

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

Supporting The Community

We were out in the Conservative heartland of Gidea Park and identified multiple defects in Crossways, with photographs taken and reported in over the weekend. We discovered several sites where tree roots are causing raised footway issues, plus uneven slabs which are trip hazards to pedestrians.

When we asked people on the doorstep when was the last time they saw the sitting councillors the response was, last time there was an election, this is not good enough.

We will continue to do what we are doing now and patrol our streets to quickly identify defects and report in for repair. Council taxpayers deserve better.

We would urge our constituents to let us know of any issues they are encountering where they live and we will respond swiftly to address those issues.

So please do let us know.



Cllr BOB PERRY, DOUG RUSHWORTH AND KAREN BRYAN

Finance update

As I write, the Tory Administration's budget for 2022/23 is about to be set. Establishing a solid base for next year's budget and the associated charges and income setting, such as Council Tax for that period depends upon an accurate forecast of the current year result (2021/2022). The issue we want to bring to residents' attention is the precarious situation with Council finances and the subsequent utilisation of reserves, with uncertainty continuing due to the pandemic and other factors.

The Local Government Act 2003 states that a council must ensure that it has a minimum level of reserves.

We are led to believe that auditors with the Senior Council Finance Officer have reviewed the agreed minimum level, and that this be established at £20million. Should reserves fall below this level, the Council will not have the financial resilience to withstand further pressures.

Rest assured your RA Councillors will keep on investigating this issue. We will report back on the 2022/2023 Tory budget proposals in the next edition of the Bulletin.

philruckuca@yahoo.com



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.

Youth Unity

Squirrels Heath HRA team had a very constructive meeting today, 3rd February, with Shirley Jackson who co-runs a fantastic group called Youth Unity centred around educating youngsters about knife crime and county lines involvement. Steering kids away from this devastating culture is vital in saving young lives.

We were joined by two dedicated Emerson Park police officers whose contribution was extremely valuable. We are keen to work with Shirley's group in helping young people through education.

Cllr BOB PERRY


The Highway Code Changes

From 29 January changes have been made to The Highway Code for the benefit of pedestrians, cyclists and horse riders. The main changes are:

- The rules on pedestrian priority have been updated and they now advise that drivers

continued on page 2

Haines Watts
 We help BUSINESS OWNERS ACHIEVE THEIR PERSONAL GOALS
 All business owners seeking to grow their business should consider the benefits of a professional business plan. A business plan is a document that sets out your business goals and objectives, and provides a clear picture of the future of your business. It is a vital tool for any business owner, providing a clear picture of the future of your business. It is a vital tool for any business owner, providing a clear picture of the future of your business.



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

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

ASSOCIATION CONTACTS:

Commercial Advertising

Martin Flower 07785 244212
bulletinra@yahoo.co.uk

Bulletin Editor

Pauline Mastroianni
mastroianni@btinternet.com

SQUIRRELS HEATH AREA



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

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

Upminster Carpets

205 St Marys Lane, Upminster

01708 224515

Old Carpets and Furniture?
No Problem!!

Home Service Available

We Supply & Fit

- Carpet
- Laminate
- Wood
- Vinyl
- Karndean

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

Local electrician

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

Paul Gilham 07985 185872
01708 229835

or info@gilhamelectrical.co.uk



and riders should give way to pedestrians crossing or waiting to cross the road.

- Guidance has been provided on cyclist priority at junctions to advise drivers to give priority to cyclists when they are travelling straight ahead.
- Recommendations on safe passing distances and speeds when overtaking cyclists and horse riders.

Please be aware of the changes and drive carefully, and safely especially thinking of other road users in our area.

Saving our trees

Back in November last year we were alerted by residents concerned about Network Rail's proposal to remove trees along our railway tracks on the Romford to Upminster line. Councillor Perry contacted Network Rail and was told it was just routine maintenance. After that initial contact everything went quiet until January when activity on the tracks began. Residents were horrified to witness the



destruction of healthy mature trees being felled, with some oaks over 100 years old. Local residents were quick to react by setting up a group to hold Network Rail to account, special thanks to Jodie for contacting us on this matter and we were happy to help with advice and distribution of leaflets to alert residents to what was happening. By mid January negotiations with Network Rail were underway and they agreed that work would cease until a review of the policy was reviewed. Following the review they promised they would remove diseased trees only. Just this week we have been informed that a lot of activity was again taking place along the trackside, hopefully they are only pruning as they promised, HRA teams in Squirrels and Emerson Park wards will be watching them with interest.

Cllr BOB PERRY

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

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

iphe

safe

FAIR, RELIABLE, FRIENDLY SERVICE

Tel: 01708 229857 Mobile: 07415 096551

BRICK PAVING BY PETER JONES

www.brickpavingbypeterjones.co.uk

Tel: Office:
01708 780000

Tel: Home:
01708 733088



Natural Stone Paving


ADVANCED MP
THE FURNITURE & BEDDING EXPERTS

DOOR REPAIRS • SERVICING AND INSTALLATIONS • OTHER SERVICES

TANKS • TILES • ALL-GLASS WORK

U.K.A.P'S DISCOUNT, NO CALL OUT CHARGE, 24HR CALL OUT
WORKING IN YOUR AREA QUALIFIED AND EXPERIENCED ENGINEERS

iphe 01708 475047 079301 49046
www.ipsupplies.co.uk
www.ipsupplies.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, Merry 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



Havering Residents Association

Back in 2018 the Havering Residents Association (HRA) was born. This was the alignment of various Residents Associations from across Havering and since its inception the number of team members has continued to grow across the borough.

Residents in the south of the borough are now experiencing the support that Residents Associations can give to their communities.

We managed to get a number of the HRA team together to get a team photograph, these are just some of the members.



As we approach the Local Elections to Havering Council in May, there will be a record number of resident candidates standing that are affiliated to the Havering Residents Association. The Residents' Associations of Upminster & Cranham, Emerson Park and Squirrels Heath are proud to be members of the Havering Residents Association.

Chair of the HRA,
Cllr GILLIAN FORD

Crossrail

It was in March last year that I wrote that parts of Crossrail will not open until this year. Construction on Crossrail named as the "Elizabeth Line" started in 2009.

Once open it is expected to take 200 million passengers a year. The service will travel from Shenfield to Reading without changing trains ie via Romford, Stratford through central London Paddington and onto Reading.

There is also a section via Canary Wharf to Abbey Wood south of the Thames.

Crossrail have been running trial trains and hope to open a section before June this year. More information can be found on their website which is continuously updated.

Cllr RON OWER

Marjorie Ware



It is with sadness that I report the death of Marjorie, the widow of former Councillor Owen Ware.

Marjorie was herself very involved with the residents, as an area controller and deliverer, and very much supported Owen with his Council duties. Originally from Ilford, she moved to Upminster after her marriage to Owen, where they lived for many years in Howard Road, with their 2 sons, Nigel and Philip and daughter Isobel. They were grandparents and great grand-parents. I remember every Christmas Owen and Marjorie laying on an

excellent buffet for all executive members, with Owen in charge of drinks, and Marjorie the food. Our thoughts are with the family and friends at this sad time

Cllr LINDA HAWTHORN

Hornchurch Football Club

As I write this I have fond memories of watching Hornchurch at home beating **Lewes** on Saturday, 29th January **3 - 0**. Also great to see a nice crowd of over six hundred in attendance. Please keep an eye on the Club's excellent website for news.

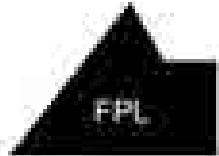
This month they are home on Saturday, 5th to **Corinthian Casuals**; Saturday, 12th to Enfield Town and on Saturday, 2nd April - **Bognor Regis**. Kick off for all games at 3pm. The Club at the stadium in Bridge Avenue has an excellent bar. It's a great family club and you do not have to take out a second mortgage for a ticket. Go along and support The Urchins.
<https://www.hornchurchfc.com/>

Cllr RON OWER

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 - repoint/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

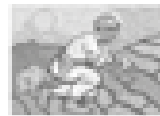
Established in Upminster since 1973

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

Parklands

Friends of Parklands are seeking volunteers to help at our monthly working parties. We meet in the car park at Parklands at 10am on the second Wednesday of every month. If you need a bit of exercise please come along. All tools are provided and you can do as much, or as little, as you want.

If you use Parklands, but prefer to let others do the work, you can still support our efforts by becoming a member.

The annual subscription is just £5. No obligations. No perks. Just the satisfaction that you are helping to preserve one of the most pleasant open spaces in Upminster.

New members can join by paying the subscription to our treasurer, Andrew Griffiths, at 10 Parkland Avenue (cash or a cheque made payable to Friends of Parklands). Please ensure that you also include contact details. Donations, anonymously or otherwise, will also be gratefully accepted.

For further information,

please visit our website @ friendsofparklands.org.uk

ROY BRAND,
Chairman of Friends of Parklands

Upminster Park

Following up on information received regarding the change of working arrangements at Upminster Park, Councillors Hawthorn and Wilkins, along with team member Oscar Ford, had a meeting at the depot in the park with the Head of Public Realm and representatives from the parks team. It was very clear from our visual inspection that a number of the storage units are in a poor condition and are not suitable for current usage. However, the staff mess facility adjacent to the entry to the car-park is sound and will continue to be used by the grounds maintenance team.

Many regular users of the park will know Roy and his diligent work ethic. It was confirmed to us that following operational changes, Roy has been joined to a

mobile team and will be attending to Upminster park on 2 to 3 days a week, sharing his duties with two others. It was stated this reflects operating arrangements for other Green Flag parks and will help to ensure continuity of service if, for example, Roy is on leave. We sought and received assurances that standards would not be allowed to decline, and that peak use periods would receive a prompt clean up. We share the view that Roy has been a dedicated worker and has given excellent service to our park and we are delighted he will still be around. We will of course be keeping an eye on the park to ensure that standards are indeed maintained and for the Green Flag status to be retained.

Cllrs LINDA HAWTHORN &
CHRIS WILKINS and
OSCAR FORD team member

information regarding a further consultation process on the Lower Thames Crossing (LTC). This is necessary in part because the boundary of the LTC scheme had to be amended to remove a conflict with the area defined for the Thames Freeport. There are a number of other local changes, which follow on from last summer's Community Impacts Consultation.

National Highways held a small number of information sessions at short notice, unfortunately after the February edition of the Bulletin was printed. When we have more details concerning the consultation, we will publish them in the Bulletin and on our website. You can sign up to alerts or follow LTC on social media, to keep up to date on the plans. Full details can be found via lowerthamescrossing.co.uk.

Update on Lower Thames Crossing

In early February, Residents' Association Councillors received

Talking Pets

Lynne Stoakes has given a talk to Year 1 pupils on the importance of understanding body language of animals. The aim is to improve

continued on page 7

A & P JOINERY

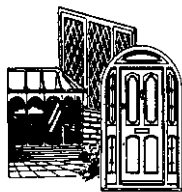
EST 20 YEARS

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
www.novusarchitecturaldesign.co.uk

0203 468 4783

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



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 •

SOUTH EAST HEATING

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

**BOILER REPLACEMENTS
GAS SAFETY CHECKS
LANDLORD CERTIFICATES**

Service Contracts

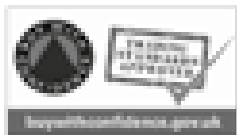
(please ask for details)

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





in association with
**Essex
ageUK**



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



For your FREE QUOTE CALL

01708 463 526

www.conceptwindows.co.uk

Trading Standards Approved



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.

Havering & Brentwood



01708 609 364

www.radfieldhomecare.co.uk

havering@radfieldhomecare.co.uk

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

FREE
ESTIMATES

QUALITY WORK AT AFFORDABLE PRICES

Allan Carey

TELEPHONE: 01708 474 624 MOBILE: 07711 675 086

the interactions of children who may not have pets of their own with animals they may meet while out and about. For instance, does a barking dog mean "Hello I'm excited to meet you" or "Please stay away I am frightened of you"? By looking at the tail we may be able to tell the difference - is it wagging and held high (happy, alert) or is it held low (indicating fear)? Are the ears pricked up (interested) or held flattened back (fearful)? How animals communicate with each other and us is a fascinating subject and differs for different species. A cat wagging its tail may not be happy but be about to scratch or bite and is indicating annoyance. For help and advice on understanding your pet's behaviour please telephone Lawton and Stoakes **01708 384444** and make an appointment with one of our Vets.

Red Nose Day

This year's Red Nose Day is on Friday, 18th March. Comic Relief was started in 1988 and has raised millions of pounds for a wide range of brilliant causes. The

BBC has promised to show a number of events on the 18th. Comic Relief has a great website for further information.

Trolley access into car park behind Aldi

Local Residents' Association Councillors have met with an officer from Havering Council's Highways Department in Wilson Close, Upminster, about the difficulty people with fully loaded trolleys can have when trying to push them over the dropped curbs into the Council car park. At present, there is a small difference in height between the road surface and the dropped curbs, which trolley wheels struggle to overcome when the trolleys are heavily laden.

The Council was unaware of this problem and has agreed to undertake the minor work needed to remedy the problem. Hopefully, this will take place over the next couple of months.

Cllrs RON OWER & JOHN TYLER

Grant funding from the Office of Zero Emission Vehicles

Havering Council recently announced that they have accepted funding of £176,390 from the Government through the Office of Zero Emission Vehicles (OZEV) to install electric vehicle charge points (EVCPs) in selected Council owned car parks.

The locations and number of charging points are Balgore Square (2 charge points), Billet Lane (6), Cherry Tree Lane (6), Dorrington Gardens (6), Fentiman Way (6), Keswick Avenue (6), Oldchurch Road (6), Town Hall (Front) (6), Woodhall Crescent (2), Hilldene Avenue (8), Tadworth Parade (8) and Slaney Road (6).

Unfortunately, the Council's criteria for the locations of proposed charging points (see below), means that Upminster

and Cranham will not receive any allocation of charging points.

The primary criteria for charge points in Council owned car parks is that they should be accessible 24 hours a day by residents and visitors. They are also required to be within a 5- 10 minute walk of residential areas with relatively low home charging capability.

To view the decision in full, visit www.havering.gov.uk and enter 'OZEV' in the search box. Residents' Association Councillors will be looking to ensure that any future bids for funding include our areas.

Cllr JOHN TYLER

Little Gaynes GP surgery

I would just like to say how wonderful our GP service is at Little Gaynes surgery. Despite all the pressures NHS staff are under at present the service offered is amazing. When I phoned about a non-urgent enquiry, the receptionist answered promptly, suggested what she would do to

continued on page 9

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
MEMBER

iphe

Tel: 01708 227787
Mob: 07734 228417

UPMINSTER REFRUBISHMENTS

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 REFRUBISHMENT FROM START TO FINISH
PLASTERING, TILING, LIGHTING, ELECTRICS AND CARPENTRY
GAS SAFE CERTIFIED ELECTRICAL CERTIFICATION WHERE REQUIRED
ALL TRADES CITY & GUILD 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



Crusaider First Aid &
Mental Health & Wellbeing Training
Relaxed expertise you can trust



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



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

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



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

help, and the GP phoned me back about an hour later and all was addressed. I have been a patient at Little Gaynes surgery for over 60 years and feel privileged to have consistently had such good care over the years. Thank you.

DOREEN RUSSELL

Noise disturbance

We recently received a call regarding noise from a party and we felt you should see the following information from the Council.

"In order to determine if the noise may amount to a statutory nuisance, we will need diary sheets to enable us to target monitoring accordingly. As you are probably aware, the Council have not operated an out of hours noise service for a number of years, so are unable to provide a reactive service outside of office hours.

Whilst we appreciate that one-off parties can cause some disturbance to residents, due to their very nature of being a one-off event, they are unlikely to be actionable as a statutory nuisance.

We would need evidence that these events are reasonably regular, which is where the diary sheets assist in establishing if this is the case.

The police may attend if there are issues with public disturbance (in the street). However, if the disturbance is from loud music from the party, it is primarily the Council's responsibility to investigate. If residents do phone the police, they would normally get referred to the Council. The police may attend if they have no other pressing issues that they are dealing with at the time."

We would urge residents who are holding a party to take into account that excessive noise may really upset their neighbours, and consider the following advice:

- 1) Consider carefully the likely level of disturbance to your neighbours. Is the level of disturbance reasonable?
- 2) Notify neighbours in advance if you are having a party that is likely to cause some disturbance. You may wish to notify neighbours further than your immediate neighbours, particularly if you are having music in the garden. Let

your neighbours know when the party will finish. Most neighbours will tolerate some noise if they are warned and know when the disturbance will end.

- 3) Control noise levels, particularly loud music.
- 4) After midnight, pay particular attention to the control of noise and turn off any music played outside or in a marquee.
- 5) Close windows and doors to minimise the escape of any noise.

Southend Adventure Island and Sealife discount tickets

Adventure Island wristbands tickets £15 and Sealife tickets £6.50.

To buy pop into either: Caffe Gelato in Corbets Tey Road, Upminster or Maa Eyecare in

Avon Road, Upminster. Cash only please.

You will be given a voucher to take to the kiosk in Adventure Island and there you will be given the wristband for the rides. Wristbands tickets are valid for all days that the park is open up to the end of 2022. All tickets are £15 regardless of height, but height restrictions still apply on rides.

All money raised goes to the Engayne Primary Friends Association. Our registered charity number is:1107207.

Queen's Platinum Jubilee celebrations – Big Jubilee Lunch

As part of the Queen's Platinum Jubilee celebrations, Havering Council is encouraging residents to hold street parties and join in with the 'Big Jubilee Lunch'. Celebrations will take place over

continued on page 11

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*

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**

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 Having Tri

Contact Kay Hamilton 07957 567915



Adults Learn To Swim and Improver Lessons

www.kas.co.uk Qualified ASA Teacher Kays Adult swim



Upminster Osteopath & Sports Injury Clinic

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

11 EVERLEIGH CARDOVE
UPMINSTER
ESSEX
RM14 1DP

Tel: 01708 229933
Mob: 07941 146433

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

www.upminsterosteopath.com

enquiries@upminsterosteopath.com



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

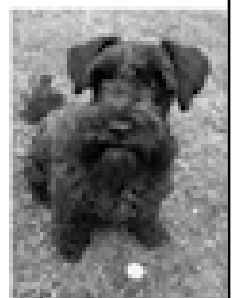
Tel: 07971 171363

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 Fitzillian Avenue
Harold Wood
RM3 0QS

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



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



the extended Bank Holiday, beginning on Thursday, 2 June. Information on hosting a street party can be found on the Council's Street Parties webpage havering.gov.uk/info/20096/community/856/street_parties Applications must be received by Havering Council on or before Thursday, 7 April 2022. Any proposed road closures etc., require Council approval.

Using your LOAF

To help us appreciate food and eat in a way that doesn't exploit our planet we are encouraged to use our 'LOAF':

Locally produced

Organically grown

Animal friendly

Fairly traded

Locally produced We're sometimes told, by big business and their politicians, to permit corporations to tinker with genes, seeds, soil, plants, and animals, in order to 'feed the world' but living sustainably locally is the best, most holistic way to serve planet

and neighbour. Transporting one kilo of apples from New Zealand adds one kilo of CO2 emissions to the atmosphere. Fruit from local trees emits none, indeed the leaves absorb our local CO2.

Organically grown Organic growing works with and not against nature. Rather than simply avoiding some fertilisers, proper organic feed, nourish, cultivate, protect, and encourage the soil. Non-organic, commercial farming slowly sterilises the soil (requiring fertilisers) and reduces the bio-diversity in our land.

Animal friendly Most who think about this try to eat local, humanely reared and culled meat and fish, avoiding those subject to intensification, lorry transport, and distant abattoirs. Others avoid animal based food altogether.

Fairly traded Trying to be organic and animal friendly we're already partly there with fairly traded food. Traidcraft and most supermarkets (particularly the Coop) now supplies these goods fairly traded.

Let's do the best we can to use

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

our LOAF!

"Food is not merely another economic commodity governed in its production and distribution by the laws of the market. Since it is essential to life, it is both a sacred entity and a global common good."

Zambian Jesuits.

GREG NASH

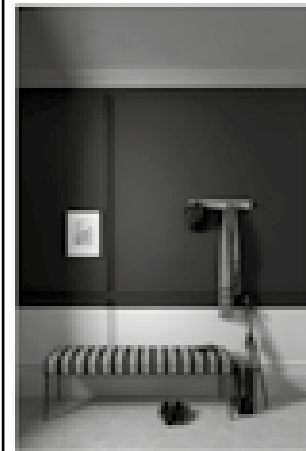
Upminster Dementia Choir is back



I am pleased to say that the Upminster Dementia Choir is back to meeting in person, after 2 years of meeting via Zoom. We have a new venue, courtesy of the Queen's Theatre who are allowing us to use the newly refurbished lower room, where the bar used to be. There is stair and lift access and easy access

PAINT & PAPER

EMPORIUM



- JACO
- Dulux
- ROYAL CANADIAN MOUNTAIN PAINTS
- Farrow & Ball
- Little Greene
- VILPAINTS
- PRIMER & FILLER
- GARDOL
- T1

PAINT WALLPAPER FABRIC

17 CORNETT RD ROAD UPMINSTER RM14 2AA

Telephone 01708 234073

info@paintandpaperemporium.co.uk

www.paintandpaperemporium.co.uk

to toilets including disabled. There is plenty of parking and is close to the bus routes. We meet every other Thursday 10-10.30am for tea, coffee and biscuits, and 10.30-11.30am for the choir.

If you are living with dementia or you perhaps care for somebody living with dementia, why don't

continued on page 13

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

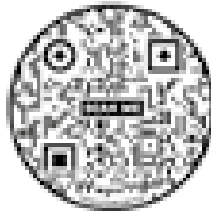
SPACE, DESIGN, DETAIL

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 621 194
8a Birt 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

you both come along and join in the singing in an informal friendly atmosphere and tell us your favourite songs that we could add to our repertoire. We would be delighted if you could come and join us. For further details please contact: **Gillian Ford 01708 641317**.

We love your emails

Please remember when emailing us to give us your full contact details please. As you can imagine we get a lot of emails but we do need to know where they are coming from.

Think before you litter

The planet Earth is our home. We need to look after it for the future. We cannot destroy this Earth. Where will we live? Climate change for example, is melting the ice caps in the arctic and the antarctic making life there unsustainable, having no place to call home and loss of food.

Here in Upminster we have litter all over the parks and streets making it unhygienic for everybody. Also, it is dangerous for the wildlife, especially disposable face masks, gloves and plastic bottles that I have personally seen when I go out. Please take your packaging home with you and put it in your house bin. So, please look after our planet.

ZOE, year 7

We Are FSTVL 2022

We have been informed that the We Are FSTVL will be returning to Damyns Hall Aerodrome this year, on Saturday 6th and Sunday 7th August 2022. The organisers have a permanent licence from the London Borough of Havering to hold the event.

As in previous years, Upminster's Residents' Association Councillors will be liaising with the organisers and Havering Council to ensure that the event runs smoothly, noise levels are monitored, and there is as little disruption as possible

to residents. We will keep you informed of further information when we have it, in the Bulletin and our website.

OUT AND ABOUT IN YOUR LOCAL AREA

Independent Lymphoma Support Group (blood cancer)

We are a friendly support group for people affected by Lymphoma or any form of blood cancer including Leukaemia and Myeloma. We find it is a time of sharing experiences and mutual support and welcome family, friends and carers who often have a huge part to play. In these COVID times we are meeting monthly online via Zoom usually on a Tuesday afternoon. Our program includes speakers from

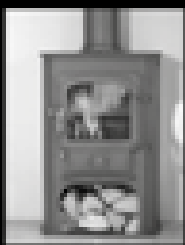
the medical profession or other walks of life or occasionally, it is just a time of talking together of the shared experience of living with a blood cancer and supporting each other.

We have been a support group for almost 10 years and in kinder times have met together over a cup of tea at Upminster Baptist Church in Springfield Gardens. We have enjoyed an annual lunch at Top Meadow, quiz nights, afternoon teas and a Christmas lunch celebration. We have obviously been cautious about resuming face to face meetings but hopefully at some stage in the future, in safer times, this will happen.

If you are interested in joining or would like further information about the group then please do not hesitate to get in touch and we would be happy to help.

Ian and Doreen Russell / ian.doreen@btinternet.com
Denise Hosking / Denise.hosking@gmail.com

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: TL 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 862955 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 shared mortgage may impact your entitlement to means tested benefits and the inheritance you may receive.
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 registered company in England, No. 08421972. Registered office: 100, Victoria Road, London, E16 1JH.
Telephone: 01708 862955. Email: connect@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 Coleman's Templo, 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

Coach outing news – UCRA

Faversham and Whitstable, Saturday, 14th May

Enjoy a morning coffee and soak up the atmosphere of the picturesque market town of Faversham with almost 500 listed buildings and an array of independent shops before continuing on to Whitstable known as the 'Pearl of Kent' and famous for its oysters and traditional charm. Leaving Upminster at 9am. Price £17.

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

Wingletye Ladies Probus Luncheon Club

We are a friendly group of ladies, aged 50+, who meet at the

Cranleigh Restaurant on the 1st Thursday of each month. We have a speaker before lunch at each meeting and outings are arranged from time to time. At present we have a few vacancies and you are assured of a warm welcome if you wish to join us.

For further details please contact the Secretary, **Sheila Edwards** on **01708 469235**.

The Old Chapel Tea and Talks

Wednesday, 9th March - **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. This talk reveals how women like Octavia Hill, Annie Besant, Josephine Butler, Beatrice Webb and others refused to be silenced and paved the way for the Suffragette Movement of the early 20th century.

The talks are free to registered

members and £2 to non-members with refreshments after the talk. Doors open 9.45am - meeting starts 10.15am.

Contact: **friendsoldchapel@mary.havering.sch.uk** for further information.

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

Craft sale

Coffee morning and craft sale at Trinity Church, Station Road, Upminster on Saturday, 12th March from 10am -12am. All proceeds to Ahava (formerly Hope4Havering).

"Learn, Laugh and Live!"

Havering U3A meets at 2.30pm, second Wednesday of the Month at St. Michael's Church Hall, Main Road, Gidea Park. Interest groups run throughout the month.

Our upcoming meetings:

- Wednesday, 9th March - Charlie Haylock will be speaking on **"The Origins of Surnames"**.

- Wednesday, 13th April - Joan Luck will be telling us about her **"Seventy Years a Musician"**.

Doors open 2.15pm. For more information come along or see our website: **u3asites.org.uk/havering**.

Cranham Engayne WI

Calling ladies to a monthly, afternoon social event to meet others in a relaxed, cosy setting. We meet every 3rd Tuesday of the month, at 2pm - 4pm at Cranham Community Association Hall, 115A Marlborough Gardens, Upminster RM14 1SR.

Enquiries: Stephanie Woodburn - **01708 443374**. Come on girls, don't be shy, take a trip to the WI.

The Arts Society, Havering

Alfon Mucha and the Creative Process, by Charles Harris. Alfon Mucha quite literally

continued on page 17



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**

HOME GROWN HARDY OUTDOOR PLANTS
at
LONG HOUSE PLANTS

Shrubs • Perennials • Grasses • Ferns • Climbers • Bamboos

- An independent nursery with a friendly atmosphere
- Resident expert for free advice
- Exciting range of new & interesting plants

Church Road (opp. St Thomas' Church), Noak Hill, Romford RM4 1LD

01708 371719 www.longhouse-plants.co.uk

Open from first weekend in March to last weekend in September on Fridays & Saturdays 10-5, Sundays 10-4 & Bank Holidays 10-5

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



Learn to swim at a Family Friendly and Fun Swim England Swim School
Based in Upminster serving Havering and beyond
Teaching Swim England's learn to swim plan
Contact Trevor on 07415 493032 or visit www.criddersswim.co.uk

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

wrote the book on Art Nouveau. Documents Décoratifs became the definitive text on the subject. Everything that is best about the style-elaborate ornamentation with themes from nature, fine draftsmanship, idealised feminine subjects, symbolism and allegory. It all flourished through him at the highest level.

We will be meeting on Tuesday, 8th March at the New Windmill Hall, Upminster. Doors open 10am for 10.45am start. This event is open to visitors for a fee of £8. Please visit our website.

<https://tashavering.org.uk/Lectures/FutureLectures.aspx>

or contact us at info@tashavering.org.uk, or telephone **01708 221903**.

Havering Concert Orchestra – A European Journey

The Havering Concert Orchestra is pleased to announce its Spring Concert, "A European Journey". In times past the well-off would do the 'Grand Tour' - journeying around Europe - absorbing the music, literature and art. Now Havering Concert Orchestra are taking you back in time and bringing the music to you, at the New Windmill Hall in Upminster.

Sunday, 20 March, 3pm at the New Windmill Hall, Upminster. Advance tickets will be available online via www.hcweb.co.uk where more details can also be found.

Havering Antique Collectors' Club

Friday, 18th March - Paul Atterbury from BBC Antiques Roadshow - Eastern Dreams - guests £8.

Friday, 8th April - Stephanie Connell from BBC Bargain Hunt - 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 Essex Wildlife Walks

- Saturday, 5th March, Cudmore Grove - **wildflowers and waders**. Meet at the car park at 10.30am. Bromans Lane, East Mersea, Colchester, satnav CO5 8UE.
- Saturday, 9th April, Langdon Nature Discovery Park - **spring flowers and birds**. Meet in the car park 10.30am. Lower Dunton Road, Basildon, sat nav SS16 6EJ.
- Saturday, 14th May, Fingringhoe Wick Nature Discovery Park - **spring flowers and nightingales**. Meet in the car park at 10:30am. South Green Road, Fingringhoe, Colchester, sat nav CO5 7DN.

Please book with Tony Loveless on **07413649006**. Walks take about 2 hours and optionally continue after lunch. Please wear suitable clothing and footwear and bring a packed lunch if needed.

Havering Singers - 75th Anniversary Concert

Saturday, 2nd April 2022 @ 7.30pm with a Baroque Orchestra and four soloists. St Peter's Church, Gubbins Lane, Harold Wood, RM3 0QA. Tickets priced £15 for adults / £6 for children (5-17 years).



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

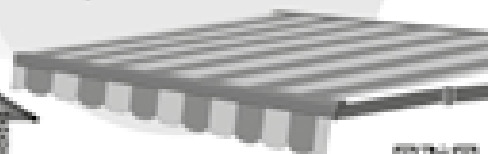
OAP Discount

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



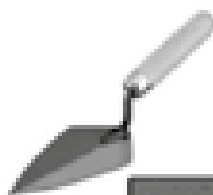
NEW AND SECOND HAND MACHINES SOLD.
PART EXCHANGE AVAILABLE. OAP DISCOUNT.
ALL WORK GUARANTEED. 35 YEARS EXPERIENCE

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

Vinyl-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.



Learning Disability • Hearing/Vision Impaired • Falls • Dementia • Alcohol • Parkinson's • Heart Problems • Stroke • Diabetes • COPD • Macular Degeneration • MS • Multiple Sclerosis • Epilepsy

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

TEC
Quality
Quality • Safety • Innovation

Havering
LOCAL GOVERNMENT

The Cappella Singers Spring Concert

Thursday, 31st March, 7.30 pm
at Trinity United Reformed
Church, Station Road, Upminster.
Programme of Anthems,
Madrigals and Negro Spirituals
- featuring composers including
Byrd, Morley and Schubert. All
are welcome. Free concert -
donations invited.

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>

Contact our secretary, Barry on **01708 703783** or at upminsterprobus.secretary@gmail.com

Havering Astronomical Society

Wednesday, 16 March,
7.15 for 7.30pm -
Dr Lee Macdonald will present
"From cracked mirror to Nobel Prize: the story of the Isaac Newton Telescope". Announced in 1946, the 98-inch Isaac Newton Telescope was completed in 1967 at the Royal Greenwich Observatory in Herstmonceux, Sussex. Twelve years later, it

was moved to La Palma in the Canary Islands. This talk tells the interesting story of its planning and construction; and also how its main mirror eventually led to an important role in one of the most remarkable cosmological discoveries of modern times. Please email enquiries@havastro.co.uk or see the website www.havastro.co.uk.

Young Astronomers - Thursday, 31st March 7-8pm. The Young Astronomers (aged 8-16) meet monthly with talks, astro news and observing when possible. Please email young.astronomers@havastro.co.uk. All meetings are held at Thames Chase, Pike Lane, Upminster and also on Zoom.

Miss Jekyll's Gardening Boots

Come and hear about the lives and careers of a few of our well known horticulturists including Ellen Willmot, Christopher Lloyd, Monty Don and of course Gertrude Jekyll.

Join the Upminster and District Horticultural Society on Tuesday, 8th March where Russell Bowes will present a biographical lecture in the New Windmill Hall, St Mary's Lane, Upminster.

Doors open at 7.15pm with the lecture starting at 7.45pm and ending at 9.45pm. There will be refreshments served during the interval finishing with a raffle at the end of the evening.

Entrance is free to members and £2 for non-members. You can find out more about our society by visiting our website www.upminsterhorticulturalsociety.co.uk




“ We help people like you achieve their health and fitness goals ”

infitness
results based gym

Invitation to free talk
Feel happier and healthier through:
• Exercise • Nutrition • Lifestyle
From your local experts at infitness
Call now to book your free place - 01708 321 938

Sunday 20th March 2022 at 2pm - Frank's Farm, St Mary's Lane, Upminster, RM14 1NU

BF Mulley & Son
Incorporating Horace Fry

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 3LH
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	8:00am-6:00pm
	Tuesday	8:00am-6:00pm
	Wednesday	8:00am-6:00pm
	Thursday	8:00am-7:00pm
	Friday	8:00am-6:00pm
	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, RPI certified & fully insured

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

Or call us on 01708 228886 / 07875 557178




Oakfields Preparatory School



SCAN ME

INDEPENDENT CO-EDUCATIONAL DAY SCHOOL IN UPMINSTER FOR CHILDREN AGED 3-11

Spaces Available in Years 1, 2 &

BOOK YOUR VISIT TODAY

01708 256 721
helen.barkham@oakfieldsschool.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

Community Spirit

We were pleased to see this on the facebook page of **Gidea Park / Hornchurch / Emerson Park Residents and Community group** posted by **Mandeep Kaur Walia**.

We contacted the author who is happy for us to publish her comments and we thank her for her kind words.

"I missed the meet and greet that was held previously at Café 108 so it was great to say hello to Havering Residents Association (HRA) team. Councillor Bob Perry and the team were very approachable and understanding to the issues I raised particularly around knife crime, schooling, dog fouling, supporting local businesses etc which have been raised in this group time and time again.

Perhaps it's because we all live locally / have a vested interest (e.g. bringing up children here) which is why they share a strong passion in preserving the area. Not that writing letters / emails isn't fun, but speaking face to face about things we care about made such a difference.

Big thank you HRA team for listening to me ramble on and on during your coffee time. Will look forward to hearing more about

the work you've been doing. I'd also encourage anyone to get in touch with them, they are really approachable and friendly!"

#community #communityspirit



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 on page 2. We look forward to meeting you.

Cllr BOB PERRY

Beware

We have received the following advice from the local Police. There has been an increase in car crime

THE BOILER REPLACEMENT CO.

THE BOILER & BATHROOM REPLACEMENT SPECIALIST

Call us for a free quote

01708 226682

www.boilerreplacement.net

Which? Trusted trader

being reported locally. Please look at the security you have in place and if you have a keyless car use a faraday bag or metal tin to stop the signal from the keys to the car being intercepted.

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/>

Dogs' Mess

A concerned local resident and dog owner (who does pick up their

dog's mess) would like to again raise awareness of the ongoing and increasing issue of dog owners who do not pick up their dog's mess, or leave mess bags on the floor after collecting it. They can face a penalty and prosecution and residents are urged to report anyone seen not collecting their dog mess. Please see the following website for reporting dog mess.

https://www.havering.gov.uk/info/20013/environment/126/keeping_havering_clean/6



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



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 we are welcoming new members in 2022 and having fun in a COVID safe environment. We look forward to meeting you. Singing talent is not a required qualification but a willingness to have a go - we are an example of the sum being better than the individual parts. Join in a lovely group of people with vocal coaching, exercises and musical guidance and perform locally in our community. Any questions to sing@chapel.email or simply just turn up.

Commercial vehicle crime

Sad to report there has been an increase in commercial vehicle crime with vans having their locks drilled out or holes cut out of

panels to gain access to steal tools which may have been left inside. Please make sure you don't leave anything of value inside or on show if possible.

Government pension tracing service

Many people change jobs during their working lives (the average is 11 jobs per person) and may have accrued several small private pensions. In some cases, they may not have details of a pension or the company involved may have changed ownership and be difficult to trace. To help people find their lost pensions, the Government has a free pension tracing service. You can contact them via www.gov.uk/find-pension-contact-details or on their freephone number 0800 731 0193.

Ardleigh House

Thursday, 10 March - Tribute band ABBA Chique in "Voulez-Vous Aha" show. They dress like ABBA and sing like ABBA. 2 course lunch with tea/coffee and return coach from Ardleigh House and of course your show ticket. Price £63.00

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" 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](http://www.ardleighhouse.org) for future trips in 2022. Book via our website www.ardleighhouse.org or telephone **01708 440660**.

Planning applications on the RAEP website

Havering Council publishes a weekly list of planning applications received within the previous seven days. We have become aware the number of households informed of a planning application is often less than most people would expect. The Weekly Planning List is available on our website. To view the applications visit <http://www.raep.org> and search for 'planning applications'.

Our Website

Please look out for our website [raep.org](http://www.raep.org). Residents' Councillor John Tyler does an excellent job regularly updating to share really useful news.





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



Craig Lodge Upholstery
A SPECIALIST IN REPRODUCTION UPHOLSTERY, COLOUR MATCHING, LINER STENCILING, GATE BOARDS, BENTY PARKER WORK AND YOUR QUALITY ALASKA COTTONS.
EXTENSIVE RANGE OF QUALITY FABRICS
* FULL REPAIR SERVICE * CUSTOMERS REFUSED A REFUNDABLE *
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
- Commercial Storage
- Family business since 1962

01708 224968

Milvern House, Pines Lane, Chatham, Essex RM11 4 EXL
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 Spring 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.checktrade.com/trades/powerwashsolutions

Powerwash Solutions

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