shutters. Call today for a free estimate or home visit on: **07956 874 674**

info@curtaintrackfitting.co.uk www.curtaintrackfitting.co.uk

Made to measure:

- Tracks
- Poles
- Blinds
- Curtains
- Awnings
- Shutters
- Upholstery

Fleet of Foot
Podiatry and Chiropody

Routine Chiropody - Podiatry degree qualified - HCPC registered.
Certified for prescription only medicines.
Specialist in nail surgery - treatment packages available.
All instrument sets are individually sealed & fully autoclave sterilised.

Some examples of conditions treated: Corns, callus, thickened nails, fungal nails, ingrowing nails, dry cracked heels, claw, hammer or mallet toe lesions, verrucae, fungal infections, annual diabetic foot checks.

Specialist in sport and musculoskeletal injury, post graduate trained.
In-house Colemanas Tempo, two camera video gait analysis system.
In-house ultrasound diagnostic scanning.
Insole & orthotic therapy, custom casted and off the shelf devices stocked.
Exercise and therapeutic rehabilitation therapy for musculoskeletal injury.
Local anesthetic and corticosteroid injections available.

Conditions treated are lower limb/hips downwards, some examples: Plantar fasciitis, muscular or tendinous injury, Achilles tendinitis, shin splints, tibial bone pain, patella femoral & knee pain, metatarsalgia, Morton's neuroma.

By appointment only, please book online through our website, alternatively text a message by textphone or email, and we will get back to you to arrange an appointment as soon as we are out of clinic.

Fleet of Foot 01708 535475 Greg Kimer
53 Bridge Avenue, Upminster, RM14 2LP contact@fleetoffoot.co.uk Podiatrist / Chiropodist
Free parking available. HCPC: CH24325

NEED A GRAPHIC DESIGNER?

I've got you covered.

From logos, branding and business design, to websites and wedding artwork, I can deliver professional and creative designs for your business or personal needs.

the berkley graphic design co.

Contact Hannah Nicholls
07859 403079
theberkleygraphicdesignco.com

vision was to promote informal access to all regenerated areas of the Community Forest on foot, cycle and horse with an improved rights of way network, to meet the needs of residents, visitors and landowners.

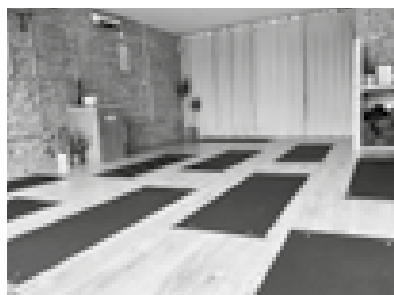
To find out more, or purchase a set of the 8 Forest Circle Walks leaflets produced in partnership with Land of the Fanns, visit Thames Chase Forest Centre in Upminster.
<http://www.thameschase.org.uk/>

Free Yoga Open Day at A Fine Balance Studio, Upminster

Have you tried A Fine Balance yoga studio yet? Looking to get back into yoga this New Year? A Fine Balance studio in St Mary's Lane is hosting an Open Day with free yoga classes all day on Saturday, 15th January. You can join them in-studio or via zoom.

Find out more and book: www.afinebalance.me/free-yoga-classes.

A Fine Balance offers daily yoga classes for all levels as well as



courses for beginners and expert workshops.

Yoga is great for stretching and strengthening the body, as well as finding peace of mind. A great way to find balance in 2022!

Zebra Crossings

Resident Association Councillors have been contacted a couple of times recently concerning some

drivers and cyclists not giving way to pedestrians at Zebra Crossings. Whilst the majority of people do give way, we would like to remind everyone (including cyclists) that such crossings are there to provide a safe place for people to cross busy roads. Rule 195 in the Highway Code states that "you must give way when a pedestrian has moved onto a crossing".

News from Upminster Methodist Church

In September we welcomed Rev Rohama Asif to Upminster. Rohama, together with Rev Joseph Ribeiro, has responsibility for five churches locally. Many have already had the opportunity to meet her at recent All Age Worship. She can be contacted on 01708 788783 or revrohama@yahoo.com. Rev Jason Vinyard and his family have moved to Bury St Edmunds. After 11 years here, he was well known and had made a big impact on our community, for which we are very grateful. Many will remember Keith and

Hazel Nichols, who recently moved closer to their family. In the Triune Youth Club in the 1970s/80s Keith was a leader on Tuesday evenings and at camps, discos, etc. More recently, they have helped provide a place of friendship at the Gateway Coffee mornings, plus involvement with many other activities over 50 years. It is almost certain that if you have entered the Methodist Church and its halls, you will have received a warm greeting from them. We wish them all well.

Double Lock Your Doors

Please note the following message we have received from the local police.

"Please make sure you double lock UPVC front doors by lifting the handle and locking it with a key. Just lifting the handle makes it easy for burglars to get in. If you have a wooden door 2 locks are advised or more if you prefer. Also make sure the porch door is locked if you have one. Burglars will try and get in, please make sure you lock your door properly."



TOGETHER, LET'S CREATE THE LAWN WE BOTH LOVE

From as little as **£15*** per treatment
*Based on a lawn size up to 40m²

Our high-nutrient, high-quality Lawn Treatments are expertly formulated to give your lawn the very best all year long.

We love your lawn just as much as you do, join our community of Lawn Lovers today.

Here at GreenThumb, we share your passion for lawn perfection

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

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

Together, let's create the lawn we both love
Request your **FREE** Lawn Analysis today. Call us on **01277 227988**
email: essexsouth@greenthumb.co.uk or visit: greenthumb.co.uk

HORNMINSTER EDGE SERVICES

KNIFE AND EDGE TOOL SHARPENING

- FREE local collection and delivery.
- SHARPENING and repair of all cutting tools.
- BESPOKE KNIVES and TOOLS made to order.
- Free quotes on all jobs, no job too small.
- Kitchen, bushcraft, serrated, and country sports knives.
- Chisels, plane irons, gouges, saws, all woodworking tools.
- Shears, edgers, spades, axes, and garden tools.
- CLIPPER BLADE and SCISSOR sharpening.
- CARD payment, cash, or bank transfer available.
- All items sanitised, full social distancing undertaken.



CONTACT MARIA AND LEON
hornminsteredgeservices@outlook.com
07968 744110 • hornminsteredgeservices.co.uk

ELECTRICIAN

Your Local Electrician

- Extra lights
- Additional sockets
- New fuse boards
- Rewires
- Inspection & Test Certificates
- Security lights
- Shed/Garage supply
- Smoke alarms
- Kitchen circuits
- Garden electrics and more.....

Fault Finding and Repairs No Job Too Small

- ✓ Qualified Electrician
- ✓ Fully Insured
- ✓ Free Quote
- ✓ Six Year Guarantee
- ✓ Reliable Service
- ✓ Reasonably Priced

Call Dean on: 01708 909066



dean@emfwiringsolutions.com



For all your property maintenance
repairs and improvements
With over 25 years of experience
No job too small
Fully insured local tradesman

Call On
Office 01708 501117
Mobile 07551 102102

More Info
www.terryford.co.uk
Email info@terryford.co.uk



Cine-Slides-Video 2 DVD

- VHS & camcorder tapes copied to DVD.
- 8mm & 16mm cine films converted to DVD.
- 35mm slides, negatives & prints scanned and saved on DVD

Contact Michael on: 01708 735810 www.slides2disk.co.uk



BRITANNIA EXTERIOR CLEANING



- Pressure Washing
- Steam Cleaning
- Roof Moss Removal
- Biocide Treatment
- Softwashing
- Gutter Clearing
- Fascia Soffit & Gutter Cleaning

CONTACT LLOYD FOR A FREE QUOTE

☎ 01708 300479 / 07968 723570

🌐 www.britanniaexteriorcleaningservices.co.uk

✉ admin@britanniaexteriorcleaningservices.co.uk

the sycamores swim school

111A Station Lane, Upton, North Essex, RM14 2TE

We offer **Infant & Baby, Pre School & Junior Lessons** from 4 weeks old years in a warm clean pool.

Lessons are fun and structured with experienced teachers.

Please call for more information

07961 750173

or visit our Facebook page

www.thesycamoreswimschool.com

RJ Watson Carpentry & Joinery

For all your carpentry and home improvement needs.

Kitchens - Wardrobes - Flooring - Doors

01708 921360 / 07921 513970

www.rjwatsoncarpentryandjoinery.co.uk

MDM PROJECTS

Groundwork - Security - Surfacing

Design Build Maintain

MDM Projects are specialists in the Design, Build, Installation of Internal & Perimeter Security Systems, Groundwork, Hard & Soft Landscaping & Specialist Surfacing Projects, with over 20 years industry experience.

Please see our website for more details.

07500 478111

info@mdmprojects.co.uk

01708 837104

mdmprojects.co.uk

SR Roofers

01708 551714 / 07743 406418

- Family Run • Est. 1975 • 45+ Years Experience •
- Fully Insured • Free Quotes • No Deposits •

- Roof Leak & Roof Repair Specialists
- Roof Overhauls & Maintenance
- New Tiled Roofs & Velux Windows
- New Flat Roofs - Felt & Rubber
- Chimney Stacks Repaired & Removed
- Lead work, Pointing & Rendering
- uPVC Guttering, Fascias & Roofline
- Storm Damage & Insurance Work
- Pigeon / Solar Panel Guards
- Asbestos Removal & Garage Roofs
- The Best Quality Materials Used
- 24 Hour Emergency Repairs, 7 days

Celebrating over 46 years of trading with the ORIGINAL company name and telephone number!

With Over 500 genuine reviews on "TRUSTiST" & Over 20,000 happy local customers!

We offer very competitive prices & will beat any genuine like for like written quote!

rosseldridge84@hotmail.co.uk • www.sr-roofers.co.uk




ATCL LOCKSMITHS

FOR ALL YOUR HOME & BUSINESS SECURITY NEEDS
YOUR LOCAL MOBILE LOCKSMITHS

- FREE CALL OUT
- OAP DISCOUNT - 10%
- FIXED PRICING
- NO HIDDEN CHARGES
- 12 MONTH WARRANTY ON ALL WORK

01708 453 168 | 07515 519 971



Margot and the Magical Plant
Jane Rhodes

Book & Merchandise now available to offer children a whole experience to make their planting more interesting and personal to them

Order through:
Janerhodes77@gmail.com
<https://margotmagicalplant.com/>

Is now the time to review your financial planning arrangements ?

We at Austin Chapel Independent Financial Advisers LLP, have been providing unbiased, Independent financial advice to local people for over 20 years. In these uncertain times, now may be a good time to review your existing financial arrangements, to ensure they still meet your current and future requirements.

If you would like to review any of the following, please get in touch to discuss how we may be able to help you.

- Investments and Savings.
- Pension and Retirement Planning.
- Protection, Including Life Assurance, Critical Illness and Health Insurance.
- Mortgages and Equity Release.

For your **Free** consultation without obligation please call **01708 220816**.



Austin - Chapel
Independent Financial Advisers LLP
St. Laurence House, Gridiron Place, Upminster, Essex RM14 2BE
Austin Chapel Independent Financial Advisers LLP is a Limited Liability Partnership which is authorised and regulated by the Financial Conduct Authority. Registered in England and Wales No. OC350780

CRANHAM GARAGE

M.O.T & SERVICE CENTRE

www.cranhamgarage.co.uk

****M.O.T TESTING****
**** VEHICLE SERVICING****
**** VEHICLE REPAIRS****
**** VEHICLE DIAGNOSTICS****
Up to 40% Cheaper than main dealers

38-40, FRONT LANE, CRANHAM, ESSEX, RM14 1XW

TELEPHONE: **01708 221704**
E-MAIL: bookings@cranhamgarage.co.uk

TRUSTED & SERVICING THE COMMUNITY FOR OVER 30 YEARS

Theft from motor vehicles

Please note the following advice we have received from the police.

"If you are having work done at your home can you ask your contractor to make sure their vehicle is locked. There has been a few reports made over the past few weeks of vans being broken into when they have been working"

Report crime by calling **101** or in an emergency call **999**. Remember, you can also report crime online on our website: <https://www.met.police.uk/>.

Tips on Preventing Catalytic Converter Thefts

Catalytic converter thefts are increasingly a problem for motorists, being lucrative for thieves and extremely disruptive to vehicle owners. Below are some tips on reducing the risk of your vehicle suffering such a theft:

- Park to prevent access underneath - If you can, park somewhere that would make it difficult for a thief to climb underneath your vehicle or jack it up.
- Mark it to protect it - Some garages will etch a unique serial number onto your catalytic converter, so that it can be easily identified if stolen. You will also be provided with a sticker to be displayed in your window.
- Spot-weld the bolts on the catalytic converter to make it harder to remove.
- For Toyota owners - Toyota has its own device, called a Catloc.
- There is also something called a CatClamp, which clamps to the exhaust pipes, not the converter. It makes stealing your converter more difficult for a thief in a hurry.

For advice on whether your particular make of vehicle

has specific anti-theft devices available, speak to a main dealer. For general advice on preventing vehicle crime, see the Metropolitan Police crime prevention website - www.met.police.uk/cp/crime-prevention/.

OUT AND ABOUT IN YOUR LOCAL AREA

Bretons Sea Angling Club

Established in 1981, we fish from boats around the East & South coasts twice a month. Secretary Nigel Blythe, from Emerson Park, would like to hear from anyone who may be interested in joining. Our venues for this year include Leigh on Sea, Littlehampton, Lymington and a weekend in Mevagissey, possibly Weymouth too.

Please contact nigel@bretonssac.co.uk for further details.

The Cappella Singers of Upminster

Come and join us. We meet on Thursday evenings, 7.30 - 9.30pm at Trinity United Reformed Church, Station Road, Upminster. We currently have 16 singers and could do with more. New members welcome - especially men. If you are interested please contact Ian Pirie on **01708 641718**, email: ian_michael_pirie@btinternet.com

The Wesley Players - Rapunzel

Story: The Wesley Players are proud to present their annual family pantomime, Rapunzel. Follow Rapunzel's plight as she is kidnapped by the evil witch. Cheer the good guys as they attempt to save the day! Can Rapunzel

continued on page 19



KATIE JOHNSON
HEALTH | FITNESS | RUNNING

Personal trainer & weight loss specialist

- Personalised training plans
- Nutritional guidance
- Location to suit you
- All abilities welcome

katiejohnson.uk 07533 199930 [katiejohnson_pt](https://www.instagram.com/katiejohnson_pt)

Call : Gary or Liam

DOUBLE GLAZING



REPAIRS

Broken, Misted,
Sealed Units
Handles, Rollers
Hinges, Locks etc.



Weatherbest Double Glazing Repairs

Fully Guaranteed

01708 437174

New Window & Door Installations

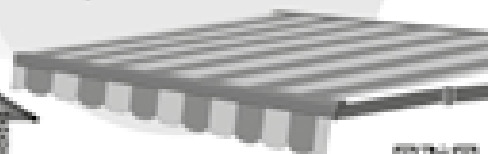
OAP Discount

EST 1989



Drathmore
BLINDS • SHUTTERS • AWNINGS

Interior blinds
Roller shutter garage doors
Sun awnings
Sun awning recoveries and repairs
Security shutters



Based in Navestock. Visit the website www.drathmore.co.uk
Tel: 01708 755667 Email: sales@drathmore.co.uk

MOBILE SEWING MACHINES

SEWING MACHINES REPAIRS AND SERVICING
IN YOUR OWN HOME OR AT WORK. ALL MAKES



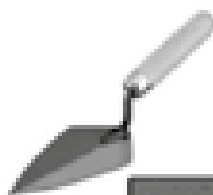
NEW AND SECOND HAND MACHINES SOLD.
PART EXCHANGE AVAILABLE. OAP DISCOUNT.
ALL WORK GUARANTEED. 35 YEARS EXPERIENCE

PHONE 0800 371312 OR 01708 345738 MOBILE 07868 468495
www.mobilesewingmachinesrepairs.co.uk

Changing Spaces

Landscapes and Garden Design

Or find us on Facebook:
[changingspacesLL](https://www.facebook.com/changingspacesLL)
Instagram:
[changingspacesLL](https://www.instagram.com/changingspacesLL)



- Patios
- Driveways
- Artificial grass
- Turfing
- Fences
- Walls

Contact:

Phone 01708 938 304

Mobile 07497 516 378

IN DOORS LTD

Local Manufacturers

COMPLETE NEW KITCHEN & BEDROOMS

Supply only, or Supplied and Expertly Fitted, Design & Planning

OR REPLACEMENT

Kitchen & Wardrobe Doors

Vinyled-Gloss Slab, Handleless Matt Finish
Painted Solid Wood-BS/RAL- Farrow & Ball colours

WORKTOPS - Laminate/Granite & Quartz

Most Appliances available – Blanco, Neff,
Siemens, Bosch, Belling etc.

HANDLES - Large range Inc. SWAROVSKI
Friendly & Helpful, Trade & Public Welcome

Visit our Showroom/Factory

Mon to Fri: 9am to 5pm, Sat. 9 to 1.30pm

Tel: 01708 671199

Units 5-7 ARCAN Y ROAD, S.OCKENDON RM15 5SX

Email: info@indoorsessex.co.uk

No appointment necessary

NEW ENTERPRISE

PEST CONTROL

01708 224419

RATS MICE COCKROACHES

WASPS BIRDS FLEAS ANTS

MEMBERS OF THE N.P.T.A.

OVER 35 YEARS EXPERIENCE

ALL WORK GUARANTEED

FREE SURVEYS

LOCAL COMPANY

111 AVON ROAD

LUPMINSTER



LEARN TO SWIM

with

PADDLERS

Swim School

Aged 4+

Lessons for all abilities

01708 720388

www.paddlers.co.uk



NEW-GEN CONSTRUCTION LTD

****LOCAL BUILDERS****

ALL BUILDING AND CONSTRUCTION JOBS UNDERTAKEN
FULLY INSURED- CUSTOMER RECOMMENDATIONS AVAILABLE
CONTACT US FOR A FREE NO OBLIGATION QUOTATION.

Email: Info@newgenconstruction.co.uk

TEL: 01245 420351
MOBILE: 07768172842



Home Instead.
Live well,
your way

Start your home care journey
with Home Instead today.

- Home Help
- Personal Care
- Companionship
- Dementia Care

01708 989054
homeinstead.co.uk/romford

Each Home Instead franchise is independently owned and operated. Copyright © Home Instead 2021.



**ANGLE PAVING
SANDSTONE SPECIALISTS**

Driveways, Patios, Gardens, Walls, Slabbing,
Fencing, New lawns, Garden Lights, Brickwork,
Garden Design, Steps, Block Paving

Do it Right, the
First time!

Mobile: 07814 940335
www.anglepaving.co.uk
email: angle.paving@o2.co.uk

Assistive Technology helping with Independent living throughout Havering

*"Very satisfied with the service given. I live alone and find it a Godsend.
Fortunately most of my calls are for tumbles where I lose my balance and can't
get back on my feet without help. Thank you" Mrs C.*

Do you want to live more
independently but are
unsure how to call for help if
something happens? Or are
you worried about someone
who lives on their own and is
vulnerable?

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

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

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



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



escape? Can the good fairy help
our heroes? Will the prince find a
way before our dame runs out of
hairspray? One thing is for sure;
there will be fun for all the family
along the way.

Prices: £7 for Adults, £5.50
for concessions and £3.50 for
Children (under 16). As usual,
Senior Citizens are admitted
free to the Thursday and Friday
evening shows.

Tickets will be available on the
door or may be booked in advance
via the Box Office on **07708
214742** or email [tickets@wesley-
players.co.uk](mailto:tickets@wesley-players.co.uk).

Performances: are at 8pm on
Thursday, 27th and Friday, 28th
January and at 1.30pm, 4.30pm
and 8pm on Saturday, 29th
January 2022.

Location: Wesley Hall, Upminster
Methodist Church, 10, Hall Lane,
Upminster, Essex. RM14 1AE.

The Old Chapel Tea and Talks

Wednesday, 12th January 2022.
Flying the Flag for Women - David
Williams a City of London guide
and lecturer will talk on the final
decades of the 19th century when
women were beginning to make
their voices heard in a male-
dominated society and paved the
way for the Suffragette Movement.

Wednesday, 9th February 2022.
*The Hidden History of Romford
Market* - Ellen Owen will explain
how Romford Market has all the
ingredients of a best seller, from
villainy, skulduggery, romance
trading through the years and the
secrets which lay below your feet.

Doors open at 10am, talk
commences 10.30am. Talks
are free to registered members
and £2 to non-members with
refreshments afterwards.

Contact: [friendsoldchapel@
mary.havering.sch.uk](mailto:friendsoldchapel@mary.havering.sch.uk) for further
information.

Venue: **Roope Hall, Trinity
URC Church, 29 Station Rd,
Upminster RM14 2SJ.**

Charity Family Disco in aid of Cancer Research

**** Cancelled from 2021 due to the
pandemic, we're back for 2022 ****

Join us on 26th February 2022
from 7pm at The British Legion
Hall, St Mary's Lane, Upminster
for a family evening of music,
dancing and prizes. The evening
will feature a kids disco, some
proper dancing (like Strictly:
Waltz, Quick Step etc) and a game
or two, as well as music from 60s
to the present time. So get on your
glad rags and come along and help
us raise money for a great cause.
Tickets are just £5 for adults, £3 for
children. Phone Rocco on **07906
396292**.

Havering Antique Collectors Club

With interesting speakers on
antiques, please come and join us.
Our next meeting is on Friday, 21st
January - 7.30 for 8pm @ Harold
Wood Neighbourhood Centre,
Gubbins Lane, Harold Wood.

Annual Membership £30. Guest
£5/£8. Further details from
Chairman Mrs Chris Lovett **07947
367 258**.

Upminster & District Horticultural Society

Happy New Year and what
better way of starting the year by
preparing our gardens.

On Tuesday, 11th January we have
a lecture on Flowering Shrubs
in July and August presented
by George Lockwood. If you are
looking for low maintenance and
plenty of colour in your garden
then come and join us in the
New Windmill Hall, St Mary's
Lane, Upminster. The evening
begins at 7.45pm with our AGM
followed by our lecture and
finishes at 9.45pm There will be
break for tea and biscuits, with a
raffle at the end of the evening.
Entrance is free to members and
is £2 for non-members. You can
find out more about our society
by visiting our website [www.
upminsterhorticulturalsociety.
co.uk](http://www.upminsterhorticulturalsociety.co.uk).

Upminster and Cranham Royal British Legion

New social members welcome.
Come along for a sociable
afternoon or evening. Upcoming
events:

**Saturday, 15th January -
Paul Jerrom**

**Friday, 28th January -
Quiz bingo**

**Saturday, 12th February -
Gaz Vegas**

**Friday, 25th February -
Quiz bingo**

Sky Sports and BT Sport showing
all major sporting events.

Knit, Sew and Natter Club
(Thursdays 2pm - 4pm). Call
Lorraine on **07796 992000** or the
club **01708 223157**.

Unwanted travel money collection
(coins and notes) is ongoing -
proceeds to the poppy appeal.
Total so far, a massive £503.

Check the British Legion Branches
website. Call the club **01708
223157**. Email [UPRBLClub@
gmail.com](mailto:UPRBLClub@gmail.com)

BF Mulley & Son
Incorporating Horace Fry

Golden Charter

Chapel of Rest | Home Arrangements | Distance No Object
World-Wide Repatriation | Ample Client Parking | Memorials
Family Owned Funeral Home | 24 Hour Funeral Service



254 St. Mary's Lane,
Upminster RM14 3BN
Tel. 01708 220100

28 High Street,
Hornchurch RM12 4LN
Tel. 01708 442185

Email:-
Upminster@bfmulleyson.com

Email:-
Hornchurch@bfmulleyson.com

www.bfmulleyson.com

D.G. PLUMBING SERVICES
All plumbing work undertaken
FREE camera video gutter cleaning inspection
High reach vacuum tech
No mess No ladders
FREE estimates

01708 220994 07977 214541
52 The Grove Upminster RM14 2ET



Goodfellas
Upminster

ITALIAN BARBER BY *Gianni*



141 St. Marys Ln,
Upminster RM14 3BL

01708 222555

ADULTS	CHILDREN	SENIOR
<i>Services Include</i>		
• DRY CUT	• WASH & CUT	
• SHAVING	• BEARD TRIM	
• SKIN FADE	• STYLING	
• CLASSIC HAIRCUT	• WET TOWEL	
<i>Opening Hours:</i>		
	Monday	8:30am-6:30pm
	Tuesday	8:30am-6:30pm
	Wednesday	8:30am-6:30pm
	Thursday	8:30am-7:30pm
	Friday	8:30am-6:30pm
	Saturday	8:00am-5:00pm
	Sunday	9:00am-2:00pm

UPMINSTER FENCING LIMITED

Family Run Business

Trading Since 1994

SUPPLY & FIT
PRESSURE TREATED PANELS • FREE ADVICE & QUOTATIONS



OPENING HOURS: WEEKDAYS 8AM TO 3PM
SHUT WEEKENDS AND BANK HOLIDAYS

01708 225599 - 07831 281 590

www.upminsterfencing.co.uk • admin@upminsterfencing.co.uk
Upminster Fencing, Mardkye Works, St Mary's Lane, Upminster, Essex, RM14 3PA

HANDYMAN / GENERAL BUILDER

LOCAL BUILDER WITH 35 YEARS EXPERIENCE

NO JOB TOO SMALL

REPAIRS / REFURBISHMENT / NEW WORKS

Call John for a free and without obligation quotation/advice

Recommendations available

Public liability insured

Mobile number: 07970 074664

Home telephone: 01708 913714




JUICE HQ



Made to order immune boosting, cold pressed fruit & vegetable juices, delivered to and collected from your doorstep in reusable glass bottles.

Premium Juice Detox & Cleanse Packages also available.

Juice HQ 
@_juicehq 
juicehq.co.uk 
hello@juicehq.co.uk 
07932 223785 

AJB gardens

Garden Services, Estate Management & Tree Surgery

Honest, reliable and friendly service at competitive prices

All Garden Services & Regular Maintenance plus Jet Washing, Patios, Line-marking, Clearance & much more!

Domestic and commercial contracts available - Free, no-obligation estimates/advice

Over 28 years experience, NPTC qualified & fully insured

Visit our website for more info!
www.ajbgardens.co.uk

Or call us on 01708 228886 / 07875 557178




Oakfields Preparatory School


A CO-EDUCATIONAL PREP SCHOOL FOR BOYS AND GIRLS AGED 2-11 YEARS


There is no need to travel far for an excellent education for your child. Oakfields is situated in Upminster and perfectly placed for a private education in housing, with our passion for teaching and our holistic approach, we ensure every child has a well-rounded education to be able to fulfil their potential.

We're now accepting students for September 2021

VIRTUAL OPEN MORNING ON THURSDAY 23RD SEPTEMBER 2021

Register now!
Email info@oakfieldsprep.co.uk
www.oakfieldspreparatoryschool.co.uk





South Drive
Gidea Park
Romford
RM2 6HH

ST. MARY'S HARE PARK SCHOOL AND NURSERY

- An outstanding and broad academic education within a caring Catholic ethos.
- A long tradition of academic excellence and leadership.
- A commitment to providing the highest quality of learning to all with small class sizes.
- High academic standards and accelerated learning programme.
- Children are prepared for success for Grammar and Independent School entry.

Independent Roman Catholic Preparatory School for children aged 2 1/2 to 11 years

FACTA NON VERBA
- ACTIONS NOT WORDS

'Proud of our small school with a big heart.'

To be a part of our family:
enquiries@stmarysharepark.co.uk
Visit: www.stmarysharepark.co.uk
01708 761220



A Will still on the to do list?
Need to review your existing Will?
Do you know the consequences of not having a Will?

Call or email to discuss your requirements without obligation.
Specialising in: Wills, Trusts, Estate Planning,
Lasting Power of Attorney, Probate.

01708 837102 | scott@acumenwills.net



ACUMEN
WILLS, TRUSTS & ESTATE PLANNING
acumenwills.net

Support the HRA

Can you support us by joining HRA as a member, perhaps deliver leaflets in your street, or simply follow our Squirrels Heath Facebook page - any contribution would be welcomed and appreciated. Please get in touch with us by phone or via the HRA website haveringra.org. See page 2 for contact details. We look forward to meeting you.

Cllr BOB PERRY

Ardleigh House

Ardleigh House will be running a full year programme of Day Trips in 2022. Look out for us in The Bulletin for more trips as they are released or check our website for details. Book via our website www.ardleighhouse.org or telephone 01708 440660.

Thursday, 10 March 2022 "ABBA Chique" in Voulez-Vous Aha show. Considered to be the best ABBA tribute group, the show is 3.5 hours and we include a 2 course lunch with tea/coffee and return coach from Ardleigh House and of course your show ticket. **Price £63.**

Sunday, 20 March 2022 "Thriplow Daffodil Weekend" We will visit Stockdale Garden Centre just

outside Cambridge, one of the largest garden centres in the area then on to Thriplow. Now in its 45th year, the show is visited by over 10,000 people over 2 days. There are arena events, stalls, classic car and farm equipment displays as well as small working steam engines, Morris dancing and a fully working smithy where the Blacksmith can be seen making things with the original forge equipment. **Price £33** includes return coach and entry fee to the event.

Wednesday, 27 April 2022

"A Day Trip to Norwich" The County Town of Norfolk. Most visited is the Norwich Cathedral but there is also Norwich Castle, the grade II listed "Strangers Hall", Plantation Gardens, The Sainsbury Centre, a grade II listed building since 2012 and the City of Norwich Aviation Museum plus the usual Open Top guided bus tours (not included). **Price £33.**

Planning Applications

Just a reminder that every week Havering Council publishes a list of planning applications received within the previous seven days. Since it was highlighted to local Councillors earlier in the year that the Council often only sends notice of applications



THE BOILER & BATHROOM REPLACEMENT SPECIALIST

Call us for a free quote

01708 226682
www.boilerreplacement.net

Which? Trusted Trade

to a very limited number of nearby premises, we have been publishing a link to the list on both of our websites each week - ucra.co.uk and raep.org.

What was so good about 2021?

If 2020 was about us finding each other and pulling together, 2021 perhaps was when we found out what we already suspected about

our government, our society, and returning to normal. One huge event was the COP26 conference regarding our environment and how we have been affecting it. It highlighted how we live apart from nature as opposed to living with it. We have long felt nature is there to be subdued, controlled and exploited rather than something of which to be part and be good guardians. The individual elements of nature, or creation are dependent upon each other and when we separate them,

continued on page22



THE KEN RHODES GROUP LIMITED

THE LOCAL DOUBLE GLAZING & CONSERVATORY SPECIALISTS

WE PRIDE OURSELVES ON HONEST PRICES, FRIENDLY EXPERT ADVICE AND UNRIVALED CUSTOMER SERVICE



CALL NOW FOR YOUR FREE NO OBLIGATION QUOTATION
01708 227777
WWW.KENRHODES.CO.UK



193 ST MARYS LANE, UPMINSTER, RM14 3BU

for example planting vast fields of one crop, we lose the important complex and intricate balance of abundantly diverse life and so nature becomes sterile and bare. The same applies to each of us. We live most naturally and in balance in community with creation and each other. I wonder if our New Year's resolution is simply to recognise this and continue to appreciate each other and nature more, even to love each other.

GREG NASH

Can't Sing Won't Sing! - Nelmes Community Choir on the Corner

We're looking to increase the size of our wonderful Community Choir. Meeting each Thursday at Nelmes URC in Nelmes Road at 8pm, from January 13th we will be back in action and having fun in a COVID safe environment. We look forward to meeting you then, or join in at any time.

Singing talent is not a required qualification but a willingness to have a go and join in a lovely

group of people and perform locally in our community. With vocal coaching, exercises and musical guidance we are an example of the sum being better than the individual parts. Any questions to sing@chapel.email or simply just turn up.

Cop corner

Happy New Year to all our residents. Let's make this New Year's resolution not to lose those pounds.

THINGS TO KNOW - Beware of Scammers - they are waiting to steal from you either by phone or online. If any call, text or email seems suspicious, STOP and THINK as no bank or the Police would ever ask you for bank details or pin code. ID fraud - Personal information is always wanted by criminals to use fraudulently. Unexpected contact from anyone who asks for personal details, should always be treated with caution.

THINGS TO DO - Always shred or destroy letters or statements with personal details on it. When withdrawing money from a cash point, always cover the pin pad whilst entering PIN code, **Protect that PIN**. When shopping online, make sure the website is genuine. Fake addresses usually vary from

authentic ones with just one or two incorrect letters. **Use Spell Check**

New Year Resolution - Make sure it's **YOU** that spends **YOUR** money.

Upcoming Events - Community contact points 6/1/22 at 12pm - Parade of shops Wingletye Lane and 27/1/22 at 3pm outside Co-op, Brentwood Road.

Government Pension Tracing Service

A reminder of the Government's free pension tracing service to help people find their lost pensions. You can contact them via www.gov.uk/find-pension-contact-details or on their freephone number 0800 731 0193.

Reporting scam texts

We have previously warned of scam e-mails. To help prevent these, any suspect e-mails can be forwarded to the National Cyber Security Centre via report@phishing.gov.uk.

However, we have recently been told about a similar way of reporting scam texts, which are becoming more frequent. If

you think that a text message is bogus, you can forward it free of charge to your phone provider on **7726**. They will then be able to investigate the origin of the text and take action, if found to be malicious.

For further information on various scams and fraud visit the ActionFraud website actionfraud.police.uk.

Minster Way experimental traffic scheme ended

You may recall our recent reports regarding the Council's temporary experimental scheme in Minster Way, Hornchurch to reduce and slow the traffic cutting the corner to avoid the traffic lights. Following the restrictions which they introduced we gave details of where to send your thoughts to at the Council and encouraged local residents to take part in the consultation. The Council received a number of complaints, mostly concerning the queues of traffic that formed along Wingletye Lane in busy times. The Council have now brought the scheme to an end and removed the restrictions to the relief of many residents.



OLDHAM LANDSCAPES
SPECIALIST IN LANDSCAPE DESIGN AND CONSTRUCTION
DRAWS, PATIOS, BRICKWORK, PLANTING, TURFING, FENCING, DECKING, PERGOLAS,
PORTFOLIO ON FACEBOOK UNDER OLDHAM LANDSCAPES
01708 225279, 07973 911893



Craig Lodge Upholstery
A REPUTABLE SPECIALIST
SPECIALISTS IN REPRODUCTION UPHOLSTERY, COLOUR MATCHING, UPHOLSTERY, SOFA, BEDS, BENCHES, PATIOS, PARKER BENCHES AND YOUR QUALITY ALASKA COTTONS.
EXTENSIVE RANGE OF QUALITY FABRICS
* FULL REPAIR SERVICE * CUSTOMERS REFUSED A REFUND ONLY *
FREE ESTIMATES WITHOUT OBLIGATION PROFESSIONAL ADVICE
www.craiglodgeupholstery.co.uk
BENTON, BUNCEWOOD, HORNCHURCH, SPINNEY, LEIGHAM T.C.
HORNCHURCH 01708 455 424
craiglodgeupholstery.co.uk

Could you be a Shared Lives Carer?
If you have room in your home, and the time and compassion to support a vulnerable adult to live independently as part of your family, we will offer you training, support and a weekly allowance of up to £450 per week
info@bettertogether.org.uk 0208 519 9536

HOME CARE SERVICES
SUPPORTING PEOPLE IN THEIR OWN HOMES WITH QUALITY CARE SERVICES

MEDICATION SUPPORT	PERSONAL CARE
COMPANIONSHIP	RESPIRE
DEMENTIA & ALZHEIMERS	LIGHT DOMESTIC
NUTRITION & DIET SUPPORT	24 HOUR SUPPORT
REablement SUPPORT	HOSPITAL DISCHARGE
SOCIAL & LEISURE ACTIVITIES	END OF LIFE

CONTACT US ON:
01708 301 111
or 07538 709 012
WEB: www.kareplus.co.uk/romford
EMAIL: kromford@kareplus.co.uk

KARE PLUS ROMFORD

PATCHETT'S LTD
REMOVALS, STORAGE & DELIVERIES

- Domestic & commercial
- Local & long distance
- Free estimates & insurance
- COMBINE STORAGE
- Family business since 1962

01708 224968

Minerva House, Pines Lane, Chatham, Essex RM11 4 EX
www.patchettsremovals.co.uk

LOCKSMITHS
Emergency call out
All locks opened, supplied & fitted
MLA approved locksmiths
UPVC door lock specialist
New doors supplied & fitted, safes opened
New safes supplied & fitted
Free quotes - no call out charge
Tel: 01708 640699, mobile: 07890 920 258



Janice's Electrolysis Clinic
01708 727239

Janice specialises in permanent hair removal for white hairs, grey, blond and dark hairs, for fair skin, Asian skin and darker skin colours.
Other treatments eliminate:
Facial Thread Veins and Spider Naevi
Skin Tags, Common Warts & Milia.

See website for more information

I have worked in this practice for over 25 years and can offer quality assured treatments and expertise which is second to none. So if you want honest advice and excellent treatment please don't hesitate to get in touch.

Suite 3, 67 Butts Green Road,
Hornchurch, Essex, RM11 2JS
www.janiceselectrolysisclinic.co.uk

Book Free Consultation
Now - worth £35

Pinney Tafford

Services for families

- Divorce and Separation
- Financial Issues
- Children Disputes
- Cohabitation
- Civil Partnerships
- Collaborative Law
- Pre and Postnuptial Agreements

Uxbridge 01708 226444
Brentwood 01277 211795
Hertsmere 01708 811000

www.pinneytafford.co.uk | 01708 226444

A1 GAS BOILERS
INSTALLATION SERVICE & REPAIRS

APPROVED INSTALLER Engineer

• REPAIRS • SERVICING • INSTALLATION
• GAS LEAKS • LANDLORD CERTS • POWER FLUSHING
• PLUMBING REPAIRS • WATER LEAKS

T: 01708 470 420
M: 07939 134 862

215576 safe 215576

OVER 40 YEARS EXPERIENCE



Superior Shutters

The Bespoke Shutter Company

George Armstrong
Mobile: 07950 874674
Info: sales@superiorshutters.co.uk
www.superiorshutters.co.uk

Made to measure

- Real Wood
- MDF
- faux Wood
- Tier on Tier
- Cafe Style
- Tracked
- Full Height
- Bay Window
- Shutter and Shade

Gary Foss Building & Landscaping

City & Guilds approved with 20 years of experience

Home extensions and alterations
Kitchens fitting and worktop replacement
Driveway and patio designed and laid
Structural wall removal and modification
Fences and garages etc

Free estimates and advice
Upminster 01708 500018
Mobile 07831 469041
Email gary.foss@virginmedia.com



STUART KEMAN

Contemporary hairdressing for all the family at affordable prices

27 Corbets Tey Road, Upminster, RM14 2AR
01708 222398
www.stuartkeman.co.uk



T. Jefferyes Decorating Services

All aspects of painting & decorating undertaken

Free Estimates
Call 01708 347190

WWW.FILATI.COM

FOLLOW US ON:
@FILATI@OFFICIAL
@FILATI@OFFICIAL

NEW COLLECTION

JUST ARRIVED

JOHN SMEDLEY, PAUL SMITH,
OLIVER SWEENEY, PARAJUMPERS,
CIRCOLO 1901, LIMITATO, JEFFERY
WEST



FILATI

10 Station Road, Upminster, Essex RM14 2ub
+44 (0) 1708 226 369 | info@filati.com

DRIVEWAY/ PATIO CLEANING & WEED CONTROL SERVICE

Let your driveway be **WEED-FREE** starting with our **Summer Treatment!**

Guaranteed no weeds with 3 treatments per year, and no cleaning required. From only £35.00 per weed treatment.

Check out our great reviews at
www.checkatrade.com/trades/powerwashesolutions

Powerwash Solutions

Exterior hard surface cleaning & sealing services.
For a free, no obligation quote contact:
Tel: 01708 536379 / Mob: 07718 142330
www.powerwashesolutions.co.uk

DAVID WILLIAMS & SONS


LANDSCAPE GARDENER AND NURSERY MAN

- ★ PAVING A SPECIALITY
- ★ WALLING
- ★ TREE FELLING, FENCING

DAY, EVENING'S AND WEEKEND'S 01708 700557 . 4 WILLOW WALK
UPMINSTER. RM14.1XH. MOBILE: 07788 725853

FOOT HEALTH PRACTITIONER

Amanda King (MCFHP) (MAPHP)



Do you have problems With your feet?
Trouble cutting your nails?
Thickened nail management
Ingrown toenails
Verruca treatments
Athlete's Foot
Hard skin removal
Fungal nail treatments
Diabetic nail care
Corn and callous treatment

FOOT HEALTH TREATMENTS
£30.00 Home Visits
A friendly, efficient and professional service

Mobile: 07920 855 044

ALLCARPENTRY

All Aspects of Carpentry

Staircases, Laminate Flooring, Flatpacks, Doors, Skirting, Kitchens, Wardrobes

WWW.ALLCARPENTRY.CO.UK
TEL: 01708 525682
MOB: 07950 384595




HOME MAINTENANCE

Est. 1966

Exterior & Interior Painting & Decorating
Paperhanging - Guttering A Speciality

All Estimates Free
UPMINSTER (01708) 226327

B.A.G.S.D. Upminster & District Branch

www.bagsdupminster.co.uk

GSD obedience classes are held at St Laurence Church Hall Upminster Thursday evenings from 8.00pm For more information Phone Steve on 01375676990 Sally on 07950962677



A & P HOUSE CLEARANCE

OVER 20 YEARS EXPERIENCE
FRIENDLY & PROFESSIONAL
WORKING IN YOUR AREA



TEL: 01277 201508 or 07974 085985