



# Think Loughton

News from Loughton Town Council

Spring 2024 No 104

## Golden year for Loughton

**COUNCILLOR** David Wixley, Chairman of the Recreation Committee, and Paul Hoy, Services Manager, attended the AGM and Awards Evening of the Essex Playing Fields Association in Chelmsford on Thursday 19 October 2023.

On behalf of the Town Council, they were delighted to receive five gold certificates from this year's "Best Kept Playing Field" competition. Both Town Council recreation grounds, Roding Valley Recreation Ground and Willingale Road Playing Field, received gold certificates in Class 1 (for playing fields serving communities of more than 2,500 residents), and three gold certificates were gained in Class 3 (best kept children's playgrounds), for Traps Hill, Newmans Lane, and Westall Road Playgrounds respectively.

This achievement is very much a team effort and must therefore be accredited in equal measure to the Town Council's Park Warden Team, its contractors Pinnacle and Qualis Property Solutions (formerly Epping Forest District Council Grounds maintenance), volunteer litter pickers and the Town Council's Services Team office staff, who co-ordinate all the aforementioned, as well as the operation as a whole. All are thanked for their hard work and dedication throughout the past year helping to achieve this proud success.

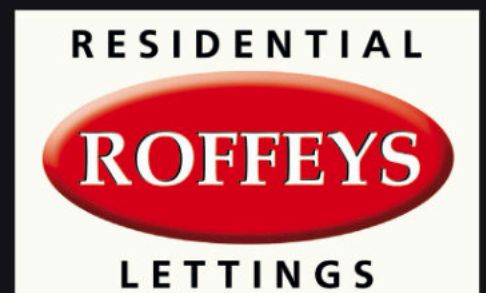
L to R Back Row: Paul Hoy, Services Manager; Bob Clarke, Football Groundsman; Debbie Taylor, Community & Services Officer; L to R, Front Row: Phil Morton, Parks & Amenities Warden; Jess Heffernan, Assistant Park Warden; Phil Lowrie, Services Assistant



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# Contact numbers

## COUNCIL SERVICES

Loughton Town Council	020 8508 4200
City of London Corp (Epping Forest)	020 8532 1010
Epping Forest District Council	01992 564000
Waste Management Hotline	03457 430 430
Essex County Council (ECC)	01992 564608
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	07583 111796
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	<a href="http://www.loughtonchurches.org.uk">www.loughtonchurches.org.uk</a>
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	<a href="http://www.essex.gov.uk/recyclingcentres">www.essex.gov.uk/recyclingcentres</a>
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



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# Clerk's Remarks



**OPEN SPACES** are so important in our daily lives, not only for relaxation, but also for our health and wellbeing, especially in the frenetic world we live in today. It was pleasing to see our Services Team receiving the recognition they deserve from the Essex Playing Field Association. Their understated work in looking after such large and varied open areas of Loughton, including the Roding Valley Recreation Ground, Willingale Fields, a number of Loughton Greens and ten local playgrounds and

outdoor gyms is very much appreciated. As usual there is a very busy year ahead. Please make a note of the local Town Council elections, which will be held on 2 May 2024. A new Town Council will be elected where members will serve for a term of four years until 2028. Town Councillors are all local residents who give up their time to serve the best interests of the Loughton community.

- Our programme of community events this year include:
- Lighting of the Beacon event on the evening of Thursday 6 June 2024 at Hillyfields Open Space, to commemorate the 80th Anniversary of the Normandy Landings.
  - Family Fun Day, at Jessel Green on Sunday 23 June 2024
  - Horticultural Show at Murray Hall on Saturday 7 September 2024
  - Loughton Day at Loughton Cricket Club on Saturday 21 September 2024.
- 'Jessel Green Day' and 'Loughton Day' are the Town Council's major events of the year, which attracted thousands of local residents in 2023. We had great support from local businesses, in the way of sponsorship and should you wish to support the local community this year, please contact the office. Further updates will be displayed on the Town

Council's website and Facebook page, from time to time. Loughton Wombles has now reached its second anniversary and the hardy groups of litter pickers are out in all weathers during the monthly group litter picks. New volunteers are always welcome. It's a very sociable way to spend an hour, whilst making a real difference to the Loughton landscape.

Loughton Town Council has a variety of halls for hire, to cater for most occasions. The venues are spread throughout Loughton, the largest venue being the 'Murray Hall, along Borders Lane: Kingsley Hall is located at Kingsley Road off The Broadway, and the Town Council, chamber room at Buckingham Court, Rectory Lane, is ideal for smaller gatherings. Please contact the office for further information.

We had a limited response to our Loughton 'then and now' historical feature. We are keen to receive any features, photos, anecdotes which illustrate the history and development of this great town of Loughton. We are looking to include items in future editions of 'Think Loughton'.

Enjoy the Springtime  
 Mark Squire  
 Town Clerk

# Council tax

**THE PRECEPT**, the amount collected from residents in 2024/25 to spend on local services and facilities, will be £993,909. This sets the Loughton proportion of the annual council tax for a band D property as £76.35. An increase of £4.96 a year from the current figure, equating to just over 9p a week.

It has been a difficult financial year with high interest rates and spiralling energy costs. The Town Council has worked hard within a tight budget to maintain service standards for the areas that the Town Council is responsible for. Recognising the continuing, adverse financial climate, the precept increase has been kept to a minimum, whilst keeping adequate reserves.

Having witnessed the success and popularity of the new children's playground at the Roding Valley Recreation Ground, the value of good playground facilities cannot be underestimated. Accordingly a further £25,000 has been earmarked to revamp further play areas in Loughton.

# Guide Dogs presentation



**PRECEEDING** the Council meeting on 18 October 2023, a cheque for £291.75 was presented to Guide Dogs UK, the Town Mayors chosen charity. The money was raised from the councillors' tombola stalls at Jessel Green Fun Day and Loughton Day. Also

attending were Epping Forest District Youth Councillors, who assisted on the tombola stall at the Loughton Day event.  
**Photo:** Epping Forest Youth Councillors with TM, Cllr Mick Stubbings, and Guide Dog Volunteers

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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

**Cllr Philip Abraham** 020 8502 2925  
1 Lancaster Drive  
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philabraham2000@gmail.com

**Cllr Michael Stubbings** 07766 480522  
70 Greenfields  
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**Cllr Katie Valentine** 07477 012213  
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### BROADWAY WARD

**Cllr Philip Beales** 020 8418 0459  
85 Harwater Drive  
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**Cllr Les House** 020 8508 3369  
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### FAIRMEAD WARD

**Cllr Carol Davies** 07817 230372  
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Rectory Lane, Loughton, IG10 2QZ  
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**Cllr Sebastian Fontenelle** 07898 906371  
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**Cllr Will Kauffman** 07799 148740  
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### FOREST WARD

**Cllr Stella Murphy** 020 8508 2794  
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Rectory Lane, Loughton, IG10 2QZ  
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**Cllr Trevor Downing** 020 8508 8877  
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**Cllr 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

**Cllr Rose Brookes** 07391 879412  
3 Lower Park Road  
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vietrose02@aol.com

**Cllr David Wixley** 020 8418 9284  
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Loughton IG10 2QH  
david.wixley198@btinternet.com

**Cllr Neil MacKinnon** 07872 324028  
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Rectory Lane, Loughton, IG10 2QZ  
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### ST JOHN'S WARD

**Cllr Chris Pond** 020 8508 2361  
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Loughton IG10 1HP  
loughton\_ponds@hotmail.com

**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,  
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michael.x.owen@gmail.com

### ST MARY'S WARD

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

**Cllr Graham Wiskin** 020 8925 2003  
Traps Hill  
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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**We do not accept unattributed articles for publication.**

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## Town Council Meetings

1 Buckingham Court, Rectory Lane,  
Loughton, IG10 2QZ at 7.30pm  
2024

- Mar** 4 Planning & Licensing  
5 Annual Town Meeting  
The Murray Hall at 8pm  
18 Planning & Licensing  
26 Environment & Heritage  
**Apr** 2 Planning & Licensing  
10 Resources & General Services  
15 Planning & Licensing  
23 Council  
29 Planning & Licensing  
**May 2 LOCAL ELECTIONS**  
**May** 22 Annual Council

Committee meeting dates following elections to be confirmed

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

## News round-up

### DEMOLITION OF LOUGHTON LIBRARY:

In October 2023, Essex County Council approved the proposal to demolish Loughton Library in Traps Hill to be replaced by a 5-storey block of 38 flats above a smaller new Library (incorporating the National Jazz Archive). Our Planning Committee had objected to this proposal. Cllr Chris Pond spoke strongly against the proposal, but to no avail. It is hoped that with the support of Michael Gove, Secretary of State for Levelling Up, Housing and Communities that this decision can be overturned.



**CLLR JUDY JENNINGS** who represented Loughton's St Mary's Ward for the past 11 years, submitted her resignation at the end of 2023, following her move away from Loughton. Cllr Jennings held the post of Chairman of the

Resources & General Services Committee and was Town Mayor of Loughton in 2015, supporting several local charities including Loughton's Voluntary Care Association and the Lopping Hall Trust. She had also served the community as a District Councillor too. We send our best wishes to both Judy and her husband.

**NEW NOTICEBOARDS:** Loughton Town Council installed two new noticeboards, one on Oakwood Hill and the other outside Debdon Sainsbury's store, relocated following Epping Forest District's office move from the Broadway. We would very much like to thank the Store Manager for all his great help with this installation.

**LIGHT UP A LIFE:** Loughton residents came together on Saturday, 25 November 2023 to remember their loved ones, lighting up a life, on King's Green. Our annual event is organised jointly with St Clare Hospice.



Photo: Sushma Dhama, Patient and Family Support Services, St Clare Hospice, Cllr Mick Stubbings, Loughton Town Mayor and Reverend Sue Creighton.



# Heritage on Display

**ON 20 OCTOBER 2023**, Loughton Town Council installed its 49th commemorative blue heritage plaque honouring Charles Frederick Clark, Industrialist and Philanthropist.

Born on 15 November 1876, in Knaresborough, North Yorkshire, Charles Clark moved from Yorkshire East Riding to Leyton in 1911, opening his 'Caribonum' factory in 1918, from where he derived his fortune manufacturing carbon paper and typewriter ribbons.

The name Caribonum on such goods carried the prestige of one of the finest global products, with the company's experimental and research laboratories acknowledged as the most advanced in the world; and led to Clark being known as the "carbon paper king".

Clark later moved to Loughton, one of his residences being 8 Connaught Avenue, where this plaque is sited. He also had built for him by the distinguished architects, Wallis Gilbert and Partners 'Limber' in Church Lane and following a two-year search, in 1928, he purchased 40 acres of farmland in Loughton, where he had built 'Ripley Grange', the house he regarded as "the crowning success of his life".

Ripley Grange was set in 18 acres of spectacular gardens which Clark opened up to the public for free. As the number of visitors grew, he had seven thatched summer houses built. During the Second World War, he arranged for the grounds to be ploughed in order to grow vast quantities of vegetables that were sent to the Voluntary Hospitals and other charitable

institutions free of charge.

Charles Clark died in Selby, Yorkshire on 1 January 1945, at the age of 68, having returned to his home county.

In November last year, Cllr Chris Pond, Chairman of the Environment and Heritage Committee was contacted by members of

Clark's family, from Norfolk, who had been delighted to hear of this dedication to their grandfather and great-grandfather.

**Blue Plaque – Charles Frederick Clark – Industrialist & Philanthropist at 8 Connaught Avenue, Loughton IG10 4DP**



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# Christmas Window Competition winners

**LOUGHTON** businesses created some outstanding festive spectacles in December, gaining automatic entry into our Christmas Window Competition, setting the judges, Town Mayor, Cllr Mick Stubbings and Cllrs Carol Davies and Stella Murphy a most challenging task.

The 2023 category winners chosen were Elliott James, Estate Agents, in the local/independents, for a most impressive display of Christmas foliage offset by delightful atmospheric twinkly lights; Madison Fox, Estate Agents in the Multiples, for its opulent white and silver festive spectacle; Haven House Children's Hospice Shop, in the Charities with its festive red theme and artistic use of props; and The Aviary for the Eateries, who had created an impactful display of three large wreaths, twinkling lights and sparkly baubles.

Congratulations to the winners who received an engraved silver cup (to keep for 11 months)

and a laminated certificate from the Town Mayor. A donation of £75, from the Council, was made to a local charity nominated by each category winner.

Runners-up and highly commended businesses were also awarded laminated certificates.

(The full list of results can be found on our website: [Winners Press Release 2023 - AMENDED.pdf \(loughton-tc.gov.uk\)](https://www.loughton-tc.gov.uk) )

The Town Mayor, Cllr Mick Stubbings presenting the awards.

**Top left: Local / independent class winner Elliott James Estate Agents**

(L to R) Lauren, Priya, Grace, Annabelle, Loughton Town Mayor – Cllr Mick Stubbings, Elliott Lawlor with Grayson, Heidi, Danny, Daniel & Freddy

**Nominated Charity: Cancer Research UK**

**Top right: Charity shop class winner Haven House Children's Hospice Shop,** (L to R) Volunteers - Ben, Ashleigh, with Loughton Town Mayor Cllr Mick Stubbings, Louise & Maria  
**Nominated Charity: Haven House Children's Hospice**

**Bottom right: Multiple /chain store class winner Madison Fox Estate Agents**

(L to R) Wayne, Loughton Town Mayor, Cllr Mick Stubbings, Jamie & Simon  
**Nominated Charity: Haven House Children's Hospice**

**Bottom left: Eateries class winner The Aviary**

(L to R) Taylor, Lucian, Loughton Town Mayor Cllr Mick Stubbings, & Michelle with 11 week old Ottilie

**Nominated Charity: 3Food4U**



# In Remembrance

**MEMBERS OF** the School Council at Staples Road Primary School and children from Chrysalis Day Nursery laid their poppy wreaths at the War Memorial on Kings Green on 10 November 2023, when Loughton Town Council held a two-minute silence, ahead of the formal Remembrance

Sunday Service that weekend. The pupils were joined by the Town Mayor, Cllr Mick Stubbings, together with residents of Woodland Grove Care Home. We thank Richard Williamson representing the Loughton Royal British Legion and Reverend Chris Davies for their contribution to the event.



Pupils from Staples Road School council with TM



Pupils from Chrysalis Nursery with TM



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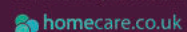
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## Dates for your 2024 diary!

### 80<sup>th</sup> Anniversary of the Normandy Landings

Lighting of the Beacon on Hillyfields  
Thursday 6 June - 9.30pm

### Jessel Green Community Fun Day

Sunday 23 June - 12 noon to 4pm

### Loughton Horticultural Show

Murray Hall - Saturday 7 September - 2pm

### Loughton Day

Community event at Loughton Cricket Club  
Saturday 21 September - 11am to 4pm

For more information on any of the events please  
contact Loughton Town Council  
[contact@loughton-tc.gov.uk](mailto:contact@loughton-tc.gov.uk) or 020 8508 4200

## Dates for the diary

■ **5 Mar 2pm Graham Hughes**  
Sunshine 5 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. Event prices £10 per person – members, £12 non-members. Enquiries: [davedyer24@gmail.com](mailto:davedyer24@gmail.com) or Dave or Sheila Dyer 07903 879209 [www.theydonjazzclub.weebly.com](http://www.theydonjazzclub.weebly.com)

■ **12 Mar 7.30pm A Life of Art and Love: The Life & Works of Giacomo Puccini**, lecture by Roger Askew, former Director of Music, Melville College, Edinburgh. Preceded by a short 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: [MaryAffleck07767662762@btinternet.com](mailto:MaryAffleck07767662762@btinternet.com)

■ **13 Mar 2.30pm Treasures of the National Trust** a talk by David Simmonds, Woodford and District National Trust, All Saints Church Hall, Woodford Green. Enquiries: [speller643@btinternet.com](mailto:speller643@btinternet.com) / 07774 164407

■ **19 Mar 2pm Peter Rudeforth 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. Event prices £10 per person – members, £12 non-members. Enquiries: [davedyer24@gmail.com](mailto:davedyer24@gmail.com) or Dave or Sheila Dyer 07903 879209 [www.theydonjazzclub.weebly.com](http://www.theydonjazzclub.weebly.com)

■ **21 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).

■ **21-23 Mar 8pm. Death of a Salesman by Arthur Miller**. A tragic masterpiece widely regarded as one of the greatest 20th Century plays. Aging travelling salesman Willy Loman is haunted and driven by empty dreams of prosperity and success, culminating in the shattering of his family. Celebrated dramatization of the failure of the 'American Dream', a moving human drama of a man trying to make his way in the world and of the flaws we all share. 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](http://www.lads.org.uk)

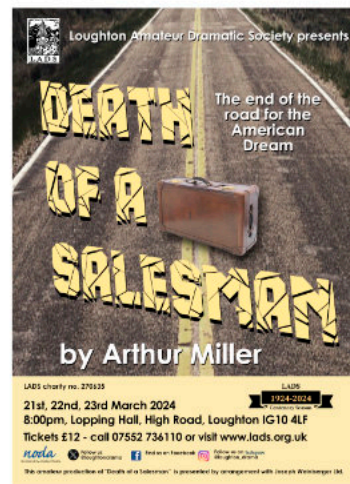
■ **23 Mar 7pm The Roding Players Orchestra Spring Concert** St Mary's Church, 201 High Road, IG10 1BB. Tickets: £10, £9 concessions, under 11s free – available on the door, includes refreshments. Contact: [Shirley Fuller – ShirleyFuller55@gmail.com](mailto:ShirleyFuller@shirleyfuller55@gmail.com) 07713 113384 [www.rodingleaders.co.uk](http://www.rodingleaders.co.uk)

■ **2 Apr 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. Event prices £10 per person – members, £12 non-members. Enquiries: [davedyer24@gmail.com](mailto:davedyer24@gmail.com) or Dave or Sheila Dyer 07903 879209 [www.theydonjazzclub.weebly.com](http://www.theydonjazzclub.weebly.com)

■ **16 Apr 2pm Exall's 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. Event prices £10 per person – members, £12 non-members. Enquiries: [davedyer24@gmail.com](mailto:davedyer24@gmail.com) or Dave or Sheila Dyer 07903 879209 [www.theydonjazzclub.weebly.com](http://www.theydonjazzclub.weebly.com)

■ **17 Apr 2.30pm Chigwell Riding Trust** a talk by Deborah Hall, Woodford and District National Trust, All Saints Church Hall, Woodford Green. Enquiries: [speller643@btinternet.com](mailto:speller643@btinternet.com) / 07774 164407

■ **25 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).



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■ **30 Apr 2pm Gresty'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. Event prices £10 per person – members, £12 non-members. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **5 May 2-5pm Sunday Afternoon Tea**  
Come and enjoy home-made cake, tea and coffee in the tranquil churchyard of High Beach Church. Sunday afternoon teas will take place every Sunday finishing on Sunday 29 September. On some Sundays there will be concerts or other entertainment. Please contact Mrs Beth Horton on 07853 336880 for further details.

■ **14 May 2pm Graham Hughes Sunshine 5**  
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. Event prices £10 per person – members, £12 non-members. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com



■ **14 May 8pm NG200: Celebrating the Bicentennial of the National Gallery.** The History and Importance of a much-loved Institution. Lecture by Lydia Bauman, a tutor for 35 years at the National Gallery. 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

■ **22 May 2.30pm Woodford and District National Trust,** All Saints Church Hall, Woodford Green. Subject to be confirmed. speaker to be arranged, Enquiries: speller643@btinternet.com 07774 164407

■ **23 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).

■ **28 May 2pm TJ's Jazz & Blues**  
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. Event prices £10 per person – members, £12 non-members. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com



■ **30 May – 31 May 8pm 1 Jun 7pm**  
**The Deep Blue Sea,** by Terence Rattigan. A woman unhappy in her passionless marriage has a tempestuous affair with a younger and more ardent lover. A powerful account of lives blighted by love - or the lack of it. Theydon Bois Village Hall, Coppice Row, Theydon Bois, Essex, CM16 7ER. Tickets - £13 – Available online from <https://www.ticketsource.co.uk/theydonboisdramasociety> or phone: - 01992 919038, from 1 April. Website address - <http://theydondrama.org>

**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.**

## Counselling with Sally Anne

**Sally Hunter** MBACP Therapist

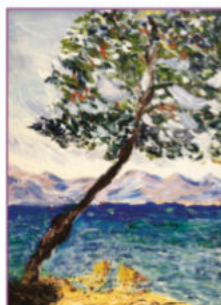
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**T: 07742 412 477**

**E: [counsellingwithsally@outlook.com](mailto:counsellingwithsally@outlook.com)**



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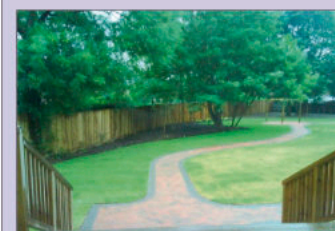
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# Loughton Radio



IS A COMMUNITY radio station based in Loughton. You are invited to visit their webpage and listen to its shows and music at: <http://loughtonradio.blogspot.com>

If you would like to get involved, in any way, possibly hosting a weekly show contact Mark West, the Station Manager on [loughtonradioinfo@mail.com](mailto:loughtonradioinfo@mail.com)

# Forest Creative Writers Group



A WARM WELCOME awaits you at Loughton Methodist church where Forest Creative Writers group meet every Thursday afternoon from 1pm until 3pm. We are an established group meeting locally for over ten years.

As you would expect, everyone is encouraged and supported with creating either a short story, prose or poem. We all have a story to tell, to share with others and receive constructive feedback leading to some interesting and sometimes hilarious conversations. Selected works are compiled each year by way of the anthology, copies of which allow opportunity to reflect upon the diverse talents of the group.

Some of our members have a disability and benefit from easy access to the facilities. Refreshments are available allowing opportunity to socialise and bond with the group.

To find out more do not hesitate to make a phone call to Pauline - mobile: 07873 398260 or, Yvonne - mobile: 02036 627050. We look forward to your response.

# EFYC

## Epping Forest Youth Council

# Elections 2024



**EPPING FOREST YOUTH COUNCIL** has been established for 16 years and 2024 will be Election time. 25 seats are up for grabs with youth elections being held in secondary schools in the district. Each school is allocated two seats and there are seven independent seats for those who go to school outside the district, home educated, attending college, or working. Candidates must be aged 12 – 17 as of 1st April 2024, live in the Epping Forest district and have the time, as the position is for two years.

Being a Youth Councillor comes with great responsibility as they represent the voice of the young people in their school and community, they will attend meetings and community events.

They work with leading specialists and service providers on high profile topics, this year they have consulted with over 100 young people about the issues concerning them. Vaping is a big concern for young people. They will be working alongside public health experts, to identify what the Youth Council can do to raise the awareness of the dangers of vaping. They hope that by improving understanding of vaping among young people they will help reduce current usage, and prevent uptake of vaping among children and young people in Essex

For further information go to ...  
<https://data.essex.gov.uk/download/24qw8/3fb/You%20Said%2C%20We%20Did%20-%20Young%20People.pdf>

# Local Elections 2024

**LOCAL ELECTIONS** will be held on 2 May 2024. Following changes implemented after a review in 2022, by the Local Government Boundary Commission for England, Epping Forest District Council will have a reduction for Loughton District Wards from seven to five:

**Loughton Fairmead  
Loughton Forest  
Loughton Roding  
Loughton St John's  
Buckhurst Hill East & Whitebridge**

More importantly for our Town, the review also incorporated Parish Wards across the District, and identified changes to be made for Loughton.

Loughton Town Council will now consist of nine local wards, instead of the current seven, creating

new wards of Loughton Debden and Loughton Whitebridge (which incorporates part of Buckhurst Hill East). The full list of local Loughton parish wards is:

**Loughton Alderton  
Loughton Broadway  
Loughton Debden  
Loughton Fairmead  
Loughton Forest  
Loughton Roding  
Loughton St John's  
Loughton St Mary's  
Loughton Whitebridge**

Make sure your voice is heard and vote for your local representatives on 2 May.



# The heart of Loughton

AS PART of our continued support for the community theatre of Loughton, Lopping Hall has recently upgraded its stage lighting, control equipment, and stage curtain winch system.

Performances include those by The Loughton Amateur Dramatic Society, Loughton Operatic Society and Upstage Theatre Company. Local schools and other societies also use these facilities.

Lopping Hall has leased 191 High Road, previously HSBC Bank plc, to Hunter Biscuit and Wolf Ltd, who are opening a 40-seat cinema (night operation) and a mixed-use workspace (day operation).

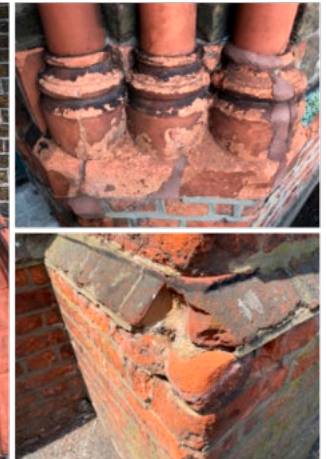
This area has been decorated to a very high standard, together with specialist sound proofing, state of the art air-conditioning, cinema projection and sound equipment. The cinema is expected to open in February.

The Lopping Hall building has always been associated with entertainment. Besides the cinema, which is located below the main building and has an entrance on Station Road, Lopping Hall has a 185-seat theatre and more than 20 groups running activities such as dance, drama, fitness, karate, yoga, art and photography. These activities are for all ages and have recently expanded to include pre-school classes, mental wellbeing, counselling and back to work clubs.

Subject to matched funding being approved, restoration works will start on what was the original entrance to Lopping Hall, to include the extensive terracotta carving, brickwork and the foundation stone originally laid by The Lord Mayor of London in 1883.

(Opposite shows Loughton High Road and Lopping Hall circa 1890, the Terracotta carving and damaged stonework to be restored.)

Please visit us at 189 High Road, Loughton.



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# Regular activities

Amendments to: [debra.paris@loughton-tc.gov.uk](mailto:debra.paris@loughton-tc.gov.uk)

## ALLOTMENTS

Loughton Potato Ground, Baldwins Hill. [www.loughtonpotatoground.com](http://www.loughtonpotatoground.com)  
Roding Road Allotment & Leisure Gardens Association, Roding Road. [www.rodinroadallotments.co.uk/](http://www.rodinroadallotments.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

The Arts Society West Essex  
Expert illustrated talks covering all aspects of the Arts. First Weds of each month (except August). Theydon Bois Village Hall, CM16 7ER. 10.15am coffee - meeting 10.45am. Annual subscription £45 / visitors £7 per session. Enquiries: [secretarytheartsocietyWE@gmail.com](mailto:secretarytheartsocietyWE@gmail.com) or 07980 476710

Chigwell Floral Art Group A social afternoon for flower lovers. St Winifred's Church Hall, 115 Manor Rd, Chigwell, IG7 5PS. 2-4pm, 3rd Thurs (except Aug & Dec). Doors open 1.30pm. Visitors £7  
Contact: Christine Sawdon 07743 138629 <http://nafas.org.uk/nafas-areas/L&O>

Art Classes LifeWorks Centre, Loughton Methodist Church, 260 High Rd. £12. Tues & Thurs. 07944 589998 [www.ruthdronfield.co.uk](http://www.ruthdronfield.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 / [theornes5@hotmail.co.uk](mailto:theornes5@hotmail.co.uk)

Woodford & District Floral Arrangement Group, 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 Tues/Thurs 9.30am-12.30. Epping Tues/Thurs 4pm-7pm. Chigwell Tues 10.30am-1.30pm. 07583 111796 (answer phone) [affordablecounselling@gmail.com](mailto:affordablecounselling@gmail.com)

Samaritans. Free, confidential emotional support for the distressed & despairing available 24/7. 020 8553 9900 / 116 123 / [jo@samaritans.org](mailto: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](mailto: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](http://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](http://www.3food4u.org) Email: [info.3food4u@gmail.com](mailto: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](mailto:efcv2@yahoo.co.uk) [www.efcv.co.uk](http://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](http://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. 7.30-9.30pm. Further details: [www.eppingforestingers.com](http://www.eppingforestingers.com)

Essex Wildlife Trust - Roding Valley Meadows. Volunteer work parties undertaking practical reserve management, Tuesdays & Wednesdays, 10am-3pm. Contact: [roding@essexwt.org](mailto: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](mailto:rachel@forestmusical.co.uk) or visit [www.forestmusical.co.uk](http://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](mailto: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](http://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](http://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](mailto:lindajenkins34@hotmail.com) [www.bridgewebs.com](http://www.bridgewebs.com)

Loughton Camera Club, Lopping Hall, High Rd. Weds, 8-10pm. 07873 534 604 [www.loughtoncameraclub.org.uk/](http://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](http://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](mailto:info@lefars.org.uk) W: [www.lefars.org.uk](http://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](http://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](mailto:admin@adasuk.org.uk) [www.adasuk.org](http://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](mailto:LNorth@leevalleypark.org.uk) W: [visitleevalley.org.uk](http://visitleevalley.org.uk)

Memory Café Rotary Club of Roding, Loughton Club, 8 Station Rd, IG10 4NX. 1st Fri 10am-12pm. Fran 07903 274398

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 [opendoorfrienship@gmail.com](mailto:opendoorfrienship@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](http://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](http://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

12th Loughton Brownie Pack St John's Church, Church Lane, IG10 1PD. Mondays (term time) 6 to 7.30pm: girls 7 to 10.5yrs. Info: [12thloughton.brownies@gmail.com](mailto:12thloughton.brownies@gmail.com)

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](mailto: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 Snowden GSL 020 8508 4336 / [info@30thloughton.co.uk](mailto: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](mailto: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](mailto: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

Boperoos Fun music and movement classes for young ones. Sundays 1yrs: 9 - 9.45am; 2-3yrs: 10 - 10.45am; 4-5yrs: 11 - 11.45am. Prices - Trial: £9; 5 sessions £42.75; 10 sessions £81. Loughton Music Academy, 257a High Rd, IG10 1AD. E: [info@boperoos.com](mailto:info@boperoos.com) T: 07305 227814 W: [www.boperoos.com](http://www.boperoos.com)

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](http://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](mailto:louisa.stirling@essex.gov.uk)

Accurro: young people with learning difficulties Tues 6-9pm. Tel: 01279 870297. Email: [enquiries@accuro.org.uk](mailto: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](mailto: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](mailto: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](http://www.upstage.org.uk) [hello@upstage.org.uk](mailto: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](mailto: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](mailto:info@tonycalvomusic.com)

Loughton Folk Club, 8 Station Rd. Live acoustic music. Thurs, 8pm. [loughtonfolkclub@googlemail.com](mailto: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](mailto:loughtonoperaticsociety@hotmail.com) [www.loughtonoperatic.org.uk](http://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](http://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 [milesarwood@aol.com](mailto:milesarwood@aol.com) [www.rodingplayers.co.uk](http://www.rodingplayers.co.uk)

South West Essex Choir, Loughton Methodist Church, 260 High Rd. Tues, 7.45-10pm. 01992 812606 [www.southwestessexchoir.org.uk/](http://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



**13** **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

**SOCIAL**  
**Bowls** Social Bowls for beginners at Loughton Bowls Club, Eleven Acre Rise. From May-Sept. Fri. 5pm. Free parking. Hall for hire. Call Paul Elliott 07555 334612

**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 & FITNESS**  
**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 / 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

**Epping Forest HF Walking Group** regular Sunday walks in the local area. www.ehfg.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/  
**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.loughtonwadoikai.co.uk

**Maria D's Dance Factory** Dance yourself Fit. Tues evenings 8pm - 9pm, The Murray Hall, 106 Borders Lane, IG10 3SB. Admission £7 (pay as you go) Call Maria on 07833 454090

**Mountaineering Club**, Victoria Tavern, Smarts Lane. Hill walkers & climbers welcome. Mons 8.30pm. www.loughtonmc.org

**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 07962 371177

**Total Football Mania** - 6 a side leagues and vets league Roding Valley school & Debden Park school in Loughton www.totalfootballmania.com Contact Tony on 07962 371177

**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

**Zumba with Ashley** Mondays @ 8pm / Fridays @ 9.30am. The Murray Hall, 106 Borders Lane, IG10 3SB. Classes £6 (pay on the day - no need to book). Message Ashley on 07580 098978 http://ajulien.zumba.com facebook.com/zumbawithashley

**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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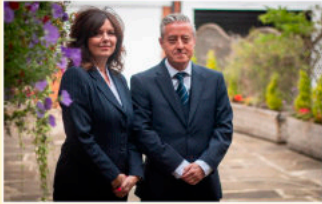
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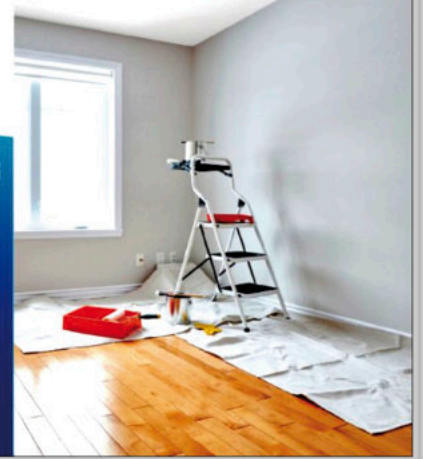
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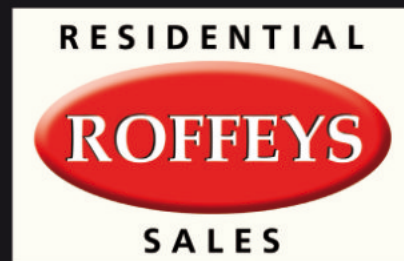
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