



Think Loughton

News from Loughton Town Council

Winter 2024/2025 No 107

Heritage Galore



© Gary Davis from Gazzafilms.com

OUR 50TH heritage plaque was installed at 19 York Hill, the fourth plaque to be adorned on this particular residence! Current homeowners, Michael and Joanne Burns, are delighted to be living at Loughton's most commemorated address and are investigating whether this sets a World Record.

A dedication ceremony, with a fabulous tea courtesy of Michael and Joanne, was held in August. Cllr Chris Pond, Environment & Heritage Committee Chairman, gave a brief talk on this plaque and the others installed at this site (those for Arthur Bacot and Christopher Cutchey, being installed during Covid restrictions preventing a dedication ceremony).

Our latest plaque commemorates Diana Kennedy, Mexicanist – an authority on everything Mexican, in particular Mexican cuisine. She wrote nine books covering her fifty years travelling to virtually every

region of Mexico, interviewing and learning from different types of cooks. Owing to her style of work, she was referred to as a "culinary anthropologist", self-identifying as an "ethno-gastronomer."

Diana Southwood was born on 3 March 1923 at 19 York Hill. Following the outbreak of World War II, in 1941 aged 19, being unable to attend university she joined the Women's Timber Corps, a division of the Land Army. In 1953 she emigrated to Canada. On a last minute trip to Haiti, in 1957, she met Paul Kennedy, a correspondent for The New York Times in Mexico, Central America and the Caribbean. They moved to Mexico, marrying sometime later. Thus began Diana's love of Mexico and its food.

Following her mother's love for nature and her experience with scarcity in wartime England, she developed an interest in the environment, related to food in the sense that when the environment is

destroyed, foods disappear. After settling in Zitácuaro, Michoacán, she built what might be termed an eco-house, establishing a centre of research, teaching sustainable living, keeping animals and growing much of her own food organically. Wastewater was collected from tanks, with a patch of land serving as a filter for it, and much of the energy was solar.

Working on projects focusing on the environment and food she established the Diana Kennedy Foundation gaining tax-free status from the Mexican government. Among numerous awards received for her work, was the Order of the Aztec Eagle from the Mexican government, the highest honour awarded to foreigners in the country. She was also appointed a Member of the Order of the British Empire.

She died, aged 99, in Zitácuaro, Mexico on 24 July 2022.

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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
Epping Forest Foodbank	0300 102 9808
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 Voluntary Care Assoc.	020 8508 6114
Restore Community Centre	020 8508 7247
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



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Clerk's Remarks



'LOUGHTON DAY', Saturday 21 September, at the Loughton Cricket Ground was an undoubted success. Despite ominous weather warnings from 'BBC Weather Loughton', leading up to the event, the sun shone all day, before some violent thunderstorms the following night! This was only the second time that Loughton Town Council (LTC) had staged the event, and we received a very strong response this time around from the Loughton community with stall applications up 60% on last year.

The Town Mayor, Katie Valentine officially welcomed the large crowds at the cricket field which was filled with over 70 community stalls and attractions. In the performance area, the wide variety of acts were enthusiastically received - the David Wilde Puppet show, local band 'The Verdict', 'Budding Vocals', Loughton Taekwondo and solo artist Annabelle Taylor.

So many to thank but special mention to 'Churches Together' for providing free tea, coffee and cake on the day, Loughton Wombles for keeping the ground litter free, the ever reliable EFDC Youth Councillors for all their assistance, our sponsor, Daniel Robinson Funeral Directors and to Loughton Cricket Club for hosting this LTC event. We had such positive feedback from community groups, many experiencing an increase in membership enquiries post event. Loughton Day certainly delivered in bringing Loughton together, Katie Valentine stated "It was wonderful to see so many groups, clubs and organisations come together and shows what an active and diverse community we

have in Loughton. I'm really excited to see how this event can grow and develop year on year."

LTC is pleased to report that plans to redevelop the Newmans Lane children's playground, adjacent to Rectory Lane, are progressing well. Our thanks go to Oakview School (the nearest to the playground) in assisting with the consultation and Loughton Library for hosting the wider public consultation. At the time of writing the playground tenders are in and we hope to bring you further news in the next edition of Think Loughton.

The annual 'Light Up a Life' service held with St Clare Hospice will take place on Saturday 30 November 2024, meeting in the foyer of Loughton Methodist Church at 4.30pm. There will then be a candlelit procession to Kings Green where a short service will take place to remember and celebrate the lives of family, friends and loved ones. We look forward to seeing you there and you are most welcome to join us for mince pies and hot drinks back at the Methodist Church after the service.

Once again nominations are

invited for the 2025 'Loughton Citizenship' Awards. Please don't be reticent in nominating that 'unsung hero' working tirelessly for the benefit of others. We really do wish to recognize person/persons who make such a positive difference to residents' lives in this great town. This year we are also focusing specifically on welcoming applications for Loughton's younger generation as nominations for this category have been scant in recent years. Loughton with a population of some thirty-three thousand must have young people who are fully deserving of this community award. Application forms are available from the office. Please see the Town Council website and Facebook pages for further information.

You will note on page 4 some changes in staffing, and we wish our colleagues well on their respective paths.

Lastly, from all at Loughton Town Council, we wish you a Happy Christmas and best wishes for 2025.

Mark Squire
Town Clerk

2025 Citizenship Award

DO YOU know someone worthy of recognition? Nominations are invited from any Loughton resident, employer, educational institution, group, or society for the 2025 Loughton Citizenship Awards.

Celebrate those special individuals in our town who go the extra mile for their fellow citizens, through long service for a voluntary organisation or local charity, good neighbourliness, running a campaign to improve community facilities or cohesion, or by an act of courage or bravery.

There are three categories: Acts of courage or bravery that have resulted in the prevention of a serious crime or the rescue of individuals from danger. Voluntary Service for people aged 25 or over; and for people under 25 years of age. Each category winner will be presented with a silver bowl, an illuminated scroll, and £250 donated to their favourite local



charity. The Town Mayor will present the awards at the Annual Town Meeting to be held on Wednesday, 19 March 2025 at 8pm at the Murray Hall, Borders Lane.

The closing date for nominations is 31 January 2025. For more information contact the Town Council or download a nomination form from the website at http://www.loughton-tc.gov.uk/Documents_and_Forms_and_Policies_2583.aspx

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Town Mayor: Cllr Katie Valentine **Deputy Town Mayor:** Cllr Les House **Town Clerk:** Mark Squire

Councillors

ALDERTON WARD

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Cllr Katie Valentine 07477 012213
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FOREST WARD

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Cllr Rose Brookes 07391 879412
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Cllr David Wixley 020 8418 9284
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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

Nov	20	Environment & Heritage
	25	Planning & Licensing
Dec	4	Resources & General Services
	9	Planning & Licensing
	11	Council
	23	Planning & Licensing
2025		
Jan	6	Planning & Licensing
	15	Resources & General Services (Budgets - 7pm) Recreation (7.45pm)
	20	Planning & Licensing
	28	Council (Budgets - 7pm)
		Environment & Heritage (7.45pm)
Feb	3	Planning & Licensing
	12	Resources & General Services
	17	Planning & Licensing
	26	Council
Mar	3	Planning & Licensing

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

News round-up

■ **WINTER SALT AND GRIT:** Loughton Town Council is still awaiting a response from Essex County Council (ECC), Highways Division regarding the salt bins that they removed over a year ago now, without notification. Loughton as we know is not a typical Essex town in terms of geography and has seven steep hills, which are treacherous when we have the inevitable cold snaps and big freezes during the winter months. Whilst we continue to vigorously lobby ECC, we must reiterate that Loughton Town Council is not responsible for pavements/highways. We simply do not have the equipment or staff resources to facilitate gritting for a town the size of Loughton.

We do what we can and as we are delivered a limited amount of salt and grit from ECC each year, we would encourage more volunteers to come forward to help clear snow and spread salt/grit on the pavement and road outside their homes to keep access routes open, particularly in the hillier parts of Loughton. If you would like to help, please contact Debbie Taylor at the Town Council at contact@loughton-tc.gov.uk or 020 8508 4200. Our existing group of volunteers will be contacted directly to arrange collection of their salt/grit supplies for the coming winter.



■ **TEAM CHANGES:** Loughton Town Council bid farewell to the Deputy Town Clerk and RFO, Kim Lumb, who retired in October. We send our very best wishes to Kim for a long and happy retirement, enabling her to spend more time with her ever-growing clan of grandchildren. Pippa Bryce, our Community Manager will be taking on the Deputy Town Clerk role from 1 November 2024. We also welcome to the team Kate Pendlebury, who has joined us from Epping Forest Schools Partnership Trust where she worked at Ivy Chimneys and Epping Upland CofE Primary Schools.



■ **KATE PENDLEBURY** has joined as the responsible Finance Officer (pending). Kate is a qualified management accountant, who has previously worked for a US Investment Bank and more recently as Finance Officer at two

local primary schools. She has also served as a School Governor and volunteered for various organisations.

■ 2024 OFFICE CHRISTMAS DATES:

Tuesday 24 December	Closed 12 noon
Wednesday 25 December	Closed
Thursday 26 December	Closed
Friday 27 December	10am – 3pm
Monday 30 December	10am – 3pm
Tuesday 31 December	10am – 12.30pm
Wednesday 1 January	Closed

■ **LIGHT UP A LIFE:** 30 November at 4.30pm, join us, in partnership with St Clare Hospice, gathering in the foyer of Loughton Methodist Church (LMC) and carols with Epping Forest Singers, followed by a candlelit walk to Kings Green for a short service to remember loved ones, then back to the LMC for hot drinks and mince pies. We thank Epping Forest Singers and LMC for hosting this annual event.

Grand Designs



5 Staples Road



7 High Beech Road

LOUGHTON TOWN COUNCIL in its desire to protect and enhance our town, offers an annual building design award providing public recognition to those individual examples of good design and construction and/or sympathetic restoration.

Nominations are invited from residents, architects, developers, building contractors and owners for their favourite building projects completed last year. Is there a new development, commercial or residential, or a refurbished

property that you feel deserves to be celebrated? Nominations close on Friday 31 January 2025.

Last year's judges awarded two Certificates of Merit:

The owners of 5 Staples Road, IG10 1HP, had redesigned the front garden of their property. The judges commended the improvements made in the garden transformation, commenting *"It adds to the street scene, hopefully this will start a trend."*

The owners of 7 High Beech Road, IG10 4BN had undertaken renovations and improvements to their property, which the judges considered *"enhanced the street scene in this part of the townscape."*

Visit http://www.loughton-tc.gov.uk/Documents_and_Forms_and_Policies_2583.aspx to download a form or contact the Town Council for more information: Debra Paris 020 8508 4200 / contact@loughton-tc.gov.uk



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- Meet new people?
- Make a difference to local people with a disability?

Based at Loughton Youth Centre, Borders Lane, one of these volunteer roles could be perfect for you:

Loughton Youth Group: supporting 11-19 year olds with a disability. Tuesdays 6-8pm term time.

Loughton Adult Friendship Scheme: supporting 19-25 year olds with a disability. Alternate Thursdays 6.30-9pm.

Trustees We are looking to enhance the board, recruiting further Trustees with one or more of the following skills/backgrounds:

- Parent or Carer
- Marketing and Communications
- IT
- Finance

No requirement to have been a Trustee before; this role and the rest of the Trustee team will help you develop additional skills.

Successful candidates will be based in West Essex or East Herts although meetings, held once every two months, can be attended online. This role is voluntary, but we do have the capacity to meet travel expenses.

To find out more, Trustees: please visit www.accuro.org.uk/jobs Volunteers: email: enquiries@accuro.org.uk or T: 01279 870297. Apply online at accuro.org.uk/support-us/volunteering

Or contact Sue, Fundraising Manager sue@accuro.org.uk / Tel: 01279 972372. Charity no.1094736

Best Allotment Presentations

JUDGING FOR the 14th Town Mayor's Best Allotment in Loughton, included plots from the Loughton Potato Ground, Roding Road and Willingale Road allotments. Shortlisting volunteers inspected 200 plots, from those the final judging was made on 13 July 2024 by Ray How and Robin Warner representatives of the National Allotment Society.

The prize presentation took place at the end of the Horticultural Show. Cllr Katie Valentine, Loughton Town Mayor, presented the overall winners, The Gichev family from Willingale Road allotment site, with the engraved Best Allotment Cup, (a replica cup to keep), a certificate and a £25 gift voucher. The judges commended the

neat and tidy plot with its great polytunnel that was well stocked with vegetables, and they really liked the grapevine.

The Town Mayor's Overall Best Newcomer was jointly awarded to Zdravka Gueorgiovska from Willingale Road Allotments and Tony Maryan from Loughton Potato Ground who received the best newcomer's shield and a certificate.

Across the three allotment sites 10 Highly Commended certificates were also awarded.

Email: contact@loughton-tc.gov.uk for more information about vacancies on local allotment sites.

Below photo: Best Allotment Winners, The Gichev family with TM Cllr Katie Valentine



Community Engagement Officer at Oakwood Hill

CLAIRE EVANS has been appointed Epping Forest District Council's Community Engagement Officer, for Oakwood Hill Estate. As part of this new initiative, the Development and Wellbeing team will be offering free weekly sessions, Wednesdays 12.30-2.30pm, open to the whole community. Get to know others in your local area. Learn a new skill, play games, or just relax and enjoy a cup of tea and a chat at the Oakwood Hill Community Hub, Longcroft Rise, Loughton, Essex. IG10 3NB. No need to book, just turn up.

For further information please contact Karen

Murray: 01992 564222 or kmurray@eppingforestdc.gov.uk

From 7 January 2025, (Tuesdays 1.15-2.45pm) a Ladies Dance Class – free for local residents will be held at the Oakwood Hill Community Hall. Offering an uplifting, high energy dance class in a safe, non-judgemental environment. Learn a variety of dances: Bollywood, Salsa, lyrical, Greek and many more, to music from the 80s & 90s. After, enjoy healthy snacks: energy balls, flapjacks and fruit snacks. ALL AGES AND ABILITIES WELCOME. Contact: Teri@makingitmindful.co.uk www.makingitmindful.co.uk



Best in Show

LOUGHTON HORTICULTURAL SHOW

proved a delightful and welcome community event. Exhibits included painted flowerpots, pebble art, autumnal themed floral arrangements, beautiful blooms, an array of assorted flavoured chutneys and jams, home baked Victoria sponge cakes and tables laid full of prize worthy fruit and vegetables!

GROW Community Garden were awarded Winners of the 'Best in Show' for their entry in the Vegetable Class of 2 x Sweet Corn with husks!

The public were treated to a plant sale with a wonderful assortment of hardy perennials,

and winter bedding from Matthews Plants. Teas and coffees were served with homemade delicious cakes, along with a selection kindly donated by Cook Loughton, all contributions raised being donated to Loughton Voluntary Care.

Loughton Town Council is extremely grateful to the Judges and Volunteers who gave their time and expertise in making the show such a success.

Above photo: GROW Community Garden – Winners, Best in Show: 2 x Sweet Corn with husks

Financial Assistance Grant Funding

APPLICATIONS ARE now invited from Loughton's local groups, organisations and charities for Loughton Town Council's 2025/26 scheme.

Completed forms must be received by 31 December 2024, with grants to successful applicants being made during the period (1 April 2025 – 31 March 2026).

During this current financial year, we helped 26 applicants totalling over £35,450 to improve or maintain their services to the local community.

If you are part of a local organisation delivering excellent work for the people of Loughton and require extra financial support during our 2025/26 financial year, please download an application form from our website: www.loughton-tc.gov.uk (under The Council, documents & forms & policies).

Alternatively, please contact the Council Office for more information, via e-mail: contact@loughton-tc.gov.uk or phone: 020 8508 4200.



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"Our carers are *wonderful*, they put a positive spin on the day and give us a bit of a boost."

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"Home Instead are just *amazing!* The professionalism of the company is outstanding but it's more than that. Just the way they truly cared and took interest in talking to her and getting to know her. She's sadly passed away but she enjoyed the visits so much knowing she could have a chat and even a sing song. The girls made a *difference* and enabled her to be at home which is where she wanted to be."

Frances F (Daughter-in-law of Client)

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WALTON BEACH HOLIDAY LETS

WALTON-ON-THE-NAZE, ESSEX

The hidden gem on the Essex coast

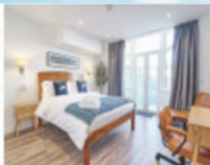


Immerse yourself in the charm of Walton-on-the-Naze with our collection of stylish new holiday lets.

Three stylish properties:

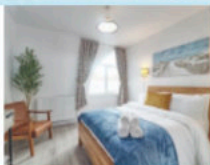
Coastal Nest - Sleeps up to 4 guests

Centrally located, premium ground floor one-bedroom flat with an air-conditioned bedroom, with a king-sized bed, small garden, allocated parking, conveniently located on the high street with all facilities and the beach within a 3 minute walk.



High View House - Sleeps up to 6 guests

Centrally located, split-level, first and second floor serviced accommodation flat with 3 bedrooms, separate dedicated study space, located on the high street with all facilities and the beach within a 3 minute walk. Lots of room for fun, for the whole family.



Walton Beach Holiday Let - Sleeps up to 7 guests

A 2-minute walk from Walton's sandy beach, Walton Pier, the town and the railway station. A large 3 bed self-contained flat, 2 double bedrooms plus family room, lounge, 2 shower rooms, WC, and a large, equipped kitchen/breakfast room. Private parking for 2 cars.



Group bookings welcome for up to 17 guests in 3 properties, located within 2 minutes walk.

Tel: 01255 675556
Email: mail@waltonholidaylet.co.uk
Website: waltonholidaylet.co.uk

 [waltonholidaylet](https://www.facebook.com/waltonholidaylet)  [waltonholidaylet](https://www.instagram.com/waltonholidaylet)



Dates for the diary

■ **19 Nov 11am-12 noon (& every Tues)** **Strength & Balance Programme**
 Help prevent falls. Free taster session, discounted block classes offered. Free home exercise plans, advice and consultations provided. Lopping Hall, 189 High Rd, IG10 4LF. JW Physio Clinic
 Contact: 020 3146 6837 jwphysioclinic.com
reception@jwphysioclinic.com

■ **20 Nov 2.30pm AGM followed by Valentine's Mansion and its Owners** a talk by Georgina Green for the Woodford & District National Trust, All Saints Church Hall, Woodford Green. Enquiries: speller643@btinternet.com / 07774 164407. NT Members and all visitors welcome.

■ **22 Nov 11am - 12:30pm (& every Friday)** **Horizon Coffee morning** for those in retirement - free tea, coffee, cake. Simple activities and a short faith talk. All in retirement welcome. St Mary's Church, 201 High Road, Loughton, IG10 1BB

■ **25 Nov 12 noon (& every Monday)** **Free English Conversation Class** in church at St Mary's Church, 201 High Road, Loughton, Essex IG10 1BB (term time) Contact livinglanguageproject.co.uk

■ **25 Nov 3:15-5:30pm (& every Monday)** **Connect** free tea, coffee, cake and chat! Crochet group, Lego, table tennis, activities. All welcome. Come alone or with friends. St Mary's Church, 201 High Road, Loughton, IG10 1BB

■ **26 Nov 2pm TJ's Jazz & Blues** 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

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

■ **30 Nov 11am - 1pm Wreath Making** Decorate your door for Advent. £30 per person - all materials included plus light refreshments. Limited places - must book - tickets from Mrs Potter on 07814 540307. The Church of the Holy Innocents, High Beach. Vicar: Revd Jane Yeaton - 07960 604416
www.HighBeachChurch.org.uk

■ **30 Nov 4.30pm Light up a Life** in partnership with St Clare Hospice, gathering in foyer of Loughton Methodist Church, followed by a candle lit walk to Kings Green for remembrance of loved ones (see P4).

■ **3 Dec 2pm McQuaid'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

■ **7 Dec 10am-12 noon & 2-4pm + 10 Dec at 7-9pm (3 separate Sessions)** **Christmas Wreath Making** Council Chamber, 1 Buckingham Court, Rectory Lane, IG10 2QZ. Please contact Kate at landkforalldesign@gmail.com for further details.



■ **11 Dec 2.30pm Haven House** a talk by Sarah Harris for the Woodford and District National Trust, All Saints Church Hall, Woodford Green. Enquiries: speller643@btinternet.com / 07774 164407. NT Members and all visitors welcome.

■ **14 Dec 7pm The Roding Players Orchestra Christmas Concert & Oakdale Primary School Choir** St Mary's Church, 201 High Road, IG10 1BB. Tickets (available on the door): £10, £9 concessions, under 11s free, inc. refreshments. THIS IS A TICKETED CONCERT - Contact details for tickets: Susan Austin - 07845 929132. All other queries contact - Shirley Fuller shirley.fuller55@gmail.com 07713 113384
www.rodingplayers.co.uk

■ **15 Dec 3.30 pm Christmas in the Forest** with traditional carols, Wassails, and storytelling. Join the Fellows Family & friends for an afternoon of festive entertainment. Tickets £12, incl. hot chocolate, mince pie or Christmas cake (accompanied children under 14 free) available from Ticketsource: www.ticketsource.co.uk/stephen-fellows The Church of the Holy Innocents, High Beach.

■ **17 Dec 2pm Exalls 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

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■ **18 Dec 7pm Carols by candlelight**
Mexican Theme, but audience to choose favourite carols to sing. Seasonal refreshments will be served. Free Event but retiring collection to be donated to The Children's Society. The Church of the Holy Innocents, High Beach. Vicar: Revd Jane Yeadon – 07960 604416
www.HighBeachChurch.org.uk

■ **24 Dec 2pm Christmas Concert by The Woodford Singers.** Seasonal music with some audience participation. Tickets (inc. seasonal refreshments and mulled wine) £10, must be pre-booked: Mrs Margaret Wackett on 07949 961184. The Church of the Holy Innocents, High Beach.

■ **24 Dec 3pm & 4.30pm Christingle Services** with a collection for The Children's Society. The Church of the Holy Innocents, High Beach. Vicar: Revd Jane Yeadon – 07960 604416
www.HighBeachChurch.org.uk

■ **14 Jan 8pm The Rivalry between Leonardo and Michelangelo.** An account of the animosity between two icons of the Renaissance. Lecture by Dr James Lindow, a specialist of the Renaissance, who has lectured and written widely. The Arts Society, Bancroft's Prep School Hall, Whitehall Road, Woodford Green, IG8 0RF. All new members welcome, donation requested. Enquiries: Mary Affleck 07767 662762 maryaffleck@gmail.com

■ **16 - 18 Jan 8pm The Last of the Pelican Daughters** by The Wardrobe Ensemble. In folklore, pelican mothers feed their young children on their own blood. Four sisters, Joy, Storm, Sage & Maya, are still coming to terms with their mother's death & their own challenges. Home for the last time to share stories, meet up with Granny (on care home day release) and divide the estate, Mum's presence still seeps through the house. A funny and startling play dealing with loss, inheritance and fairness. Loughton Amateur Dramatic Society (LADS) at Lopping Hall, High Road, Loughton IG10 4LF. Tickets (£12) are available from 07552 736 110 (answerphone) and www.lads.org.uk

■ **22 Jan 2.30pm Commonwealth War Graves Commission** a talk by Tony Matthews for the Woodford and District National Trust, All Saints Church Hall, Woodford Green. Enquiries: speller643@btinternet.com / 07774 164407. NT Members and all visitors welcome.

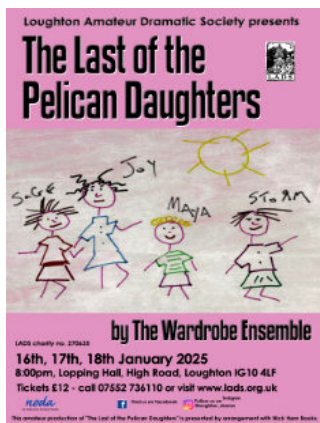
■ **23 Jan 7.45pm Essex Handicrafts Association Woodlands Branch** (subject to be confirmed). Meets on the 4th Thursday of each month in the church hall at Loughton Methodist church contact Karen Myles 020 8508 4581 (see p13).

■ **11 Feb 8pm The Divine Sunflower in Art and Culture.** From the Aztecs to Van Gogh and Klimt – how this flower is celebrated: Lecture by Twigs Way, writer, researcher and speaker. She is fascinated by the role of flowers and the art of gardens. The Arts Society, Bancroft's Prep School Hall, Whitehall Road, Woodford Green, IG8 0RF. All new members welcome, donation requested. Enquiries: Mary Affleck 07767 662762 maryaffleck@gmail.com



■ **19 Feb 02.30pm Essex Records Office** a talk by Vicky West for the Woodford and District National Trust, the Memorial Hall, South Woodford. Enquiries: speller643@btinternet.com / 07774 164407. NT Members and all visitors welcome.

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



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Women's Football Awards



Grace Craven

NEW CITY COLLEGE is delighted to announce its Education and Tottenham Hotspur Women's Football Development programme was a winner at the Women's Football Awards 2024.

Offered at Epping Forest Campus, the programme is dedicated to creating pathways which are inclusive and accessible for young women, giving them excellent opportunities in football training and coaching, and also the wider sports sector.

The Equality, Diversity & Inclusion Award, sponsored by the Premier League, was presented to New City College Principal Janet Smith and Paul Griffiths, NCC and Tottenham Hotspur Football Development Centres Manager, at the presentation ceremony in London, hosted by former Lioness Eni Aluko and Sky Sports presenter Jamie Carragher and attended by some of the biggest names in international football.

Janet Smith said: "I am delighted that our partnership has been recognised in this way. The women's programme has enabled our talented young students to experience the highest level of coaching alongside their academic studies with us."

Paul Griffiths said: "We are thrilled to have won. The Centre has gone from strength to strength in such a short space of time, with multiple success stories along the way."

One of those success stories is Grace Craven, from Loughton, who was selected for the England Colleges FA national team.

Grace said: "The course at New City College has built my confidence and I am 100 per cent grateful to the Spurs coaches who have helped develop my game and my strategic thinking."

It's all helping me to look to the future where I'd love to play at a really high level and even aspire to be a Lioness – playing for the England national women's team."

Loughton Community Day

ONCE AGAIN, the sun shone, and large numbers of residents and visitors attended this Loughton Community event. Numerous community groups, local organisations, charities, and businesses filled the Loughton Cricket Club field, offering something for everyone. The Scouts cooked up a tasty BBQ, Churches Together provided a scrumptious tea tent and both the Pizza and Caribbean food stalls proved extremely popular.

We are most grateful to Daniel Robinson, Church Hill for their generous donation and sponsorship of the event, and a big thank you to the Loughton Wombles who were out in force, keeping the cricket field litter free, and Thames Water who provided a drinking station keeping all visitors hydrated.

Our Town Councillors ran a second-hand book

stall with all money going to the Town Mayor's chosen charity, Loughton Voluntary Care.

Finally, our extreme gratitude extends to Loughton Cricket Club for hosting this Town Council event which proved a great success.

The whole concept and ethos of the event was successfully achieved; to bring the Loughton community together and for local groups to advertise exactly 'what they do' promoting interest and increasing membership for the respective organisations they represent and work so hard for to make Loughton a better and more inclusive place to live.

Loughton Town Council has received very positive feedback from participants and residents alike, with everyone wishing to be included again next year!



Display from Loughton Taekwondo young members



EFYC Volunteers



Members of Epping Forest Singers with TM, Cllr Katie Valentine



AT EPPING FOREST FOODBANK we are still experiencing a significant rise in demand as more local families struggle with the cost-of-living crisis. The food bank, which serves communities across the district, has seen a particular rise in Loughton itself. In 2022 we gave out 1,495 parcels. In 2023 this had risen to 2,518 and 2024 is on course to match these figures.

Many of those seeking help are employed but are unable to cover basic living expenses due to

soaring food, energy, and housing costs.

Every parcel given out is packed, delivered and handed out by volunteers.

The foodbank is appealing for donations and support to meet the growing need, particularly as winter approaches. They are also encouraging local residents to consider regular contributions, with a focus on non-perishable goods.

To donate, or join our volunteers please visit eppingforest.foodbank.org.uk

Strength & Balance Programme

HISTORY OF FALLS in the last 12 months. Fear of Falling. Balance problems / feeling unsteady. Four or more medications a day. Use of a medical aid. Medical conditions: Parkinson's, Stroke & Dementia, Osteoporosis.

Get help to prevent falls. Receive free home exercise plans, free advice and consultations. First session is a free taster. If you wish to proceed discounted rates are offered for block classes. Limited spaces - must book!
JW Physio Clinic, Tuesdays 11am - 12 noon, Lopping Hall, 189 High Road IG10 4LF.
T: 020 3146 6837.
E: reception@jwphysioclinic.com
W: jwphysioclinic.com

STRENGTH & BALANCE PROGRAMME

FREE TASTER SESSION*

TUESDAYS
11AM - 12PM

JW PHYSIO CLINIC
Specialist Healthcare




Venue:
Lopping Hall
189 High Road,
Loughton,
IG10 4LF.

 **New City College**

Open Events

Saturday 23 November
10 am – 2 pm

Saturday 25 January
10 am – 2 pm

www.ncclondon.ac.uk | 0330 135 9000

Your local campus: Epping Forest campus
Borders Lane, Loughton, IG10 3SA

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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. T: 07793 030752 E: eppinggreenac@gmail.com

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/ / bxt.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

Epping Forest Foodbank 4 hubs run on a weekly basis: Civic Offices, 323 High St, CM16 4BZ. Tues 10am-12 noon. St Mary's Church, 201 High St, IG10 1BB, Wed 10am-12 noon. Hazelwood's Children's Centre, Waltham Abbey, EN9 3EL, Thurs 2-4pm. Trinity Church, Mannock Drive, IG10 2JD, 10.30am-12.30pm. Contact: www.eppingforest.foodbank.org.uk or T: 0300 102 9808. Warehouse address: 24 Oakwood Industrial Estate, IG10 3TZ.

GENERAL INTEREST

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

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

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

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

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

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 Astrokryds (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. Thurs, 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: visiteealleyvalley.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 / 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) stedmundspalygroup@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/>

Little Angels Baby & Toddler Group, St Michael's Church, Roding Rd. Weds 10-11am (term-time) 020 8418 7944. Attendance requires booking via our website - www.stmichaelsloughton.com

Little Oak's Child & Family Wellbeing Service, 020 8508 0932, please see our Facebook page for programme details
Loughton Youth Centre 106 Borders Lane IG10 3SB. ECC Youth Services in partnership 07557 168088 / louisastirling@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@googlemail.com

Loughton Ladies Church 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 milesaharwood@aol.com www.rodingleaders.co.uk

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

13 ▶ **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. mldjavorsfold@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/
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
St Mary's Church 201 High Road, IG10 1BB. Mon 12 noon **Free English Conversation Class** (term time) Tues - **Free English Lessons** with Sarah at Blackbird English. Contact livinglanguageproject.co.uk Mon 3.15-5.30pm **Connect** free tea, coffee, cake and chat! Crochet group, Lego, table tennis, activities. All welcome. Come alone or with friends. Fri 11am - 12.30pm **Horizon Coffee Morning** for those in retirement - free tea, coffee, cake. Simple activities and a short faith talk.

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 / ferrari@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.avenuetennisclub.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
Clubercise 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.effhg.org.uk
Epping Forest Sportability Club (EFSC) Multi-sports club for young people with mild-moderate physical & learning difficulties. Oak View School, Whitehills Rd. Sats 10am-1pm (term time) efsc@hotmail.co.uk www.efsportability.com
Flexercise with Caroline Loughton Methodist Church, Wesley Hall, 260 High Rd Tues & Thurs, 10.30-11.30am £7 (First class free) 07714 467784

Katy Little School of Dance, Loughton. Ballet, tap, jazz, examinations & shows. 4 yrs to adults 07712 106941 / www.katylittleschoolofdance.co.uk
Loughton Cricket Club The Uplands, Loughton, IG10 1NQ. Mid April through to September. Children (5yrs) to adults. For info: Contact Cliff Greenhill Chairman 020 8502 2064 cliff.greenhill@btinternet.com www.loughtoncc.hitscricket.com
Loughton Fencing Club Weds, term-time, Debden Park High School, Willingale Rd. All abilities, equipment supplied free. Jnrs 7-8.30pm, snrs 7.30-9pm. First session free. info@loughtonfencingclub.co.uk
Loughton Football Club, Avondale Close. 8-18 yrs + senior team. Suns (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.loughtonwado-kai.co.uk
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
Roding Valley Parkrun Saturdays 9am Roding Valley Recreational Ground IG10 3BS. Free of charge (pre register at parkrun.org.uk). Contact: rodingvalley@parkrun.com
Strength & Balance Programme Help prevent falls. Free taster session. Tues 11am-12 noon. Lopping Hall, 189 High Rd, IG10 4LF. JW Physio Clinic Contact: 020 3146 6837 jwphysioclinic.com reception@jwphysioclinic.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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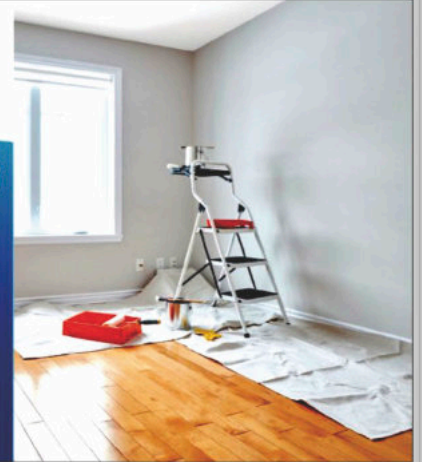
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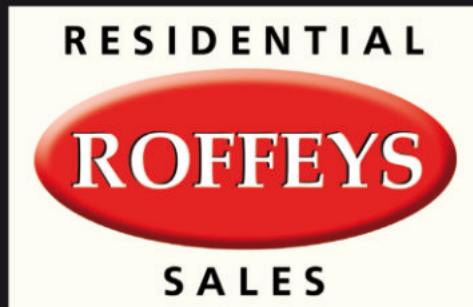
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