



Think Loughton

News from Loughton Town Council

Autumn 2024 No 106



New Town Council & Mayor

FOLLOWING THE local council elections in May 2024, a list of all the newly elected town councillors, along with the two new wards created from boundary changes, can be found on page 4.

At the Annual Council meeting on 15 May, and subsequent Extraordinary Council meeting on 29 May 2024, Cllr Katie Valentine was elected as Loughton Town Mayor with Cllr Les House elected as Deputy Town Mayor for 2024/25.

Cllr Valentine grew up in Loughton. After several years of living away, including abroad for a while, she returned to Loughton following her daughter's birth. Katie is married and now has two young

children. Her career began in advertising, followed by the Civil Service, she now works in technology for the NHS. In her spare time she enjoys running, music and the arts, writing, and travelling.

"We have a strong local community here in Loughton and it's an honour to be elected Town Mayor for 2024-25. I will enjoy meeting the many diverse groups and organisations we have in our town", Cllr Valentine said.

Haven House Children's Hospice and Loughton Voluntary Care were chosen as Cllr Valentine's charities for her year.

The new Town Mayor congratulated Councillor

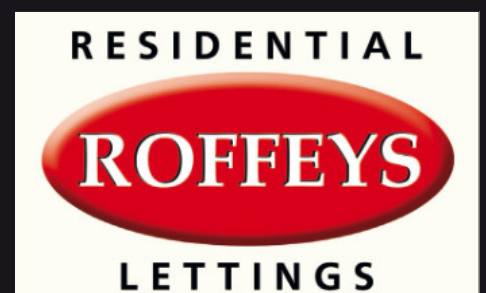
Les House on his appointment as Deputy Town Mayor. Elected to represent the newly formed Debden Ward, Cllr House has been a member of Loughton Town Council since 2021.

Cllr Pond led the tributes to outgoing Mayor, Cllr Stubbings, for his work during his tenure last year. Cllr Stubbings responded saying his year had been a very enjoyable rollercoaster, and he would highly recommend the position. He was now looking forward to relaxing and thanked the Town Clerk and his team for all their work behind the scenes. Cllr Stubbings was presented with his Past Town Mayor's badge.

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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	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	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



**BRAESIDE
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**OAKLANDS
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Loughton
Wednesday 2 October



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**NORMANHURST
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North Chingford
Wednesday 9 October



**COOPERSALE HALL
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Epping
Thursday 10 October



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Clerk's Remarks



SOME CHANGE to the Town Council following the Local Council elections in May this year. We are pleased to see back some familiar faces and we also have nine new Town Councillors. Welcome on board to the new Town Council which serves the Loughton community for the next four years until 2028. We also have a new Town Mayor, Councillor Katie Valentine, who will be supported by the new Deputy Mayor, Cllr Les House during this Council year.

We were blessed once again with excellent weather at the Jessel Green Fun Day on 23 June. Long may this continue, and fingers crossed that we enjoy the same again next year! It is a very popular event as demonstrated again by the consistently large crowds. A big thank you from Loughton Town Council to all the local community groups, sponsors and supporters who made it such a memorable and successful day. Without their valuable contribution, it would be difficult to stage such a large scale event. Not forgetting the 'Loughton Wombles' who ensured Jessel Green remained litter free all day – new members always welcome.

Following the success of the inaugural Loughton Day last year, we are pleased to promote the staging of the second Loughton Community Day at Loughton Cricket Club (off Church Hill and Traps Hill) on Saturday 21 September 2024. This free event will bring the whole Loughton community together for one day. It is an opportunity for local community groups and clubs to

demonstrate what they do and what they can offer to local residents. Judging by the number of stall holders who want to come back and the requests we have had for pitches, it is looking to be an even bigger event this year. There will be approximately 50+ wide-ranging stalls (anything from candy floss, hair braiding, handicrafts to sports therapy and creative writing). Enjoy performances from local singers and theatre groups at the stage area from the comfort of your deckchair. Plenty for children to enjoy, including children's entertainers and a face painter. The popular food venues are returning including a BBQ organised by a local Scouts Group, Caribbean food and traditional café experience. The event is organised by Loughton Town Council with the great support of the host Loughton Cricket Club. We look forward to seeing you all there and let's hope the weather competes with the Jessel Green sunshine on the day.

Our annual allotment awards took place once more at the 5th

annual Horticultural Show at Murray Hall on 7 September 2024. A report on this event and a list of the allotment winners will appear in the next winter edition of 'Think Loughton.'

Following the successful completion of the new children's playground on the Roding Valley Recreation Ground last summer we are working towards rebuilding a further children's playground at the Newmans Lane site, adjacent to Rectory Lane. Working together with local residents and schools, the existing floor space will be redeveloped with brand new equipment and should provide an attractive facility for local residents. As ever, we will keep you informed of progress on this project and all other activities on our 'news and events' section of the Loughton Town Council website and Facebook page **News & Events - Loughton Town Council** (loughton-tc.gov.uk)

All the best

Mark Squire
Town Clerk

Christmas Window Competition 2024



2023 Independent Category Winner

THE TOWN COUNCIL invites all Loughton businesses to participate in this year's Best Dressed Christmas Window Competition. Entry is guaranteed for all businesses that decorate their windows with a Christmas themed display helping bring some festive cheer to the town.

There are four category entries: Independents; Chains / Multiples, Charities and Eateries (Pubs/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. Judging by the Town Mayor and two fellow Councillors will commence on 1 December until 7 December 2024. Displays are judged on a range of criteria, including overall impression/visual impact, creativity/ideas, artistic merit, inventive use of materials and effort.

For information on this competition contact Debra Paris on 020 8508 4200 / contact@loughton-tc.gov.uk

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Loughton Town Council

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Councillors

ALDERTON WARD

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CllrAlanFricker@outlook.com

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mick.stubbings@hotmail.com

Cllr Katie Valentine 07477 012213
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Cllr Sebastian Fontenelle 07898 906371
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rsylvan7@gmail.com

FOREST WARD

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WHITEBRIDGE WARD

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Committee membership

RESOURCES & GENERAL SERVICES

C M Owen
VC R Brookes
I Allgood
S Fontenelle
N MacKinnon
S Murray
M Stubbings

ENVIRONMENT & HERITAGE

C C Pond
VC K Valentine
W Dodd
A Fricker
S Harriman
J Obaseki
C Ubah

PLANNING & LICENSING

C C Davies
VC J Riley
W Dodd
K W Lee
R Minhas
S Murphy
C Ubah

RECREATION

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

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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

2024

Sept	2	Planning & Licensing
	3	Recreation
	16	Planning & Licensing
	18	Environment & Heritage
	30	Planning & Licensing
Oct	2	Resources & General Services
	14	Planning & Licensing
	16	Council
	28	Planning & Licensing
Nov	5	Recreation
	11	Planning & Licensing
	20	Environment & Heritage

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

News round-up

■ **HORTICULTURAL SHOW:** A reminder that our 5th annual Horticultural Show will be held at Murray Hall on 7 September 2024, which will include the presentation of annual allotment awards by the Town Mayor, Cllr Katie Valentine. Loughton residents of all ages with an interest in flora, fauna and baking are invited to attend and/or enter this family fun event, from 2-4pm.



■ **REMEMBRANCE DAY PARADE:** This year's commemorations will be held on Sunday 10 November 2024. 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.

■ **TALKING NEWSPAPERS:** Loughton Town Council were very saddened to hear of the death of John Wickens, in November 2023, who organised this most valued community service, recording *Think Loughton* (and other publications) onto audio cassettes in order that our visually impaired residents were able to enjoy our quarterly newsletter. We received many compliments over the years for this much loved service. Our deepest condolences are sent to John's family and friends at this sad loss.

■ **FORMER COUNCILLOR EDDIE BOATMAN:** Loughton Town Council offered its sincere condolences to the family and friends of Cllr Eddie Boatman, following his death in early June. Cllr Boatman was a founding member of the Town Council and served as a Roding Ward Town Councillor for two terms between 1996-2004.

Loughton Community Day



FOLLOWING THE resounding success of our inaugural Loughton Day last year, we look forward to welcoming you all again from 11am to 4pm on Saturday 21 September, to this free community event open to all residents. Join us at Loughton Cricket Club and discover what

Loughton has to offer! (Entrances are in Traps Hill opposite Loughton Library, Swimming Pool and Car Park)

Community groups, clubs and organisations will once again be showcasing their services to Loughton residents. If 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 dance and musical performances along with a Puppet Theatre show, food and refreshments, and much more.

Lopping Hall Restoration

THE VILLAGERS of Loughton had upheld the tradition of lopping the trees in the forest believing this right had been granted to them by royal charter by Queen Elizabeth I. The lopped wood was used in lieu of coal for domestic fuel.

In 1878 the Epping Forest Act was passed stopping the practice of enclosure and bringing an end to the practice of lopping, although grazing rights continued. In compensation for the loss of lopping rights, Lopping Hall was erected as a community building funded by the City of London Corporation.

Opened in 1884 to a design by local architect Edmond Egan it is one of the most important public buildings in Loughton. The terracotta panel which sits above the original entrance to the Hall in Station Road, shows the loppers in action.

The foundation stone, laid in 1883 had deteriorated to such an extent that most of the letter cutting in the stonework was almost impossible to read.

We would like to thank both The Essex Heritage Trust and Loughton Town Council for their assistance with grants which helped us complete this project.



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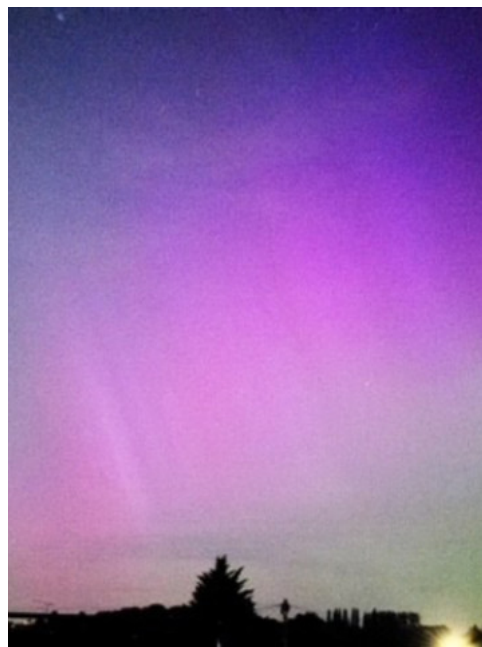
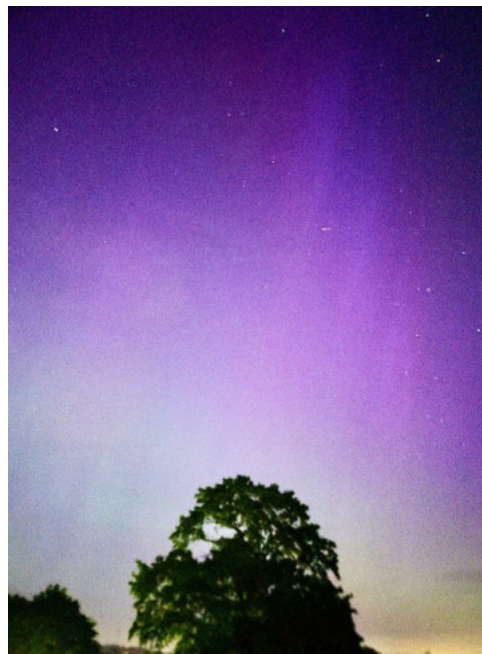
Northern Lights Visit Loughton

LOUGHTON'S KEEN stargazers, and insomniacs, were treated to the wonderful delight of catching a glimpse of the Northern Lights (aurora borealis) over Debden in the early hours of 11 May 2024.

Cllr Carol Davies and her husband, Asier, visited the top of Jessel Green, next to the swing park, in the company of one other female resident on the night of Friday 10 May.

Then after midnight a woman in her dressing gown arrived, accompanied by her two sons with their smart phones, on which they also got some amazing shots of the phenomenon.

All were in awe, sharing their photos and discussing what an extraordinary and unique sight they were witnessing.



LOUGHTON TOWN COUNCIL was honoured to host the lighting of the Beacon at the top of Hillyfields Open Space in commemoration of the 80th Anniversary of the D-Day Landings, and extremely proud to take part in this national tribute which saw over 1,500 beacons lit across the country and overseas.

Cllr Katie Valentine, Loughton Town Mayor, welcomed everyone to the ceremony which included a tribute, read by the 41st Epping Forest Cubs, and prayers were delivered by Reverend Chris Davies representing Churches Together in Loughton.

Deputy Lord Lieutenant of Essex, Mr Amrik Sandhu MBA, one of the King's official representatives for the country led the countdown and lighting of the flame.

A big thank you to all who took part and the large crowd of Loughton residents, who attended, supporting this historic, moving, commemorative event.

The beacon was previously lit in this location in 2012 as part of Queen Elizabeth II's Diamond Jubilee celebrations, in 2016 for her 90th Birthday celebrations, and in 2022 for her Platinum Jubilee celebrations.

Community Carers project

BUCKHURST HILL PARISH COUNCIL, Loughton and Epping Town Councils, and Epping Forest District Council (EFDC) secured funding in June 2024 from Essex County Council to create The Dementia Friendly Community Carers project.

The project to be managed by EFDC's Dementia Action Officer and the Chair of the Epping Forest Dementia Friendly Community group, aims to provide support and information to residents caring for loved ones with dementia across the district.

Running until April 2025, with weekly groups being held in various locations throughout the district, the groups will provide carers with valuable information, advice, and time away from their caregiving responsibilities in a safe, friendly and supportive environment.

There are 900,000 people currently living with dementia in the UK which is projected to rise to 1.6 million by 2040.

It is estimated there are 1,578 people living with dementia in the Epping Forest district (NHS Primary Care Stats Aug 2023) supported by a family member, friend or carer.

Where to find local support and information:
Essex Wellbeing Service
Action for family carers (affc.org.uk)
Epping Forest Dementia Friendly Community Facebook page
Epping Forest Dementia Information webpage
The Alzheimer's Society's Dementia Support Line – 0333 150 3456

Sessions will be held every Wednesday throughout September (4 – 25) from 10am to 12 midday in the Council Chamber, 1 Buckingham Court, IG10 2QZ. Contact Laura Cleverley to book your place., EFDC Dementia Action Officer, Email lcleverley@eppingforestdc.gov.uk Call 07548 145652



L-R: Beverley Rumsey, Epping Town Council, Town Clerk (TC), Liz Petyt-Start, Buckhurst Hill TC, Laura Cleverley, Dementia Action Officer, EFDC, and Mark Squire, Loughton TC.

Jessel Green Community Fun Day



ON SUNDAY 23 JUNE 2024, a good time was had by all, once again, at the not-for-profit community family fun day organised by Loughton Town Council. The sun shone and the crowds arrived filling Jessel Green with inflatables, fun fair rides, food, community, and charity stalls lining the perimeter of the Green for this annual event.

Families enjoyed the soft play area for under 5's, a fabulous dance performance from Straight Up Dance UK, and the ever-popular Mr Happy. Essex Kite Flying Association provided a wonderful display in the skies

above, and also held a kite making workshop.

With a great variety of community and charity stalls, Town Councillors manned a tombola stall raising donations for the Town Mayor's chosen charity, Haven House Children's Hospice.

Loughton Wombles were out in force litter-picking. We were extremely grateful to John at Universal Waste for providing extra wheely bins and collecting all the rubbish at the end of the day, and together with Loughton Wombles, Jessel Green was litter free! Thames Water set up a drinking water station keeping visitors hydrated and the urn topped up in the

Café on the Green Marquee.

Loughton Town Council would like to thank the Red Balloon Family Foundation, Epping Forest and Restore Community Churches for all their assistance, and John Walsh and his team at the Cottage Loaf pub, for their generous sponsorship and for providing the live music from 4pm into the evening rounding off a perfect day.

A final three cheers to all the generous sponsors Loughton Self Drive, Haslers, Oak Tree Group of Schools and Daniel Robinson Funeral Directors, who enabled us to employ operators to man all the inflatables.



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Frances F (Daughter-in-law of Client)

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■ **Until 29 September 2pm – 5.30pm**

Sunday afternoon tea enjoy homemade cake, tea/coffee in the churchyard of High Beach Church. The Church of the Holy Innocents, Church Lane, High Beach, IG10 4BF. Vicar: Revd. Jane Yeadon – 07960 604416. Parish Administrator: 07853 336880

■ **3 Sept 2pm Graham Hughes Sunshine 5**

Theydon & Abridge Jazz Club, Abridge Village Hall, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Non-members – £12, members – £10, membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **7 Sept 2 – 4 pm Loughton Horticultural**

Show 2024 & Best Allotment Awards The Murray Hall, Borders Lane, IG10 3SB. Doors open to exhibitors at 9am. Classes for all ages. Prize giving at 4pm, (followed by Best Allotment Awards presentation). Refreshments available. Free Admission.

■ **10 Sept 8pm The Maya Heritage** a lecture by Chloe Sayer, art and culture expert, curating exhibitions and writing. From its peak between AD300-900, how complex, deep rooted, Mayan Culture still holds sway in Mexico and Latin America. 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: artssocietywoodfordgreen@outlook.com

■ **14 Sept 12-4pm Harlow Food & Drink Festival** The Redchurch Brewery, 15-16 Mead Park Industrial Estate, Harlow, CM20 2SE. Free event (£2 donation requested) in aid of Accuro, supporting people with a disability. Keep up to date with latest festival news accuro.org.uk/events

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

■ **17 Sept 2pm Peter Rudeforth Band** Theydon & Abridge Jazz Club, Abridge Village Hall, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Non-members – £12, members – £10, membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **19 Sept 2 – 4pm Chigwell Floral Art Group** a social afternoon for flower lovers. St Winifred's Church Hall, 115 Manor Road, Chigwell, IG7 5PS. Visitors £7. Doors open: 1.30pm. Contact Christine Sawdon 07743 138629

■ **21 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.

■ **21 Sept 7pm Concert by the Opera Octaves.** The Church of the Holy Innocents, Church Lane, High Beach, IG10 4BF. Tickets £10 each to include light buffet and a glass of wine/soft drink. Contact Mrs Margaret Wackett on 07949 961184

■ **22 Sept 10am – 4pm Open Day** Loughton Freemasons Centre, 16 High Beech Road, IG10 4BL Free entry. Anyone is welcome to a building that is not usually open to the public. More info about the freemasons can be found at ugle.org.uk or owf.org.uk

■ **25 Sept 2.30pm The Villages of East London** a talk by Peter Lawrence, Woodford & District National Trust, All Saints Church Hall, Woodford Green, IG8 0NH. Members and non-members all welcome. Enquiries: speller643@btinternet.com / 07774 164407

■ **26 Sept 7.45pm Essex Handicrafts Association Woodlands Branch,** 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).

■ **1 Oct 2pm Rico's Hot 4** Theydon & Abridge Jazz Club, Abridge Village Hall, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Non-members – £12, members – £10, membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **6 Oct 9am & 10.30am Harvest Festival** followed by Messy Church and shared lunch at 11.30. Lots of Harvest craft for children to enjoy. The Church of the Holy Innocents, High Beach, IG10 4BF.

■ **8 Oct 8pm Degas to Lautrec: The Divas at the Café Concert, Circus & Moulin Rouge**

A tour of Parisian heroines and nightlife in The Belle Epoque as captured by Degas, Lautrec and other artists. Lecture from Daphne Lawson, former Arts History lecturer at Bader College, Herstmonceux, specialising in French impressionism. The Arts Society, Bancroft's Prep School, 611 High Road, Woodford Green, IG8 0RF. Donation Requested. Refreshments available from 7.15pm. Visitors welcome! Information from: artssocietywoodfordgreen@outlook.com

■ **15 Oct 2pm Gresty's Ragtimers** Theydon & Abridge Jazz Club, Abridge Village Hall, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Non-members – £12, members – £10, membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

EROS SHOES, KEYS & TRAVEL GOODS

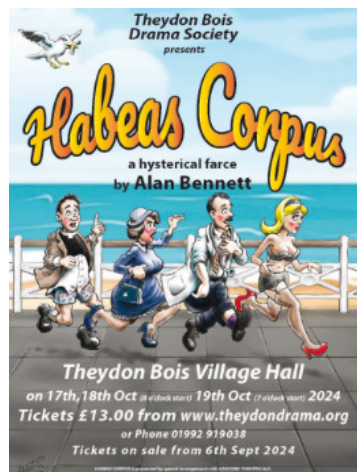
SHOE REPAIRS - SECURITY PRODUCTS - KEY CUTTING
CHUBB - YALE - UNION - ERA - etc. MORTICE & CYLINDER - STOCKISTS OF SHOLLEY



56 The Broadway, Debden, Loughton IG10 3ST Tel: 020 8281 1832

■ **17 Oct 2-4pm** Chigwell Floral Art Group a social afternoon for flower lovers. St Winifred's Church Hall, 115 Manor Road, Chigwell, IG7 5PS. Visitors £7. Doors open: 1.30pm. Contact Christine Sawdon 07743 138629

■ **17 – 18 Oct 8pm / Sat 19 Oct 7pm** **Habeas Corpus** by Alan Bennett. His hilarious take on the permissive society of the 1970s. Identities are confused, trousers are lost, and the big question is – will anyone end up with the right partner? Come and see! At Theydon Bois Village Hall, Coppice Row, Theydon Bois, Essex, CM16 7ER. Tickets - £13 Available online from <https://www.ticketsource.co.uk/theydonboisdramasociety> or by phone: - 01992 919038 from 6 Sept. Website address - <http://theydondrama.org>



■ **23 Oct 11am (arrive 10.30am)** **The Saving of Copped Hall** a talk by Alan Cox, Leader of the Trust at Copped Hall, Woodford and District National Trust, Copped Hall Epping, Stable Courtyard, CM16 5HS. Members and non-members all welcome. Tickets via Ticket Source, £12 each (or with tour at end of talk £17 each). FREE PARKING. Enquiries: speller643@btinternet.com / 07774 164407

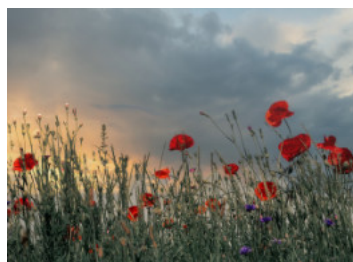
■ **24 Oct 7.45pm** **Essex Handicrafts Association Woodlands Branch**, Subject to be confirmed. Meets on the 4th Thursday of each month in the church hall at Loughton Methodist church contact Karen Myles 020 8508 4581 Branch Secretary (see p13).

■ **29 Oct 2pm** **Vacant TBA** Theydon & Abridge Jazz Club, Abridge Village Hall, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Non-members – £12, members - £10, membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **31 Oct 4.30 – 7pm** **Festival of Light** with free BBQ and lots of craft for children and those who are young at heart. The Church of the Holy Innocents, High Beach, IG10 4BF.

■ **31 Oct – 2 Nov 8pm** **The Suspicions of Mr Whicher** by Alexandra Wood, adapted from Kate Summerscale's bestselling book. Summer 1860, a country house and a young boy is found dead. Celebrated detective Mr Whicher is sent to solve the murder. Over twenty years later, still haunted by the case and its outcome, Whicher visits the imprisoned murderess, troubled by fears that the real truth was not uncovered. This compelling adaptation imagines a gripping new conclusion to a dark Victorian mystery. Loughton Amateur Dramatic Society (LADS), at Lopping Hall, High Road, Loughton IG10 4LF. Tickets £12. Call the box office 07552 736 110 (answer machine) or visit www.lads.org.uk

■ **10 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.



■ **12 Nov 2pm** **Exall's Shooting Stars** Theydon & Abridge Jazz Club, Abridge Village Hall, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Non-members – £12, members - £10, membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **12 Nov 7.30pm** **The Arts Society AGM, followed by A Piece of the Auction: behind the scenes at an International Auction House**, Four British Auction houses dominate the International Art Scene....but what really goes on? Lecture from Simon Cottle, Former MD of Bonham's and Director and Auctioneer at Sotheby's specialising in glass. 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

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.

TALK TO US

If things are getting to you

Talk to us any time you like, in your own way – about whatever's getting to you.



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jo@samaritans.org



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Our recent beneficiaries



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Abbeyfield

Abbeyfield Loughton Society Limited
Rider House,
121 High Road, Loughton



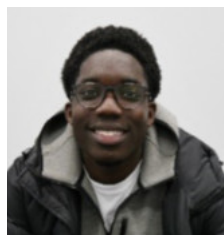
Rider House is a residential home for persons aged sixty and over seeking support with independence.

For more details please contact our House Manager on 020 8508 8887 or visit our website:

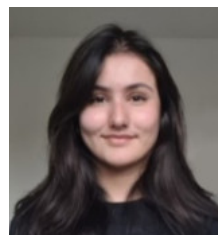
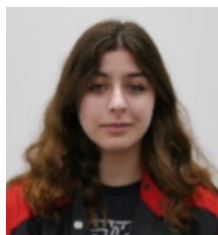
www.riderhouseloughton.co.uk

Introducing Loughton Youth Councillors

Epping Forest Youth Council has twenty-four members representing eleven secondary schools and the New City College in Loughton. Of the twenty-four members, nine live in the Loughton area, they are looking forward to getting more involved in their community. Recently they attended the lighting of the Beacon to commemorate the 80th anniversary of D Day.



Kwasi and Jacques both attend Davenant Foundation school.



Abigail, Penelope, and Eylul attend Roding Valley High school.



William attends Chigwell school.



Krish, Amber and Evie attend Debden Park High school.

Eylul, William and Krish, were re-elected and are serving their third year. They are busy mentoring others and sharing their experiences.

Krish represented his school at the Jack Petchey Finals for the 'Speak Out Challenge' and came second. Well done, Krish.

Evie has joined the Brentwood and Epping Forest Independent Advisory Group; they are a group of influential individuals from a diverse range of communities across the district. They meet four times a year to provide insight and constructive feedback to Essex Police on a

variety of policing issues.

Jacques is a member of the Young Essex Assembly (YEA), another youth forum, for the county of Essex. There are 75 elected members, representing all districts across Essex. The YEA review priorities and consult with young people as well as campaigning to make a positive difference for young people in Essex.

Abigail, Will, Eylul and Krish are all Jack Petchey Achievement award winners. Abigail recently attended the award ceremony to receive her medallion. We are sad to say that Sir Jack

Petchey CBE recently passed away, aged 98 years. The Jack Petchey Foundation was set up to inspire and motivate young people across London and Essex by providing exciting projects and programmes for them to get involved in. They also recognise the outstanding achievements of today's young people by awarding them for their hard work and positive impact in their community.

For further information please follow the Epping Forest Youth Council on social media, for updates about their work.

www.eppingforestdc.gov.uk/efyc

Stagecoach Performing Arts

STUDENTS FROM Stagecoach Performing Arts in Loughton graced the stage of the Orchard West, Dartford in June showcasing their skills and creativity performing songs from the School of Rock Musical, leaving the audience in awe.

Such events provide an opportunity to shine on stage and further develop skills. Stagecoach

is more than just a performing arts school, it is a transformative experience where students learn life-skills, from teamwork to presenting, and building self-confidence.

Moreover, friendships forged at Stagecoach are lasting and meaningful, creating a supportive community extending beyond the classroom and

enriching students' lives for years to come.

Theo Champion, Principal of Stagecoach Performing Arts in Loughton, said: "We are thrilled to have been able to share our work with the audience, our family and friends. Students made a tremendous effort putting on a great performance and, in the process, learning skills for life too. They really deserved their moment in the spotlight."

In the 36 years since launching, Stagecoach Performing Arts has seen more than one million students unlock their creative potential, to value for their whole lives. Provided with the support and dedication of such an outstanding principal network, students learn so much more than singing, dancing, and acting. Stagecoach helps them blossom into well-rounded individuals, ready to embrace life and all its exciting opportunities.

With a network of over 60,000 students and more than 3,000 extra-curricular Performing Arts Schools worldwide, Stagecoach aims to make a difference by teaching Creative Courage for Life. Many children have gone on to study and work in Performing Arts from blockbuster films to countless roles in local theatre productions.



Mayor inspires rail engineering students

FORMER LOUGHTON Town Mayor, Councillor Mick Stubbings, in one of his final Mayoral engagements, enjoyed a special visit to New City College (NCC) Epping Forest campus, Borders Lane, touring the Rail Engineering classroom and tracks at the college, viewing the facilities, meeting students and talking about his long career in the industry.

The visit was hosted by the college's Deputy Principal Sue Clark and Deputy Group Curriculum Director of Employability and Partnerships, Shuja Ullah. Shuja said: "The Mayor was very interested in what the students were learning, both the theory and practical parts of the course, gaining a good understanding of the pathway open to them to find work in the rail industry upon completion of the course. Students welcomed his input, taking his time to speak to them, sharing his extensive experience of working in the public transport sector, finding it supportive in meeting their goals and aspirations."

Councillor Stubbings found the students engaged in their learning and keen to ask questions, saying: "It was interesting observing the students carrying out practical work on the tracks and hearing how keen they were for the chance of a career with London Underground."

I was able to give them an insight into my experiences of working on London transport, how I started and progressed. Advising on the



opportunities that lay ahead and what they would need to do to be successful."

The Mayor started his career as a Bus Fitter, travelling around transport garages resolving problems mechanics could not fix. He then progressed to manage the garages, ensuring all buses were fit for service.

He recalled: "Then I decided I would like to work on the trains, rather than the buses. I applied and was successful, but started at the bottom again, becoming a Train Maintainer (TM) until gaining

college qualifications to become an Advanced Train Maintainer (ATM), giving me the platform to progress even further, which I did." He moved on to work as the Service Delivery Manager and finally the Health & Safety/Environmental Officer for TfL before retiring.

Looking for a new career or to get back into work? If you are 19 years or over and interested in the Certificate in Railway Engineering course, apply now for this free course!

<https://www.ncclondon.ac.uk/adult-courses/certificate-in-railway-engineering/>

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2024/2025

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www.tritoncycles.co.uk

020 8508 0682



Regular activities

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

ALLOTMENTS

Loughton Potato Ground, Baldwins Hill.
www.loughtonpotatoground.com
Roding Road Allotment & Leisure Gardens Association, Roding Road.
www.rodingleisuregardens.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

Art Classes, Thurs & Fri 10am-12 noon,
Lopping Hall, IG10 4LF
Adult art sessions, beginners &
intermediate level students. Incl. painting in
acrylics, watercolours, drawing in charcoal,
pastels & working in mixed media collage.
£18.50 per session. For more info visit:
www.rachelmoss-hogg.com
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
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 £8
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.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
Thursday Art Group, Loughton Baptist
Church, 92 High Rd. Thurs, 1.30pm £3
(incl tea & biscuits) 020 8502 1379 /
theormes5@hotmail.co.uk
**Woodford & District Floral Arrangement
Group**, Churchill Room, Wanstead Library,
Spratt Hall Rd, E11. 3rd Mons, 6.45 for
7.30pm. Visitors £9.
<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
Samaritans. Free, confidential emotional
support for the distressed & despairing
available 24/7. 020 8553 9900 / 116 123 /
jo@samaritans.org / txt 07725 909090
**Spark Counselling and Mentoring for
young people**. Loughton Youth Centre,
Borders Lane, Loughton 020 8508 6743
Spark@worthunlimited.co.uk
Free service - donations accepted

EDUCATION

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 Countrycare, EFDC's
Countryside team. Volunteering projects in
district's nature reserves. Thurs 10am-4pm
01992 788203 www.eppingforestdc.gov.uk/index.php/out-and-about/countrycare
Epping Forest & District Stamp Club,
Roding Valley High School, Alderton Hill,
2nd Tues (most months) 8pm.
01992 654001

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.
Christine Ives 020 8508 3173
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
Hanbury Hub Communi-tea Every Weds
1.30-3.30pm a new hub run by volunteers
for the local community with talks and
workshops running. Don Miller Charitable
Trust Gardens of Hanbury Pynest Green
Lane Waltham Abbey EN9 3QL 020 8508
5111

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@lefars.org.uk
W: www.lefars.org.uk

RSPB North East London Local Group
Talks held on the 2nd Tuesday of every
month at 8pm (except July and August).
St Mary's Church, 207 High Road, South
Woodford E18 2PA. www.rspb.org.uk/groups/northeastlondon

HEALTH

**ADAS (W Essex Alcohol & Drugs Service
- by appt)** Rectory Lane Health Centre
01279 641347 / admin@adasuk.org.uk
www.adasuk.org
Breathe Easy (British Lung Foundation),
Tony Carr 01992 573387
Cycling For Health 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.
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
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
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

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 Snowden GSL 020 8508 4336 /
info@30thloughton.co.uk

41st Epping Forest Scout Group,
Lopping Hall, 189 High Rd. Mons 5.45-
9pm Thurs & Fri, 6-9pm Beavers, Cubs,
Scouts & Explorers girls/boys (6-18)
020 8923 2378 / agsl41@gmail.com
Baby Sensory Stay and Play Loughton
Library, Traps Hill, IG10 1HD. Every Tues
- 2pm to 3pm. Every Thurs - 10am to
11am. Baby sensory storytime session.
Baby & Toddler Group St Edmund's
Parish Hall, Traps Hill. Thurs 9.30-
11.30am (term time)
stedmundsplaygroup@gmail.com
Baby and Toddler Rhymetime Loughton
Library, Traps Hill, IG10 1HD. Every Tues
- 10am to 10.30am. Join in with stories
and rhymes

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
T: 07305 227814 W: 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/LittleAngelsBaby&ToddlerGroup>,
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). £1
donation.

10-11.30am Weds Noah's Ark Messy
Church 9.30am-1pm Thurs Community
drop-in service. 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
Epping Forest Singers A friendly, mixed,
non-auditioned choir singing a varied
repertoire. Rehearsals: Thurs 7.30-
9.30pm (term time only). At St John
Fisher Catholic Primary School, Burney
Drive, Loughton IG10 2DY. Further
details: www.eppingforestsingers.com
Loughton Folk Club, 8 Station Rd. Live
acoustic music. Thurs, 8pm.
loughtonfolkclub@googlegmail.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
milesarwood@aol.com
www.rodingleaders.co.uk

13 ▶ **South West Essex Choir**, Loughton Methodist Church, 260 High Rd. Tues, 7.45-10pm. 01992 812606 www.southwestessexchoir.org.uk/
Stand & Deliver Acoustic Open Mic Club, Royal British Legion, 118 Church Hill. 2nd Tues 8pm. Roy Tyzack roy.tyzack@btinternet.com
Theydon & Abridge Jazz Club (TAJC) Abridge Village Hall, 39 Ongar Rd, RM4 1UD. 07903 879209 / 01945 588325. www.theydonjazzclub.weebly.com Every other Tues 2-4.30pm £10 members, (£12 non-members).
Woodford Symphony Orchestra welcomes new string players. Rehearsals Thurs, 7.45-9.45pm, Roding Valley High School, 020 8924 9370 www.wsorchestra.org.uk

SOCIAL

The Buffaloes, Loughton Club, 8 Station Rd. A charitable brotherhood - members (18+). Tues & Thurs, 8.30pm. mljdworsfold@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 Probosc 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.loughtonrbclub.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. Contact: www.avenuetenniscub.com for full club details (juniors and adults)
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
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.efhfg.org.uk
Epping Forest Sportability Club (EFSC) Multi-sports club for young people with mild-moderate physical & learning difficulties. Oak View School, Whitehills Rd. Sats 10am-1pm (term time) efsc@hotmail.co.uk www.efsportability.com
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 (yth teams), Sats (snrs) & weekday evenings (training). Keith Campen 07986 186428 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.loughtonwadokai.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.oldloughtonians.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
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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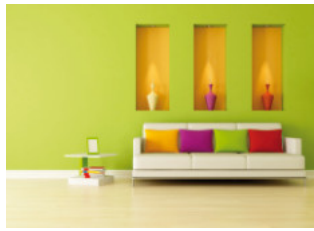
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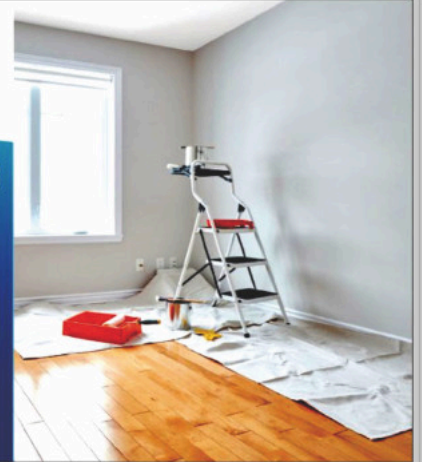
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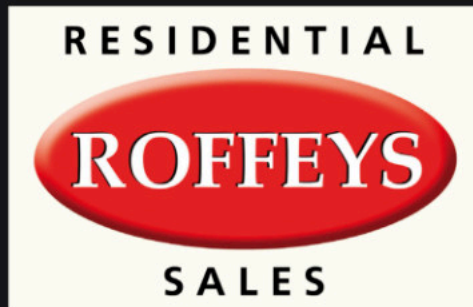
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