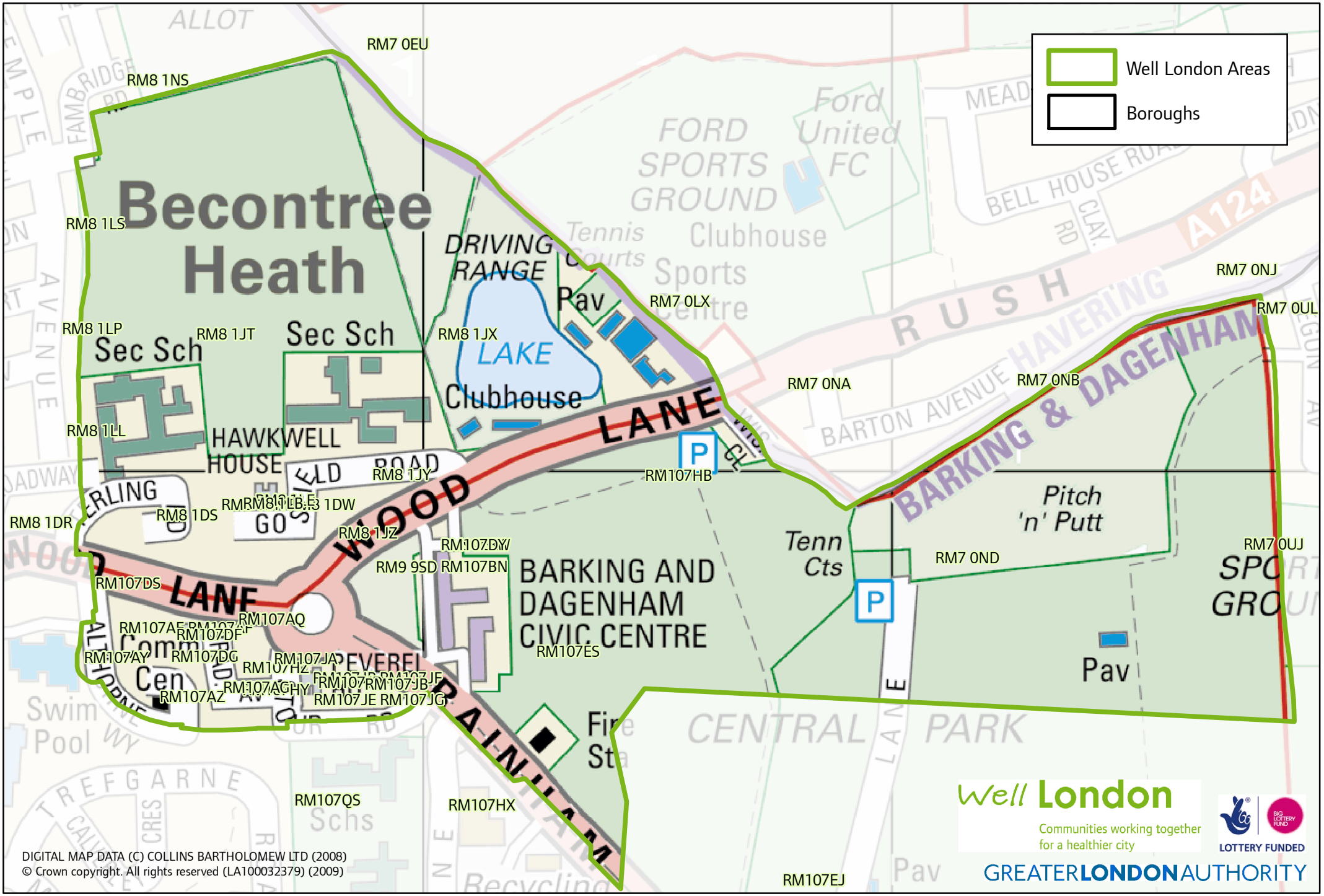Heath (Barking and Dagenham)