



Think Loughton

News from Loughton Town Council

Autumn 2023 No 102

Loughton Day

Saturday 16 September from 11am to 4pm

WE LOOK forward to seeing you at our inaugural Loughton Day on Saturday 16 September from 11am to 4pm, a free event open to all residents. Join us at Loughton Cricket Club, High Road, The Uplands IG10 1NQ, to see what Loughton has to offer! (Entrances are in Traps Hill opposite Loughton Library, Swimming Pool and Car Park)

Loughton community groups, clubs and organisations have all been invited to showcase what is available in our Town, whether you are interested to know more about the voluntary groups or would like to take up a new hobby or pastime, this is the place to find out more.

There will be performances from UpStage Theatre Company, Straight Up Dance UK, a Puppet Theatre, music and much more.

The Scouts will be cooking up a BBQ, alongside a Caribbean food stall, Loughton Churches Together will be providing a tea, coffee and homemade cakes marquee and the Cricket Club house will be open for refreshments too.



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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

Accurro	01279 870297
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
ignite (Youth Activities)	020 8508 3643
Loughton Arts Centre	07532 053194
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

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

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)	0871 200 22 33

OCTOBER OPEN DAYS

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Wed 11 Oct 2023
BRAESIDE SCHOOL
 020 8504 1133 | Buckhurst Hill



Tues 3 Oct 2023
OAKLANDS SCHOOL
 020 8508 3517 | Loughton



Wed 4 Oct 2023
NORMANHURST SCHOOL
 020 8529 4307 | North Chingford

OCTOBER OPEN DAYS 2023						
M	T	W	T	F	S	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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Clerk's Remarks



A GOOD TIME was had by all at the Jessel Green Fun Day on 25 June. We enjoyed great weather and bumper crowds again. There is simply not enough space to mention all the community groups and sponsors who contributed to make the day such a success.

A resounding thank you to all, and to the 'Loughton Wombles' who assisted with the clear-up afterwards!

Another imminent large scale event is the inaugural **Loughton Day** at Loughton Cricket Club (off Church Hill and Traps Hill) on Saturday 16 September from 11am-4pm. This free event will bring local groups together from all over Loughton, to show the wider community 'what they do'. There will be approximately 30 stalls (ranging from handicrafts and plants to the 'Guide dogs for the Blind Association'). Children's entertainers will be present together with a face painter and a stage area, giving local performers the chance to demonstrate their skills,

including dance troupes and theatre ensembles. A diverse assortment of hot and cold food will be served, from the traditional café style to Caribbean food and a BBQ organised by a local Scouts Group. The event is organised by Loughton Town Council with the great support of Loughton Cricket Club. We look forward to seeing you all there and let's hope the sun shines on the day.

Our annual allotment awards were made at the Horticultural Show at Murray Hall on 2 September 2023. A report on this event and a list of the allotment winners will appear in the next winter edition of 'Think Loughton'.

At the time of writing, work is in full 'swing' in constructing the

brand new children's playground at the Roding Valley Recreation Ground, adjacent to the existing tennis courts and running track. The old playground, which was frequently flooded by the overflow from the River Roding bursting its banks has now been dismantled and cleared and the ground reseeded with grass to return the area back to its natural surroundings. Once the playground is up and running, an opening ceremony will be held to mark the occasion. As ever, please visit the Town Council website for further updates and for other new events.

Best wishes
Mark Squire
Town Clerk

A walk through your past

IN AID of its Love Your Library Day, a guided tour around the town's streets on Saturday, 27 May 2023, was organised by Loughton Library, with Cllr Chris Pond providing the narrative on a number of the heritage blue plaques in the vicinity. Just over 30 attendees came

along and enjoyed a beautiful day with an informative walk around Loughton, finishing off with tea at the library while enjoying the local history display.

Following its success, the library hopes to hold similar tours in the future.



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Loughton Town Council

Town Mayor: Cllr Michael Stubbings **Deputy Town Mayor:** Cllr Katie Valentine **Town Clerk:** Mark Squire

Councillors

ALDERTON WARD

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ST MARY'S WARD

Cllr Barbara Cohen 020 8502 3242
23 Church Lane
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bcohen61@hotmail.com

Cllr Judy Jennings 020 8508 4200
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Rectory Lane, Loughton, IG10 2QZ
cllrjennings@hotmail.co.uk

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

Committee membership

RESOURCES & GENERAL SERVICES

C M Owen
VC S Fontenelle
R Brookes
B Cohen
W Kauffman
S Murray
M Stubbings

ENVIRONMENT & HERITAGE

C C C Pond
VC C P Pond
P Beales
B Cohen
S Fontenelle
K Valentine
G Wiskin

PLANNING & LICENSING

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

RECREATION

C D Wixley
VC K Valentine
S Fontenelle
L House
N MacKinnon
S Murray
M Stubbings

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Further copies of *Think Loughton* are available from the Town Council and local libraries. A digital version of *Think Loughton* can be viewed on the council website where a PDF version can be downloaded. It is also available on tape - please call us to 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

- Sept** 6 Recreation
- 11 Planning & Licensing
- 19 Environment & Heritage
- 25 Planning & Licensing
- Oct** 4 Resources & General Services
- 9 Planning & Licensing
- 18 Council
- 23 Planning & Licensing
- 31 Recreation
- Nov** 6 Planning & Licensing
- 15 Environment & Heritage

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

News round-up

■ **REMEMBRANCE DAY PARADE:** This year's commemorations will be held on Sunday 12 November 2023. Starting at 11am there will be two minutes' silence at the War Memorial on Kings Green. The Annual Parade from Loughton's Royal British Legion Headquarters in Church Hill to the War Memorial will follow later at 11.50am. The Remembrance Service and Poppy Wreath ceremony commences at 12.15pm followed by the march off up Church Hill. Please join us in remembering all those that have fallen and given their service on our behalf.

■ **NEW PLAYGROUND:** On 17 July works commenced on the new playground at Roding Valley Recreation Ground (RVRG), unfortunately having been deferred primarily due to the torrential rainfall and sodden ground experienced at the RVRG during the Spring months. It is anticipated that the playground will be completed around the time this newsletter reaches you in early September. Keep an eye on our website for updates and details of the official opening ceremony.



■ **ALLEYWAY SIGNS:** The following new alleyway signs were procured and erected in Loughton during June 2023: Ash Green Path, Driftway Path, Polefield Path, Rayhouse Path, Ryegrass Path, Stanmore Path and Tee Path.



■ **YOUR TOWN – YOUR VIEWS:** Loughton Town Council's Planning & Licensing Committee invite and encourage all local residents to have their say. Make sure you know what's going on in your neighbourhood and express your views if any planning or licensing application will affect your amenity. We hold Planning Committee meetings on a fortnightly basis and our agendas, listing applications under consideration, are posted every other Tuesday on our website: Planning & Licensing - Loughton Town Council (loughton-tc.gov.uk) and noticeboards. The Committee's comments are submitted to the District Council to consider when determining these applications. Send your comments to: contact@loughton-tc.gov.uk or via our website www.loughton-tc.gov.uk

Loughton's new Mayor and Deputy

AT THE Annual Council meeting in May Cllr Mick Stubbings was elected as Loughton Town Mayor for 2023/24.

Cllr Chris Pond, in his nomination said "Cllr Stubbings had made a very good Deputy Mayor. He is an authentic Loughton fellow, having been born, bred and lived his whole life in Loughton.

Often seen and known by his fellow Councillors for walking his dog, Mick is a valuable Councillor for Alderton Ward, and a member of the Loughton Historical Society".

Following his appointment, Cllr Stubbings thanked members for the honour of becoming Loughton Town Mayor, saying he was "very proud and happy to be following Cllr Cohen and can only hope that he achieves as much as she did in her year."

Tribute was paid to the work of outgoing Mayor, Cllr Barbara Cohen, stating how well she had fulfilled her role in such a proficient and exemplary way, doing a really good job bringing extra focus and publicity to her role.

The new Town Mayor congratulated Cllr Katie Valentine on her appointment as Deputy Town Mayor. Katie joined the Council in 2021 representing Alderton Ward. In nominating her, Cllr Chris Pond described Katie as a worthy Deputy, as she too was born, went to school and lived her whole life in Loughton. Katie is really looking forward to supporting Mick.

L-R: Deputy Town Mayor, Cllr Katie Valentine & Town Mayor, Cllr Mick Stubbings



From warm places to social spaces

Epping Forest district

Providing places with support and company

OUR WARM places have now changed to social spaces.

As the weather warms up, warm places across the Epping Forest district have become social spaces.

During the winter months many venues across the district offered a place for residents to go to stay warm, meet old friends and make new ones, play games and get access to different services.

The success of these during winter has led to many continuing to offer a place for support and company throughout summer.

Find a social space

Venues offering a social space can be found across the Epping Forest district in Abridge, Chigwell, Epping, Loughton, Nazeing, Ongar, Sheering and Waltham Abbey.

www.eppingforestdc.gov.uk/cost-of-living/social-spaces/

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9.8 out of 10



4.8 out of 5/ 5,000 reviews

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Benefits in kind

DO YOU run a charitable organisation or a community interest company which benefits Loughton residents? If you do and need funds to achieve your aims the trustees of the Loughton Men's Institute have limited funds for which they will consider applications to support other local charities or community interest companies. To obtain an application form please email: loughtonmitrustees@gmail.com



The trustees meet quarterly and will consider grants of up to £2,000.

First-rate reviews

NEW CITY COLLEGE EPPING FOREST (NCC EF) Performing Arts students were invited to be part of the National Theatre (NT) Connections Festival, working and collaborating with experienced actors and stage technicians, culminating in a performance at a professional theatre, Queen's in Hornchurch.

Students studying Level 3 Performing Arts Extended Diploma at the Borders Lane campus took to the stage, to perform a new play, *Innocent Creatures* by Leo Butler – a sci-fi play set in the near and distant future, featuring characters who are robots or part android.

It was a fantastic success with stunning visuals, captivating performances and thought-provoking story-telling receiving really great feedback from the audience and professional actors supporting the students.

One said: "As a partner with the festival, Queen's were thrilled to welcome five companies over three days, including NCC EF, to present their work. "The festival was a resounding success and the students' performance was top class. It is always rewarding to be involved championing the talent of up-and-coming young actors."

Before the evening performance students spent the day behind the scenes, gaining technical experience with lighting, costumes and props and rehearsing for the show. A few weeks beforehand they had the chance to workshop with NT directors, including Joanna Bowman, who visited the EF campus to watch the 'home performance' of the play.

Tania Edwards, Performing Arts teacher at EF campus, said: "Being part of the Festival was fantastic for our students. All the Queen's staff were helpful and welcoming – performing on their stage was a great experience. The whole day was fun while giving them a real insight into how a professional theatre runs. It also offered them a rare chance to create a completely original piece and gain professional feedback on their work."

Connections, established for 27 years, is an annual nationwide youth theatre festival run by the NT. Every year, the NT commissions 10 new plays for young people to perform, bringing together some of the UK's most exciting writers with the theatre-makers of tomorrow.

Community fun in the sun



THIS YEAR'S Community Fun Day at Jessel Green on 25 June was another resounding success. Loughton Town Council would like to thank all the sponsors of this year's event:

John Walsh & Team - Cottage Loaf PH, Galliard Homes, Higgins Group Plc, Daniel Robinson Funeral Directors, Loughton Gardens & Landscape Gardeners, MG Tree Services, Essex Boot Camp, JS Bateman Roofing & Construction and Loughton Self Drive, which in the current financial climate were essential in helping us host this popular day of family entertainment and kept children's wristband costs at last year's level.

As the sun shone down yet again, Loughton residents both young and old were treated to a

variety of amusements and refreshments, as you can see from these photographs. The day was rounded off in its usual manner with John at The Cottage Loaf taking over the entertainment mantle from 4pm into the evening. The Town Council's tombola stall raised over £150 for the Town Mayor's charity 'Guide Dogs for the Blind'.

A big thank you to the Red Balloon Family Foundation, Epping Forest and Restore Community Churches for all their assistance, Thames Water for its supplies on such a scorching day; and the Loughton Wombles that helped in the clean-up operation following this event, returning Jessel Green to its usual pleasant open space.



L-R: Cllr Rose Brookes, Cllr Stella Murphy, DTM, Cllr Katie Valentine, Deputy Town Clerk, Kim Lumb, Cllr David Wixley and Neil Bartlett, Former Save Jessel Green Campaigner



Town Mayor, Cllr Mick Stubbings at the wheel, with UpStage Theatre Co performers



Event organisers – Pippa Bryce, Community Manager and Debbie Taylor, Community & Services Officer

Christmas Window Competition 2023

THE TOWN COUNCIL invites all Loughton businesses to participate in this year's Best Dressed Christmas Window Competition. Simply decorate your windows with a Christmas themed display, to guarantee automatic entry into the competition, and bring some festive cheer to the town. Judging by the Town Mayor and two fellow Councillors commences on 1 December until 7 December 2023.

Displays are judged on a range of criteria, including overall impression/visual impact, creativity/ideas, artistic merit, inventive use of materials and effort. There are four category entries: Independents; Chains / Multiples; Charities; and Eateries (Pubs/Cafes/ Restaurants). Each category winner receives an engraved cup, to keep for 11 months, with a donation of £75 from the Council to their chosen charity.

Unfortunately, due to decreasing entries received over the last few years, and the move towards greener initiatives, Councillors have somewhat reluctantly agreed not to continue with our Christmas Card competition.

For information on the Window Competition contact Debra Paris on 020 8508 4200 / contact@loughton-tc.gov.uk



Eateries 2022 Winner – Aura, 179-181 High Road

Time for a new challenge

EPPING FOREST UNIVERSITY of the Third Age (u3a) welcomes new members. Are you retired, semi-retired, soon to retire, and looking for new things to do? Why not join us, a local charity offering Loughton and surrounding area retirees the chance to enjoy a wide range of pursuits, develop your interests, keep your bodies and minds stimulated, meet new people and make new friends.

Activities include: learning new languages; current affairs; fashion; football; literature and wine; board and card games; gardening and flower arranging; art and photography; model railway building; embroidery or making greeting cards; snooker and table tennis; keep fit and tai chi; plus a number of walking groups.

Social events and outings to places of interest are organised throughout the year. All u3a activities are run by its members, who are encouraged to form their own new group activities with others having a shared interest. There are plenty of roles within our charity in which to contribute to its management and develop new activities.

Epping Forest u3a members also receive a monthly Newsletter, can use its "book and jigsaw swap" service and attend monthly talks from guest speakers held at Theydon Bois Village Hall. Meetings are held throughout the year on the first Monday of the month (except Bank Holidays when they are held on the second Monday). Anyone interested should come along to find out more and how to become a member. Alternatively, visit the Epping Forest u3a website at www.u3asites.org.uk/epping



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■ **Second Sunday of each month 11.15am – Midday** Messy Church families are warmly invited to join us for craft and activities for primary age school children to enjoy – free, but donations welcome. The Church of the Holy Innocents, Church Lane, High Beach, IG10 4BF. Vicar: Revd. Jane Yeadon – 07960 604416, Parish Administrator: 07853 336880

■ **Until 24 September 2pm–5.30pm** Sunday afternoon tea enjoy homemade cake, tea/coffee in the churchyard of High Beach Church. The Buxton Chapel is available for private prayer. Cake: £2.50 a slice, £6 for half a cake, £12 for a whole cake. Takeaway service available. Tea/coffee: £1 a mug. Soft drinks also available. The Church of the Holy Innocents, Church Lane, High Beach, IG10 4BF. Vicar: Revd. Jane Yeadon – 07960 604416 Parish Administrator: 07853 336880

■ **5 Sept 2pm T J Johnsons Jazz & Blues 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, £7.50 per person (until end of 2023). Event prices £10 per person. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **10 Sept 3pm Its Good to Sing** a free concert given by a local girls' choir. The Church of the Holy Innocents, Church Lane, High Beach, IG10 4BF. Vicar: Revd. Jane Yeadon – 07960 604416, Parish Administrator: 07853 336880.

■ **12 Sept 8pm Beautiful, Beastly, Bizarre: The Art of Hieronymus Bosch** a lecture by Dr Paula Nuttall, Director of the V & A, Mediaeval & Renaissance Year Course (Specialist in Renaissance Art). This lecture unravels the meanings of his enigmatic paintings in their contemporary context. The Arts Society, Bancroft's Prep School, 611 High Road, Woodford Green, IG8 0RF. Donation Requested. Refreshments are available from 7.15pm. Visitors welcome! Information from: artsocietywoodfordgreen@outlook.com

■ **16 Sept 11am - 4pm Loughton Day** Loughton Cricket Club, The Uplands, IG10 1NQ free event. Discover what Loughton Community Groups have to offer, and meet up with other locals, while enjoying entertainment, live music, food & drink and more.

■ **17 Sept 3pm Free walk-in concert given by Asaph String Quartet** – John Smart, Elaine Patience, Gill Townsend and Anna Frazer. The Church of the Holy Innocents, Church Lane, High Beach, IG10 4BF. Vicar: Revd. Jane Yeadon – 07960 604416, Parish Administrator: 07853 336880.

■ **19 Sept 2pm Amy Roberts 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, £7.50 per person (until end of 2023). Event prices £10 per person. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **24 Sept 3pm Free walk-in concert given by Opera Octaves.** The Church of the Holy Innocents, Church Lane, High Beach, IG10 4BF. Vicar: Revd. Jane Yeadon – 07960 604416, Parish Administrator: 07853 336880.

■ **27 Sept 2.30pm Essex Wildlife Trust** a talk by Rich Yates, from the Woodford & District National Trust, All Saints Church Hall, Woodford Green. Members and non-members all welcome. Enquiries: speller643@btinternet.com / 07774 164407

■ **28 Sept 7.45pm Essex Handicrafts Association Woodlands Branch - AGM,** Meets on the 4th Thursday of each month in the church hall at Loughton Methodist church contact Karen Myles 020 8508 4581 Branch Secretary (see p13).

■ **30 Sept 7pm Prom in the Forest.** A Celebration of the Coronation of King Charles III. The Church of the Holy Innocents, High Beach, IG10 4BF. Tickets £11. Numbers strictly limited and only available via TicketSource on www.ticketsource.co.uk/stephen-fellowes or search for "Coronation Prom". There will be no ticket sales on the door.

■ **4 Oct 2pm Theydon & Abridge Jazz Club,** (Act to be Confirmed) Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Open to non-members – membership available, £7.50 per person (until end of 2023). Event prices £10 per person. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **7 Oct 7pm Quiz Night at The Owl Pub** with teams of a maximum of eight. The questions will start at 7pm so why not enjoy a meal at the Pub beforehand. Tickets are £10 each from Sandra Potter on 07814 540307.

■ **10 Oct 8pm Wilde about Oscar** His extraordinary life & times. A lecture from Simon Whitehouse A (Recovering) actor/lecturer/presenter, blue badge guide. The Arts Society, Bancroft's Prep School, 611 High Road, Woodford Green, IG8 0RF. Donation Requested. Refreshments are available from 7.15pm. Visitors welcome! Information from: artsocietywoodfordgreen@outlook.com

■ **17 Oct 10.30am Livery Companies** a talk from the Woodford and District National Trust, the Memorial Hall, South Woodford. Members and non-members all welcome. Enquiries: speller643@btinternet.com / 07774 164407



Epping Forest Community Champions

A programme aimed at building on the skills and knowledge of local people to create happy, friendly and healthy communities.

If you are...

- Passionate about where you live?
- Able to build strong community connections?
- Happy to support and promote fun days and community events?
- Willing to share information about local services in your area?
- Able to promote useful health improvement information with your community?

JOIN US...



I really enjoy being a Community Champion. Finding time to help my community has really made me feel part of the community.



I have been very active in my community for many years; being a Community Champion enables me to better support residents in my area.



Being a Community Champion has helped to boost my confidence and kept me positive during difficult times.



Joining like-minded community people gave me the opportunity to share my local knowledge. #CommunityChampions

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i @efdccommunity

... and make a real difference in your community!

For further information please contact:

Wendy Cockbill
07548 145654
wcockbill@eppingforestdc.gov.uk

Michelle Pickett
07548 162273
mpickett@eppingforestdc.gov.uk

 **Epping Forest District Council**
www.eppingforestdc.gov.uk



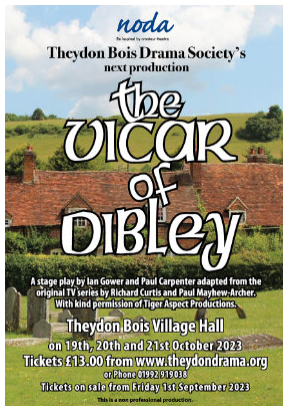
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■ **17 Oct 2pm McQuaid's Hot 4.** Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Open to non-members – membership available, £7.50 per person (until end of 2023). Event prices £10 per person. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **19 – 20 Oct 8pm / Sat 21 Oct 7pm** *The Vicar of Dibley*, by Ian Gower/Paul Carpenter. At Theydon Bois Village Hall, Coppice Row, Theydon Bois, Essex, CM16 7ER. Tickets £13 Available online from www.ticketsource.co.uk/theydonboisdramasociety or by phone: 01992 919038 from 1 Sept. Website address: www.theydondrama.org



■ **26 Oct 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 Branch Secretary (see p13).

■ **26-28 Oct 8pm (Sat at 7pm) Time of My Life** by Alan Ayckbourn. Can we ever know when we are having the time of our life, or can it only be judged retrospectively? Ayckbourn's funny and poignant play charts the decline of the successful Stratton family business. At first, all seems well. But all is not as it seems. Shifting back and forth in time, to reveal skeletons from the past and a spectre of the future. Loughton Amateur Dramatic Society (LADS) Centenary Season, 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

■ **31 Oct 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, £7.50 per person (until end of 2023). Event prices £10 per person. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

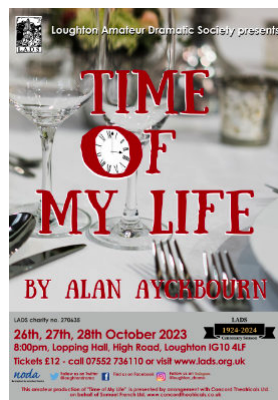
■ **31 Oct 4.30pm – 7pm Festival of light** in the Churchyard and church. Free BBQ, plus games and activities for younger people. Donations welcome. The Church of the Holy Innocents, High Beach, IG10 4BF. Vicar: Revd. Jane Yeadon – 07960 604416, Parish Administrator: 07853 336880.

■ **7 Nov 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, £7.50 per person (until end of 2023). Event prices £10 per person. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **12 Nov 11.50am Remembrance Sunday Parade** from Loughton's Royal British Legion Headquarters in Church Hill to the War Memorial. At 12.15pm the Remembrance Service and Poppy Wreath ceremony will commence followed by the march off up Church Hill.

■ **14 Nov 7.30pm The Arts Society AGM,** followed by *Spices from an Eastern Paradise*, lecture from Anne Howarth, Lecturer at the V&A, The British Museum & The Queen's Gallery a story of Art, Merchants & Desire. The Arts Society, Bancroft's Prep School, 611 High Road, Woodford Green, IG8 0RF. Donation Requested. Refreshments are available from 7.15pm. Visitors welcome! Information from: artsocietywoodfordgreen@outlook.com

■ **15 Nov 2.30pm Historic Houses Association** a talk from the Woodford & District National Trust, All Saints Church Hall, Woodford Green. Members and non-members all welcome. Enquiries: speller643@btinternet.com / 07774 164407



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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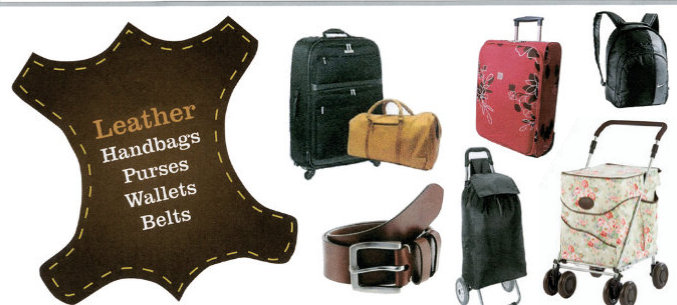


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Stay safe & well

A **FREE** stimulating, interactive health and wellbeing event for local residents is being held at The Murray Hall, Borders Lane, IG10 3SB on 4 October 2023, time tbc, including information stands, informative talks from various organisations and a seated exercise session suitable for all. Receive a free information bag, lunch and an interactive performance about scamming.



Limited spaces available. More details coming soon www.eppingforestdc.gov.uk

Under the tab book an activity or event or email the Older Peoples Community Engagement Officer Karen Murray on kmurray@eppingforestdc.gov.uk



THE WOODFORD & DISTRICT NATIONAL TRUST look forward to welcoming members and visitors to its communal meetings. Starting on 27 September at 3.30pm with 'Essex Wildlife Trust' as the topic at All Saints Church Hall, IG8 0NH, followed by a talk on 17 October at 10.30am on 'Livery Companies' at Memorial Hall, South Woodford, E18 2PA; and at 2.30pm on 15 November 'Historic Houses Association' at All Saints Church Hall. Do come along, details from Richard Speller 07774 164407 (see Dates for the Diary Ps 8-9).



A VIEW of the farm buildings of Alderton Hall c1925, looking over the Roding Valley fields to Rolls Park, Chigwell. The house (of which a corner may be seen today) remains, despite efforts in 1964 and 67 by former owner, actor

Jack Watling, to have it demolished. The houses now fronting Alderton Hill date from about 1960 although the one in the "current" photo is more recent. The lime tree in the foreground remains to this day.

© Loughton & District Historical Society

GROW Community Garden



GROW celebrated its 7th Anniversary, with a show of appreciation to its volunteers, on 19 July 2023.

The event was attended by several Loughton Town Councillors, including the Town Mayor, Cllr Mick Stubbings, who thoroughly enjoyed being part of the event, stating how appreciative he was of the work that GROW Community Garden undertakes on behalf of the residents of Loughton and the encouragement and involvement of the volunteers.

The outdoor space is valued, where friendships and social connections can be developed. This is especially important for people with disabilities or people who experience social isolation or vulnerability in the community. The Town Mayor said "It was evident that their time at GROW helped with their confidence, allowing them to cope with everyday life."

Loughton Town Council is proud to continue its support of such a worthy cause and the Town Mayor reflected this in selecting GROW as his chosen charity at this year's Horticultural Show, held on 2 September at The Murray Hall, Borders Lane.

Closure of St John's churchyard

Notification of intention to close the churchyard of St John the Baptist, Loughton.

AS REQUIRED by law, we informed the local community, through a notice in the summer 2022 edition of Think Loughton, of the intention of the Parochial Church Council (PCC) of St John the Baptist, Loughton to close the Churchyard to burials. This was the first stage of the statutory process for the closure of Church of England churchyards that are full. The PCC has determined that St John's churchyard is full, and that the churchyard should, therefore, be closed to all future burials, including the interment of ashes, with the exception of any identified family plots with space for further interments of mortal remains.

The PCC is required to notify interested parties of its intention, and to allow sufficient time for parties to make representations. The PCC has already notified the Local Authority (in this case Loughton Town Council) that would assume responsibility for the care and maintenance of the churchyard in the event of its closure to burials. The PCC is now notifying you, our local community, through this edition of Think Loughton, to explain how to make

representations, ask questions, or seek information.

This is the legal background. The Burial Act 1853 provides for the Secretary of State to make representations to the Privy Council for an Order in Council to discontinue burials in any burial ground, with or without exceptions (such as identified family plots with space, or the interment of ashes). There is no provision for such Orders in Council, once made, to be rescinded – closure of a churchyard, with or without exceptions, is final.

Before the PCC may apply to the Secretary of State for closure of the St John's churchyard, we must be able to demonstrate that the churchyard is, indeed, full, and that all proposed exceptions (such as family plots with space for further burials) have been specifically identified. **Please notify St John's Church by Tuesday 31st October 2023 if you think that you have or your family has an existing and documented right to be buried in an identified plot of the churchyard of St John the Baptist, Loughton.**



Once the PCC's application for closure has been approved, both the Ministry of Justice and the Privy Council will publicise the details of the proposed closure, allowing an opportunity for any objections to be lodged.

If you have any questions, or if there is any aspect of the proposed closure or the closure process that you would like to discuss, please contact the Parish Office at St John's by **Tuesday 31st October 2023**. You can do this:

- by writing to The Parish Administrator, St John the Baptist, Church Lane, Loughton IG10 1PD
 - by e-mail to the Parish Office loughton.church@outlook.com
 - by telephone to the Parish Office 020 8532 0060
- Chris Davies - Rector, Geoffrey Wolfson - Churchwarden, Jo Duffett - Churchwarden



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Visit www.visiting-angels.co.uk/essexsouthwest



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 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 630394

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 Library, Churchill Room, Wanstead Library, Spratt Hall Rd, E11. 3rd Mons, 6.45 for 7.30pm. Visitors £8. <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 07725909090](tel:07725909090)

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

Bridge Lessons various courses available in a relaxed atmosphere in Loughton. Days and times are flexible. Contact Hazel on 07788 711288 for further information – Fees TBC.

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

FOOD

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 Countryside, 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/countryside

Epping Forest & District Stamp Club, Roding Valley High School, Alderton Hill, 2nd Tues (most months) 8pm. 01992 654001

Epping Forest Singers A friendly non-auditioned 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.eppingforestingers.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, 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 yrs). Thurs 8-10pm. Brian Morton 01992 815804 www.las-astro.org.uk

Loughton Bowling Club Bridge Section, Eleven Acre Rise. Thurs pm. 020 8502 0237

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. £4 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@lefrars.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 Wednesday morning rides run by Jarvis Goodyear at Epping Forest MTB. For all information and Direct Booking click on this link <https://www.eppingforestmtb.co.uk/cycling-for-health/> For more info contact email Jarvis direct on C4H@eppingforestmtb.co.uk

Lifewalks a voluntary run walk scheme under the supervision of the Lee Valley Park Authority. For More Info Contact: Lyndsey North Community Health & Wellbeing Officer Lee Valley Regional Park Authority M: 07909 000 309 E: LNorth@leevalleypark.org.uk W: visitleevalley.org.uk

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 (8-10½) 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 / ags41@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. Attendance requires booking via our website - www.stmichaelsloughton.com

Little Oak's Child & Family Wellbeing Service, 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 Accuro: young people with learning difficulties Tues 6-9pm. Tel: 01279 870297. Email: enquiries@accuro.org.uk Action for Family Carers: Young Carers Youth Club Weds 4.30-6.30pm – 2 clubs per month, dates advised on a monthly basis. For further information contact chris.vince@affc.org.uk

Spark Youth Club - Mon/Thurs 3.30-5.30pm term time Age 11-16, 020 8508 6743 Spark@worthunlimited.co.uk

Noah's Ark Toddler Group (under 5s) Oakwood Hill Community Hall, IG10 3NB 10-11.30am Mon (term time) + Trinity Church, Mannock Drive, IG10 2JD. 10-11.30am Tues and Thurs (term time). £1.50 per family. 020 8508 9883

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

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 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

Epping Forest Guitar Group Mondays (term time) 7.15-9.15pm Lopping Hall. New members welcome - acoustic and classical guitar players. For more info contact info@tonycalvomusic.com

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).

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

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

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/

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 10am-3pm; Fri 10am-2pm; Sat 10am-1pm Closed Sun. 020 8502 3071

SPORT

All-ability Trampoline Club (disabled people to 19 yrs), Debden Park High School, Willingale Rd. Weds 6.45-7.45pm. Loughton Flyers Trampoline Club & EFDC. Fabrizio Ferrari 01992 564567 / ferrari@epppingforestdc.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, Eleven Acre Rise.

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

Pilates - Weds 9.30-10.30am
Keep Fit - Fri 10-11am

Enquiries: csreception@epppingforestdc.gov.uk / 01992 564561

Epping Forest HF Walking Group regular Sunday walks in the local area. www.effhg.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

Flexercise with Caroline Loughton Methodist Church, Wesley Hall, 260 High Rd Tues & Thurs, 10.30-11.30am £7 (First class free) 07714 467784

Katy Little School of Dance, Loughton. Ballet, tap, jazz, examinations & shows. 4 yrs to adults 07712 106941 / www.katylittleschoolofdance.co.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, term-time, 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 (youth 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.oldloughtons.co.uk 020 8504 4010, OLHC@oldloughtonians.co.uk

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

Total Football Academy - Ages 6-14 at Roding Valley school in Loughton. Wednesdays 6-7pm Contact Tony on 07962371177

Total Football Mania - 6 a side leagues and vets league Roding Valley school & Debden Park school in Loughton www.totalfootballmania.com Contact Tony on 07962371177

Walk - West Essex Ramblers (sorry no dogs). Weekends, Wed & Thurs. 020 8554 1665 / 07434 902394 www.westsexramblers.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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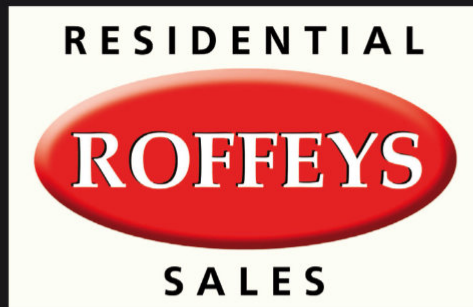
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