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Always here for you

A reminder that we, the HRA representatives in Squirrels Heath ward are here for you. Myself, Doug and Karen 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, DOUG RUSHWORTH AND KAREN BRYAN

Reporting Back

It was a busy December for the HRA team here in Squirrels Heath identifying and reporting in many defects in our roads and pavements across the ward with the following awaiting works:

- ENQ-0999084 - pothole Brierley Close
- ENQ-1003210 - pothole 101 Northumberland Avenue
- ENQ-1003211 - speed hump outside 74 Carlton Road
- ENQ-1003212 - speed hump outside 98 Carlton Road.

We have also reported in and got drains unblocked in Hillview Avenue and in Romford itself outside the Liberty car park entrance which was spotted by chance. After months of wrangling with the Council over the condition of Ardeleigh Green Road the Council have agreed to resurface it between Slewins Lane and Nelmes Way plus potholes outside numbers 104, 114 and 144 Birch Crescent, all awaiting works. We have also made numerous reports of fly tipping across the ward which was rapidly cleared up by Council staff.

Your HRA team are constantly on the lookout for things that are wrong in the ward but we cannot do this alone, if you have problems in your street please contact the team and we will act swiftly to get it remedied, so please do let us know of any issues we can assist with. A Happy and healthy New Year to all our residents, stay safe.

Cllr BOB PERRY

continued on page 2



**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.

**Havering Council
 - future customer services**

Havering Council (LBH) officials gave a briefing to Elected Members on the current proposals for the local authority's customer services provision once normal council services can completely resume. Services will be divided into internet/telephone services, plus three other areas - Appointment Centre (Town Hall), Libraries (General face-to-face) and Community Hubs. There is a recognition by LBH that telephone/internet services must be improved. They will continue to encourage people to access services via the internet, with an understanding that some may not be able to or want to, and services must be accessible to everyone.

Appointment Centre (Town Hall) - The new Appointment Centre will mainly deal with specific complex issues, and will be appointment only.

Libraries - Staff will deal with general enquires and advice relating to things

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

Email: info@raep.org

such as Council Tax, benefits, blue badges, parking permits, LBH housing stock repairs etc. Local Area Co-ordination staff will offer support for people of all ages with complex life situations.

Community Hubs - Currently open in Harold Hill and Rainham. Community Hub staff work together with Local Area Co-ordination Services staff from libraries. They each provide early intervention, to prevent issues escalating.

Cavenham Gardens

Following a report of household rubbish being left on the pathway in Cavenham Gardens, the HRA attended. A report was made to Environmental Enforcement who removed the rubbish within a short period of time. The complainant thanked the HRA for acting so quickly. We have now received further information relating to the possible parties involved which we intend to follow up on your behalf.

KAREN BRYAN

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 get in touch as volunteers are always welcome.

LAURANCE GARRARD

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 contact details here on page 2. We look forward to meeting you.

CLr BOB PERRY

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

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Climate change matters

We are very sad to report that democracy is dead at Havering Council. At a recent Scrutiny meeting to discuss climate change a motion was passed by the Conservative Councillors present to move to the vote, thus denying us the right to speak and give our opinions, as well as other members of the opposition. The time was 9pm, and only 3 speakers had been allowed to speak. Climate change is a very important issue, and around 50 people were outside the chamber from various local groups including Friends of the Earth and Havering Cyclists. We have been told that this subject is high on the Administrations' agenda, but this was not evident from their actions. Climate change should be on everyone's agenda and the residents of Havering should be able to rely on Havering Council to take this matter seriously now to protect the future for everyone.

Cllrs LINDA HAWTHORN AND CHRIS WILKINS

Upminster Methodist Church Christmas Tree festival

Despite threats of COVID restrictions being imposed, the Christmas Tree festival went ahead and was held at the Methodist church in early December. Inside the church were 33 Christmas trees, all beautifully decorated on the theme of, "What Christmas means to us." The event, now in its 10th year had over 1,000 visitors during the week. As part of the event, visitors voted for their favourite tree and this year's winner of the trophy is the 3rd Upminster (Wesley) Beavers with 150 votes. The runners-up, are the 1st Upminster Rainbows (125 votes), and the Upminster Childminders in third place (87 votes). We are very grateful to all the organisations and individuals who decorated a tree.

Our thanks go to the school choirs

that came and sung during the week; the many visitors who made the festival so successful, and of course, we thank the sponsors; individuals and local businesses and the Residents' Association that supported and helped cover the costs of the festival. We are very pleased that this year, thanks to the generosity of the many visitors, we will be able to donate over £2,000 to Saint Francis Hospice.

Santa Float rises to the challenge

In the most challenging of times, Havering Rotary Club with the help of Upminster 41 Club and their families and friends once again brought much cheer to the streets of Upminster and Cranham with their Santa Float. People's generosity continues to be amazing. Every night saw a record amount in our buckets. In ten nights, just over £10,000 was collected for local good causes such as First Step, St Francis Hospice, Riding for the Disabled and Dycourts School. Some

traditions are worth continuing. This is one!!

Now in its 46th year, the smiles and joy the Float brings to young and old makes the miles walked and the soaking clothes all worthwhile. Many, many thanks Upminster and Cranham for all your help and support once again.

COLIN COE,
HAVERING ROTARY CLUB

The Rotary Club of Hornchurch and Upminster would like to thank those who gave to our Christmas charity collections. The street and static collections with our Santa Float raised over £4,500, all of which will be donated to local charities. Thank you all for your support and generosity. Please visit our website for details of our future events. A happy New Year to you all.

CHRISTINE SMITH, PRESIDENT

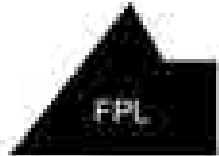
Potholes

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.

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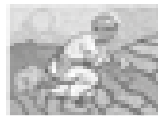
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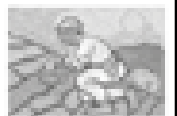
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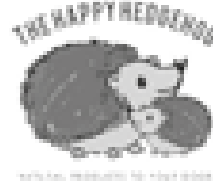
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It is with sincere regret that I heard just after Christmas that long term local resident David Barnes passed away on Christmas Day

after a long battle with cancer. David and his wife Pat moved into Kennet Close in 1972. David taught at Hall Mead school for 25 years and did a further 5 years as a supply teacher, a wonderful achievement. While at Hall Mead, David also took an active interest in the pastoral care for many students giving them guidance for the future. He was an active member of St Luke's Church in Cranham where he served as a Lay reader ordained by The Church of England.

My contact with David started in 1974 when we were both founder members of the Cranham Community Association ("CCA"). David worked tirelessly for the Association and was delighted that the CCA took over the

former Engayne School Annex in Marlborough Gardens. His three children Ian, Corinne and Steven all attended Engayne before going onto Hall Mead. David was made "Life President" of the CCA. For many years David was also a charity advocate, speaking on behalf of and fundraising for a number of charities. He would also bring parcels of books for a Homeless Charity I assisted. Sadly on Christmas Day a part of Cranham left us.

Our best wishes go out to Pat, Ian, Corinne, Steven and David's eight grandchildren.

Cllr RON OWER

Trees

The Council should only take out dead, diseased or dangerous trees. Really pleased to see that we have a record number of trees planted by the Council following our numerous requests. We keep a very close eye on the planting of trees.

If you have any thoughts on where a tree should go, please let us know.

Hornchurch Football Club

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

- Saturday, 12th February, **Folkestone Invicta.** Kick off 3pm.
- Saturday, 19th February, **East Thurrock Utd.** Kick off 3pm.
- Saturday, 5th March, **Corinthian Casuals.** 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/>

Upminster Park

What should have been a pleasant walk after dinner around our park on Boxing Day, turned out to be anything but, when I saw the mindless damage which had taken place. Rubbish bins

forced open, the thin silver bins inside flattened and the rubbish strewn everywhere. I notified the Council and was pleased to see the mess was cleared up very quickly, and the bins affected covered over. Replacements will be installed as soon as possible. We are proud of our award winning park, it's such a shame that all do not share our pride.

Cllr LINDA HAWTHORN

Demographics

May I thank the readers who contacted me agreeing that Central Government should be paying for social care. I saw figures in the national media looking at the nation's demographics recently. The number of over 65s in the UK is forecast to increase by 20 percent to 12 million by 2027. The number of people over the age of 90 is expected to rise by more than 750,000 over the same time. One estate agent said that they believed there are around 1.1 million people aged over 65 in Greater London currently and this

continued on page 7

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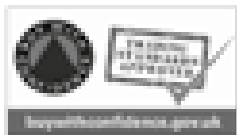
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is set to increase by 30 per cent in the next ten years.

Here in Upminster and Cranham we have the largest number of over 65s in the borough. The Government needs to urgently find urgently better ways to look after the elderly population. We want the elderly to enjoy their lives.

Cllr RON OWER

Welcome to Positive Signs

Positive Signs is a multi-service business supporting and raising awareness for the Deaf community and recently opened their office and drop-in centre in St Lawrence Road in Upminster. Positive Signs provide British Sign Language ("BSL") services, including support workers for college and university students, a range of employment related support services and provide language support professionals. They also run accredited training courses in BSL. If you're interested in using one of their services or would like to start your

sign language journey and train in BSL, why not drop in and see them at their new office. You can also take a look and book their services via their website: www.positivesigns.uk.

A big Thank You from St Laurence Parish Church

Due to the pandemic, we have been unable to hold our usual packed Crib Services on Christmas Eve for the past two years. However, on Christmas Eve 2021 we invited the public to visit the church, light a candle before the Crib, spend a few moments in peace and quiet and leave a present under the Christmas Tree for those less fortunate. The response from the community was fantastic with a steady stream of visitors moving through the church. A large number of presents were brought and these have now been divided between Little Havens' Hospice, a

Womens' Refuge and Home Start Havering. A big thank you to all who came and for your generosity - the spirit of Christmas shone through. We hope that this year we will be able to resume our normal Crib Services.

Former Othello Restaurant

We publish on our websites ucra.co.uk and raep.org the weekly list of "Planning Applications" that the Council receive. I was interested to see on the last one in December last year Reference P 2417.2 which included an application change of shop front at 25 Station Road - the home of the former Othello Taverna restaurant that closed in 2020. The restaurant must have been open for over forty years, an institution locally famous for its legendary Sunday lunches and pre-Christmas entertainment evenings. We hope to advise you shortly on who is taking over the premises.

H.A.D - The Little Green Hut

Do you know who we are? Havering Association for People with Disabilities (H.A.D) offer a broad range of services and activities for people with disabilities with the object of improving their quality of life, promote independence and meet their physical, emotional, and recreational needs. We welcome and support people with a variety of abilities and long term health conditions. All our activities are held in our accessible and welcoming community hub. We hold classes Monday through to Friday, these include social clubs, art and wellbeing and computer classes. There is a fully accessible computer suite which is available for use. We also have occasional day trips and meals out for all to enjoy. Recently we became distributors for the orange recycle sacks and COVID home testing kits. So, if you live in Havering and 18+ we'd love to meet you, pop in and say hi.

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Out shopping

We have received reports of pickpockets in the Romford shopping centre. Please keep your purses and wallets in a very safe place. Pickpockets are very quick.

Prevention is better than losing your valuables.

St Vincent's Charity Shop

Whilst several charity shops have closed recently, interesting to see St Vincent's open up at 19A Station Road, next door to the Children's Society Shop. The charity is "dedicated to tackling poverty and disadvantage by providing practical assistance to people in need, supporting the homeless etc." The shop is looking for donations ie clothing, bric a brac, toys so please take to the shop, but do not leave outside when closed. They are also looking for volunteers at the shop. Please note their email address volunteering@svp.org.uk

Gong Hei Fat Choy

Wishing you great happiness and prosperity.

Chinese New Year. The Year of The Tiger is on Tuesday, 1st February.

Metropolitan Police 'Walk and Talk'

The Metropolitan Police have launched 'Walk and Talk', where women can email the Police and the message will get passed to a local female officer to make contact and arrange to meet up, so you can tell them about your experiences and concerns. To contact them e-mail EMailbox-walkandtalk@met.police.uk or scan the QR code on one of their posters or leaflets.

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!

Eastbury Concert Band raise money for Saint Francis Hospice

On Saturday, 11 December, Eastbury Concert Band (ECB) raised the magnificent sum of £181 for Saint Francis Hospice by playing carols and seasonal music outside Roomes Store in Upminster. They send their thanks to everyone who gave money, for their generosity, and to Roomes Store management for permission to play outside their store.

Crazy Beat Records

We have mentioned this fascinating record shop at 87 Corbets Tey Road before. The

shop has a wide range of second hand vinyl across all music genres; jazz, dance, rock and rap etc, as well as new records and CDs. During 2020 the shop was filmed for a TV advert for Audible Books - if you catch the advert, you will see other parts of Corbets Tey Road as well.

National Cyber Security Centre - new password advice

The National Cyber Security Centre (NCSC) has issued updated advice on choosing passwords for online accounts. Previously, it has been recommended that a series of random characters would provide the best protection, but they are now advising that three random words should be used instead. The NCSC technical director Dr Ian Levy said: "There are several good reasons why we decided on the three random words

continued on page 11

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approach, not least because they create passwords which are both strong and easier to remember.”

To view the full NSCS advice visit their Three Random Words webpage www.ncsc.gov.uk/blog-post/the-logic-behind-three-random-words .

Cllr JOHN TYLER

Local church commits to encouraging Upminster families

Upminster families continue to navigate the challenges of seeing their children thrive in a COVID world. As a church it is a privilege to play our part in supporting the families in our community. We are pleased to announce that Rev. Richard Shorter will be joining us at Upminster Baptist Church in January. Richard is an experienced minister, having served in Shoeburyness and Harold Hill. His wife Alison, and their three children will be moving to Upminster in the

near future. Richard’s primary responsibility will be to support families, youth and children, including those families at the outstanding Springfield pre-school.

Rev. MARK DAVISON

Pinney Talfourd free seminars

Pinney Talfourd’s next seminars on Wills and Lasting Powers of Attorney will be taking place on 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.

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‘The Things I Wish My Parents Had Known’

Dame Rachel de Souza DBE, the Children’s Commissioner for England, has published a guide giving ‘Young people’s advice on talking to your child about online sexual harassment.’

She writes that ‘We brought together a group of 16–21 year olds and asked them to tell us what they think parents should know, and what they should say to their children when talking about sexualised bullying and the pressures of growing up online. We asked them to think back to when they were a bit younger and tell us what their parents and carers did and said that was helpful...and what wasn’t.’

You can download the guide on their website www.childrenscommissioner.gov.uk

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and entering ‘The Things I Wish My Parents Had Known’ in the search box. You can also contact the Children’s Commissioner for England on 020 7783 8330, by e-mail at info.request@childrenscommissioner.gsi.gov.uk.

Cllr JOHN TYLER

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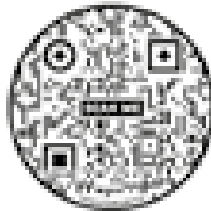
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Parking Problems

I would say that in the top ten of complaints I receive, one is certainly on parking problems, in particular where drives are blocked. The Council will and do take action - please see below information from the Council:

"If a vehicle is found to be parked across a resident's driveway preventing them from gaining access or egress, residents can call 01708 432787 where the on duty supervisor will take some details and despatch the first available officer to patrol the location. To enforce a vehicle parked adjacent to a dropped kerb, the vehicle must protrude over the wings of the dropped kerb."

Cllr RON OWER

Police advice re keyless car theft

Upminster Police Safer Neighbourhood Team have issued advice with regard to keyless car thefts, a summary of

which is below. A keyless entry car is one that can be opened by simply walking towards the car and the fob will emit a short range radio signal and unlock the doors. Once you are inside the car you can press the start button to engage the ignition.

Keyless car theft - It usually requires two thieves. Using a hand-held transmitter, the whole process can be done in less than 60 seconds, in relative silence.

Ways to keep your keyless car safe - Invest in a faraday bag or signal blocker pouch. Don't leave your key fob near the front door or front windows. Leave the key the furthest away from the vehicle, so that the signal from the fob won't work.

Alternative methods - Buy a steering wheel lock, which acts as a visible deterrent and provides extra security. Consider investing in driveway security posts, to make it difficult to actually drive away in your car. Fit a tracker to help find your vehicle if it is stolen.

For further advice on preventing vehicle theft and many other crimes visit met.police.uk/cp/crime-prevention/.

Postal deliveries

Since early December, we have been contacted by a large number of residents who have received infrequent deliveries of post from Royal Mail. Whilst we understood that the local Delivery Office in Upminster was suffering from high sickness rates in the busy run-up to Christmas, some people were reporting still not receiving some of their post well into January.

Residents' Association Councillors have made attempts to speak to the senior management at the Delivery Office but, as of the time of writing (in mid-January), have unfortunately not succeeded in doing so. We will continue to monitor the situation and keep residents updated.

Cllr JOHN TYLER

Save our Trees

Despite the Government encouraging us to plant more trees, which our HRA teams south of the borough are heavily engaged in doing, Network Rail as we speak, are carrying out systematic destruction of the environment by cutting down beautifully mature

trees across Gidea Park, Emerson Park, Hornchurch and Upminster tracksides. The effect on wildlife will be devastating. HRA teams in Squirrels Heath, Emerson Park and the soon to be formed St. Albans wards are doing everything we can to stop this environmental vandalism. I have sent a letter to the Secretary of State for the Environment, George Eustace MP asking him to intervene and stop this senseless damage with immediate effect. When I spoke to Network Rail in December I was told that "leaves on the line cause delays, delays cost money". This is not acceptable. Lend your weight by signing the petition at <http://ow.ly/620j50HsB2R>

Cllr BOB PERRY

In memory of Mr Ronald Braithwaite

Mrs Pat Braithwaite and family would like to thank her lovely friends and neighbours of Tiptree Close Hornchurch, who donated money to Barts Hospital in Ron's memory, so very kind of you all. Thank you very much.

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Film review: Don't Look Up

A group of scientists tell the world that a planet-killing comet will hit earth in a matter of six months. The president's response? Sit tight and assess. Don't Look Up is a 2021 Netflix sci-fi comedy with a star-studded cast including Leonardo DiCaprio, Jennifer Lawrence, Meryl Streep, Timothee Chalamet, Ariana Grande and Cate Blanchett. It peaked at number 1 on Netflix's world chart and fans seem to love it, however some critics have expressed disapproval, saying that the climate change message is "too obvious". Whilst I understand where they're coming from, I think the overt messaging makes it easy to follow and process.

One of the key themes is social media and how it can vilify some people and make heroes of others. That said, all of the main characters had flaws which I couldn't relate or connect to, perhaps because of the age difference, and also due to their unlikeability. Despite this, the film is captivating as it is very current e.g. populist politicians

are telling the public what they want us to believe, whether it's true or not! There is also a huge class divide with one rule for the leaders and different rules for the rest. It is also satirically comical. The key moralistic messages are to value life and act on experts' advice on major threats like climate change...before it's too late. I would highly recommend this film and encourage you to decide if you are for or against

ROSIE MEADWAY

OUT AND ABOUT IN YOUR LOCAL AREA

Coach Outing News - UCRA

Daffodil Weekend 2022,
Saturday, 19th March

Every year Thriplow and its surrounding communities work hard to pull off one of the best loved charity events in Cambridgeshire. Over two

days, visitors can walk the car-free village to look at the famous daffodil displays, visit the attractions, open gardens and potter the stalls and crafts. Refreshments are served in the tea rooms with homemade cakes and sandwiches or delicious hot street food can be eaten while listening to live music. Step back in time and experience the warm and friendly atmosphere of village life as it used to be.

Contact details for further information: **Gina Savill-Turner** tel: **07958 006503** or email: **gina.savill-turner@email.com** or **Joan Carroll** tel: **07789 956399** or email: **joancarroll66@gmail.com**

The Old Chapel Tea and Talks

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 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

continued on page 17



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Havering & District National Trust Association

We meet on the 4th Saturday of the month in the large hall at Ardleigh House, Hornchurch, RM11 2LG. Meetings start at 2.30pm and last for 90 mins approx. We have a speaker at each meeting and on 26th February, Andrew Babicz will tell us about the Royal Botanic Garden, Edinburgh. Other talks this year include the London Underground in the 1950s and behind the scenes at the Tate Modern. Why not come along and join us for an interesting afternoon. You don't have to be a member of the National Trust to attend. Visitors are welcome at a cost of £2 per meeting.

For further details e-mail **HaveringNTA@hotmail.com** or call the Secretary on **07939101802**.

Shirley Tours

Thursday, 9th June: **Brick Lane Music Hall "70 Glorious Years"**

Celebrate the Queen's reign on the throne with a fun day out. To include coach departing mid-morning from the Jobber's Rest and the Plough pubs, three course lunch and show. Arrive home approx 6.30pm with usual drop offs en-route. Cost £72pp. Email **shirley@shirleytours.co.uk** to book or call **01708 227884** or **07966 146956** (mobile has answerphone so please leave message and contact tel no). Fund Raising for James Oglethorpe, Engayne, Hall Mead Schools, All Saints' Church and All Saints' Scout Group.

SHIRLEY WARD

"Learn, Laugh and Live!"

Havering U3A meets (COVID willing) at 2.30pm, second Wednesday of the month at St. Michael's Church Hall, Main Road, Gidea Park. Interest groups run throughout the month. Doors open 2.15pm. For more information come along or see our website: **u3asites.org.uk/havering**.

Our next meeting is on Wednesday, February 9th when John Gordon will be speaking. His subject is "My time as a Professional Photographer".

The Arts Society, Havering

Our February event will be Caravaggio: Murderer or Genius? by Julia Musgrave. Caravaggio's paintings inspired many artists during his lifetime and would go on to influence many more, from Orazio Gentileschi to Peter Paul Rubens, Gerard van Honthorst and Rembrandt. We will be meeting on Tuesday, 8th February at New Windmill Hall, Upminster. Doors open 10am for 10.45am start. Event open to visitors for a fee of £8. Please visit our website:

https://tashavering.org.uk/Home.aspx or contact us at **info@tashavering.org.uk** or telephone **01708 221903**.

Eastbury Concert Band

We are a local amateur mixed ability brass/reed/percussion band that meets at Havering-atte-Bower on a Friday evening and would give any aspiring musician a warm welcome, irrespective of age or ability. We play a wide variety of music from Sousa to Beatles, Carpenters to Miller etc.

continued on page 19



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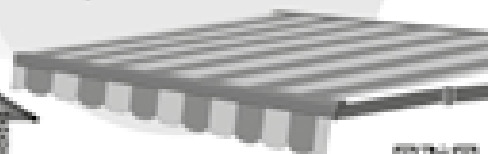
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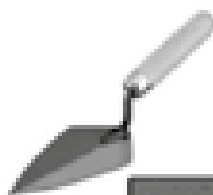


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If you would like to be more independent in your own home or help someone else, then please contact us for further details quoting UP21.



Havering Telecare Centre
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Email: telecare@havering.gov.uk
Phone: 01708 432843



and of course Christmas carols! So, if you are a lapsed player, why not get your instrument out of the cupboard and come along and give us a try. If, on the other hand, you are learning and want encouragement by playing alongside others in a band, you are equally welcome. For more details call Jeff on **01708 767145**.

Ardleigh House

Thursday, 10 March -
Tribute band ABBA Chique in "Voulez-Vous Aha show". They dress like ABBA and sing like ABBA. 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. You can also buy drinks from the bar which will be open throughout the show. Price £63.

Sunday, 20 March -
"Thriplow Daffodil Weekend" Now in its 45th year all the villagers come together to put on a village show that is visited by over 10,000 every year. Price £33 includes return coach and entry fee to the event.

Wednesday, 27 April -
"A Day Trip to Norwich" There is a lot to do and see in Norwich, the County Town of Norfolk. Most visited is Norwich Cathedral but there is also Norwich Castle, "The Strangers Hall" Plantation Gardens, The Sainsbury Centre and the "City of Norwich Aviation Museum." Price £33.

Wednesday, 18 May -
"A Celebration of The Queen's Platinum Jubilee" No monarch has ever had a Platinum Jubilee in Britain before so we have teamed up with a London Blue Badge guide for a day to celebrate our Queen's 70 year reign. Lunch will be included as we celebrate everything Royal and trace the reign from 6 February 1952 to the current day. See our website for price and full details.

Keep watching us in The Bulletin and our website www.ardleighhouse.org/trips for future trips in 2022. Book via our website www.ardleighhouse.org or telephone **01708 440660**.

Havering Antique Collectors Club

Friday, 18th February -
Ann Wilmore presents a fun quiz on Antiques & Memorabilia - guests £5

Friday, 18th March -

Paul Atterbury from BBC Antiques Roadshow - Eastern Dreams - guests £8

Friday, 8th April -
Stephanie Connell - American Cinema Posters Golden Age - guests £8 (one week early due to Easter).

Annual membership £30, guests £5/£8. Harold Wood Neighbourhood Centre, Gubbins Lane, Harold Wood. Chairman Mrs Chris Lovett **07947 367258**.

Havering Astronomical Society

Wednesday, 16 February, 7.15 for 7.30pm -
Dr David Arditti, President, British Astronomical Society will present **"History of the Telescope"**. His talk will range from early lens-like artefacts found in Europe and the Near East, to the invention of the telescope in the early 17th century and subsequent rapid advances; finishing with the most up-to-date developments, including telescopes in space!

Held in person (COVID permitting) at Thames Chase, Pike Lane, Upminster and also online via Zoom. If you would like more details please see the website www.havastro.co.uk or email enquiries@havastro.co.uk

Young Astronomers - Thursday, 24 February 7- 8pm - The Young Astronomers meet monthly with talks, demonstrations, astro news and observing when possible. Meetings held at Thames Chase, Pike Lane, Upminster. If you know anyone aged 8-16 who would be interested in joining please email young.astronomers@havastro.co.uk or call Liz on **07706885948**. There is also a section on our website www.havastro.co.uk dedicated to our Young Astronomers.

Upminster and District Probus Club

Gentlemen, are you retired or semi-retired? Our Probus Club meet at The Cranleigh Restaurant in Hornchurch once a month, where we enjoy a 3-course meal followed by tea or coffee. We are then entertained by a speaker and among this year's subjects will be Essex and the Mayflower Pilgrims, The Upminster Windmill and Great Engineers. Would you like to join us? Find us on Facebook or visit our website on <https://upminsterprobusec.wixsite.com/upminster-probus>

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Nitrous oxide canisters

When taking a walk or a drive you often see shiny metal canisters discarded on the road, footpaths in hedges or on the grass. These canisters are nitrous oxide, used in the catering trade to make whipped cream. You can legally buy them, no permit is necessary, but it is illegal to supply them for recreational purposes under the 2016 Act, Psychoactive Substances. Inhaling nitrous oxide slows the brain and body responses down, causing feelings of euphoria, calmness, and laughter. Overdosing may cause eyes, nose throat irritation, hallucinations, choking, increase blood pressure that may lead to heart attack or strokes, too much can starve the brain of oxygen causing brain damage. These (whippets the slang word for these canisters) can be bought in bulk online for as little as 55 pence a canister. Sadly, on 2 recent occasions I have cleared up in total over 250 canisters from one small area. Not only are they endangering lives, but they are also negatively impacting the environment.

DAVID GODWIN

Weekly Planning List on our websites

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 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.

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 having fun in a COVID safe environment. 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

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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.

Queen's Theatre – All My Sons – Arthur Miller

10th February to 5th March - a

moving and powerful landmark drama. Set in 1947, successful businessman Joe Keller and his wife Kate are living the American dream in their idyllic suburban neighbourhood. Summer wedding plans are afoot for their son and his fiancée. Shadows of the war are slowly fading. But nothing lasts forever. And a familiar visitor arrives to unbury secrets from the past, which will tear their lives apart...

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continued on page22



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Contact Queen's Theatre Box Office for tickets. Box Office **01708 443333** | General Enquiries info@queens-theatre.co.uk

UK Power Networks Free Priority Services Register

UK Power Networks', who own and maintain electricity cables and lines across London, the South East and East of England, have asked us to publicise their free Priority Services Register (PSR) to local residents. Being on their PSR will ensure residents receive extra support if they experience a power cut, including:

- 24-hour a day priority number.
- Proactive text and voice message alerts, when there is a large power cut locally.
- In certain circumstances, they may also offer a free hotel room overnight or complementary hot meals, whilst they fix the power cut.

- There is no cost for being on the PSR or for any support received.

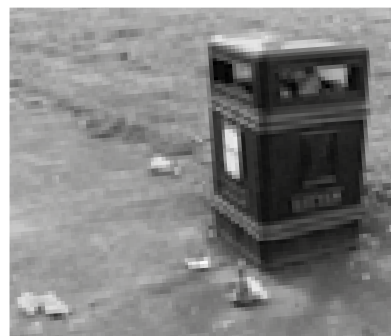
Residents can register if they, or a member of their household:

- Has a medical condition, mental or physical impairment or requires reasonable adjustments.
- Is of pensionable age.
- Has children under the age of 5 years.
- Is struggling with mental health.
- Is undergoing difficult circumstances, such as bereavement, job loss, etc.
- Needs communications to be in a different language or format.

You can view more about the PSR and sign up visiting www.ukpowernetworks.co.uk/power-cut/priority-services/about-the-priority-services-register, calling **0800 169 9970** or emailing psr@ukpowernetworks.co.uk.

Platford Green / Tyle Green litter bins

It has become normal practice for local residents to have a tidy up around some of the bins after they are now regularly over filled. The HRA has asked the Council to



review the size of these bins and if any design features are available that prevent wildlife (foxes) from pulling rubbish from the bins. In the meantime residents are asked not to use these bins to dispose of their domestic waste and dog walkers are requested to take their dog waste home or use an alternative if the bins are clearly at full capacity. We have also asked the Council to review the

frequency of collection across the ward as the problem is seemingly not isolated to this location. Pleased to advise you the Council quickly cleared the area following our requests.

Feed the Birds

Winter can be a difficult time for wildlife. Temperatures plummet and food becomes difficult to find. The ground during winter is too hard for birds to dig for worms and grubs stay well-hidden, hibernating in vegetation. This along with the limited hours of light in which birds can actively search for food can cause them to be very vulnerable during winter. But we can lend a helping hand by providing a welcome source of extra food for birds to turn to in leaner time.

Birds require high-energy foods during the Winter to maintain their fat reserves to survive the frosty nights. It's important to use good quality food such as

- Suitable seeds and grains
- Net-free fat or suet balls
- Over-ripe apples and raisins

You can place food inside hanging feeders, upon feeding tables, or scattered at ground level.



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