

News from Loughton Town Council

Spring 2023 No 100



AS WE celebrate this 100th edition of Think Loughton, launched back in 1998 with the Winter/Spring issue, we have an opportunity to look at some of the changes to the town during that time, brought to you by the Town Council and highlighted in this newsletter.

Our Jessel Green event has grown substantially across the years with over 3,000 local residents attending last summer. We hope to finally bring Loughton Day to residents in September this year, showcasing all the local organisations and attractions the town has to offer. Sponsorship for these two events from local businesses is being sought, so any local companies interested in

being a part of these attractions and raising their own profile are invited to contact our Community Manager, Pippa Bryce on 020 8508 4200 or contact@loughton-tc.gov.uk

The Town Council has overseen some notable projects during this period, just a few of which were: the building of The Murray Hall community centre in Borders Lane, where many local groups gather for various events / interests. The creation of the Memorial Garden in Roding Road. The recent restoration of the War Memorial at King's Green. The upkeep and development of the play areas across our town, with a scheme currently underway to re-site

and renew the playground at the Roding Valley Recreation Ground. Forty-eight heritage plaques have been installed at various locations around the town, highlighting the history of Loughton and its past residents, with the latest now being progressed.

Looking further back one of the most notable changes in the town is how its population has grown. A recent exhibition by the Loughton & District Historical Society displayed at Loughton Library reflected on Loughton's rich heritage, and they have put together an article examining Loughton Past and Present, which can be found on page 5.

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Contact numbers

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020 8508 4200 Loughton Town Council City of London Corp (Epping Forest) 020 8532 1010 Epping Forest District Council 01992 564000 Waste Management Hotline 01992 564608 Essex County Council (ECC) 03457 430 430 Adult Social Care 0345 603 7630 Child Social Care 0345 603 7627 Debden Library 0333 0132654 Education & Schools 0345 603 2200 Loughton Library 0333 0132677 Registrar: Births, ceremonies & deaths 0345 603 7632 Essex Parking Partnership (enquiries) 01206 282316

ADVICE, HELP & INFORMATION

	-
3Food4u	01992 842642
Action for Family Carers	0300 770 80 90
Affordable Counselling Epping Forest	01992 573402
Citizens Advice	0808 278 7855
Citizens Advice Consumer Service	03454 04 05 06
New City College, Epping Forest	0330 135 9000
Jobcentre Plus (Loughton)	0345 604 3719
NSPCC helpline (freephone)	0808 800 5000
RSPCA cruelty line	0300 1234 999
Samaritans	116 123
SSAFA (Loughton Epping & Harlow)	01206 764114
Trading Standards ECC (business)	0345 603 7626
Victim Support (Essex)	0300 303 0165

COMMUNITY

 Age UK Essex
 01245 346106

 Age UK Advice
 0800 678 1174

 Care & Repair Service
 01992 564086

Churches Together www.loughtonchurches.org.uk **Epping Forest ReUse** 01992 578222 020 8508 3643 ignite (Youth Activities) 07532 053194 Loughton Arts Centre Loughton Voluntary Care Assoc. 020 8508 6114 Restore Community Centre 020 8508 9883 Royal British Legion (Loughton Branch) 020 8508 5044 Royal Voluntary Service 0845 608 0122 Supporting Carers in Essex 0300 770 80 90 Voluntary Action Epping Forest 01992 910701 Volunteering Enquiries 01992 284761

HEALTH & HOSPITALS

HEALIH & HUSPIIALS			
ADAS (Alcohol & Drugs Service)	01279 641347		
Alzheimer's Society (Epping Forest)	01279 427522		
Breathe Easy Harlow & Epping Forest	01992 573387		
British Red Cross	020 8508 2162		
Forest Medical Centre	020 8535 6888		
The Holly Private Hospital	020 8505 3311		
King George	020 8983 8000		
Loughton Health Centre	020 8502 5000		
NHS Direct	111		
Princess Alexandra	01279 444455		
Rectory Lane Health Centre	020 8272 4600		
Spire Roding (Private)	020 8551 1100		
St Margaret's	01279 444455		
Whipps Cross	020 8539 5522		

LOCAL AMENITY REFUSE POINTS

Essex County Council www.essex.gov.uk/recyclingcentres
Chigwell IG7 5AA Luxborough Lane
Waltham Abbey EN9 1JU Brooker Road

POLICE & FIRE (dial 999 for emergencies)

Essex Police (non-emergency)	101
Action Fraud	0300 123 2040
Anti-terrorist hotline	0800 789321

PUBLIC UTILITIES

UK Power Networks emergency	105
National Gas Emergency Service	0800 111 999
Thames Water 24 hour leakline	0800 714 614

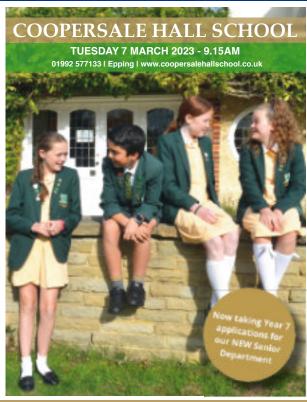
SPORT

David Lloyd Chigwell	0345 129 6783
Debden Sports Club	020 8508 9392
Loughton Athletic Club	07958 903842
Loughton Bowling Club	020 8508 3546
Loughton Cricket Club	020 8502 2064
Loughton Football Club	020 8508 4757
Loughton Leisure Centre (& pool)	020 3225 5460
Loughton Rugby Football Club	07939 468222
South Loughton Cricket Club	07941 347812

TRAVEL & TOURISM

TRAVEL & TOURISM	
Arriva (traveline)	0344 800 4411
First Essex Customer Services	0345 602 0121
Gatwick Airport: Your service centre	01293 555713
Heathrow Airport	0844 335 1801
London Travel Information	
(TfL & London Overground)	0343 222 1234
Luton Airport	01582 405100
National Express	0871 781 8181
National Rail Enquiries	03457 484950
Southend Airport	01702 538 500
Stansted Airport	0844 335 1803
Tourist Info Centre (Waltham Abbey)	01992 660336
Traveline (public transport information	00871 200 22 33

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MARCH OPEN DAY REGISTRATION OPEN

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Clerk's Remarks



THIS IS THE 100TH edition of the 'Think Loughton' newsletter, which has now been running for 25 years. The other day, I came across the first Winter / Spring 1998 edition. One line on the cover page read: - as a Town Council ...' we represent Loughton and Loughton alone; we can put clearly and with a strong voice what we think is best for our Town.' This truly resonates today,

although, as then, local councils have more limited direct functions and resources than the higher tiers of Local Government.

We are so pleased that after months of planning, designing and public consultations, the new children's playground at the Recreation Ground is coming to fruition. Late March this year is scheduled for the implementation of the new site and play equipment, subject to prevailing weather conditions. Conclusion of this project will result in a state-of-the-art play area and a muchneeded new facility for residents.

Provisional dates to pencil in your diary this year, for a number of community events:

- 'The Town Mayor's Treasure Hunt' on Sunday 23 April, wholesome fun for all, young or old. See p11.
- Family Fun Day, at Jessel Green on Sunday 25 June
- Loughton Day at Loughton Cricket Club on Saturday 16 September 2023.

As our newsletter only goes to print on a quarterly basis, more detailed and up to date information will be found on our Town Council website and Facebook page, in due course.

'Loughton Wombles' has just passed its first anniversary milestone, with eight large group gatherings to date. It has proved to be a successful and sociable community group venture with a good hardcore of regular volunteers and familiar friendly faces. A worthwhile experience. New volunteers are always welcome in our efforts to make Loughton a tidier and greener place to live.

Loughton Town Council's offices have now moved to Buckingham Court in Rectory Lane and all the team have settled in well in these premises. Always new challenges like everyone else, the Town Council is not immune from the double dose of high inflation and the huge leap in utility costs, impacting especially our two community halls. We are exploring all avenues to cut costs and

increase income, as and where we can, whilst continuing to maintain our high levels of service. As such, this year, we are looking to local businesses in the community for sponsorship for both 'Jessel Green Day' and 'Loughton Day', where we are expecting to draw thousands of local residents. Please contact the office if you are interested. We would be very grateful for any contribution towards these two major events in the Town Council calendar.

You may notice a new Loughton 'then and now' historical feature in this edition. I am pretty sure that out in the Loughton Community, there is a wealth of local knowledge and experiences that could be shared. Any photos and anecdotes that you are happy to submit for future features will be gratefully received.

Enjoy the Spring

Best wishes

Mark Squire
Town Clerk

Playing Fields Awards 2022



COUNCILLOR David Wixley, Chairman of the Recreation Committee, and Paul Hoy, Services Manager, attended the annual AGM and Awards Evening of the Essex Playing Fields Association in Chelmsford on 27 October 2022. They were delighted to receive several awards on behalf of the Town Council from this year's "Best Kept Playing Field" competition, including a certificate of merit in Class 3 (for children's playgrounds) for Traps Hill Playground, which was also the runner-up in this category. Also in Class 3, certificate

of merit silver awards were received for Newmans Lane and Westall Road Playgrounds. Additionally, both the Town Council's playing fields, Roding Valley Recreation Ground and Willingale Road, received certificates of merit in Class 1, (for playing fields serving communities of more than 2,500 residents).

The Town Council's Park Warden Team and its contractors, Pinnacle and Epping Forest District Council Grounds maintenance, are thanked for all their hard work and dedication throughout the past year.



Loughton Town Council

Town Mayor: Cllr Barbara Cohen Deputy Town Mayor: Cllr Michael Stubbings Town Clerk: Mark Squire

Councillors

ALDERTON WARD

Cllr Philip Abraham 020 8502 2925 1 Lancaster Drive Loughton IG10 3NQ philabraham2000@gmail.com

Cllr Michael Stubbings 07766 480522 70 Greenfields Loughton IG10 3HF mick.stubbings@hotmail.com

CIIr Katie Valentine 07477 012213 Loughton Town Council, 1 Buckingham Court, Rectory Lane, Loughton, IG10 2QZ cllr.valentine@gmail.com

BROADWAY WARD

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CIIr Kevin Rainbow 07921 662715 19 Audley Gardens Loughton IG10 2EL rainbow.kevin14@gmail.com

CIIr Les House 020 8508 3369 109 Avondale Drive Loughton IG10 3DQ leshouse18@hotmail.com

FAIRMEAD WARD

CIIr Carol Davies 07817 230372 Loughton Town Council, 1 Buckingham Court, Rectory Lane, Loughton, IG10 2QZ carolchristmas@yahoo.com

Committee membership

Cllr Sebastian Fontenelle 07941 365850 Loughton Town Council, 1 Buckingham Court, Rectory Lane, Loughton, IG10 2QZ cllr@sebastianfontenelle.co.uk

CIIr Will Kauffman 07799 148740 28 The Greens Close Loughton IG10 1QE willkauffman@ymail.com

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Cllr Trevor Downing 020 8508 8877 Loughton Town Council, 1 Buckingham Court, Rectory Lane, Loughton, IG10 2QZ downingtj1@gmail.com

CIIr Jon Riley 020 8508 6604 Resident of Forest Ward, Loughton, IG10 4RB jonriley135@outlook.com

RODING WARD

Cllr Stephen Murray 020 8508 7548 1 Avondale Court, Avondale Drive Loughton IG10 3BT stephen.w.murray@hotmail.com

CIIr Rose Brookes 3 Lower Park Road Loughton IG10 4NB vietrose02@aol.com

Cllr David Wixley 020 8418 9284 Copper Beech Court, Goldings Road Loughton IG10 2QH david.wixley198@btinternet.com

Cllr Neil MacKinnon 07872 324028 Loughton Town Council, 1 Buckingham Court, Rectory Lane, Loughton, IG10 2QZ cllr.neilmackinnon@gmail.com

ST JOHN'S WARD

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Cllr Caroline Pond 020 8508 2361 Forest Villa, 7 Staples Road Loughton IG10 1HP caroline_pond@hotmail.com

Cllr Michael Owen 07467 430145 Loughton Town Council, 1 Buckingham Court, Rectory Lane, Loughton, IG10 2QZ michael.x.owen@gmail.com

ST MARY'S WARD

Clir Barbara Cohen 020 8502 3242 23 Church Lane Loughton IG10 1PD bcohen61@hotmail.com

Cllr Judy Jennings 020 8508 4200 Loughton Town Council, 1 Buckingham Court. Rectory Lane, Loughton, IG10 2QZ cllrjjennings@hotmail.co.uk

Cllr Graham Wiskin 020 8925 2003 Traps Hill Loughton IG10 1TD cllr.graham.wiskin@gmail.com

VC Vice Chairman

RESOURCES & GENERAL ENVIRONMENT & **SERVICES**

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C C C Pond VC C P Pond P Reales R Cohen S Fontenelle

K Valentine

G Wiskin

PLANNING & LICENSING

07391 879412

C Chairman

C C Davies VC W Kauffman P Ahraham S Murphy K Rainbow J Riley G Wiskin

RECREATION

C D Wixley **VC** K Valentine

S Fontenelle I House N MacKinnon

S Murray M Stubbings

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request a copy. Contacting us

For editorial contributions and diary entries, please call 020 8508 4200. For advertising enquiries, please call 01245 790244 / 07942 800865.

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Town Council Meetings

1 Buckingham Court, Rectory Lane. Loughton, IG10 2QZ at 7.30pm 2023

Mar 6 Planning & Licensing

- Recreation
- 15 Annual Town Meeting The Murray Hall at 8pm
- 20 Planning & Licensing
- 28 Environment & Heritage
- Apr 3 Planning & Licensing
 - 12 Resources & General Services
 - 17 Planning & Licensing
 - 25 Council
- May 2 Planning & Licensing
 - 15 Planning & Licensing
 - 24 Annual Council

For dates of subsequent meetings. check the council's website.

News round-up

ANNUAL TOWN MEETING: Loughton Town Council will be holding its Annual Town Meeting at 8pm on Wednesday, 15 March 2023 at The Murray Hall, Borders Lane, IG10 3SB. Details will be displayed on the town noticeboards and our website News & **Events - Loughton Town Council** (loughton-tc.gov.uk) Do come along to find out more about Loughton Town Council and what we offer our residents.

■ TOWN MAYOR'S CIVIC SERVICE: Was held on Sunday, 26 February 2023 at 3.30pm at the Loughton Synagogue, Borders Lane, Loughton, IG10 3SB, see summer issue for more info on this.

PLAY IN THE PARK: Returns this Easter, It's all about playing and having fun

outdoors. The Play in The Park Team bring along a

range of sports equipment and arts and crafts resources for children and young people to enjoy. The team help organise activities and games ALL TOTALLY FREE OF CHARGE! Children must be supervised at all times. Book online: eppinaforestdc. bookinglive.com Phone: 01992 564 363.

Monday 3 April - 1.30pm to 3.30pm -Roding Valley Recreation Ground (RVRG)

Tuesday 4 April - 10am to 12 noon; & pm:1.30 to 3.30pm - RVRG

Wednesday 5 April - 10am to 12 noon; & pm:1.30 to 3.30pm - RVRG

Thursday 6 April - 10am to 12 noon; & pm:1.30 to 3.30pm - RVRG

Tuesday 11 April - 10am to 12 noon; & pm:1.30 to 3.30pm - Jessel Green

Wednesday 12 April - 10am to 12 noon; & pm:1.30 to 3.30pm - Jessel Green

Thursday 13 April - 10am to 12 noon; & pm:1.30 to 3.30pm - Jessel Green

Friday 14 April - 10am to 12 noon - Jessel Green

COUNCIL TAX: The amount we collect from our residents in 2023/24 to be spent on local services and facilities, will be £904,300. This will set the Loughton proportion of the annual council tax for a band D property as £71.39, an increase of £6.23 a year from the current figure of £65.16, equating to 12p weekly.

Loughton Town Council (LTC) continues to be highly sensitive to the ongoing 'cost of living' rises and substantial increases in utility costs for residents and has worked intensively to keep this increase as low as

During this difficult financial period, LTC has re-prioritised a number of projects, but is pleased to confirm that with the wonderful support of resident's feedback last summer, it currently remains on track to deliver the new all-purpose play area on the Roding Valley Recreation Ground this spring.

Loughton past and present

THE PHOTO is of Queens Road, taken in the 1930s. The houses on the right were built about 1928. Taken from opposite no 68, it shows the whole street without a single vehicle save a bicycle half-way down the hill; there also appears to be a heap of something in the road. Queens Road was sold as individual plots about 35ft wide - you could buy one or several. The five houses behind the cameraman are large Victorian villas, two pairs of semis, let out to two families each by 1945, and one detached at the very top (Questcot, Vincent Nello's house no 119). These were abominated by W C Waller, who says they were always difficult to let; regarding them as particular blots on the landscape. I suspect the land was laid out for two further pairs which were never built. The houses/flats out of shot, to the left of camera, must have been spare plots, and houses/maisonettes (of a very different style)

were not consented till 1961. The original photo shows a For Sale board by FH Worley. A couple of houses downhill from these spare plots were built by George Hopkins Hatton, who specialised in putting up very cheap (approx $\mathfrak{L}500$) mostly detached houses on spare and side plots in Loughton during the 20s and 30s. One of these sold for $\mathfrak{L}990,000$ in July 2022. The telephone pole in the left centre, even then out of the perpendicular, has been replaced; Queens Road did not have its telephone cables trenched in the 1950s as some did.

The top of Queens Rd was to suffer from the blast of a V2 rocket, which fell on 2 March 1945 (and also incendiaries in February/August 1944). None of these were reckoned "serious" by CUDC (Chigwell Urban District Council) in Queens Road.

A curious feature is that the upper bedroom

bays to nos 68 (Mr Hunt's house) and 70 (Mr Pinnock's) must have been damaged, and were replaced by flat fronts, though the similar bays to the boxrooms, were left alone. The gable was also reduced in depth. These things often happened during reinstatement.

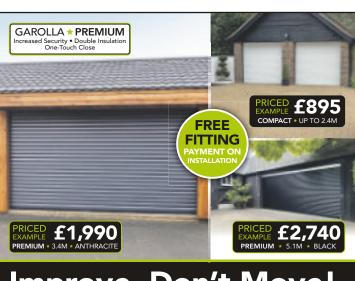
The Today photo shows the effect of 85 or so years of change. A few houses have been rebuilt, or additional ones sandwiched in - but the greatest change is the motor car. I counted 87 on that Yesterday blank street on the day I took the photo!

Interested in local history? The Loughton and District Historical Society has a wealth of knowledge, information and old photographs meeting regularly at the Methodist Church in High Road, Loughton.

For more information and membership details, please visit Loughtonhistoricalsociety.org.uk







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3FOOD4U had a fantastic launch of our latest 3Socials&WarmPlace4U, in Loughton in January. Huge thanks to Find Your Active - West Essex for part funding and Sally Ford for the wonderful chair yoga.

Open to anyone looking to socialise, they are dementia friendly for people with varying degrees of memory issues and those who love and care for them. Its activity based with singing, word games, puzzles, bingo, and chair yoga with free light refreshments. Next session is Thursday 9 March 2-4pm at Loughton Club, 8 Station Road, IG10 4NX, and then every 2nd Thursday of the month (see page 13).

We also have FREE Social & Warm Places at Ongar, Waltham Abbey and Chigwell Row.

Our Community Surplus Hub runs every Tues 11.30-1pm at The Loughton Club, 8 Station Road IG10 4NX, offering free groceries, clothes and essentials without assessment or referral to anyone that needs it.

Contact us at W: www.3food4u.org E: info.3food4u@gmail.com T: 01992 842642 / 07973166940

Time to get walking again!

WITH SPRING on its way, we start thinking about getting out to walk in the beautiful English countryside again, but where to find new and

Walking in Essex https://www.walkinginengland. co.uk/essex has loads of walks to download and print, free, along with books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one

John Harris (who maintains the website) said 'There is so much walking information on the web, but it is difficult to find. Walking in Essex (part of the Walking in England website) has brought it together so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy. Check out the websites and get walking!



Feeting Friendly for people with your instance of the pool of the people with your instance of the

OUR CONGRATULATIONS to Scarlett Roberts-Rhodes, a Hereward Primary School pupil, the overall and Junior category winner in the 2022 competition, whose design created our official Town Council card. Unbeknown to the judges, Scarlett was runner-up in the infant category last year, undeterred she was determined to go one better this year!

The Town Mayor and Deputy Town Mayor, Cllrs Barbara Cohen and Mick Stubbings. selected the winning designs from the entries received. Although numbers were down on previous years the judges still faced a difficult task making their choices.

The presentation to the winners, of a £25

gift card and laminated certificate was made by the Town Mayor at the final Council meeting of the year, on 20 December in the Buckingham Court Chamber. Scarlett was joined by Florence Tufton, a pupil at Alderton Primary, the infant category winner and Victoria Yozova, the secondary category winner, who attends Roding Valley High School.

The overall results were as follows: **Infant Winner** Florence Tufton Junior & Overall Winner Scarlett Roberts-Rhodes, Runner-up Elsie Fourie; Secondary Winner Victoria Yozova No adult entries were received this year.

Loughton Town Council thanks all the participants who supported this event.







Overall Winning Entry 2022



Coronation treat

AS WE look forward to the momentous Coronation of our new King on Saturday, 6 May this year, we look back at the last such occasion, the Coronation of his late mother, Queen Elizabeth II which took place 70 years ago on 2 June 1953.

Cllr David Wixley, like many local children, enjoyed a Coronation Party and the community spirit it engendered. Having attended Whitebridge Infants School, where each child was presented with the gift of a book commemorating the connection between the Royal Family and the County of Essex, David also received an official invitation (a treasured possession) to a Coronation Celebration at the Avondale Sports Fields marking this historic occasion. Who at that time, would ever have thought that HM Queen Elizabeth II would reign for such a period and that the nation would have to wait 70 years' before witnessing such pomp and pageantry again in the Coronation of a Monarch?

1953 was memorable across the globe for some other notable events: on 29 May, Edmund Hillary of New Zealand and Tenzing Norgay, a Sherpa of Nepal, become the first explorers to reach the summit of Mount Everest, which at 29,035 feet above sea level is the highest point on earth. 24 April saw Winston Churchill knighted. On 25 April Francis Crick and James D Watson discovered the chemical structure of DNA. March saw the deaths of Queen Mary (wife of George V)

and of the former Russian Leader, Joseph Stalin. In November the poet Dylan Thomas died in NY aged just 39 years.

Closer to home, in February, the UK suffered severe flooding along coastal areas from Lincoln to Kent, with at least 280 people losing their lives, Canvey Island being particularly badly affected. In April eight people lost their lives following a crash on the Central Line at Stratford. In the world of sport, Blackpool won the FA Cup (known as the

Matthew's Cup Final), coming from 3-1 behind against Bolton to win 4-3, with a hat-trick being scored by Stan Mortensen, who had served at RAF Chigwell during the war. In August England won the Ashes at the Oval beating Australia for the first time since 1934.

We await in anticipation to see what other remarkable events occur in 2023 the year of the Coronation of HM King Charles III.







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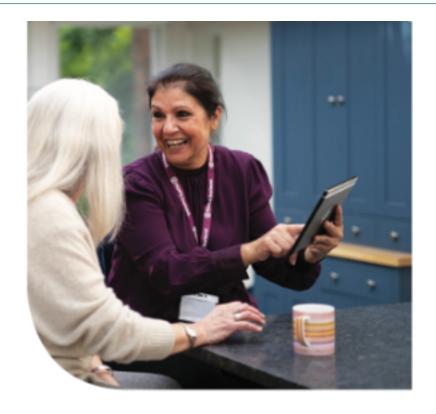
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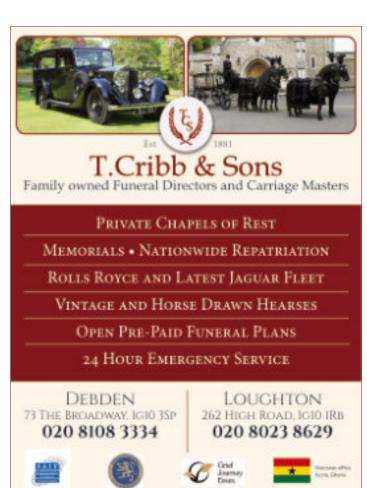
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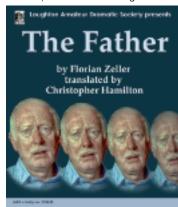
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07950 670555 www.evergreen-gardens.co.uk Waltham Abbey, Essex

Dates for the diary

- Second Sunday of each month 11.30am Messy Church families are warmly invited to join us for free craft and activities for youngsters up to 10 years old. The Church of the Holy Innocents, Church Lane, High Beach, IG10 4BF Vicar: Revd. Jane Yeadon -07960 604416, Parish Administrator: 07853 336880
- 7 Mar 2pm The Peter Rudeforth Jazz Band Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Open to non members - membership available, £8 per person. Event prices £10 per person. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com
- 14 Mar 7.30pm Resurgam the music of St Paul's Cathedral, preceded by a musical presentation from Bancroft's School. The Arts Society, Bancroft's Prep School, 611 High Road, Woodford Green, IG8 0RF. All new members welcome. Donation Requested. Enquiries: Mary Affleck 07767 662762 marycaffleck@gmail.com
- 15 Mar 2.30pm Kenwood House English Heritage, a talk, by Louise Cooling, Woodford and District National Trust, All Saints Church Hall, Woodford Green. Enquiries: speller643@btinternet. com / 07774 164407
- 18 Mar 7.30pm Epping Forest Singers Spring Concert: Faure Requiem and Vierne's Messe Solennelle at St John's Church, Loughton, IG10 1PD. Musical Director Fru Chilvers and Accompanist Paul Chilvers. For further details please go to our website: www. eppingforestsingers.com
- 21 Mar 2pm Enrico Tomasso (Rico's Hot Four) Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Open to non members - membership available, £8 per person. Event prices £10 per person. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com
- 23 Mar 7.45pm Essex Handicrafts Association Woodlands Branch, Subject to be confirmed. Meets on the 4th Thursday of each month in the church hall at Loughton Methodist church contact Karen Myles 020 8508 4581 (see p13).

■ 30 Mar - 1 Apr 8pm The Father by Florian Zeller. Award winning drama dealing with ageing, loss of identity and family love. A sensitive portrayal of living with dementia. As the titular father tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of reality. The 2020 film version was nominated for 6 Oscars & 6 BAFTAS. Loughton Amateur Dramatic Society (LADS) at Lopping Hall, High Road, Loughton IG10 4LF. Tickets £12 - call the box office on 07552 736 110 (answer machine) or visit www.lads.org.uk



Oth, 31st March & 1st April 2003 (100pm, topping Hall, High Hoad, Loeghton IGH 8-83-Inham IC3 - self-07402 731110 or shift were leakung of only of the IGH 100pm IGH 100pm.

■ 1 Apr 7pm The Roding Players Orchestra Spring Concert St Mary's Church, 201 High Road, IG10 1BB. Tickets: £10, £9 concessions, under 11s free - available on the door (cash or card), includes refreshments. Contact: Shirley Fuller – shirley.fuller55@gmail.

Village Hall, 39 Ongar Road, RM4 1UD. Event prices £10 per person. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www. theydonjazzclub.weebly.com

■ 18 Apr 2pm The Shooting Stars Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Open to non-members membership available, £8 per person. Event prices £10 per person. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www. theydonjazzclub.weebly.com

com 07713 113384 http://www. rodingplayers.co.uk ■ 4 Apr 2pm The Sunshine Kings Theydon & Abridge Jazz Club, Abridge Disabled facilities. Free Parking / Bar / tea & coffee. Open to non-members membership available, £8 per person.

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Email: linsey.threadwell@gmail.com Instagram: @graveside_with_love

07984675549



- 19 Apr 2.30pm District AGM followed by 'A Stroll through Snaresbrook' a talk by Lynn Jones, Woodford and District National Trust, All Saints Church Hall, Woodford Green. Enquiries: speller643@btinternet.com / 07774 164407
- 27 Apr 7.45pm Essex Handicrafts Association Woodlands Branch, Subject to be confirmed. Meets on the 4th Thursday of each month in the church hall at Loughton Methodist church contact Karen Myles 020 8508 4581 (see p13).
- 2 May 2pm Alan Gresy's Ragtimers Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Open to non-members membership available, £8 per person. Event prices £10 per person. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www. theydonjazzclub.weebly.com
- 7 May 24 September 2pm 5.30pm Sunday afternoon tea enjoy homemade cake, tea/coffee in the tranquil churchyard of High Beach Church. The Buxton Chapel is available for private prayer. Entertainment on some Sundays and an opportunity to ring the carillon. An Arts Trail for you to learn more about the Church building and grounds is available, and also outdoor games for younger people. The Church of the Holy Innocents, Church Lane, High Beach, IG10 4BF Vicar: Revd. Jane Yeadon - 07960 604416 Parish Administrator: 07853 336880
- 9 May 8pm LS Lowry: A visionary artist Is he our English Van Gogh? A lecture by Michael Howard, practicing artist who has presented at the RA, of which he is a Fellow. The Arts Society, Bancroft's Prep School, 611 High Road, Woodford Green, IG8 0RF All new members welcome. Donation Requested. Enquiries: Mary Affleck 07767 662762 marycaffleck@gmail.com
- 16 May 2pm The Peter Rudeforth Jazz Band Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Open to non-members membership available, £8 per person. Event prices £10 per person. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www. theydonjazzclub.weebly.com

■ 19 - 20 May 7pm (Saturday Matinee at 2.30pm) Scenes from a Midsummer Night's Dream - by William Shakespeare - not performing the whole play Theydon Bois Drama Society, Theydon Bois Village Hall, Coppice Row, Theydon Bois, Essex, CM16 7ER. Tickets - £10 – Available online from https://www.ticketsource.co.uk/theydonboisdramasociety or phone: - 01992 919038 Website address - http://theydondrama.org



- 20 May 7pm A concert of sacred and secular music by Opera Octaves The Church of the Holy Innocents, Church Lane, High Beach, IG10 4BF. Tickets £10 each inc. light buffet supper and glass of wine/cold drink to be ordered before the event from Jane Begley at janey.begley@outlook.com or 07572
- 25 May 7.45pm Essex Handicrafts
 Association Woodlands Branch, Subject to be confirmed. Meets on the 4th
 Thursday of each month in the church hall at Loughton Methodist church contact
 Karen Myles 020 8508 4581 (see p13).
 30 May 2pm Enrico Tomasso (Rico's Hot Four) Theydon & Abridge Jazz Club,
 Abridge Village Hall, 39 Ongar Road,
 RM4 1UD. Disabled facilities. Free
 Parking / Bar / tea & coffee. Open to nonmembers membership available, £8 per person. Event prices £10 per person.
 Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.
 theydonjazzclub.weebly.com

Disclaimer: Loughton Town Council takes no responsibility for events organised by external organisations/ individuals that are listed above. Please always check details and availability with the relevant organiser.

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Christmas Window Competition 2022

OUR COMPETITION to recognise the efforts of local businesses that decorate their premises bringing a festive feel to the town happily returned to its full rules this year (post Covid), with each category winner receiving a trophy and certificate, along with a donation of £75, made by the Council, to a local charity of their choice.

Businesses created some outstanding spectacles this year. Town Mayor, Cllr Barbara Cohen along with Cllr Carol Davies spent several hours walking The Broadway and Loughton High Road to identify the winning displays, along with runners-up and highly commended businesses, who added some cheer to the Town. Our congratulations and thanks to all.









Drawing you

THE SEASONS ART CLASS is a weekly class for adults held in Loughton Club every Tuesday and Wednesday. Organiser, Elina Golemanova, has created a friendly environment for people aged over 40, providing the opportunity to develop their talent and skills in painting while creating new friendships.

Each part-time course teaches people the skills required to draw and paint. Enabling them to create beautiful artwork covering a broad selection of subject matter, from figurative work to landscapes, and still-life compositions to

more contemporary and colourful abstract studies and portraiture. In developing their artistic skills, they understand general styles of composition, specific artistic mediums (oils, pastels, watercolours and acrylics), and whether using either canvas or paper as a support suits best.

All courses are designed to be fun for absolute beginners, through to Improvers, and a great way of meeting new friends. Contact Elina on theseasonsartclassloughton@gmail.com for more information.



Fundraising for dementia

LOUGHTON AMATEUR DRAMATIC SOCIETY (LADS)

continues to support local charities, this year supporting Dementia UK and Epping Forest Dementia Action Alliance (EFDAA). Launched in 2016, EFDAA brings organisations and individuals together to improve the health and social care

outcomes for Epping Forest residents affected by dementia. The condition is at the centre of LADS 3rd play of the season, 'The Father', a sensitive portrayal of loss of identity, living with dementia and family love. At its performances on 30, 31 March and 1 April at Lopping Hall, proceeds from programme sales and Dementia UK collection boxes will be dedicated to EFDAA's work helping those living with dementia to fully participate in community life.

Representatives of EFDAA will be available on show nights to talk to audience members about their work and any issues arising from the production. Cathy Naylor, LADS' Chair

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0330 135 9000

ncclondon.ac.uk



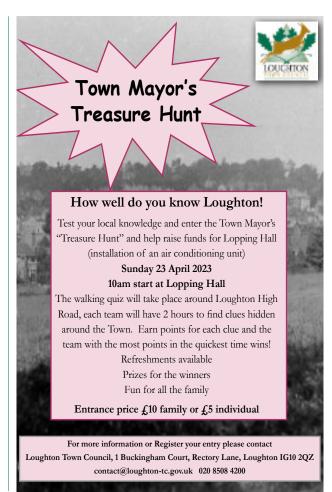
said, "LADS is proud of its 16year history supporting local charities. Given the subject matter of 'The Father' the choice of EFDAA this season was obvious." Laura Cleverly, Chair of EFDAA commented "Funds will be dedicated to our priority areas for the year, whether it's a one-off activity or to help set up

a regular group. On behalf of all EFDAA members we'd like to thank LADS for their sponsorship and wish them a successful production of 'The Father'."

LADS' January production (The 39 Steps) sold out before show week. Therefore, if you want to see this award-winning drama, you are reminded to book early. Tickets available from 07552 736 110 or www.lads.org.uk

DAA

Epping Forest District Dementia Action Alliance



soon for

April starts!



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Regular activities

Amendments to: debra.paris@loughton-tc.gov.uk

ALLOTMENTS

Loughton Potato Ground, Baldwins Hill. www.loughtonpotatoground.com Roding Road Allotment & Leisure Gardens Association, Roding Road. www.rodingroadallotments.co.uk/ Willingale Road Allotments, Loughton Town Council 020 8508 4200

ANIMAL TRAINING

Epping Green Dog Agility Club Epping Cricket Club, Epping. Thurs Evenings 6.30-8.30pm. Jodie Lucas 07804

ARTS & CRAFTS

Creative Art Classes LifeWorks Centre, Loughton Methodist Church, 260 High Rd. £12. Tues & Thurs. 07944 589998 www.ruthdronsfield.co.uk

Essex Handicrafts Association, Woodlands Branch, The Studio, Loughton Methodist Church, 260 High Rd. 4th Thurs, 7.45pm. Karen Myles, branch secretary, 020 8508 4581 Loughton Arts Centre, Lopping Hall, 189 High Road, IG10 4LF. Mon-Sat 10am-4pm. Local artists & photographers work. 07532 053194 http://www.loughtonarts.org/

The Arts Bar, Lopping Hall. 2nd Fri from 7pm. For creative people to meet, view the latest exhibition at Loughton Arts Centre & meet the artist (as above). Thursday Art Group, Loughton Baptist Church, 92 High Rd. Thurs, 1.30pm £3 (incl tea & biscuits) 020 8502 1379 / theormes5@hotmail.co.uk

Woodford & District Floral Arrangement Group, Churchill Room, Wanstead Library, Spratt Hall Rd, E11. 3rd Mons, 6.45 for 7.30pm. Visitors £4. http:// nafas.org.uk/nafas-areas/

COUNSELLING

Affordable Counselling Epping Forest Waltham Abbey 9.30am - 12.30 midday Tues/Thurs. Epping 3.15pm-6.15pm Thurs. 01992 573402

affordablecounsellingef@gmail.com Samaritans. Free, confidential emotional support for the distressed & despairing available 24/7. 020 8553 9900 / 116 123 / jo@samaritans.org / txt 07725 909090

Spark Counselling and Mentoring for young people. Loughton Youth Centre, Borders Lane, Loughton 020 8508 6743 Spark@worthunlimited.co.uk Free service - donations accepted **EDUCATION**

Music Lessons, Loughton Music Academy, High Rd. 020 8502 2992 www.loughtonmusicacademy.co.uk

3Food4U Loughton Community Surplus Hub runs every Tues 11.30am-1pm at The Loughton Club, 8 Station Road IG10 4NX. Contact us at Website: www.3food4u.org Email: info.3food4u@gmail.com Tel: 01992 842642

Loughton Foodbank Weds, 10am-12 noon, St Mary's Church, 201 High Rd & Sats, 10.30am-12 noon, St. John's on the Broadway, 66 The Broadway, IG10 3ST, 07402 032313 https:// eppingforest.foodbank.org.uk

GENERAL INTEREST

Bell ringing, St John the Baptist Church, Church Lane. Tues, 8-9pm (in tower). No experience necessary. Yvonne Finch 07748 970754

Book Groups Loughton Library, Traps Hill 4th Mons, 1.30pm 0333 0132677 Calligraphy for beginners (adults) 07956 544262

Epping Forest Conservation Volunteers, The Warren, Epping New Rd most Suns. Kevin Mason 8529 9273 efcv2@yahoo. co.uk www.efcv.co.uk

Epping Forest Countrycare, EFDC's Countryside team. Volunteering projects in district's nature reserves. Thurs 10am-4pm 01992 788203 www.eppingforestdc. gov.uk/index.php/out-and-about/ countrycare

Epping Forest & District Stamp Club. Roding Valley High School, Alderton Hill, 2nd Tues (most months) 8pm. 01992

Epping Forest Singers A friendly nonauditioned choir singing a mixed repertoire. Rehearsals: Thursdays (term time only) at Buckhurst Hill Community Primary School IG9 6DS. 7.30-9.30 pm. Further details: www. eppingforestsingers.com

Essex Wildlife Trust - Roding Valley Meadows. Volunteer work parties undertaking practical reserve management, Tuesdays & Wednesdays, 10am-3pm. Contact: roding@essexwt. org.uk / 020 8500 3094

Forest Creative Writers, Loughton Methodist Church, 260 High Road, Loughton, Thurs (term-time) 1-3pm. Midge Venables 020 8504 1261 Forest Musical Theatre Company, St Michael's Church, Roding Rd. Tues & Weds (rehearsals). email rachel@forestmusical.co.uk or visit www.forestmusical.co.uk

Friends of Light & Healing, Kingsley Hall, Kingsley Rd. An evening of clairvoyance. Alternate Thurs, 7.30 for 8pm. 07743 376468

Green Heart Mindfulness Meditation Group meet at Roding Valley Recreation Ground on an adhoc basis - please contact Susan Latchford for details: mobile 07514 078728 or by email at susan.boshanka@gmail.com Hornby Railway Collectors Association, St John's Church Scout Hall, Church Lane. 2nd Thurs, 5-10pm alternate months. David Southgate 020 8508 7530 Loughton Amateur Dramatic Society, Lopping Hall, High Rd. Martin Howarth 020 8508 8644 www.lads.org.uk See Dates for the diary.

Loughton Astronomical Society, Scout Hall, Theydon Bois. LAS Astrokyds (6-14 Thurs 8-10pm. Brian Morton 01992 815804 www.las-astro.org.uk

Loughton Bowling Club Bridge Section, Eleven Acre Rise. Thurs pm. 020 8502

Loughton Bridge Club, Grange Farm -Mon & Weds 7.20pm lindajenkins34@hotmail.com www. bridgewebs.com

Loughton Camera Club, Lopping Hall, High Rd. Weds, 8-10pm. 07873 534 604 www.loughtoncameraclub.org.uk/ Loughton_Camera_Club/Welcome.html Loughton Chess Club, Loughton Bowling Club, Eleven Acre Rise. Weds,

7.30pm. 020 8508 8407 http://www. loughtonchess.co.uk/

Loughton & District Historical Society, Loughton Methodist Church, 260 High Rd. £2.50 non-mems. 2nd Thurs, 8pm www.loughtonhistoricalsociety.org Loughton & Epping Forest Amateur Radio Society, All Saints Hse, Romford Rd, Chigwell Row, IG7 4QD. Alt. Fri 7.45pm T: 07850 120180 E: info@lefars. org.uk W: www.lefars.org.uk RSPB North East London Local Group Talks held on the 2nd Tuesday of every month at 8pm (except July and August). St Mary's Church, 207 High Road, South Woodford E18 2PA. www.rspb.org.uk/

groups/northeastlondon

HEALTH

ADAS (W Essex Alcohol & Drugs Service - by appt) Rectory Lane Health Centre 01279 641347 / admin@adasuk.org.uk www.adasuk.org

Breathe Easy (British Lung Foundation), Tony Carr 01992 573387 Cycling For Health Weekly lead rides with a break at a café. Bring your own bike or hire one. Various locations across the district. Every Weds 10am. Enqs: kmurray@eppingforestdc.gov.uk or 01992 564222. Booking: https://eppingforestdc. bookinglive.com or 01992 564226 Lifewalks Short brisk walks for all. Btwn 1

to 3miles, various locations Mon, Tues, Thurs 10am & Sun 10.30am. Engs: Karen Murray 01992 564222 / kmurray@eppingforestdc.gov.uk Booking:

https://eppingforestdc.bookinglive.com or 01992 564226

Memory Café Rotary Club of Roding, Loughton Club, 8 Station Rd, IG10 4NX. 2nd Fri 10am-12pm. Fran 07984 100379 Open Door Friendship Group for adults with mental ill health. Fridays 3.30/5.30pm St Michael and All Angels Church Hall, Roding Rd, IG10 3EJ opendoorfriendship@gmail.com + Weds 2pm Yoga sessions at the Methodist Church, High Rd, IG10 1RB £5 members (£10 non-members)

ProActive (W Essex Prostate Cancer men's self-help group) St Margaret's Hospital, The Plain Epping CM16 6TN. Fri monthly 10.30am-2.30pm. Anthony Dollimore 07973 345094 www.proactive.me.uk **LEISURE ACTIVITIES FOR CHILDREN YOUNG PEOPLE**

2324 (Chigwell) Squadron, Air Training Corps, Buckhurst Hill. Mons & Thurs evenings (13-17 yrs). 020 8505 3353 www.2324squadron.org.uk

7th Epping Forest Scout Group, St Edmund's Church, Traps Hill. Tues: Scouts boys/girls (10½-14½ yrs) 7.30-9pm. Thurs: Beavers boys/girls (6-8 yrs) 5-6pm & Cubs boys/girls (8-101/2) 6.30-7.30pm. Keith Davis 07553 376181 16th Epping Forest Scout Group Trinity Church Hall, Mannock Drive. Friday's during term time. Beavers (6-8 yrs) 5-6.15pm, Cubs (8-10 yrs) 6.15-7.45pm & Scouts (10-14 yrs) 7.45-9.30pm. Linda Brede 020 8508 4867 / lulu.brede@gmail.com

30th Loughton Scout Group, St John's Church, Church Lane. Beavers (6-8 yrs), Cubs (8-10 yrs) &, Scouts (10-14 yrs) Paul Snowdon GSL 020 8508 4336 / info@30thloughton.co.uk

41st Epping Forest Scout Group, Lopping Hall, 189 High Rd. Mons 5.45-9pm Thurs & Fri, 6-9pm Beavers, Cubs, Scouts & Explorers girls/boys (6-18) 020 8923 2378 / agsl41@gmail.com

Baby Sensory Stay and Play Loughton Library, Traps Hill, IG10 1HD. Every Tues - 2pm to 3pm. Every Thurs - 10am to 11am. Baby sensory storytime session. Baby & Toddler Group St Edmund's Parish Hall, Traps Hill. Thurs 9.30-11.30am (term time) stedmundsplaygroup@gmail.com

Baby and Toddler Rhymetime Loughton Library, Traps Hill, IG10 1HD. Every Tues - 10am to 10.30am. Join in with stories and rhymes

Girlguiding in Loughton Rainbows Brownies & Guides (girls aged 5 -17yrs). Leadership opportunities available for girls & women over 14yrs. More information and to register https://www.girlguiding. org.uk/information-for-parents/

Little Angels Baby & Toddler group, St Michael's Church, Roding Rd. Weds 10-11am (term-time) 020 8418 7944 Little Oak's Child & Family Wellbeing Servce, 020 8508 0932, please see our Facebook page for programme details Loughton Youth Centre 106 Borders Lane IG10 3SB. ECC Youth Services in partnership 07557 168088 / louisa.stirling@essex.gov.uk Accurro: young people with learning difficulties Tues 6-9pm. Action for Family Carers: Young Carers Weds 6-9pm Carers: Young Carers Weds 6-9pm (term time) free activities charles. miles@affc.org.uk
Spark Youth Club - Mon/Thurs 3.30-5.30pm term time Age 11-16, 020 8508 6743 Spark@worthunlimited.co.uk
The Loughton Pantomime UpStage
Theatre Company Mon 6-7pm 7-15yrs
(Junior Chorus). Mon 7-10pm over 16s
(Adult Cast) @ Lopping Hall, Loughton, IG10 4LF www.upstage.org.uk

hello@upstage.org.uk

Tots Time (0-4) Mons 9.30-11am. Forge (Y7-13) Weds 3.30-5.30pm. Shine! Toddler church (2-5) Thurs 9.45-10.45am. After Hours (Y9+) Fri 8-10pm pool & table tennis & console games etc. Shooting stars (Y1-6) St Michael's Church field, Roding Rd, Weds 4pm Rainbows, Brownies, Cubs & Scouts Groups, St Michael's Church, Roding Rd. 020 8418 7944

Reindeer Explorer Scouts, St Edmund's Church, Traps Hill. Girls/boys (13½-18 yrs). Fri. Dave Martin 07889 189261 Toddler Church, Loughton Methodist Church, 260 High Rd. (0-5). Tues (term time), 10am. 020 8502 3071 time, 10am: 020 8502 3071 administrator@loughtonmethodist.org.uk Toddler Toy Time, Loughton Library, Traps Hill, IG10 1HD. Every Weds – 10am to 11am. Soft play equipment. Toys and the sensory wall. MUSIC

60's music appreciation social group Loughton Club, 8 Station Rd. Last Tues 2-4.30pm 020 8508 8365 / 07761 792691

Loughton Folk Club, 8 Station Rd. Live acoustic music. Thurs, 8pm. loughtonfolkclub@googlemail.com Loughton Ladies Choir Meets every Thurs 2.15-3.45pm St John's Church Hall, Church Lane IG10 1PD. New Members welcome – sopranos/altos Peter Jones – 07769 973405 Loughton Operatic Society, Lopping Hall, High Rd, 020 8505 2033. loughtonoperaticsociety@hotmail.com www.loughtonoperatic.org.uk Rehearsals Tues & Thurs National Jazz Archive, Loughton Library, Traps Hill Mon-Weds, Fri, 10am-1pm 020 8502 4701 www.

nationaljazzarchive.org.uk Roding Players Orchestra rehearses on Monday evenings from 7pm-9pm at Roding Valley High School. New members always welcome. Contact Miles Harwood on 07715 239101 or milesharwood@aol.com www. rodingplayers.co.uk

South West Essex Choir, Loughton Methodist Church, 260 High Rd. Tues, 7.45-10pm. 01992 812606 www. southwestessexchoir.org.uk/ Stand & Deliver Acoustic Open Mic Club, Royal British Legion, 118 Church Hill. 2nd Tues 8pm. Roy Tyzack roy.tyzack@btinternet.com

Theydon & Abridge Jazz Club (TAJC) Abridge Village Hall, 39 Ongar Rd, RM4 1UD. 07903 879209 / 01945 588325. www.theydonjazzclub.weebly.com Every other Tues 2-4.30pm £10 members (£12 non-members).

Woodford Symphony Orchestra welcomes new string players. Rehearsals Thurs, 7.45-9.45pm, Roding Valley High School, 020 8924 9370 www.wsorchestra.org.uk

13 SOCIAL

Bowls Social Bowls for beginners at Loughton Bowls Club, Eleven Acre Rise. From May-Sept. Fri. 5pm. Free parking. Call Chris 020 8508 1661 The Buffaloes, Loughton Club, 8 Station Rd. A charitable brotherhood-members (18+). Tues & Thurs, 8.30pm. mldjaworsfold@yahoo.co.uk www.loughtonclub.blogspot.com Café Hope St Mary's Church, 201 High Rd. Mon-Fri 9.15am-2.45pm 020 8508 3643

Chit Chat Club, St Michael's Church, Roding Rd, 1st & 3rd Thurs, 2pm-4pm. Social activities & games, refreshments, company. 020-8418 7944

Forest Probus Club, Gilwell Park, E4. 2nd Fri. Lunch & speaker. New members welcome. Chairman Brian Cook 0208 5320227

Friday Market, St Michael's Church, Roding Rd. Fri, 10-11.15am Loughton Probus Club, Gilwell Park, Chingford. 4th Tues (lunch). Secretary Derek Allen 020 8504 3074 www. probusloughton.org.uk/

Over 50s Club, Oakwood Hill Estate Hall. Daily programme of activities. 020 8637 4357

Rotary Club of Loughton, Buckhurst Hill & Chigwell The Blue Boar, Market Place, Abridge, RM4 1UA. 1st Fri 6.15pm www.loughtonrotary.org.uk Royal British Legion Loughton Branch, 118 Church Hill. Mons & Thurs, 8pm (bingo); Tues & Thurs, 1-4pm line dancing; 2nd & 4th Weds quiz night; last Sun 1-4pm (jazz @ the RBL) 020 8508 5044 www.loughtonrblclub.co.uk Wesley Café, Loughton Methodist Church, 260 High Rd Mon-Thurs 9.30am-3.30pm; Fri 9.30am-12 noon. Closed Sat and Sun. 020 8502 3071

SPORT

All-ability Trampolining Club (disabled people to 19 yrs), Debden Park High School, Willingale Rd. Weds 6.45-7.45pm. Loughton Flyers Trampolining Club & EFDC. Fabrizio Ferrari 01992 564567 / fferrari@eppingforestdc.gov.uk Amici Badminton Club, Roding Valley High School Sports Hall, Alderton Hill. Mons, 8-10pm. Age 30+. Chris 07713 004996 Avenue Lawn Tennis Club, 18 The Avenue, Friendly family club. Membership: juniors 020 8502 3793 & adults 020 8508 4803

Clubbercise Murray Hall, 106 Borders Lane. Easy dance workout routines Weds 7.15-9.15pm Lisa 07877 010158 Colebrook Royals FC, Grange Farm Pavilion, Grange Farm Lane, Chigwell IG7 6DP. Sats & Suns 07951 820444 www.colebrookroyals.co.uk

Connaught Tennis, Squash and Bowls Club Beginners & Improvers Social Lawn Bowls. First 5 sessions free. Make friends, have fun and bowl! Every Tuesday 5pm to 7pm. Connaught Club, Chingford. Call Nicola on 020 8529 2341

EFDC Fitness (all abilities). All classes £5-first session free. Loughton Bowls Club,

Strength & Balance – Mon 10-11am Beginners Yoga – Tues 10-11am (dementia friendly, free of charge for carers) - Loughton Cricket Club, The Uplands

Eleven Acre Rise.

Pilates – Weds 9.30-10.30am
Keep Fit – Fri 10-11am
Enquiries: csreception@eppingforestdc.
gov.uk / 01992 564561
Epping Forest HF Walking Group regular
Sunday walks in the local area.
www.efhfg.org.uk

Epping Forest Sportability Club (EFSC) Multi-sports club for young people with mild-moderate physical & learning difficulties. Oak View School, Whitehills Rd. Sats 10am-1pm (term time) efsc@hotmail. co.uk www.efsportability.com

Katy Little School of Dance, Loughton. Ballet, tap, jazz, examinations & shows. 4 yrs to adults 07712 106941 / www.katylittleschoolofdance.co.uk Keep Fit with Caroline Loughton Methodist Church, Joseph Rank Room, 260 High Rd Tues & Thurs, 10.40-11.40am £5.07714 467784 Loughton Athletic Club, The Pavilion, South View Rd (Roding Valley Rec Ground). Tues, 7pm. www.loughtonac.org.uk

Loughton Cricket Club The Uplands, Loughton, IG10 1NQ. Mid April through to September. Children (5yrs) to adults. For info: Contact Cliff Greenhill Chairman 020 8502 2064 cliff.greenhill@btinternet.com www.loughtoncc.hitscricket.com Loughton Fencing Club Weds, termtime, Debden Park High School, Willingale Rd. All abilities, equipment supplied free. Jnrs 7-8.30pm, snrs 7.30-9pm. First session free. info@loughtonfencingclub.co.uk Loughton Football Club, Avondale Close. 8-18 yrs + senior team. Suns (yth teams), Sats (snrs) & weekday evenings (training). Keith Campen 020 8508 4757 www.loughtonfc.com/contact-us Loughton Karate Club, Lopping Hall. All ages & all levels. Suns 5-6pm + weekday evenings. Stephen O' Brien 07758 341584. ALSO Women's Self-Defence Class - see website http://loughtonkarateclub.co.uk/ Mountaineering Club, Victoria Tavern, Smarts Lane. Hill walkers & climbers welcome. Mons 8.30pm. www.loughtonmc.org Lopping Hall community hall in Loughton IG10. Events and shows, rooms to let, dance and keep fit classes, Art Centre. For more info:

loppinghallmanager@gmail.com

www.loppinghall.org.uk / 020 8508 1660

Loughton Rugby Club, Hornbeam Road, Buckhurst Hill, IG9 6JT. Training Wednesdays 7.30pm. Matches Saturdays. Contact: Michael Walker 07939 468222

Loughton Wado-Kai Karate Club, Roding Valley High School Drama Hut, Alderton Hill. All ages. Weds 7pm. 07971 672542 www.loughtonwadokai.co.uk Old Loughtonians Hockey Club All ages, beginners to elite welcome, www. oldloughts.co.uk 020 8504 4010, OLHC@oldloughtonians.co.uk

CLACCOUNTIENT IN ITEM STOCK.

Pilates classes Epping Forest Community Church, Grosvenor Drive, IG10 2LG, Weds 8pm, Thurs 10am, £5. Suitable for all. www.ginafitnesspilates.co.uk Roding Valley Angling Club. New members welcome. Darren 07818 392020 / roding.valley.angling. club@gmail.com

Walk - West Essex Ramblers (sorry no dogs), Weekends, Wed & Thurs. 020 8554 1665 / 07434 902394 www. westessexramblers.org.uk Wing Tjun Kung Fu Roding Valley High School, Alderton Hill. All ages and abilities £8. Sundays (times vary betw 11.15am-3.15pm for each age group) 07977 132111 www.omni-martialarts.co.uk TALKS

Arts Society Woodford Green, Bancroft's Preparatory School Hall, Whitehall Rd, Woodford Green. Member of NADFAS. 2nd Tues, 7.15 for 8pm. 020 8599 6281 Mothers' Union, St John's Church in Lady Chapel, Church Lane. 3rd Thurs, 10.30am for coffee & speaker. Ivy Southgate 020 8508 7530 National Trust, £3 non-members. Refreshments & NT info. 020 8508 9541 See Dates for the diary St John's Wives' Group, St. John's Parish Hall, Church. Lane, Loughton, 1st & 3rd Mons 2pm (excluding August). Anne Pratt 020 8508 3539





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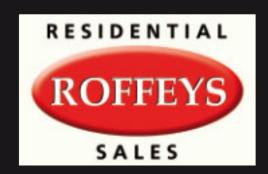
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