Fostering in Havering

Jill’s Story

“I’ve been a foster carer for seven years and I like looking after teenage girls. It fits in well with my lifestyle as a single carer. The relationship I’ve developed with Sarah is really important as I’m helping her to find her way through her teenage years. I love helping with life’s ups and downs and supporting her to prepare for adult life.”

Sarah’s Story

“I was 12 when I came to live with Jill, my mum was having some difficulties and she couldn’t look after me properly. At first I felt lost, confused and angry, but spending time with Jill has helped me to learn to trust her, that she will be there for me. I enjoy school a lot more now and have made some friends. I’d say I am a happy teenager now.”

Havering Council is looking for people like you to foster children and young people.

If you could open your home to local youngsters, call us to find out more.

For more information on fostering in Havering, please contact us: Telephone: 01708 434574 or email: fostering@havering.gov.uk

www.havering.gov.uk/fostering

Find out more and meet foster carers at our open events
Tuesday 2 September & Tuesday 7 October
Havering Town Hall, Romford, 6.30pm - 8pm
Leader’s welcome

Welcome to the Autumn 2014 edition of Living in Havering which celebrates some of the work we have been doing with our community partners to make Havering an even better place in which to live and work.

In this issue we report on some of the successes we have enjoyed in recent months, including at the London Youth Games and our first ever Junior Citizen scheme for Year Six pupils – both events that involved schools, police, health care and many other colleagues working alongside Council staff.

Looking forward, we preview the ever-popular Havering Show, which last year saw around 50,000 people pass through the gates – a figure we hope to repeat this August Bank Holiday weekend. So do come along with the family, have a great day out and call in to the Havering Council marquee to see some of the work we do on your behalf, as well as visiting the stands of local businesses, charities and voluntary groups.

The £1.87 million refurbishment of Raphael Park, finished just in time for its 110th anniversary, is also featured. Raphael Park, which has just won a coveted Green Flag, is just one of our parks that has a Friends Group. These groups of volunteers do an excellent job working with the Council to make our parks a lovely place in which to relax and enjoy the sun.

In this edition we are also setting the scene ready for a full budget consultation later this autumn, following the Cabinet meetings in September, which will consider detailed proposals of how to reduce the Council’s budget by around a third during the next four years.

Our aim is to make sure that even after the budget has been balanced, Havering will remain a clean, safe and enjoyable place for all of us who live and work here. We are confident that this can be achieved by working with our partners in the Borough and listening to the views of residents.

Roger Ramsey
Councillor Roger Ramsey
Leader of the Council

For up-to-the-minute information from Havering Council follow us on Twitter @LBofHavering

Cabinet and Full Council meetings are open to the public and are held in the Council Chamber, Town Hall, Main Road, Romford, RM1 3BD. All meetings are on Wednesdays and start at 7.30pm.

They can also be watched online at www.havering.gov.uk/webcast

The Cabinet meetings are on 3 September; 24 September; 15 October; 19 November and 10 December.

Full Council meetings are on 17 September and 26 November.

The cover picture shows one of a fleet of new vehicles collecting rubbish and recycling. More details of collection service on page 32.
£65,283.09 has been raised so far this year by the Romford Branch of the Royal British Legion. Last November just 20 volunteers were out with collecting tins - to become a volunteer collector this November contact pammorri@gmail.com.

5 minutes is the frequency that c2c will be running trains between Upminster and London Fenchurch Street stations during morning and evening high peak periods, from December 2015.

More information
W www.c2c-online.co.uk

Havering residents receive *Living in Havering* in audio format on memory stick, thanks to the 36 volunteers at the Havering Talking Newspaper for the Blind. Memory sticks are sent by post.

More information
W www.havering.gov.uk/collierrow
W www.havering.gov.uk/elmpark

9 of Havering's parks now have Green Flag status - an award that puts them amongst the best in the country.

More information
W www.havering.gov.uk/greenflagparks

Local shops are taking part in Havering Council’s shop local campaign - 70 in Collier Row and 100 in Elm Park. Free re-useable bags, pens, notepads and a pocket sized shop directory which includes a map and information about each town will be available from participating retailers.
Autism Ambassadors - Havering leads the way

Havering's first Autism Ambassadors (pictured below right) have passed the Leadership Development and Autism Volunteering course, the first course coupled with volunteering for Autism in the Community in the UK.

The graduation ceremony for the Sixth Form Autism and Disabilities Club was held at the Frances Bardsley Academy in Brentwood Road, Romford. Eight Year 13 girls received their accredited Leadership Development Course Certificates from Deputy Lieutenant of Havering Colonel Markham Bryant.

Ambassadors gave up their Saturdays to work with 18 to 24 year olds with Autism at Romford's RIEES (Romakey International Education Empowerment Services) Club.

RIEES helps support young people with learning disabilities or autism through the transition from school to adulthood. RIEES supports people within Havering and the surrounding boroughs.

Councillor Roger Ramsey and several other councillors attended the ceremony and thanked the students, as well as staff at the Academy and RIEES for their contributions to the community.

More information
W www.romakey.co.uk

Poppy Appeal collectors wanted

The red poppy from Flanders fields is not just an iconic image worn with pride to show we remember those that have given their lives for their country; it is also the key to raising thousands of pounds each year to support the work done by the Havering branches of the Royal British Legion.

With 2014 being the 100th anniversary of the start of World War One the Royal British Legion is aiming to raise a record amount during the Poppy Appeal.

Honorary Poppy Appeal Organiser for the Romford Branch, Pam Morrison, explains: “The Poppy Appeal starts in late October and ends on Remembrance Sunday which this year is 9 November.

“Last year in Romford we had just 20 volunteers out with collecting tins but by the end of the appeal we had raised more than £65,000. Imagine what we could do with more volunteers!”

If you have a couple of hours to spare and wish to volunteer then your offer will be welcomed by the Poppy Appeal team in your area.

Pam added: “It is also the friendship we offer, most of my volunteers are kept informed throughout the year as to how The Poppy Appeal is doing, because although we can only sell poppies during that time, it is becoming an all year fundraising charity. People can give as much or as little time as they wish, all help is appreciated.”

There are six branches in Havering – Collier Row, Elm Park, Harold Wood, Hornchurch, Romford and Upminster & Cranham – with contact details on the website.

More Information
W www.britishlegion.org.uk
E pammorri@gmail.com
T 01708 745681
Green Flags flying high

In July Havering Council gained an extra Green Flag for the recently restored Raphael Park, which means nine local parks now have this coveted status after meeting nationally set high standards.

A Green Flag flying overhead is a sign to visitors that the green space boasts the highest possible standards, is beautifully maintained and has excellent facilities.

A panel of judges visited the parks and checked that they met the criteria of being welcoming, safe and secure, clean and well maintained, sustainable, that they support conservation and heritage, and encourage community involvement.

The Council has secured Green Flag awards for the following parks:

- Bedfords Park
- Havering-atte-Bower
- Cottons Park, Romford
- Harold Wood Park
- Hylands Park, Hornchurch
- Lawns Park, Collier Row
- Lodge Farm Park, Romford
- Raphael Park, Romford
- St Andrews Park, Hornchurch
- Upminster Park

Havering Council’s Cabinet Member for Culture and Community Engagement, Councillor Melvin Wallace, said: “This recognition shows how important parks are to us. They’re vital to people’s health, wellbeing and quality of life, and it’s thanks to the hard work of the teams that look after them that we’ve been recognised in this way.

“I’d also like to thank the brilliant Friends of Parks groups, who are invaluable in their support for parks.”

More information
W www.havering.gov.uk/parks

New Rainham Library open

The new Rainham Library has opened its doors to the public, ahead of a formal opening in the autumn. The £4m project was jointly funded by Havering Council and the Mayor of London. There is 2,782 square metres of new educational and community space with 3,000 more books and purpose-built meeting rooms available for the public to hire as well as all the services that are currently provided in the existing library. There is also more technology including two new SMART tables, more computers in a dedicated IT suite and study space.

Burger seller grilled

A trader in Romford was fined nearly £2,000 after Havering Council received complaints that children were sold cigarettes from a burger van.

Mrs Karen Pardon, of Heather Gardens, Romford trading as K & P Foods, was fined £250 per offence, ordered to pay £1,000 in prosecution costs and a victim surcharge of £75, a total of £1,825 at Barkingside Magistrates Court on Friday 11 July 2014. Mrs Pardon pleaded guilty to three offences. The court ordered all the seized cigarettes to be destroyed.

A bridge to Belvedere

The Greater London Authority and Transport for London (TfL) are currently considering a new bridge linking Rainham, near Marsh Way, to Belvedere in Bexley. The suggested crossing would operate on a toll system similar to the Dartford Crossing.

Havering Council’s Cabinet Member for the Environment, Cllr Robert Benham, said: “We recognise and support the need for new Thames Crossings in East London, but have concerns that the proposed crossing between Rainham and Bexley could worsen traffic congestion along the A13 and elsewhere in the Borough.

“We need to make sure that another crossing brings benefits for Havering and doesn’t cause us more problems than it solves.

“We have a working party which will be considering the proposals and we’ll then make our position clear to the Mayor and TfL.”

The consultation closes on Friday 12 September.

More information
https://consultations.tfl.gov.uk/roads/river-crossings
We are offering 6ft pitches for just £15 per day, plus one week FREE.*

Romford Market is looking for new traders to sell a variety of goods, and offer shoppers something a little different. Maybe you have a shop and want to branch out, or are possibly thinking of a new career?

FOR FULL DETAILS OF THIS FANTASTIC OFFER, OR TO BOOK A SPACE, PLEASE CALL MATTHEW STEELE, MARKET MANAGER

TEL 01708 433324 OR M 07816 079567

* Limited pitches are available. This offer is open to new traders only. New traders must trade all three market days per week (Weds, Fri & Sat), for four consecutive weeks, for the fifth week to be offered free of charge. This offer closes on 30 September 2014.

Romford Market, Market Place, Romford RM1 3ER

www.havering.gov.uk/romfordmarket
Albany rides the waves

Students from The Albany School, in Broadstone Road, Hornchurch, represented Havering at the fourth annual Lee Valley White Water Centre Schools Festival.

Lee Valley Regional Park Authority Chief Executive, Shaun Dawson, said: “The legacy of the Games is all about young people and they are central to our work.

“For many of the youngsters, it’s their first experience of this adrenalin sport and we hope that this will be a springboard to getting into white water sports and becoming the stars of tomorrow.

“We will be running Schools Festivals at our other two London 2012 legacy venues on Queen Elizabeth Olympic Park – Lee Valley VeloPark and Lee Valley Hockey and Tennis Centre – in September, giving hundreds more children the chance to take part for free in sports activities in world class venues.”

The Schools Festival also offered the young people a chance to try other sports including kayaking on the lake, a cycling Wattbike challenge, mini tennis sessions, multi-skill football sessions as well as team building activities such as the Water Wipeout, where teams race against the clock to be the first to tackle the inflatable obstacles.

More information
W www.gowhitewater.co.uk

Award-winning Orchard Village

Orchard Village in Rainham has won an award for being the Best Social or Affordable New Housing Development and will now be put forward for a National Building Excellence Award later in the year.

Havering Council was nominated in three categories in total in the Local Authority Building Control (LABC) Building Excellence Awards in the London Region.
Commuters using Rainham and Upminster stations are set to see big improvements in services from December 2015 under the new 15-year franchise won by c2c. Key improvements will include:

- A new timetable will add 20% more trains each weekday and 38% more capacity during each morning peak into Fenchurch Street.
- During the high peaks, all London-bound trains (morning) and trains leaving London (evening) will call at the key interchange stations of Barking, West Ham and Limehouse. These stations will also benefit from a ‘metro service’ running between Barking and Fenchurch Street at three minute intervals during these high peaks.
- Staffing at every station from the first train until the last service and expansion of CCTV.
- National Express buying 68 brand new carriages, increasing capacity by over 4,500 extra seats a day to accommodate future growth in commuting. These will be introduced from 2019 onwards.
- A revolutionary Personal Performance Promise that will provide automatic compensation for delays over two minutes for registered users.
- A new Passenger Charter: guaranteeing excellent customer services, including a right to be sold the cheapest ticket, detailed personalised travel information and service performance reports.
- £33 million investment including making c2c the first fully accessible UK rail franchise and installing free to use Wi-Fi providing seamless coverage on board and at the station.

On the right track for better rail service

Images of Havering competition

What images capture the essence of Havering for you?

Send us a digital photo of your favourite part of the Borough and you could win a fantastic meal for two with wine at the fabulous Top Meadow Golf Club and Hotel, in Fen Lane, Upminster.

Our Images of Havering digital photography competition is looking for pictures that reflect the best of our Borough, so we can use them in Council publications.

We want to see Havering through your eyes. So whether its shoppers in Romford, historic buildings, our beautiful parks and countryside or anything else that captures your eye email the picture to living@havering.gov.uk, with Images of Havering in the subject line, along with your name and address and where the photo was taken to enter the competition.

To enter you must be a Havering resident and submit a digital image of Havering. Closing date for entries is 30 November 2014.

More information and terms and conditions
W www.havering.gov.uk/imagesofhavering

Victoria Road improvements

Works on Victoria Road and The Battis, Romford, which will provide an enhanced approach to Romford Station, are on track for completion at the end of August. New high quality paving on public footpaths and business forecourts will give the road a more uniform look, while better lighting and new street benches will give the street a more pleasant look and feel.

There will also be improved access to the bus stop and new cycle parking.

A celebration event to mark the end of the works is planned for late September to promote the wide range of businesses located in Victoria Road.

Current businesses include a wide range of cafes, restaurants and takeaways, hair and nail salon, bathroom showroom, key cutting and leaflet printing outlets.

Sunset, Harrow Lodge Park by Ian Lipscomb, winner of Images of Havering 2008
Oh crumbs, please feed me greens

Havering Council is encouraging residents to help the borough’s wildlife stay healthy and have a varied diet by feeding them less bread.

Recent issues at some of the Borough’s parks, such as Harrow Lodge in Hornchurch and Raphael Park in Romford, have seen wildfowl over the last year suffer fatal consequences due to botulism – a severe form of food poisoning.

Uneaten scraps of mouldy bread can harm oxygen levels in the water and causes an increase in these harmful bacteria.

This, together with persistent spells of hot weather, can be a source of the disease and can also attract vermin. In addition, overfeeding ducks can lead to a build-up of droppings – this causes the growth of more algae, which can deprive the water of oxygen and be a source of botulism.

Healthier alternatives

The Council is encouraging residents to feed the birds with healthier alternatives to give them a more varied diet. Items on the menu include greens such as lettuce and spinach, uncooked grains including brown rice, linseed and plain porridge oats, bird seeds and corn.

Some of these items will soon be available at some cafes in the Borough’s parks.

Angel Wing

Feeding the birds too much bread can lead to a syndrome called ‘Angel Wing’ when the joints in the wing become twisted and stops the birds from being able to fly.

Did you know that every ward in the Borough has a dedicated team of officers on patrol?

PC Lee Smith
Dedicated Ward Officer
Pennies per day for peace of mind

Havering Telecare Centre offers a range of services aimed at helping people live in their own home with the peace of mind that help is at hand if an emergency happens, and all from less than 70p per day.

The centre operates 24 hours a day, every day of the year, responding to emergency and other calls from the 4,500 Havering residents who have had alarm units installed.

Residents can choose:

• automatic monitoring, which can detect anything from an over-flowing bath through to someone having fallen over, so one of the 11 trained response officers can get in touch
• a simple alarm unit and pendant which means a call for assistance is just the press of a button away

Details of the different devices available can be seen at Royal Jubilee Court on Main Road, Romford.

The service has been running since 1985 and last year it received 167,690 calls with 2,351 of those being treated as an emergency. When the alarm is sounded and a response officer is sent they will provide the appropriate level of help. All are first aid trained and will stay with the resident until friends, family or emergency services arrive.

In February this year 98% of the 174 emergency call-outs were responded to in less than 45 minutes with the quickest response being just three minutes.

While the majority of calls don’t require emergency response the fact that Havering Telecare is available provides peace of mind for clients, their carers and families.

More information
W www.havering.gov.uk/telecare

The neck pendant is light to wear and ready to use when help is needed

“Policing is a team effort...”

PC Lee Smith
Dedicated Ward Officer

Details of the different devices available can be seen at Royal Jubilee Court on Main Road, Romford.
A total of 238 dogs entered the 12 categories in the Happy Hounds competitions keeping judges Vicki Salvage and Jan McCoy from Wylies Veterinary Centre busy throughout the day.

James Clanahan and Lyndsey Taylor with Ruby (pictured above) were judged Best in Show after the Mayor of Havering, Cllr Linda Trew, and her consort, Graham Trew, met each of the class winners and their owners.

Visitors browsed more than 40 animal related stalls, including some on the theme of cats. The Dog’s Trust micro-chipped 50 dogs and gave out 70 neutering vouchers.

Happy Hounds supports responsible dog ownership including reducing the number of stray dogs and encouraging owners to clean-up after their pets.

Essex-Wags Pet Care Services owner, Julie Negus, said: “We had a lot of interest in our stall. During June we have been fundraising for

Harold Hill’s Central Park was bathed in brilliant sunshine as hundreds of dogs from across the borough brought their owners to the fourth Havering Happy Hounds Show organised by the Council.

NEED HELP AND ADVICE ON HOME COMPOSTING?

Contact Havering’s Compost Advisers who are offering a free Compost Doctor Service. Email waste-team@havering.gov.uk

www.havering.gov.uk/compostdoctor
Rubbish & Recycling Collection Dates 2014

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Collections return to normal on Monday 1 September. Please note that all revised collection arrangements also apply to the clinical, cardboard and trade waste services.

“Hounds For Heroes” which provides service dogs to injured service men and women and following this show we have been able to send £275 to the charity.”

Havering Police Community Support Officer, Alanna Yeomans, said: “Gooshays Safer Neighbourhood Team bounded into action at the Happy Hounds Show assisted by members of the Havering Volunteer Police Cadets.

“Although the main message of the day was about being a responsible dog owner, we also made the community aware of some simple actions to reduce the risk of being burgled while away on holiday,”

Cadet Natasha Davies, age 15 of Brentwood, said: ”It’s been a lot of fun talking to so many people and seeing lots of dogs. It was a day with young and old brought together by a shared love of man’s best friend.”

More information
WWW.HAVERING.GOV.UK/HAPPYHOUNDS
Medals galore for Havering Hurricanes

In the Under 73kg Judo James O’Shea won the gold medal while Seb Adams won gold in the Single Sculls rowing event. Many other competitors won silver and bronze medals (details on the Facebook page). The 2015 campaign starts in the autumn with cross country trials.

Havering’s young athletes were scooping the medals at the London Youth Games Finals Weekend held at Crystal Palace National Sports Centre in July where 48 different scoring competitions were held.

For the third time in five years Havering won the indoor rowing competition with some excellent individual performances from Billy Lecomber-Fletcher who won gold, with a personal best of 1,167 metres, while Chloe Tomkins and Emma Morton both won silver.

The team also won the relay gold in this event.

In the triathlon/aquathlon, which combines a swim and a run, Havering had three individual gold medallists: Lois Wyatt, Ben Davis and Oliver Bath, who helped the team finish with a bronze medal.

Mayowa Osunsamis won gold in the 200m while in the ParaGames Elizabeth Harvey-Jones won a double gold in the VI 200m and the VI Long Jump and Sophie Cox won gold in the HI Long Jump and Silver in the HI 100m.

The Coopers Company and Coburn School, in Upminster, and Redden Court School, in Harold Wood, have won first and second place respectively in the Inter-Borough Bike Polo tournament.

Bike polo is a skilled sport which is played on special polo bikes.

A penalty occurs if a player’s feet touch the court, which is called a ‘dab’.

Teams are made up of three players per side and a game is over once five goals are scored.

Bike polo was an Olympic sport at the London 1908 Games and has recently become more popular.
Upminster student’s design on catwalk

Having a design modelled on the catwalk during London Fashion Week is an ambition for many top designers but for Holly Coutts, age 18 of Upminster, that dream will come true when her outfit is professionally modelled on the catwalk on Tuesday 16 September.

Holly has already seen her innovative origami dress design (pictured below left) on stage during a fashion show at Frances Bardsley School in Romford.

That inspired her to take a BTEC Level 3 in Fashion at Havering College in Ardleigh Green where her design ideas won her a place on the Fashion Futures workshop programme run by FAD (Fashion Awareness Direct), a creative charity which supports young designers to help them reach their potential.

Holly said: “During the 10 weekly Saturday workshops we were taught practical design and sewing skills as well as meeting UK fashion industry leaders who shared their experience.

“During the workshops we developed a mood board to gather together ideas on different designs, colours and fabrics, before trying some initial ideas which led to my design of a fitted cocktail dress.

“It has rich medieval colours, inspired by stained glass windows, and is made from gold leatherette, jumbo black mesh, powernet and cotton satin fabrics with a grey polyester lining and a zip fastener up the front.”

That design was chosen by a panel of experts to be modelled on the catwalk at the 2014 Fashion Futures Final taking place at Fashion Scout during September’s London Fashion week.

Holly added: “Seeing my design on the catwalk will be a massive boost in confidence and I hope it will help get me a Fashion Design place at university and then to a career in fashion design for one of the main High Street retailers.”

Ivy Scarlett, Communications Coordinator at FAD, explained: “The Fashion Futures course was launched 10 years ago and gives great support to young designers so that they have the skills and confidence to be creative.

“It took part in the programme when I was at Sixth Form so know how hard the work is and the benefits that come from taking part in this course. It helped me graduate with a BA Hons in Fashion and Textile Design and then helped get me this job with FAD, where I am able to work with future generations of British designers.

“Holly has done extremely well to have her design chosen for London Fashion Week and I am sure it will be a success.”

The dress was made during a week-long workshop at the University of East London with experts on hand to advise and assist. Those experts estimate Holly’s dress would fetch £540 wholesale and nearly £1,500 retail – not a bad first step in to the thriving world of British fashion.

More information W www.fad.org.uk E info@fad.org.uk @FADCharity
110 years of pleasure ...and lots more to come

The £1.87 million restoration work on Raphael Park was completed just in time for the 110th anniversary of the much-loved park which includes a lake, landscaped grounds, large play site, sports facilities and café.

It was first opened on 2 June 1904 by Sir Herbert Raphael MP, who gave the park to the district of Romford - and exactly 110 years to the day, members of the public came together to mark the occasion and celebrate the completion of the restoration.

The celebrations saw the well-known children's author of the Percy the Park Keeper books, Nick Butterworth, speak to local schoolchildren about how his stories were inspired by his visits to Raphael Park.

Punch and Judy were also in town to delight the children and many others enjoyed a traditional tea dance in the afternoon.

In March 2013, the Heritage Lottery Fund awarded £1.87 million to improve the park facilities. This grant, along with Council funding, a generous grant from the Veolia North Thames Trust and funding secured by the Friends of Raphael and Lodge Farm Parks, has paid for the restoration works to the park.

The funding was used towards improving and restoring the entrance gates, the banks of the lake, the planted areas, railings, benches and walkways; as well as paying for new signs and a refreshment kiosk, with toilets, adjacent to the children's play area.

One of the major changes has been the construction of a new restaurant/café, with a terrace overlooking the lake, which is due to open this autumn.

The park, which won a Green Flag award in July 2014, is also part of the cycle route from Romford Town Centre to Bedfords Park; it has a bandstand which is used for concerts and also hosts open air theatre in the grounds.
Challenging adventures with the Army Reserves

If you’re looking to learn new skills in an adventurous and challenging environment then the Army Reserves could be just the thing for you.

The new style army needs 30,000 reservists as part of its 112,000 strong force and is looking to recruit Havering residents to help achieve that objective.

Reservists will get paid for the 27 training days they attend, are eligible for an annual tax free bonus and from April 2015 will be eligible for a pension for the part-time work they do with the Army.

An added bonus is the training you get will be accredited to help you in your civilian job.

Employers of reservists receive financial support from the Ministry of Defence and benefit from their staff being trained in a range of skills.

It is estimated this training would cost an employer around £8,000 a year to provide.

Member Champion for the Armed Forces, Cllr John Crowder, said: “Joining the Army Reserve transforms your spare time into adventurous training and personal development activities while helping you acquire new skills, get fit, help communities at home and abroad as well as learn an array of military and leadership skills. All this and you’ll make great new friends and get paid.”

More information W www.havering.gov.uk/reservists

On patrol with Sgt Simkins

Havering’s local Army Reserve unit is 151 Regiment the Royal Logistic Corps (RLC), based at the Army Reserve Centre in Warley, near Brentwood. 151 Regiment RLC, is London’s only transport regiment and is equipped with latest modern military logistic vehicles.

As part of 101 Logistic Brigade, it is one of only a few reserve units to be part of the Army’s reaction force.

Local Army Reserve Soldier Sergeant Daniel Simpkins, age 34 from Romford, has been a reservist for 16 years and is currently serving with 151 Regiment. Daniel is an IT Infrastructure Supervisor in his civilian job and joined the Army Reserve to do something different and challenging in his spare time.

Daniel said: “Joining the Army Reserves presented me with many opportunities to learn new skills and meet like minded people. The people I have met are not just colleagues but have become good friends and we have travelled to some foreign places together that you would not normally travel to in a civilian job.

“I first joined as a Petroleum Operator but have since re-trained as a Driver and am currently serving as a Sergeant within the Squadron Operations Cell. This role involves planning training and delivery of tasks, which is challenging and rewarding”.

Since Joining the Reserves Daniel has deployed on Operations alongside the Regular Army. In 2003 he deployed to Iraq during Operation TELIC, where he served as a Logistic Driver and a Postal and Courier Driver.

He then later deployed to Afghanistan in 2007 during Operation HERRICK, where he served as a Driver Team Commander, with the International Security Assistance Force Protection and Transport Company in Kabul.

Daniel has also taken part in various training exercises, competitions and adventure training expeditions.

He added: “What I really enjoy the most is the constant challenge that army life offers me and would whole heartedly recommend it to any one looking for something more adventurous in life. For example, in 2005 I climbed Mt Kenya which was an unforgettable experience”.

www.havering.gov.uk/living | AUTUMN 2014 | 17
Local policing on patrol

The Metropolitan Police have introduced a Total Policing initiative which means every Council Ward in London has a Sergeant, Constable and Community Support Officer dedicated to that local area.

But what does it mean for residents? We met with the team which covers Gidea Park and Rise Park to find out how they are working with the community to drive already low levels of crime even lower. In this area the team is Inspector John Goodwin, Sergeant Matt Chatters, PC Lee Smith and PCSO Rubeena Bates.

Meet PC Lee Smith

PC Lee Smith is the Dedicated Ward Officer for Gidea Park and Rise Park, a post he has held for around a year.

He has good experience of community engagement work having served for six years as a PCSO before becoming a police constable two years ago. Pc Smith said: “I enjoy chatting with people and that is what this role is all about: listening to local concerns and then acting on them.

“In an average eight-hour shift I spend about five hours on patrol in the ward – it is often on foot or cycle patrol which means I can stop and have a chat with local people, pop into the shops to talk to retailers or call in the local parks and sports grounds to hear what’s been happening in the area.

“We also patrol in marked or unmarked cars so the ward gets a good police presence every day. The other three hours of the shift are spent answering emails or telephone calls and then taking action on the issues raised.”

Street Briefings happen every month with residents told when members of the Gidea Park and Rise Park team will be patrolling specific streets so they can stop them to have a word about local issues.

Monthly Drop-In Centres take place at Tudor House with local residents being able to pop in for an informal chat.

Every couple of months the local police team make three promises of action to tackle local issues of concern.

These are agreed with local residents who have volunteered to be involved and who reflect the area’s population.

PC Smith said: “It’s important that we take on board the concerns of the local community and we take seriously the promises we make to the public at these meetings.

“Currently we are doing increased patrols at local shopping parades because of concerns that large number of young people were gathering there.

“Residents have suggested that motorists are speeding on a number of roads, so we are doing speed surveys.

“The third promise is regarding the theft of number plates from vehicles parked on drives or in roads outside people’s homes. The best protection is to use tamper proof screws to fix number plates, they’re relatively cheap at about £1.25 for 10.

PC Smith and his colleagues are keen to attend community group meetings, so send them an invite and get to know your local police team.

Neighbourhood Watch schemes are partnerships where people come together to make their communities safer. They involve the Police, Havering Council’s Community Safety department, other voluntary organisations and, above all, individuals and families who want to make their neighbourhoods better places to live. The groups aim to help people protect themselves and their properties and to reduce the fear of crime by means of improved home security, greater vigilance, accurate reporting of suspicious incidents to the police and by fostering a community spirit. In Gidea Park and Rise Park there are 23 Neighbourhood Watch groups operating, each led by a local voluntary coordinator. If you wish to join your local group, or start a new group if your road hasn’t already got one, please contact communitysafety@havering.gov.uk
This month sees the centenary of Great Britain entering the First World War and to mark the occasion a special exhibition is being held in Romford until 15 November.

The Heritage Lottery funded exhibition, which is at Havering Museum in Romford High Street and at the Havering Libraries Local Studies and Family History Centre in St Edward’s Way, records some local stories which flowed from this global conflict.

Most of the exhibits have been loaned by Havering residents and are family heirlooms.

Head of Exhibitions at Havering Museum, Matthew Abel, explained: “Among the exhibits we have on display is a Brodie helmet worn by Rifleman Arthur Stanley Warren of Gidea Park who served in the 16th Battalion, London Regiment. That tin helmet saved Arthur’s life when a German bullet came through the back and was deflected by the padding so it exited at the side leaving Arthur with only minor injuries.

“One unusual item on display is a German Iron Cross First Class presented to Gerhardt Klotz, the grandfather of a current Havering resident, in 1914. It is displayed with a British War Medal and a Victory Medal presented to Frederick Emanuel Smith. They were two of the most common First World War service medals, and are nicknamed ‘Mutt and Jeff’ when displayed together. The origin of the names, although also a reference to cockney rhyming slang meaning ‘deaf’, probably comes from characters in a comic strip created by Bud Fisher in 1907.

Head of Collections at Havering Museum, Chloe Branwhite, added: “Another interesting exhibit is a ‘Death Penny’ which commemorates Private Herbert Alfred Saunders, who was killed on 10 July 1916. Over one million such plaques were issued to the next-of-kin of all British Empire military personnel who died during the War, each bearing the name of the deceased along with the legend “He [or “She”] died for freedom and honour”. Due to their resemblance to the pre-decimal one-penny coin, they were commonly known as ‘death pennies’.

“Compasses were an essential tool for officers on the front line, helping them to navigate battlefields and direct their troops on marches. This Verner’s Patent Mk VII compass with mother-of-pearl dial was made in Switzerland in 1915. The leather case was made separately, by Leatheries Ltd of Birmingham in 1916; this was probably a cost-saving measure.”

Havering Museum is run by a team of around 60 volunteers who spend up to 865 hours a month preparing the exhibitions. Thanks go to Stuart Anderson for loan of the Iron Cross and to Les Norfolk for the compass in this exhibition.

More information
W www.haveringmuseum.org.uk
This year’s Havering Show looks set to be two days of great family fun. Four internationally known acts will be performing their hits live on stage alongside a host of local acts, including Upminster’s James Smith from Britain’s Got Talent. The arena displays will also be providing non-stop entertainment.

Add to that more than 150 stalls on the showground next to Hornchurch Sports Centre in Harrow Lodge Park and you have two fantastic FREE days out for all the family.

Gates open from 11.00am until 6.00pm and car parking costs £2 per vehicle

This year’s show is sponsored by West and Coe, and Time 107.5 FM.

**Magnificent Music**

Live acts will be on the Time 107.5 FM stage from 12 noon until 5.30pm on Sunday 24 August and Bank Holiday Monday 25 August. On both days the main stage will see Baby Ballet, Dr Zero and the Hotheads, Lydia Lucy and Kryptic Fusion performing. In addition, as part of Havering’s First World War centenary commemorations, there will be a performance of songs and dance.

Funky Voices will be on stage on Monday.

Topping the bill on the Time 107.5 FM stage on Sunday are Odyssey, famous for their hit Native New Yorker; ska band The Beat (remember Mirror in the Bathroom?).
It’s Showtime in Havering

This year’s Havering Show looks set to be two days of great family fun. Four internationally known acts will be performing their hits live on stage alongside a host of local acts, including Upminster’s James Smith from Britain’s Got Talent. The arena displays will also be providing non-stop entertainment.

On Monday the top artists are Alexander O’Neal, who had many soul smashes including ‘Criticize’ and ‘If You Were Here Tonight’, and Tight Fit who had three weeks at Number One with ‘The Lion Sleeps Tonight’.

On the acoustic stage on both days will be Sophie De Balista, Ryan Harman, Ryan Montgomery, Glen Godfrey, Kevin Manning, Paul Ziepe, Ice Skaters, Lisa Wright, Miss Morgan and Black Electric Parade.

Amazing Attractions

The arena is busy from 11.30am until 5.30pm with displays set to keep you spellbound including Majorettes, Classic Car Parades, Shire Horses, Tigers motorcycle display team, the Delta Dog Display Team and Colchester Birds of Prey.

There is a new circus performing in the Big Top, you can browse the flowers, arts and crafts marquees, enjoy yourself on the fun fair, bouncy castles or whizz down the vintage helter-skelter.

Stunning stalls

There will be a fantastic range of stalls including natural beauty products, clothes, jewellery and glassware. If you get peckish there is a great choice of food and drink including curry, pizza, burgers and ice-cream.

More information: www.havering.gov.uk/haveringshow

E: events@havering.gov.uk

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‘A family owned business who genuinely care for each family’
The Care Act in Havering

A new piece of legislation, which was approved in May this year, represents the biggest change in nearly 70 years affecting how people will receive adult social care services from the Council.

Changes to care services are coming – and will affect people across Havering.

Anyone in the Borough who receives adult social care services from the Council, looks after an older relative or friend, or pays for some form of care themselves will be affected by these sweeping changes.

The Care Act, which will begin to come into effect from April 2015, represents a major change for people who receive care and their carers.

As well as its impact on local people, the act will also mean major changes for the Council in how it provides care services and supports local carers, and a great deal of work is currently underway to prepare.

The new legislation covers how much people will pay for their care in the future and introduces a range of changes, such as new entitlements for carers and people who fund their own care, a revised set of eligibility criteria, Statutory Adults Boards and better access to advice and information.

Havering Council, alongside councils across the country, is looking closely at the detail of the act, particularly the financial impact, as we plan ahead.

The national regulations and guidance for the Care Act are currently under consultation, and over the next six months more information about the act and how it may affect you will be available.

Anyone who is receiving adult social care, or is a carer, needs to be aware of the changes and when they will happen. The Care Act will be fully implemented by April 2016.

We will be continually updating information about the act as it becomes available on the Council website, visit www.havering.gov.uk/CareAct.

We’ll be publishing a newsletter, giving regular updates and later this year, we will also be launching a telephone hotline which you’ll be able to call with your queries.

To sign up to the email newsletter visit www.havering.gov.uk/enews and tick ‘Care Act 2014’ on the list of topics.

To be on our postal mailing list please complete the form on the website.

More information
W www.havering.gov.uk/CareAct
Havering Council, like all councils, is facing a major financial challenge. The Government is continuing to reduce funding to councils, as part of its deficit-reduction plan, at the same time as the cost of providing services to a growing and ageing population is going up.

That means the Council has to reduce its budget by around a third, having already saved tens of millions of pounds in the last few years.

Work is underway to make sure that despite needing to make very large savings, Havering Council will still deliver the services residents most value or rely on to help live their lives.

We know what your priorities are, because you’ve told us in surveys like the successful Your Council, Your Say surveys, over the past few years. So we will do our best to protect those services for the future.

Council Leader, Roger Ramsey, said: “Before we make difficult decisions to reduce funding for services, we are looking at how we can reduce costs and do things differently, to help keep valuable services running with less money to spend.

“We are already providing more services online, working with partners so costs are reduced and generally trying to run our services as efficiently as possible.”

One example is in social care where a focus on providing early support to vulnerable adults and children can help avoid the need for costly residential care or expensive child protection measures in the future.

To give you some idea of the costs involved in delivering services, it’s interesting to compare the amount we need to spend on looking after children who are in our care (around £40,000 per child, per year), or older people in residential care (around £17m per year for 700 people) with our budget for keeping the streets clean (£4.5m) and maintaining parks (£3.3m).

The challenge the Council faces is how to share the savings out between the services that everyone benefits from – like parks and rubbish collection - and services that are targeted on very vulnerable people, who cannot get by without the Council’s support.

Councillors will consider proposals in September before launching a public consultation to hear your views.

This will run throughout the Autumn including a special Living in Havering in October – setting out the Council’s ideas and how you can give us your feedback on the plans.
Improving care in A & E is important for future success.

Matthew Hopkins took on the challenging job as Chief Executive for Barking, Havering and Redbridge University Hospitals NHS Trust on 1 July 2014, having completed a three month trial secondment. He now shares his views and vision for the Trust, which includes Queen’s Hospital in Romford, with Havering residents.

Matthew said: “My vision for Queen’s Hospital is a simple one: to aim for great care for every patient, every day and I recognise that at the moment we are not doing that.

“To find out what needs to be done - nothing beats talking to the front-line staff which is why I make sure I go to a different department to talk to some staff every working day, as they are the ones who will deliver that vision. I also talk to some patients every day to find out what they think about the care they are receiving.”

With 6,000 staff working at the Trust getting them all to focus on the vision is a major communications challenge in itself but by keeping the message simple he believes that staff will support and implement it. “People choose to work in the NHS because they care about people and our message is focussed on improving patient care,” Matthew added.

Currently the Care Quality Commission has Queen’s Hospital in special measures, a situation Matthew is determined to change quickly with a five point plan of action:

1. **Recruit good calibre staff for A & E at both Queen’s and King George Hospitals.**

There is now a full complement of A&E nurses working at these hospitals. Patients are currently waiting too long to be seen so we are now focussing on recruiting more consultants and doctors but the problem is finding the right calibre staff. We are recruiting locally and from overseas to add new staff to the A & E departments.

2. **Changing the way A & E works so it is more patient centred so patients receive the right care at the right time which allows for faster treatment.**

People coming to A & E shouldn’t always expect to be seen by a specialist doctor; they could be treated by a GP or nurse depending on their clinical needs. Often patients will be discharged with no further treatment needed, or with an out-patient clinic appointment rather than be admitted to a ward.

3. **Manage out-patient appointments better.**

Cutting waiting times and ensuring paperwork is done on time so notes are available for the doctor before the appointment and that any further treatment required is followed up quickly are some ways to achieve this.

4. **Develop best clinical practice.**

The Trust already has areas of nationally recognised expertise, such as maternity services and the stroke
Listening to staff is a key part of the role says Matthew Hopkins

“Refreshing and developing the overall leadership in the Trust to help build the capability of each team in the hospital.

All of these actions will cost money so improving the financial well-being of the Trust is a high priority and work has already started on that. Reducing the number of temporary and agency staff has released more money for permanent nursing staff on wards.

Matthew said: “It will take a number of years to remove the long standing deficit but it can be done without affecting the level of patient care.

“The important thing is to give staff the tools they need to do their job effectively so we deliver great care for every patient, every day.”

- Matthew started his NHS career in 1985 as a student nurse at Addenbrookes Hospital in Cambridge
- After qualifying he specialised in cancer treatment working at several London hospitals including Queen Mary’s Roehampton.
- He has spent five years as a Macmillan Nurse
- He gained an MBA in 2000 and then spent three years at Trinity Hospice in Clapham
- He joined the management team at Guy’s and St Thomas’ NHS Foundation Trust in 2001, was Chief Operating Officer at Barts and The London NHS Trust from 2008
- He was Chief Executive Officer at Epsom and St Helier University Hospitals NHS Trust from 2011
- Matthew lives in London with his wife and two children. He is a voluntary coach for a rugby team of 11-year-olds and is a Chelsea supporter.
Smoking is the single largest cause of premature death in England – more than 400 people in Havering alone die as a result of smoking each year.

It isn’t just antisocial and expensive; it also causes cancer, respiratory disease, heart attacks and strokes. It can affect your chances of conceiving and babies born to mothers who smoke during pregnancy are more likely to be born prematurely, be underweight and fall victim to cot death.

It’s for these reasons, and the fact that one in five adults in the borough continue to smoke and more than one in ten mothers smoke through pregnancy that Havering Council backs the annual Stoptober initiative.

People who are able to stop for 28 days are five times more likely to stay smoke free permanently. Last year Stoptober encouraged 160,000 people to stop smoking for the month of October.

We’re encouraging as many people as possible in Havering to join the challenge.

It’s much more difficult to quit alone, but with the right support, anyone can do it.

All you have to do is ditch the habit for one month, and surely if you can make it to Halloween, you can make it to Christmas…
Men and Cancer

Men need to be just as aware of their health as women – and not put off visiting their doctor.

We all have busy lives and there’s often an excuse to avoid the doctor and wait for something unusual to disappear, but in almost all cancers, catching it early makes it more treatable. So a visit to the GP could not only save a lot of worry – it could save your life.

A national campaign run by Public Health England will be raising awareness of bladder and kidney cancer during October.

Both men and women should know that one of the symptoms of these cancers is ‘blood in pee’. Even if you find it ‘just the once’, you should tell your doctor.

Men are more likely to ignore changes in their body, one reason why they are four times more likely to die of bladder cancer than women and twice as likely to die from kidney cancer.

Men should also be aware of cancers which exclusively affect them. As men age, the prostate gland often enlarges.

Signs include:
- Rushing to the toilet to pee
- Needing to pee more often, particularly at night
- Difficulty passing urine
- Sense of not being able to completely empty the bladder

And rarely:
- Pain when peeing
- Blood in urine or semen

Cancer can be one reason why the prostate enlarges.

Groups such as black men and those with a family history of the condition are at a higher risk. Men with symptoms, or worried about their risk, should see their GP.

Testicular is the most common cancer in men aged 15-35, 2,000 are diagnosed in the UK each year.

A lump or swelling in one of the testicles should never be ignored. If found early survival rates are around 98 per cent.

Havering Prostate Cancer Survivorship Navigator
T 07976871064 or E Lucy.Brooks5@nhs.net

Local support group PHASE (Prostate Health, Advice, Support and Education)
T 07905 235421

www.orchid-cancer.org.uk
www.cancerresearchuk.org
www.nhs.uk/bloodinpee

Know the symptoms of diabetes – one of the biggest health issues facing the UK

Diabetes is a lifelong condition that causes a person’s blood sugar level to become too high.

It can cause serious long-term health problems and is the most common cause of blindness in working-age people. It’s also responsible for most cases of kidney failure and lower limb amputation. People with diabetes are up to five times more likely to have a heart attack and stroke.

More than 12,100 people aged 17 and over in Havering have diabetes and it’s estimated that there are around a further 3,500 who have not been diagnosed.

Early diagnosis and treatment for type 2 diabetes is very important because it may reduce the risk of developing complications later on.

The symptoms of diabetes include feeling very thirsty, passing more urine than usual and feeling tired all the time.

The symptoms can be mild and develop gradually over a number of years. This means that you can have type 2 diabetes for many years without knowing.

Anyone who thinks they could have diabetes should visit their GP as soon as possible.

Four of the main risks for developing type 2 diabetes are

- age – being over the age of 40 (over 25 for people of south Asian descent)
- genetics – having a close relative with the condition
- weight – being overweight or obese
- ethnicity - being of south Asian, Chinese, African-Caribbean or black African origin, even if born in the UK

Of course, all but one of these factors cannot be changed, but exercising regularly and reducing your body weight by about five per cent could reduce your risk of getting diabetes by more than 50 per cent.

Every year, World Diabetes Day is celebrated on 14 November across the globe, which aims to raise awareness about diabetes.

More information about diabetes is available here www.havering.gov.uk/healthyhavering
The Eat Well plate showed how much sugar and fat is in these popular snacks.

Cycle helmets can save lives as Lydia, Stephanie and Charles demonstrate with a damaged helmet and a bruised brain.

Junior Citizen success

The next generation of citizens were on parade at the Territorial Army Centre in London Road, Romford when Havering Council, Havering Police, London Ambulance Service, London Fire and Rescue Service, UK Power Networks, Crime Reduction Initiatives, Young Addaction and Transport for London joined forces to run a Junior Citizen Challenge.

The series of workshops were funded by MOPAC (Mayor’s Office for Policing and Crime). More than 1,200 Year Six pupils from Havering schools each spent half a day at Junior Citizen 2014.

Living in Havering followed pupils from Hilldene Primary School in Harold Hill as they went through the scenarios which included the dangers of entering derelict buildings or electricity sub-stations, planning a fire escape route at home, how to identify different types of illegal drugs, personal safety, protecting Havering’s environment, emergency first aid, road safety and eating healthily.

More information
W www.havering.gov.uk/communitysafety
E communitysafety@havering.gov.uk
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Saturday 30th August and 6th September 10am to 2pm

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Email: information@havering-college.ac.uk
or visit www.havering-college.ac.uk
Havering College of Further and Higher Education, Audleigh Green Campus, Audleigh Green Road, Hornchurch, Essex RM11 2LL

OPEN EVENING
Thursday 2 October 2014
6.30 p.m. to 9.00 p.m.
Principal’s address
at 7.00 p.m. in the Hall

The Brittons Academy is in an educational partnership with The Coopers’ Company and Coborn School.
Our partnership is built upon sharing teaching and learning practice and developing both our curriculums to widen pupil choice.
We hope that you will take the opportunity to visit us and we look forward to meeting you during our open week or at our open evening.
For further information, please visit our website.

OPEN WEEK
The school is open for viewing the week commencing Monday 29 September 2014
9.30 a.m. to 12 noon and 2.00 p.m. to 3.00 p.m. daily
The exception is Thursday 2 October when viewing will be restricted to the morning session.

THE BRITTONS ACADEMY
Ford Lane Rainham Essex RM13 7BB Tel: 01708 630002 Fax: 01708 630025
email: school@brittons.havering.sch.uk Website: www.brittons.havering.sch.uk
Looking for a course that will bring your career to life?

If you’re keen to start your own business, you have a talent for creativity and design, and a fondness for flowers, then gaining a qualification in Floristry could be the best thing you do this year. The Floristry courses at Capel Manor College are focused on the practical and professional development of the student’s Floristry and Floral design skills so they can be transferred directly into the workplace. Our tutors have valuable industry experience, and work experience is a compulsory part of the course, providing students with the tools they need to blossom into a career in Floristry.

“I decided to join the floristry course at Capel Manor because I was looking to do something different with my life. There were so many areas of the course I enjoyed, but I particularly enjoyed the function decoration and the display decorating sides to floristry. It was love at first sight professionally. I’ve used my floristry skills a lot since I started the course, making bouquets and arrangements for family and friends. I recently did all the flowers for my parents’ 50-year wedding anniversary and my nephew is due to get married soon, so I’m sure I’ll be asked to do that as well.”

Lisa Wille, 31, Level 3 Diploma in Floristry

“A 97% of Capel Manor students would recommend the college to a friend”

Ofsted Learner View Survey 2014

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Integrated Care opens door to GPs

While lack of GP appointments may be driving millions to A&E across the country, here in Havering, we are working to ensure access to your GP is never in doubt.

The Integrated Care Coalition, chaired by Havering Council’s Chief Executive, Cheryl Coppell, works across three London boroughs; Havering, Barking and Dagenham and Redbridge, and aims to reduce pressure on A&E services. Havering has a high number of elderly people who are entitled to the best possible care.

Aligning GPs to local care homes for more personalised care for residents.

A Community Treatment Team (CTT) can be at someone’s home within two hours where blood pressure and oxygen levels can be measured, treatment provided or advice given from nurses.

The use of Urgent Care Centres in hospital has been increased and there is now significant extra availability of GPs, including evenings and weekends. Together, these initiatives have seen an overall reduction in A&E admissions locally.

GPs from the three boroughs successfully bid for £5.6million of Government funding to further improve access to doctors including extending GP hours, new ways to interact with GPs and improved care for local people.

Keys for Change

A Havering Council scheme to help younger people find jobs and homes in the Borough is proving to be a success.

The Keys for Change scheme has helped 12 people find jobs and supported a further 60 local residents. Residents aged between 18 and 34 who have been living in the Borough for two years or more, and are unemployed or been on their current benefit for less than nine months are eligible to take part.

On completion of an employment readiness training programme participants will be able to join the Council’s Housing Register. If they then take up a job and keep it for at least six months, they will be fast tracked for an offer of housing.

The scheme, which is run with Lifeline Projects, is funded by £125,000 from Havering Council and £125,000 from the European Social Fund.

More Information
W www.havering.gov.uk/keysforchange
E keysforchange@havering.gov.uk
Recycling more for less

Collected together, kept apart – that’s how the new recycling and waste collection service, which launched on 4 August, is operating.

Collection days have stayed the same but in some parts of the Borough collection times have changed and details can be found on the website.

The new service uses one vehicle, which has the back divided, so orange and black refuse sacks can be collected at the same time but be kept apart so recycling continues at a high rate.

Having just one modern vehicle doing both jobs cuts down on fuel and other costs which saves money but that isn’t the only benefit.

Underneath the lorry is a special compartment so residents can now leave certain types of battery out for recycling alongside their normal waste, please check the website for details.

Each vehicle is also fitted with safety equipment which alerts cyclists when the vehicle is turning so they can avoid being trapped.

If you want to find out more come along to one of the recycling roadshows:

Wednesday 20 August
10am to 3pm at The Mercury
Romford

Thursday 4 September
10am to 3pm at The Mercury
Romford

Wednesday 17 September,
12pm to 5pm at Hornchurch library

Friday 19 September,
10am to 3pm at The Mercury
Romford

More information
W www.havering.gov.uk/recycling

Fashion from waste

Students from Havering College have been showing that recycling clothes and accessories can keep you in the fashion spotlight.

The students took part in an Eco-Fashion show using unwanted clothes, shoes and accessories from charity shops, their families and friends.

The event was organised by Havering Council and Havering College to highlight the amount of clothes we throw away and how these items can be reused or recycled. Each year in the UK we throw away £140million worth of clothing in the bin and 30% of them have never been worn.

Alongside the fashion show was a clothes swap shop, book swapping event and Love Food Hate Waste information stall.
Try out Real Nappies

Why not try cloth nappies, a natural, environmentally friendly alternative to disposable nappies and save up to £500 over your baby’s nappy wearing life.

For just £5, Havering parents are being offered a sample pack of Real Nappies and accessories worth £30 to see how easy and convenient these nappies really are.

Real Nappies for a real difference

You can now earn green points with Havering’s new London Green Points - Havering scheme when you redeem your voucher for a real nappy sample pack. To find out when our nappuccino events are and for more information visit www.havering.gov.uk/realnappies

www.havering.gov.uk/realnappies
Beating the fraudsters

Halifax bank in South Street, Romford, has been nominated for a Trading Standards Institute Hero Award, after the branch signed-up to the Havering Banking Protocol.

All staff at the branch received doorstep crime and scams awareness training by local police and Havering Council trading standards, and the branch designated a senior member of staff to deal with incidents of suspected doorstep crime or fraud.

Since then, branch staff have intervened on a number of occasions to help protect customers, using the banking protocol to prevent fraud.

On one of these occasions a branch cashier, Annette Howard, showed a high degree of professionalism and diligence in dealing with a 94-year-old victim of ‘fraud by grooming’.

An elderly man called into the branch with a young man and woman and asked for two long-standing accounts to be closed in favour of a cheque in the woman’s name. Annette questioned this and sought the advice of a colleague. She then issued a bankers draft, which would take several days to clear, allowing time to cancel the transaction, alert the police, trading standards, social services and the elderly man’s relatives.

As a result of this stalling tactic, the transaction was stopped and the man didn’t lose his hard-earned life savings.

Halifax bank in South Street, Romford, has been nominated for a Trading Standards Institute Hero Award, after the branch signed-up to the Havering Banking Protocol.

Romford’s Liberty Shopping Centre has won two awards and seen the number of shoppers rocket thanks to various community-based initiatives.

At the Savill Awards The Liberty beat 112 other shopping centres to win the Yellow Apple Marketing Award for The Story of Havering project. This engaged with younger and older generations across the borough, encouraging them to tell The Story of Havering from their perspective.

The centre was also awarded second place in the CSR Initiative category for its Enterprise In Education campaign.

And the centre’s 100-plus stores have benefitted from the success of these campaigns as the British Retail Consortium revealed in July. Visitors rose by more than 50,000 on the previous year, while high street customers nationwide fell by nearly one per cent.
Meet the finalists
The wait is over as the finalists of the 2014 Havering Business Awards are revealed.

This is the tenth year of the awards and it brings with it a new category of A Decade of Success, which acknowledges and highlights the great work that long-standing businesses provide in the Borough. We will find out which finalists have the X-factor at the awards ceremony hosted by Paul Ross in the beautiful grounds at the Thames Chase Community Forest Centre in Pike Lane, Upminster, on Friday 3 October.

A Decade of Success
Harrison Wipes, Pinney Talfourd LLP Solicitors and RUBI UK Limited

Apprentice of the Year
Taylor Morgan from Doggie Delights, Antonio Cirotola from McDonalds Romford and Kelly Young from Principal Financial Solutions

Best in the Community (Business)
Bridge Gap Media, RUBI UK Limited and Havering College of Further and Higher Education

Best in the Community (Charity)
Romford Contemporary Arts Programme, Romford Drum and Trumpet Corp and YMCA Romford

Best Small Business
Divine Water Plumbing Heating & Electrical Limited, Baby Ballet Romford and Central GW Commercial Equipment

Business Person of the Year
Linda Curtis from Birchcroft, Katie Newman from Havering Beauty Academy and Jay Necati from Crafty Arts Limited

Customer Care
Click Hearing, Hillis Security and LG Insurance

Green Award
SAG Media and OMG I’m Driving School

Growing Business of the Year
A1 Pharmaceuticals, Dance Theatre Arts Group and Priory Personnel Limited

Innovation Award
All Awards, Enterprise Plants Limited and SaxRax

New Business of the Year
Kids Activity Expo, Fleur Upminster Limited and Time Exchange

Retailer of the Year
Doggie Delights, Fleur Upminster Limited and Home Interiors by Anscomb

Havering Business of the Year
Halls of Ivy, Harrison Wipes and Kidspace Romford Limited

More information
W www.haveringbusinessawards.co.uk
E info@haveringbusinessawards.co.uk

£3,000 for better broadband
Havering’s small businesses can get up to £3,000 to help them improve their broadband connections.

The offer includes:
- A flexible ‘cloud’ storage system, saving businesses money on buying server hardware and allowing staff to access all files and applications on the go
- Fast connection allowing really quick data transfer
- The ability to send big files quickly and securely
- Customer and supplier management systems will work better and be more accessible
- Reliable video conferencing.

Havering Council is encouraging business owners to apply for the funds from the £150million ‘Super Connected Cities’ programme.

More information
W www.havering.gov.uk/broadband-vouchers

Powerful savings for SMEs
Small and medium-sized enterprises in Havering have the chance to purchase energy more effectively, thanks to a partnership between Havering Council, business energy supplier Opus Energy, and independent consultant Energycentric.

The ‘Energy Basket’ scheme allows companies to collectively pool their energy-buying needs to access energy purchasing options usually only available to larger businesses.

As part of the scheme, businesses also benefit from additional services offered by Energycentric.

These include a cloud-based system enabling them to monitor energy consumption and the opportunity to liaise with an energy specialist on their bills.

Michelle Tyreman, Head of Corporate Sales at Opus Energy, said: “It’s great to see councils like Havering getting on-board with helping local businesses save money and removing the challenges associated with more sophisticated energy purchasing.”

More information
W www.energycentric.co.uk
E paul.lomas@energycentric.co.uk
T 01708 76555
**Listings**

If you would like your event featured for free in Listings, email: living@havering.gov.uk

You can also put your item in the calendar of events on Havering’s website at www.havering.gov.uk/events. All numbers are 01708 unless stated.

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**Elm Park**

20 August, 10.30 - 11.30am
Summer Craft: Creative fun at our summer craft event
5 - 10yrs.

27 August, 2 - 3.30pm
Chat in a Hat. Topical subjects for the over 50’s.

16 September, 10 - 11.30am
Adult Craft Workshop. Cup Cake Cards.

16 September, 6 - 7.30pm
Sounds of the 60s. Classic pop music, singing and a quiz.

24 September, 2 - 3.30pm
Young at Heart. Special talk for the over 50’s.

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**South Hornchurch**

20 September, 11am
Saturday Craft Club for ages 4 – 12 years

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**Museums**

Havering Museum, 19-21 High Street, Romford
RM1 1JU

www.haveringmuseum.org.uk
E info@haveringmuseum.org.uk
T 766571

9 August - 15 November
First World War Exhibition
An exhibition centred on the social history of Havering during the Great War. Free

13 September, 1.30 - 3.30pm
First World War Reminiscence Session
Special edition of Havering Museum’s regular Friday afternoon reminiscence session. Bring photos and memories to share. £3 includes entry to the museum and a chance to see the Great War exhibition and refreshments.

18 September 2014, 7pm
The Human Face of the Great War
Bill Fulton, chairman of the Western Front Association (Essex Branch), discusses the human stories from the battlefields and on the home front. Tickets £3.50, advance booking essential.

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**Historic Homes**

Rainham Hall, The Broadway
Rainham, RM13 9YN
W www.nationaltrust.org.uk/rainham-hall
E rainhamhall@nationaltrust.org.uk
T 525579

**Gardens only**

Every Tuesday and Friday,
10am – 4pm
Hard Hat Tours while restoration work underway.
Booking essential
20 September, 11.15am
10 October, 9.45am
11.15am and 12.45pm

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**Theatre**

**Museum on cue**

by the All Saints Players
All Saints Church Hall,
Ardeleigh Green Road,
Hornchurch, RM11 2LG

11, 12 and 13 September
8pm
A murder mystery written by Robin Jennifer Miller.
Tickets £5
T 725077

At the sign of The Crippled Harlequin
by The Wesley Players.
Methodist Church Hall, Hall Lane, Upminster RM14 1AE

2pm
W wesley-players.co.uk
Box Office (text or phone)
T 07708 214742
E tickets@wesley-players.co.uk

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**Library**

Havering Libraries hold many events, of interest to all ages. Booking is usually advisable.

**Collier Row**

15 September, 6 – 7.30pm
Adult Craft Workshop
Cup Cake Cards.

17 September, 6.15 – 8pm
Modern Design Flower Arranging Workshop.

24 September, 7pm
Essex Boys and Essex Girls. A talk by author Karen Dobson.

25 September, 7pm
Taste of India with Delhi Spice.

1 October, 7pm
An evening with Peter Suchet, the brother of David Suchet (Poirot) and newsreader John Suchet.

**Central**

30 August, 10am - 12noon
Minecraft Madness
Under 18s only, parental permission needed if under 13.

17 September, 6.45pm
The Story of Gilbert & Sullivan – a talk by Nick Dobson.

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**Hornchurch**

18 September, 2.30pm
The Battle of Trafalgar and its Aftermath. A talk by Dr James Davey from the Greenwich Maritime Museum.

25 September, 2.30pm
A History of Tea. The history of tea then tea tasting, in association with Twinnings.

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**Rainham**

1 - 30 August
First World War Exhibition
Exhibition organised with local historian Sean Connelly featuring a timeline that runs throughout the entire library with profiles of all the soldiers who lived in the area and sadly died during the Great War.

21 August, 2 - 4pm
Women and the Home Front in World War 1
An Ian Porter talk.

2 September, 2 - 4pm
Young at Heart.
Rainham Hall.

20 September, 10am – 3pm
Craft Fair. In association with Face The Fun Events.
All ages, free
23 August 8pm
Simple Take That
13 September
2pm and 7pm
We’ll meet again
The New Fox Trot
Serenaders
14 September 8pm
An audience with
Anita Harris
20 September 8pm
The Runaways
reformed
4 October 8pm
The Strange Doors

Special events

The Old Chapel
The Old Chapel, St Mary’s Lane, Upminster RM14 2QR
E gsmith@mary.havering.sch.uk
T 222660

18 October
10am - 5pm
Autumn Craft Fair
Free entry
19 October
1pm-5pm
1940s Tea and Dance
6-9, 13-16, 20-23, 27-30
November, 2-5pm
Remembered
Not Forgotten
The Old Chapel
and World War I
14 November, 11am
Hornchurch and the New Zealand Connection
Free. Booking required.
28 November, 7pm
Sister Edith Appleton
Front Line Nurse and Diarist in the Great War

19 August
10am - 2.30pm
Rainham Royals
Sponsored Bike Ride
In partnership with London Riverside Bid along the banks of the River Thames from Riverside car park, Coldharbour Lane, Rainham RM13 9YQ.
E www.facebook.com/ROYALSYouthCentre
R rainhamroyals@btinternet.com

Romford Market, Market Place, Romford RM1 3ER
www.havering.gov.uk/romfordmarket
@LBootHavering

Enjoy great shopping, delicious hot food & service with a smile
20 August, 12noon - 1pm
Off-Ice Skating
Robert Beard Centre
High Street,
Hornchurch, RM11 3XU
Ages: 5+ years. To book
T: 433855 between
9.30am - 12.30pm
25 August, 10am - 2pm
Silver Lynx Craft and Social Club
The Salvation Army Hall,
High Street, Romford
RM1 1JJ.
Special Bank Holiday Monday
Craft and Social event. All welcome.
Free to attend.
E: martie0707@sky.com
27 August, 10am - 12noon
All Star Sports
at myplace Centre, 343
Dagenham Park Drive,
Romford, RM3 9EN.
For ages 5-9 years. £6 per session.
T: 376004 to book
30 August, 12noon until
31 August, 12noon
Spitfire Scramble
Hornchurch Country Park, Squadrons Approach,
Hornchurch, RM12 6TS
W: www.spitfirescramble.co.uk
E: info@spitfirescramble.co.uk
30 August 2014
12 noon - 4pm
Romford Smallholders
Allotment Society Autumn Show
Allotment site, Pretoria Road,
Romford, RM7 7AU
E: romfordsmallholders@hotmail.com
T: 745454
4 September
10.30am - 12.30pm
Self-Directed Support User Group
at Yew Tree Resource Centre, 20 Yew Tree
Gardens, London Road,
Romford, RM7 9AA
W: www.sdssupportgroup.org
E: sds@hadhavering.co.uk
6 September 11am - 4pm
Skate/BMX Jam in the Park
Cottons Park, London Road,
Romford, RM7 9QX. Free.
T: 376004 to book
10 September, 7.30 - 10pm
The 56th (London) Division on the First Day of the Somme
A talk by Bill MacCormick for the Western Front Association (Essex Branch)
at Royal British Legion, 205 High Street, Hornchurch,
RM11 3XT. Tickets £3.
T: 01245 361864
19 September, 8 - 9pm
Songs by two composers of the First World War
George Butterworth and Ivor Gurney - a recital at
The Old Chapel, St Mary’s Lane,
Upminster, Essex, RM14 2QR. In aid of Thames Chase Trust.
Tickets £8.
T: 42970
30 August, 12 noon until
31 August, 12 noon
Spitfire Scramble
Hornchurch Country Park, Squadrons Approach,
Hornchurch, RM12 6TS
W: www.spitfirescramble.co.uk
E: info@spitfirescramble.co.uk
30 August 2014
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RM11 3XT. Tickets £3.
T: 01245 361864
18 October 7 - 10pm
Hindu Cultural Society of Havering
Diwali event
Campion School, Wingley Lane,
Hornchurch, RM11 3BX
T: 747037
27 October, 7.45pm
Hornchurch Photographic Society
Ardleigh House, 42 Ardleigh Green Road,
Hornchurch, RM12 6TA. Barry Freeman will present ‘Monochrome Landscapes of East Anglia’
E: hps@hornchurchphoto.co.uk
28 October
Science Museum Spectacular
at myplace Centre, 343
Dagenham Park Drive,
Romford, RM3 9EN
Sessions are: 10.30 - 11am and 2 - 2.30pm, Not So
Sleepy Hedgehogs (age 3-7); 11.30am - 12noon, Three Little Pigs (age 3-7); 1 - 1.30pm, Bubbles Show (all ages). £4.50 per session.
All children under 8 must be accompanied by a paying adult (over 18).
T: 376004 to book
31 October, 6-8pm
Spook-tacular
Monster Party
Fang-tastic Halloween party
at myplace Centre, 343
Dagenham Park Drive,
Romford, RM3 9EN. £6 ages 5-9.
T: 376004 to book
19 September, 8 - 9pm
Songs by two composers of the First World War
George Butterworth and Ivor Gurney - a recital at
The Old Chapel, St Mary’s Lane,
Upminster, Essex, RM14 2QR. In aid of Thames Chase Trust.
Tickets £8.
T: 42970
26 September
10am - 1pm
World’s Biggest Coffee Morning
Elm Park Baptist Church,
Rosewood Avenue, Elm Park
RM12 5ES
E: all.mckears@btinternet.com
T: 07941 159559
26 September, 7.30 - 10pm
Havering East Rotary Club Quiz Night
Upminster Golf Club, Hall Lane,
Upminster, RM14 1AU
W: www.haveringeastrotary.org
E: sue.wilson1504@gmail.com
8 October, 8pm
The Man Called Uncle
Lieutenant General Sir George Montague Harper: a talk by Bryn Hammond for the Western Front Association (Essex Branch), at Royal British Legion, 205 High Street, Hornchurch, RM11 3XT.Tickets £3.
T: 01245 361864

As more and more people find it difficult to rent a home, the Council is now offering local landlords more options to help meet increasing demand, including:

**A new property management service with**
- 100% guaranteed rent paid in advance **with no hidden charges**
- competitive management fees
- ‘one-off’ cash incentive payments of up to £1,000
- some repairs free of charge
- payment of a bond guarantee
- free annual gas safety checks

**Lease your property with us and get**
- long leases
- guaranteed rent even if the property is empty
- some free repairs

**Let your property as shared accommodation and we will**
- pay you for each room so you can increase your income
- pay for the gas, electricity, water and Council Tax bills

For more information please call 01708 431515 or 431010 or email privatehousingsolutions@havering.gov.uk
Havering Council presents the

HAVERING SHOW

24 & 25 August, 11am - 6pm
Harrow Lodge Park, Hornchurch

Supported by

www.havering.gov.uk/haveringshow
@LBofHavering

FREE ENTRY
Parking £2

Sunday
The Beat
Odyssey
James Smith

Monday
Alexander
O’Neal
Tight Fit

• Live music • animal displays • classic cars •
• fun fair • vintage helter skelter • bouncy castles •
• exhibits • flower and craft displays •
• and much more •

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@LBofHavering