



Think Loughton

News from Loughton Town Council

Spring 2025 No 108



VE DAY
80TH ANNIVERSARY
A SHARED MOMENT OF CELEBRATION
8 MAY 2025

VE DAY 80TH ANNIVERSARY



© Cllr David Wixley

LOUGHTON TOWN COUNCIL invites all Loughton residents to join in the celebrations for the 80th anniversary of Victory in Europe Day – bringing about peace in Europe at the end of World War II. We will once again be taking part in the lighting of the Beacons and Lamp Lights of Peace to be held across the United Kingdom, Channel Islands, Isle of Man and UK Overseas Territories on Thursday, 8 May 2025 at Hillyfields Open Space, IG10 2PY. We are currently in the planning stage of

this event, at the time of going to print, but are hoping the evening will include: from 8.45pm musical entertainment with tunes from that era, with a rendition of the hymn I Vow to Thee my Country. A national tribute will be read by members of a local youth group.

The above photo (on the right) belongs to one of our Councillors, David Wixley, who has lived for most of his life in Loughton. The photo, taken on VE Day, 8 May 1945, in Cleveleys, Lancs, shows a group of WAAF's, including Cllr

Wixley's mum, posing for the photo (far right). For some unexplained reason in the middle of the group is an older lady, holding a baby, who clearly isn't one of the young WAAF's. This is a 3 generational photo. Perhaps it is symbolic, given that the War in Europe was over, the baby represented a hope for a peaceful future, and that the older lady had probably survived both the First World War and now the Second World War with the WAAF's representing the generation that helped win the latter conflict.

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

ADVICE, HELP & INFORMATION

3Food4u	01992 842642
Action for Family Carers	0300 770 80 90
Affordable Counselling Epping Forest	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



WE ARE really pleased that Loughton Wombles have been going for three consecutive years' now. We meet in larger groups every month, typically splitting into two working parties of litter pickers to cover different areas around Loughton. It is a very sociable and

pleasurable way to spend an hour making new friends along the way. There is always a great deal of satisfaction knowing that you are making a real difference to the Loughton environment. New volunteers are always welcome and if you are interested, please do not hesitate to call the office and we can provide further details and equipment.

You are no doubt aware of Loughton Town Council's halls, available for hire. The largest and most widely known venue is the Murray Hall, along Borders Lane with ample room to cater for those bigger parties and family gatherings. Another venue, albeit smaller, is Kingsley Hall, located at Kingsley Road off The Broadway. Less well known is

that the Town Council hires out its own chamber room at Buckingham Court, Rectory Lane. The room is very flexible and accessible, ideal for small business meetings (with projector) and conferences for up to 20 people. Perfect also for any individual who needs to work in a quiet and spacious environment. The chamber room is fully equipped and can be tailored to suit your individual requirements, including air conditioning, WIFI and separate kitchenette and toilet facilities. Again please contact the office for further information (Judy Graham, 020 8508 4200) - see page 4.

Enjoy the Spring

Mark Squire
Town Clerk

Council tax

THE PRECEPT, the amount collected from residents in 2025/26 to spend on local services and facilities will be £1,061,038. This will set the Loughton proportion of the annual council tax for a band D property as £80.48, an increase of £4.13 (£0.08 weekly) from the current year of £76.35.

It has been another difficult financial year, albeit with gradual lowering of interest rates and more stable energy costs. The Town Council has taken on board the increased National Insurance contributions and worked diligently within a tight budget to maintain service standards for the areas that the Town Council is responsible for. The precept increase has been kept to a minimum, whilst keeping reserves at an adequate and statutory level.

A number of earmarked reserves have been put aside including funding for the proposed handover of the St John the Baptist Church 'Closed Churchyard' to the Town Council (a legal requirement). Also monies to replace the tired flooring at Kingsley Hall, which has not been renewed since the building's inception in the 1970s.

Therapy Penguins

INTERACTING

WITH animals has been found to improve emotional, social and cognitive abilities in care home residents. With this in mind Woodland Grove Care Home invited along to entertain its residents a couple of Humboldt penguins, Pringle and Widget, from Heythrop Zoological Gardens who provide trained animals of an unusual nature, offering an extra layer of interest and mental enrichment. Loughton Town Mayor, Cllr Katie Valentine was invited to 'p p p pick up' the therapy penguins and see them work their magic.



Town Mayor, Cllr
Katie Valentine
with one of the
penguins

© Woodland Grove Care Home

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Loughton Town Council

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

Councillors

ALDERTON WARD

Cllr Alan Fricker 07508 332342
c/o 1 Buckingham Court
Rectory Lane IG10 2QZ
CllrAlanFricker@loughton-tc.gov.uk

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

Cllr Katie Valentine 07477 012213
c/o 1 Buckingham Court
Rectory Lane IG10 2QZ
CllrKatieValentine@loughton-tc.gov.uk

BROADWAY WARD

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c/o 1 Buckingham Court
Rectory Lane IG10 2QZ
CllrNeilMacKinnon@loughton-tc.gov.uk

Cllr Ceejay Ubah 07983 535992
c/o 1 Buckingham Court
Rectory Lane IG10 2QZ
cllrchijiokeubah@loughton-tc.gov.uk

DEBDEN WARD

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109 Avondale Drive
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leshouse18@hotmail.com

FAIRMEAD WARD

Cllr Carol Davies 07817 230372
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CllrCDavies@loughton-tc.gov.uk

Cllr Sebastian Fontenelle 07898 906371
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cllr@sebastianfontenelle.co.uk

Cllr Ruth Sylvan 07958 813014
Englands Lane
Loughton IG10 2NS
rsylvan7@gmail.com

FOREST WARD

Cllr Kin-Wan Lee 07940 807483
80 Meadow Road
Loughton IG10 4HX
Cllrkinwanlee@loughton-tc.gov.uk

Cllr Stella Murphy 020 8508 2794
c/o 1 Buckingham Court
Rectory Lane IG10 2QZ
CllrStellaMurphy@loughton-tc.gov.uk

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

RODING WARD

Cllr Stephen Murray 020 8508 7548
1 Avondale Court, Avondale Drive
Loughton IG10 3BT
CllrStephenMurray@loughton-tc.gov.uk

ST MARY'S WARD

Cllr Wendy Dodd 07871 964682
c/o 1 Buckingham Court
Rectory Lane IG10 2QZ
Wendy-dodd11@hotmail.co.uk

Cllr Raj Minhas 07889 121518
2 Alderton Hall Lane
Loughton IG10 3HN
CllrRajveerMinhas@loughton-tc.gov.uk

ST JOHN'S WARD

Cllr Ian Allgood 020 8508 2393
117 Greensted Road
Loughton IG10 3DJ
CllrIanAllgood@loughton-tc.gov.uk

Cllr Stephen Harriman 020 8502 1779
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Rectory Lane IG10 2QZ
CllrStephenHarriman@loughton-tc.gov.uk

Cllr Joyce Obaseki 020 3004 7286
c/o 1 Buckingham Court
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Joyce.obaseki@grantsmile.org.uk

Cllr Michael Owen 07467 430145
c/o 1 Buckingham Court
Rectory Lane IG10 2QZ
michael.x.owen@gmail.com

Cllr Chris Pond 020 8508 2361
Forest Villa, Staples Road
Loughton IG10 1HP
loughton_ponds@hotmail.com

WHITEBRIDGE WARD

Cllr Rose Brookes 07391 879412
3 Lower Park Road
Loughton IG10 1PD
CllrRoseBrookes@loughton-tc.gov.uk

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

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

2025

Mar	3	Planning & Licensing
	11	Recreation
	17	Planning & Licensing
	19	Annual Town Meeting The Murray Hall at 8pm
	26	Environment & Heritage
	31	Planning & Licensing
Apr	9	Resources & General Services
	14	Planning & Licensing
	22	Council
	28	Planning & Licensing
May	12	Planning & Licensing
	21	Annual Council

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

News round-up

■ **SPEED INDICATOR DEVICE:** At the Environment & Heritage Committee meeting last November, a highly informative presentation about the concerns over speeding motorists in general, and specifically in the Roding Valley / Valley Hill area, was made by Simon Forsdyke, who organises a local Speed Watch Group. With this in mind, permission has now been granted from Essex County Council, Highways (ECCH) to mount an Evolis, Speed Indicator Device (SID) to lamp post 9, at the junction of Valley Hill and The Meadway. Costs to the Town Council will be modest. Funding for the unit and installation has already been sourced externally, via EFDC Safer Communities, by the local resident concerned. The sign was erected at the end of January.

■ **OAKWOOD HILL COMMUNITY HUB:** FREE events include: Mon / Weds & Fridays – 3.30-5.30pm - Flourishing After School Club (5-9 yrs old): Arts & Crafts, Developing New Skills, and Creative Learning. Booking required: flourishingsps92v13e@gmail.com

Wednesdays 12.30-2.30pm - Let's Get Together: learn new skills, play games, or enjoy a chat over a cuppa. No need to book.

Thursdays 1.30-3.30pm – Cooking & Budgeting: understand budgeting and healthy eating plans. Booking required: Claire on 07763 218593.

Congratulations to Claire Evans, Community Engagement Officer – Oakwood Hill Customer and Communities, who was awarded a Councillor Recognition Award in the Pride of EFDC 2024 Awards.

Chamber Room for hire

LOUGHTON TOWN COUNCIL is pleased to offer its Council Chamber Room for hire.

The room is very flexible and ideal for small business meetings and conferences for up to 20 people. Perfect also for any individual who needs to work in a quiet and spacious environment.

The chamber room is fully equipped and can be tailored to suit your individual requirements. Facilities include air conditioning, WIFI and separate kitchenette with fridge and microwave. The ground floor room with hearing induction loop, is wheelchair accessible with an accessible downstairs toilet. During the evenings and weekends there is ample onsite parking (but not during the daytime).

The hall hire is priced competitively and for these details and any other information, please contact Judy Graham our Halls and Bookings Officer on 020 8508 4200 or email contact@loughton-tc.gov.uk



Accuro's Loughton Youth Group

DISABILITY CHARITY, Accuro, supports people of all ages with a disability to make friendships and become more confident and independent, learning life skills that lead to increased self-esteem. Accuro's Loughton Youth Group meet once a week at Loughton Youth Centre during term time, with activities and themes selected to accommodate members' interests and hobbies.

Environmental issues are a common theme, and the Loughton group makes use of its proximity to Epping Forest to enjoy exploring nature and learning how to take care of our environment. For some members, a trip with Accuro can be the only time they access the wonderful Forest on our doorstep and everything it has to offer.

The Youth Club recently organised a successful litter pick, starting at The Youth Centre on Borders Lane walking towards the Wellbeing Centre and back. They were supported by Epping Forest District Council who had provided all safety equipment and high visibility jackets. Two huge bags of rubbish were collected in just 45 minutes! A couple of members also collected leaves and acorns on the journey for a later activity.

Despite initial hesitation from some members,



once underway, everyone relished the experience, gaining confidence whilst learning a new skill.

Spending time in the local community as well as on base ensures inclusive, fun activities are

enjoyed by Accuro members with a disability. To learn more about Accuro projects and services for all ages, challenge events and more, please visit: www.accuro.org.uk

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Christmas Window Competition 2024



LOUGHTON TOWN MAYOR, Councillor Katie Valentine, assisted by Councillors Carol Davies and Ian Allgood judged this competition. The overall category winners received an engraved silver cup (to keep for 11 months) and a laminated certificate from the Town Mayor, along with a donation of £75, made by the Council, to each winner's nominated local charity. The 2024 winners were as follows:

Charity Winner: Haven House Charity Shop, 188 High Road. Shop Manager, Samantha Rowe, pulled out all the stops this year, with this fun, festive window display selected for its creativity, artistic merit and effort, with a distinct touch of humour showing a pair of kicking legs, poking out from a sack filled with presents, in front of a small row of elves, also upside down. **Chosen Charity: Haven House Children's Hospice.**

Eateries Winner: The Aviary, 200 High Road. The display was impressive and the visual impact considerable, cheering the street scene creating a warm, inviting, festive ambience.

The many twinkling lights, large wreaths, snowflake motifs, and a pair of deer, in the windows added to the whole effect. The festive scene devised and created by the owner's mother-in-law, who is not a professional decorator, achieved a very professional result. **Chosen Charity: Haven House Children's Hospice.**

Local Independent: David Smith Financial Services, 78 The Broadway. This display impressed the judges with its Christmassy scene of a festive Gingerbread house and group of Gingerbread men, playing in the snow. Much of the tableau was made from materials such as cardboard, paper and cotton, having been created and devised by team member, Daisy Rathbone. **Chosen Charity: St Clare Hospice.**

Multiples/Chain Stores: David Clulow, 297 The High Road. The judges liked the visual impact created by this very simple festive window design. A collection of large, colourful, shiny, Christmassy balloons, creating the appearance of baubles from a giant's Christmas tree. Team member, Androula said she had been entering for the last seven years' and was thrilled that her efforts had been recognised. **Chosen Charity: Cancer Research UK.**

Runners-up and highly commended businesses were also awarded laminated certificates. The full list of results can be found on our website: - **Loughton Town Council**

This year discretionary Certificates of Recognition were also awarded to two residential properties, one in Forest Road and another in The Broadway, having created wonderful spectacles for the enjoyment of local children and their families.

Congratulations to all this year's winners.



Haslers Adds Up Success with Charities

IN SEPTEMBER last year, Haslers Chartered Accountants marked a significant milestone with a celebratory breakfast at their Loughton headquarters. The event commemorated the Haslers Foundation's remarkable achievement of donating £250,000

to local charities across Essex and East London, reflecting the foundation's dedication to supporting community causes since its inception in 2008.

The celebration was graced by representatives from several local charities, including 3food4u,

St Clare Hospice, Haven House, Chess Homeless, and Accuro. Deputy Town Mayor of Loughton, Councillor Les House attended, adding a touch of civic pride to the occasion.

Chairman, Jon O'Shea expressed immense pride in the foundation's achievements.

"Reaching this milestone is a testament to the generosity of our supporters, the hard work of the Haslers team, and the great working relationships we have with our charity partners," he said. Since its launch, the Haslers Foundation has supported over 140 causes and made more than 450 monetary donations. Haslers Foundation remains committed to expanding its reach and supporting new causes.

For more information about the Haslers Foundation and to download their grant application form, visit www.haslers.com/foundation

L-R: Mal Shah, Partner, Haslers, Cllr Les House, Loughton Deputy Town Mayor, Jon O'Shea, Chairman, Haslers



Action for Family Carers

IN ESSEX, 124,000 unpaid Carers dedicate themselves to supporting loved ones in need. We know many of you don't call yourselves Carers. Last year, Essex County Council commissioned **Action for Family Carers** to support unpaid Carers in West Essex, which includes Loughton residents!

We're asking readers... Do you look after a friend or family member who could not manage without your help? Are you running errands or doing shopping for someone elderly, frail, or with a disability? Do you support someone with an addiction?

If the answer to any of these is "Yes," then you are a Carer, and support is available for you. We can offer:

- **Information and advice:** Practical solutions for specific challenges.
- **Support groups:** Connect with others who understand.
- **Small Wellbeing Grants to take a well-deserved break.**
- **Counselling:** A safe space to share your feelings with trained professionals.

This is just a snapshot of the support we offer unpaid Carers. Reach out today to access the help you deserve. You're not alone - we're here for you.

Call 0300 7 70 80 90 or visit www.affc.org.uk



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Email victoria.rigby@homeinstead.co.uk

Visit our website homeinstead.co.uk/epping-forest

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

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- Live-in Care

"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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Dates for the diary

■ **4 Mar 2-4.15pm** Peter Rudeforth & his Savoy Six Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. £10 members, £12 non-members. Membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **4 Mar 5-7pm** Shrove Tuesday Adam Scott will be making pancakes, with a wide choice of fillings, for everyone. There will also be other activities for younger people to enjoy. Everyone welcome. Church of the Holy Innocents, High Beach. Vicar: Rev'd Jane Yeadon - 07960 6044176 www.HighBeachChurch.org.uk

■ **12 Mar 2.30pm** Churchill's Citadel a new book, just published by Katherine Carter, Curator at Chartwell. Signed copies will be available to purchase at £20 (cash only). The great man had ties with Woodford and Wanstead as the statue on the Green remembers. Katherine also has previous ties with NT in Essex too. Woodford and District National Trust, All Saints Church Hall, Woodford Green. Enquiries: spellers643@btinternet.com / 07774 164407

■ **18 Mar 2-4.15pm** Trevor Whiting & his Big Four Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. £10 members, £12 non-members. Membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **27 Mar 7.45pm** Pasta pictures 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 (see p13).



Theydon Bois Drama Society
presents the Mystery Thriller

CURTAIN UP ON MURDER

by Bettine Manktelow

Theydon Bois Village Hall
on 6th, 7th (8 o'clock start) 8th (7 o'clock start) March 2025
Tickets £13.00 from
www.theydonboisdramasociety.co.uk
or Phone 01992 919038
Tickets on sale from 27th January 2025

■ **6 Mar - 7 Mar 8pm, 8 Mar 7pm** **Curtain Up On Murder** a comedy by Bettine Manktelow. An amateur theatre company is rehearsing in the theatre at the end of the pier. Storms rage overhead and the doors are locked — they are trapped! Then a mysterious, ghostly presence passes across the stage, and when the Assistant Stage Manager falls to certain death through a trapdoor, the remaining actors are thrown into disarray. Their panic increases when one of the actresses is poisoned and it becomes evident that a murderer is in their midst. Theydon Bois Village Hall, Coppice Row, Theydon Bois, Essex, CM16 7ER. Tickets - £13 - Available online from www.ticketsource.co.uk/theydonboisdramasociety or phone: - 01992 919038. Website address - Theydon Bois Drama Society

■ **11 Mar 8pm** Henry Purcell and the music of Westminster Abbey, England's Orpheus, how Purcell's life and music are intertwined with the Abbey. Lecture by Patrick Craig, Vicar Choral of St Paul's Cathedral. Regular lecturer, choirmaster and conductor. The Arts Society, Bancroft's Prep School, 611 High Road, Woodford Green, IG8 0RF. All new members welcome. Donation Requested. Enquiries: Website: www.bancrofts.org/about-us/our-community/theartssociety

Loughton Amateur Dramatic Society presents

The Ladykillers

by Graham Linehan

from the motion picture screenplay by William Rose by special arrangement with Studio Canal and by special arrangement with Fiery Angel Ltd. London

LADS charity no. 270435

27th, 28th, 29th March 2025
8.00pm, Lopping Hall, High Road, Loughton IG10 4LF
Tickets £12 - call 07552 736110 or visit www.lads.org.uk

■ **27-29 Mar 8pm.** The Ladykillers by Graham Linehan, (from the motion picture screenplay by William Rose). Mrs Wilberforce, an eccentric, sweet old lady, alone in her subsiding house close to Kings Cross station, is pitted against a gang of criminal misfits, who have rented a room from her. Led by 'Professor Marcus' and posing as amateur musicians, they plot the perfect heist and put the plan into action. Based on the script of the classic Ealing Comedy, the tension and the laughter builds. Will the police find out who has committed the robbery? Does Mrs Wilberforce suspect her visitors? Why do the musicians only play one tune? And when the plot unravels...who is safe? Loughton Amateur Dramatic Society (LADS) at Lopping Hall, High Road, Loughton IG10 4LF. Tickets (£12) available from 07552 736 110 (there is an answerphone) and www.lads.org.uk

WALTON BEACH HOLIDAY LETS

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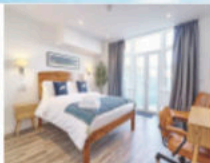


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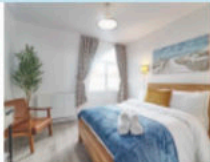
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■ **1 Apr 2-4.15pm Alan Gresty & his Ragtimers** Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. £10 members, £12 non-members. Membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **5 Apr 7pm The Roding Players Orchestra Spring Concert** St Mary's Church, 201 High Road, IG10 1BB. Tickets: £10, £9 concessions, under 11s free – available on the door, includes refreshments. Contact: Shirley Fuller – shirley.fuller55@gmail.com 07713 113384 www.rodinplayers.co.uk

■ **6 Apr 12 noon – 3pm Sunday Afternoon Tea/Coffee Home-made Cake** Everyone welcome. Church of the Holy Innocents, High Beach. Vicar: Rev'd Jane Yeadon – 07960 6044176 www.HighBeachChurch.org.uk

■ **8 Apr 10am – 12 noon Play in the Park** Roding Valley Recreation Ground (near Tennis Courts), 194 Roding Rd, Loughton IG10 3BS. Fun and games outdoors. No need to book, just drop in at any time. All ages welcome. Children must be accompanied by an adult. FREE OF CHARGE. Epping Forest District Council Communities and Wellbeing Team 01992 564 226

■ **15 Apr 10am – 12 noon Play in the Park** Jessel Green Playground, Colebrook Lane, Loughton IG10 2HP (details as above).

■ **15 Apr 2-4.15pm Richard Exall & his Shooting Stars** Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. £10 members, £12 non-members. Membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **16 Apr 2.30pm Notable Water Colourists of the 20th Century** a talk by Mark Lewis, Woodford and District National Trust, All Saints Church Hall, Woodford Wells. Enquiries: speller643@btinternet.com 07774 164407



■ **24 Apr 7.45pm Beadwork** 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 (see p13).

■ **6 May 2-4.15pm Peter Rudeforth & his Jazz Band** Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. £10 members, £12 non-members. Membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **7 – 10 May 7.30pm (+ Saturday Matinee performance at 2pm) Made in Dagenham the Musical** Production from the Loughton Operatic Society, Lopping Hall, Loughton, IG10 4LF. Feel-good musical comedy, based on the real life events of the Dagenham Ford machinists' strike of 1968, that led to the introduction of the revolutionary Equal Pay Act of 1970 - which is still used in the workplace today. Tickets available from www.ticketsource.co.uk/LOS Tickets £16. https://loughtonoperatic.org.uk

■ **8 May 8.45pm Lighting of the Beacon – VE Day 80th Anniversary** Join us at Hillyfields Open Space, IG10 2PY. Event will include music from that era, a rendition of the hymn I Vow to Thee my Country, and reading of a national tribute. The beacon will be lit at around 9pm. For further info: E: Contact@loughton-tc.gov.uk T: 020 8508 4200

■ **14 May 2.30pm Newport – an Essex village brought to life** by Dr Ben Cowell, who manages at Historic Houses. Woodford and District National Trust, All Saints Church Hall, Woodford Wells. Enquiries: speller643@btinternet.com 07774 164407.

■ **18 May 11am - 5pm Chigwell May Fayre** Station Green, Chigwell, IG7 6QT, organised on behalf of Roding Rotary club, raising money for local charities. Free entry. Events include: Dog Show, brass band, bouncy castle, children's entertainment and a variety of stalls.

■ **20 May 2-4.15pm T.J. Johnson's Jazz & Blues Band** Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. £10 members, £12 non-members. Membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **22 May 7.45pm Flower making** 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 (see p13).

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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Recognition for services to athletics

LOUGHTON ATHLETIC CLUB was delighted when long-serving member Peter Cassidy was honoured with the prestigious Services to Athletics and Running Award at the England Athletics Volunteer Awards (East Region). Peter, 84, was nominated by Loughton AC in recognition of his many years of service to the club and to race walking in general: he has officiated at the Olympics and the Commonwealth Games, was Secretary and then President of the Race Walking Association and is a Life Member of Essex County Athletic Association, among other achievements.

He still coaches at the club every week and spends his weekends judging and officiating at athletics and race walking events around the country. Loughton AC are grateful to volunteers like Peter who enable our inclusive club to help several generations of Loughton residents to enjoy their sport.

www.loughtonac.org.uk

Below: Peter Cassidy with his award



King's Award for Voluntary Service



3FOOD4U COMMUNITY surplus hubs who offer free food, home essentials, clothes, and toys without assessment or referral to anyone that needs it, were overjoyed upon hearing they had been recognised in the King's birthday honours list to receive the King's Award for Voluntary Service (KAVS), the highest national award for volunteer groups in the UK. Often regarded as the MBE for voluntary organisations, celebrating exceptional community service, it is awarded for life.

The award will be presented by the Lord Lieutenant of Essex, Mrs Jennifer Tolhurst, and an invitation to a garden party at Buckingham Palace has been extended.

Pesh Kapasiawala BCA, Chair of Trustees at 3Food4U, said: "Winning the prestigious King's

Award for Voluntary Services is an immense honour for 3Food4U, recognising the dedication and hard work of our volunteers and supporters who tirelessly work to combat food insecurity and support vulnerable communities. This award highlights our commitment to providing essential aid and demonstrates the positive impact that collective community efforts can achieve. It serves as an inspiration to continue our mission with renewed passion and fosters a deeper trust with those we help and collaborate with."

Loughton Town Council has proudly supported 3Food4U through its Financial Assistance Scheme and congratulates all those involved with the organisation on this much deserved award.

High tech training

NEW CITY COLLEGE celebrated a double high-tech launch after completing its eagerly anticipated Green Skills Centre and its state-of-the-art Immersive Video Labs – both of which will provide essential training skills for future jobs.

Launched at the Epping Forest Campus, Borders Lane, the Green Skills Centre has transformed former storage space into Low Carbon and Retrofit hubs with the latest green industry technology.

This project is part of the college's broader efforts to support the UK's transition to a net-zero carbon economy by equipping students with practical skills in renewable energy and green technologies.

Alongside offering workers already employed in industry the chance to upskill, the Green Skills Centre will also provide a hub for school leavers to acquire hands-on experience with industry-leading equipment and access to courses to prepare them for careers in this rapidly growing sector.

These low carbon technologies are crucial to the UK's renewable energy infrastructure and the fight against climate change.

The Green Skills Centre completion follows the opening of another high-tech hub – futuristic immersive video labs, which will benefit students on a variety of courses.

This follows a substantial investment, and the

high-spec technology will significantly enrich the learning environment. Key features include high-definition linked-up screens, tracking cameras, and the latest Meta 3 Oculus VR headsets.

Ian Fitzpatrick, project leader at NCC, said: "This is a fantastic resource. It's the future of teaching and learning."

New City College is proud to be at the forefront of educational technology, continually striving to provide students with the best possible learning opportunities.

For more information on the Green Skills Centre see: www.ncctradeskills.co.uk
Email commercial@nccclondon.ac.uk or call 020 7613 9239.

Made In Dagenham Musical at Lopping Hall

LOUGHTON OPERATIC SOCIETY will be performing Essex based musical, Made in Dagenham at Lopping Hall, Loughton from 7 - 10 May 2025.

Loughton audiences will love this feel-good musical comedy with a strong inspirational message. Based on the real life events of the Dagenham Ford machinists' strike of 1968, that led to the introduction of the revolutionary Equal Pay Act of 1970 - still used in the workplace today.

Set in the 1960's, the story focuses on machinist Rita O'Grady, a typical family woman, frustrated by the decision to reclassify her job as unskilled, who discovers her female colleagues are paid 15% less than their male counterparts. With the support of friends and co-workers, she becomes instrumental in the strike of 1968 which stopped Ford production for three weeks. This comes at a price though as her family life and marriage suffers as a result.

To buy tickets or for more information about Made in Dagenham, please visit www.ticketsource.co.uk/LOS (see p9).



© Loughton Operatic Society

 New City College

Open Event

Tuesday 6 May 2025
4 - 7pm

www.ncclondon.ac.uk | 0330 135 9000

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

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Regular activities

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

ALLOTMENTS

Loughton Potato Ground, Baldwins Hill.
www.loughtonpotatoground.com
Roding Road Allotment & Leisure Gardens Association, Roding Road.
www.rodingtonallotments.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, Last Thursday (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 / theomes5@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 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 / [07725909090](tel:07725909090)
Spark Counselling and Mentoring for young people. Loughton Youth Centre, Borders Lane, Loughton 020 8508 6743
Spark.worthunlimited.co.uk
Free service - donations accepted

EDUCATION

Bridge Lessons various courses available in a relaxed atmosphere in Loughton. Days and times are flexible. Contact Hazel on 07788 711288 for further information - Fees TBC.
Music Lessons, Loughton Music Academy, High Rd. 020 8502 2992
www.loughtonmusicacademy.co.uk
FOOD
3Food4U Loughton Community Surplus Hub runs every Tues 11.30am-1pm at The Loughton Club, 8 Station Road IG10 4NX. Contact us at Website: www.3food4u.org
Tel: 01992 842642
Epping Forest Foodbank 4 hubs run on a weekly basis: Tues 10am-12 noon: Civic Offices, 323 High St, CM16 4BZ. Wed 10am-12 noon: St Mary's Church, 201 High St, IG10 1BB. Thur 2-4pm: Hazelwood's Children's Centre, Waltham Abbey, EN9 3EL. Sat 10am-12 noon: Trinity Church, Mannock Drive, IG10 2JD. Contact: <https://eppingforest.foodbank.org.uk> or T: 0300 102 9808. Warehouse address: Unit 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 Astrokysds (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: L.North@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 opendoorfrienship@gmail.com + Weds 2pm Yoga sessions at the Methodist Church, High Rd, IG10 1RB £5 members (£10 non-members)
ProActive (W Essex Prostate Cancer men's self-help group) St Margaret's Hospital, The Plain Epping CM16 6TN. Fri monthly 10.30am-2.30pm. Anthony Dollimore 07973 345094 www.proactive.me.uk

LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE

2324 (Chigwell) Squadron, Air Training Corps, Buckhurst Hill. Mons & Thurs evenings (13-17 yrs). 020 8505 3353 www.2324sq.squadron.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
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/>
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 aged 11-19 with disabilities Tues 6-8pm.
Accuro: social scheme for young adults up to 25 yrs with disabilities Thurs 6.30-9pm. 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 helo@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
Dancing through the decades Loughton Club, 8 Station Rd. Last Tues of month (except Dec) 2-4.30pm. Please contact June 07904 280319 / or Joyce 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@tonycalvovmusic.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 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 milesaharwood@aol.com www.rodingtonplayers.co.uk
South West Essex Choir, Loughton Methodist Church, 260 High Rd. Tues, 7.45-10pm. 01992 812606 www.southwestessexchoir.org.uk/
Stand & Deliver Acoustic Open Mic Club, Royal British Legion, 118 Church Hill. 2nd Tues 8pm. Roy Tyzack roy.tyzack@btinternet.com
Theydon & Abridge Jazz Club (TAJC) Abridge Village Hall, 39 Ongar Rd, RM4 1UD. 07903 879209 / 01945 588325. www.theydonjazzclub.weebly.com Every other Tues 2-4.15pm £10 members, (£12 non-members).

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

SOCIAL

Action For Family Carers

Adult Unpaid Carers Support/Social Groups held monthly: Buckhurst Hill: last THURSDAY of each month, 1.30pm – 3pm, St James U.R.Church, Palmerstone Road, IG9 5NG. Ongar: second WEDNESDAY of each month, 1.30pm – 3pm @ Zinc Arts Centre, Chipping Ongar, CM5 0AD. Free parking & free refreshments.

The Buffaloes, Loughton Club, 8 Station Rd. A charitable brotherhood - members (18+). Tues & Thurs, 8.30pm.

mljdaworsfold@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/

Royal British Legion Loughton Branch, 118 Church Hill. Monds & 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 / fferrari@eppingforestdc.gov.uk

Amici Badminton Club, Roding Valley High School Sports Hall, Alderton Hill. Monds, 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

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

Mountaineering Club, Victoria Tavern, Smarts Lane. Hill walkers & climbers

welcome. Monds 8.30pm. www.loughtonmc.org

Old Loughtonians Hockey Club All ages, beginners to elite welcome,

www.oldloughts.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 / rodingvalleyangling.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 Monds 2pm (excluding August). Anne Pratt 020 8508 3539

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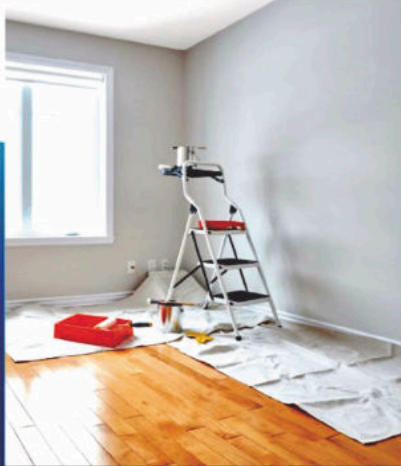
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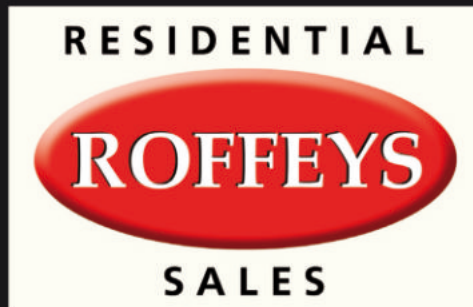
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