



Think Loughton

News from Loughton Town Council

Summer 2025 No 109

Fun in the Sun

ON FRIDAY 14 MARCH, as the sun shone, Loughton Town Council was proud to officially open the new Newmans Lane Playground, adjacent to Rectory Lane.

Loughton's Town Mayor, Cllr Katie Valentine, cut the ribbon to declare the new facilities open. We were so pleased to see representatives from Oakview School, especially the children (regular users of the playground) who made sure they tried all the apparatus on the day.

The old playground, although functional, had been looking rather shabby, tired and lacked a number of accessible features that a modern playground should be providing.

On a very tight budget Loughton Town Council was able to spend £95,000 on the playground revamp. We are very grateful to Epping Forest District Council for providing £30,000 of this funding via the UK Government 'United Kingdom Prosperity Fund'.

A big thank you to 'Proludic Limited' the playground manufacturer, who delivered the project on schedule and have been very cooperative and user friendly throughout the scheme, and for providing goody bags for the children attending the



opening event.

The Newmans Lane playground is now the most inclusive play area in Loughton, with new and innovative play equipment. The

new apparatus includes a 3 tower & slides play unit, a wheelchair accessible roundabout and an inclusive jeep. The new zip wire is also proving a popular attraction.

Following its opening the playground is evidently very popular with a significant increase in visitors (compared to the old playground).

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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

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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

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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
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Clerk's Remarks



WE ARE thrilled that the new Newmans Lane, Children's Playground is now firmly established as the most inclusive playground in Loughton. The new facility has been well received by local residents and the number of users has noticeably increased over the last three months, since it has been up and running.

Loughton Town Council's (LTC's) summer community

events are fast approaching. Starting with the annual Jessel Green Fun Day on Sunday 6 July 2025. The slides, rides, stalls and food outlets provide a great day out for all. We will be hosting the Horticultural Show again on Saturday 6 September 2025 at Murray Hall, Borders Lane. We welcome new entrants and exhibits. Don't be shy, give it a try! Loughton Day has proved very popular and LTC will be organising the 3rd annual event on Saturday 20 September 2025 at the Loughton Cricket Club ground, on the corner of Traps Hill and Church Hill. Last year the interest from local community groups increased substantially and was matched by even larger crowds. So get in early if you wish to participate. Please call the office 020 8508 4200 or email: contact@loughton-tc.gov.uk soonest. There is already strong demand, so the earlier you contact us the better.

We all live in a financially challenging world and LTC's 2024/25 financial year has been no exception. Costs have been cut where possible, but I believe that LTC is placed, as well as can be, to meet the challenges of the current financial year. There is the prospect that LTC, (adhering to statutory directives), may take over the running of St John the Baptist Church cemetery as a 'Closed Church Yard'. We will be completely replacing the flooring of the Kingsley Hall which after decades of intensive use, and good service, has reached 'the end of the road'. As part of our ongoing remit, LTC strives to continue to provide a variety of services (in areas that we are responsible for), and to offer multiple, quality community events during the year.

Finally, a big thank you to the Town Mayor, Cllr Katie Valentine who has served Loughton so admirably over the last Town

Council year. An ever popular Mayor, she has attended a multitude of local events and community visits. There are so many highlights, including the two big town events of 'Jessel Green Family Fun Day' and 'Loughton Day', which attracted such large crowds. Katie was honoured to take part in the Remembrance Day Parade and lay the Loughton wreath at the War Memorial. Another memorable occasion was the hosting of a mock Town Council meeting at the Town Council Chamber Room with 18 children from Staples Road Primary School, Children's Council. The most unusual and unexpected thing as Mayor, was meeting two penguins at Woodland Grove care home, last December!

Enjoy the summer.

Mark Squire
Town Clerk

Jessel Green Community Fun Day



JOIN US for our Annual Fun Day at Jessel Green on Sunday, 6 July 2025 from 12 noon to 4pm. Enjoy all the usual attractions: children's favourite inflatables including the Ultimate Slide, Bungee Trampoline and Wipe Out Assault Course, height restrictions will apply. There will be smaller events for younger children and free soft play for the Under 5's.

Our regular partners, Restore Community Church and Epping Forest Community Church will be joining us to bring this not-for-profit community event to you. Our thanks to John Walsh at the Cottage Loaf PH together with local businesses for their very kind and generous donations, helping us to offer a fun-packed day for all.

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Loughton Town Council

Town Mayor and Deputy Town Mayor to be appointed on 21 May 2025 Town Clerk: Mark Squire

Councillors

ALDERTON WARD

Cllr Alan Fricker 07508 332342
c/o 1 Buckingham Court
Rectory Lane IG10 2QZ
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FAIRMEAD WARD

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CllrCDavies@loughton-tc.gov.uk

Committee membership

Committee memberships were finalised at the Annual Council meeting on 21 May 2025, (after Think Loughton went to print). Full details of the new Town Mayor, Deputy Town Mayor and the committees are available on the town council noticeboards around the town and its website www.loughton-tc.gov.uk

You can also email councillors directly from the website.

The views expressed in *Think Loughton* are not necessarily those of Loughton Town Council, and the inclusion of advertisements does not constitute an endorsement by the council of any products or services.

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

Jun	9	Planning & Licensing
	11	Environment & Heritage
	23	Planning & Licensing
	25	Resources & General Services
Jul	7	Planning & Licensing
	16	Council
	21	Planning & Licensing
Aug	4	Planning & Licensing
	18	Planning & Licensing

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

News round-up

■ **HORTICULTURAL SHOW 2025:** Calling all Loughton gardeners, allotmenters, florists, and bakers. Enter this year's Loughton Horticultural Show. Classes for all ages. Exhibit your award winning entries on Saturday 6 September 2025 at The Murray Hall, 106 Borders Lane, IG10 3SB. Doors open to exhibitors at 9am with the show open to the public from 2pm. Classes for all ages. Free Admission. Prize giving at 4pm followed by the Town Mayor's Best Allotment Awards presentation.

For more information visit
W: www.loughton-tc.gov.uk
E: contact@loughton-tc.gov.uk
T: 0208 508 4200.



■ **SAVE THE DAY: Loughton Community Day**, Saturday, 20 September 2025 12-4pm. Free Admission.

Join us for this year's event to be held at Loughton Cricket Club, The Uplands, IG10 1NQ.

See what Loughton Community Groups have to offer, along with Food, Drink, Entertainment, Live Music and much more.

■ SUMMER READING CHALLENGE

2025: Loughton Library is looking for volunteers to help run its annual Summer Reading Challenge, a fun activity held through the summer break encouraging children to keep reading during the holidays. This year's theme is Story Garden. Closing date for applications is Sunday 22 June. If you, or someone you know, is looking for something interesting and fun to do over the summer, this is the perfect opportunity! Follow this link: <https://libraries.essex.gov.uk/news/summer-reading-challenge-volunteering>

■ **JUDITH WOODMAN:** We sadly said farewell to former Town Councillor, Judith Woodman (1944-2024) at the end of last year, following quite a long illness. Cllr Pond attended her funeral in late January where he spoke about her time (1996-2004) as a councillor (which she chaired 1999-2000, and having been a member of the Environment, Heritage and Leisure Committee). Judith had been an outspoken and determined councillor; she had no family, save a sister from whom she was estranged, so it had been most gratifying to see some 60 residents and friends at the service.

Annual Town Meeting



Recipients of Financial Assistance Grants 2025

© Pesh Kapasiawala

THIS YEAR'S Annual Town Meeting was held on 19 March 2025, at The Murray Hall, in Borders Lane.

Representatives from local groups, organisations and charities that were successful in their grant applications received certificates to mark their achievement. In total the Town Council presented £35,671.93 to Community Groups in Loughton, helping very

worthy local causes.

Residents were invited to view displays from these groups before the formal meeting commenced at 8pm, when the Town Mayor and Town Council Committee Chairmen reported on the Council's activities and achievements during the past year and its on-going plans for the future.

Richard Church was named Citizen of the

Year, and Frankie Gibney was declared Young Citizen of the Year. Presentations were made to both by the Town Mayor (see article on page 7).

Local MP, Neil Hudson, who attended this year's meeting, was welcomed by the Town Mayor and joined Town Councillors for an informal chat with residents and the voluntary groups following the meeting.



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Epping Forest Fundraiser Raises £100k

SINCE LAUNCHING his first ever Just Giving donation page in 2006, Epping Forest-based fundraiser, Jon O'Shea has now surpassed an incredible milestone - raising over £100,000 for various good causes.

Over the last 20 years, Jon's fundraising challenges have taken him far and wide - from local events to globetrotting endurance challenges such as the gruelling 777 challenge (covering an impressive 7 marathons in 7 continents in 7 days).

Every penny Jon has raised over the last two decades has gone directly to charities that support crucial causes. Recent beneficiaries include St Clare Hospice (based in Harlow) and The Dream Factory (based in Redbridge).

Through all his challenges, Jon remains focused on his mission: to give back and make a difference. His story is one of perseverance, resilience, and an unshakable drive to help those in need.

Trust Fundraiser, Julie Foster, at St Clare Hospice said "Over the years, Jon has personally raised an incredible £22,000 for St Clare Hospice! We rely on fundraising heroes like Jon to raise the funds necessary for our vital hospice services and to care for people affected by life-limited illness in West Essex and the borders of East Hertfordshire. Jon you are a true inspiration, and we thank you for your hard work!"

When not tackling his next big challenge for charity, Jon is Chairman & Senior Tax Partner at Loughton-based firm Haslers Chartered Accountants. He also enjoys spending time with his wife, three children and granddaughter.

Jon's latest challenge saw him complete a 48-mile run across the county in a single day - running every 30 minutes for 24 hours! Thanks to the generosity of local businesses, friends and well-wishers he has raised over £5000 for Redbridge based charity The Dream Factory.

When asked what's next for Jon and his commitment to fundraising? He simply says, "Watch this space!"



Mock Council Meeting

EIGHTEEN MEMBERS of Staples Road Primary School Council attended a "Mock Council Meeting" in Loughton Town Council Chamber at Rectory Lane on Friday, 21 March 2025.

An agenda was distributed to the School Councillors prior to the meeting, for them to consider the points up for discussion.

The meeting's aim was to introduce the pupils to the role of the Town Council, how its meetings are conducted, highlighting events held and receiving feedback on what they would like included at the events, and their ideas on how to improve Loughton.

Some of their ideas for improving the Town included better provision for dog owners to clear up dog poo. Improvements to the Town's pavements and roads, and measures for greater crime detection to make the Town a safer and nicer place to live. A greater variety of food outlets, and not surprisingly, the return of a sports shop and a toy shop to the High Road were common requests. Skate parks and Water Parks were also top of their wish lists for leisure activities.

It was explained that the Town Council is not the only local authority, and that other councils, i.e. District and County, have responsibility for some of these areas.

Overall, the general consensus was that Loughton is a good place to live with quite a lot

to offer residents, and the Forest being highly appreciated.

At the end of the session, the children were given an opportunity to try on the Mayor's Chain of Office and have their photographs taken. This was obviously a highlight, and they all agreed that they had enjoyed the experience of attending this meeting.

The Town Mayor and Town Clerk were enthralled at the level of participation from all eighteen School Councillors, and felt the children were a credit to both their school and parents on their conduct at the meeting. They had clearly given great thought to the agenda items discussed and showed a good depth of understanding and knowledge on each of the topics covered.

The enthusiasm and articulation of the councillors in putting across their questions and ideas was impressive and extremely encouraging. Loughton Town looks to be in good hands for the future should these young School Councillors look to continue with their civic duties.

Photo: L-R (back row): Mark Squire, Town Clerk, Claire Dawson, Deputy Headteacher, Cllr Katie Valentine, Loughton Town Mayor, Kulvinder Doal, Learning Support, front rows: Staples Road School Councillors.

Citizenship Winners

RICHARD CHURCH was named Citizen of the Year 2025 in recognition of his dedication and voluntary work with the Scouts for over 38 years, and Frankie Gibney was declared Young Citizen of the Year 2025, acknowledging his charity fundraising and commitment to raising awareness for several local charities.

Cllr Katie Valentine, Loughton Town Mayor, on presenting the awards at this year's Annual Town Meeting on 19 March, said "Richard has continually delivered results that benefit the entire scouting community. While Frankie had made an incredible contribution to the people of Loughton and was a real inspiration".

Richard will keep the presented Rose Bowl for the first six months of the year and Frankie will hold it for the

remaining six months. Both received a personal engraved glass plaque to keep along with an illuminated scroll. Richard elected Epping Forest Foodbank and Frankie chose Saint Francis Hospice as their respective charities to receive a donation of £250 made by Loughton Town Council.

A Certificate of Recognition was also presented to the daughter of Barbara Andrews, who was sadly unable to attend. This celebrated Barbara's exceptional work as a teacher going 'above and beyond' for over 30 years at Hereward Primary School, helping the children of Loughton reach their potential.

Photo: L-R: Frankie Gibney and Richard Church with the Silver Rose Bowl that they will share for 6 months each this year



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Dates for the diary

■ Every Wednesday 12.30-2.30pm

Let's Get Together Oakwood Hill Community Hub, Longcroft Rise, IG10 3NB. Free weekly sessions run by Epping Forest District Council's Community, Development and Wellbeing Team. Open to the whole community. Come along and get to know others in your local area. Learn a new skill, play a few games, or just relax and enjoy a cup of tea and a chat. No need to book. Contact Karen Murray: 01992 564222 or kmurray@eppingforestdc.gov.uk

■ **3 Jun 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 01945 588325 or 07903 879209 www.theydonjazzclub.weebly.com

■ **3 Jun 5-6pm London GD Handball Club** Every Tuesday at Roding Valley High School, IG10 3JA. 8-14 Years old - all levels welcome. Sessions led by GB U20 coach. £30 for the school year - FREE Taster Session. Contact: development@londongdhandball.co.uk

■ **6-7 Jun 7pm (+ 7 Jun 2pm - Matinee performance)** The Merry Wives of Windsor - by William Shakespeare For our 100 year anniversary we are performing The Merry Wives of Windsor, one of Shakespeare's most lively and light-hearted plays. Falstaff thinks he is so irresistible he can seduce two of Windsor's most respectable Wives. But the Wives are 2 steps ahead of him - all the way!

Theydon Bois Village Hall, Coppice Row, Theydon Bois, CM16 7ER - weather permitting this will be performed on the grounds behind the Hall so please bring your own blankets/seats. Tickets - £13 - Available online from www.ticketsource.co.uk/theydonboisdramasociety or by phone: - 01992 919038 New website address - Theydon Bois Drama Society

■ **12-14 Jun 8pm Ladies' Day** by Amanda Whittington. In 2005 Royal Ascot relocated to York Racecourse and, seizing their chance, a fish-filleting foursome from Hull head for Ladies' Day, for a flirt, a flutter and if their luck holds... a fortune. Out go the hairnets, overalls and wellies and on go the posh frocks. Leaving their lives behind for just one day, do our heroines find all they are after amid the laughter, tears and companionship? Join Pearl, Jan, Shelley and Linda on their adventures in this exuberant, touching and heart-warming comedy. Loughton Amateur Dramatic Society (LADS), Lopping Hall, High Road, IG10 4LF. Tickets £12. Call the Box Office on 07552 736 110 (answer machine) or visit www.lads.org.uk

■ **17 Jun 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. FOR ONE DAY ONLY: Non-members: £5 (combined entry & Membership - membership valid until 16/12/2025 - available from 1.45-2.15pm - CASH ONLY). USUAL FEE: £10 members, £12 non-members applies for all other sessions. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 01945 588325 or 07903 879209 www.theydonjazzclub.weebly.com

■ **26 Jun 7.45pm Blackwork** 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).

■ **1 Jul 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 01945 588325 or 07903 879209 www.theydonjazzclub.weebly.com

■ **6 Jul 12 noon-4pm** Jessel Green Family Fun Day including inflatables, funfair rides, food, stalls, and more. Jessel Green, IG10 2EQ (see P3).

■ **12 Jul 12-3pm** Oakwood Hill Community Fun & Safety Extravaganza Free Entry. Oakwood Hill Recreation Ground. Celebrating safer streets. Includes Emergency Vehicles, CentreForce 88.3 Digital Radio, Restore BBQ, Play in the Park, Ice cream van, stalls and more. Claire Evans, Community Engagement Officer – Oakwood Hill Customer and Communities. E: CLEvans@eppingforestdc.gov.uk M: 07763 218593.

■ **12 Jul 7pm** The Roding Players Orchestra Summer Concert St Mary's Church, 201 High Road, IG10 1BB. Tickets: £10, £9 concessions, under 11s free. Tickets include refreshments and are available on the door – cash and card payments accepted. Contact: Shirley Fuller – shirley.fuller55@gmail.com 07713 113384 <http://www.rodingplayers.co.uk>

■ **15 Jul 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 01945 588325 or 07903 879209 www.theydonjazzclub.weebly.com

■ **24 Jul 7.45pm** Parchment 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). THERE IS NO MEETING ON 28 AUGUST 2025.

■ **25 Jul 10am-12 noon** Play in the Park Roding Valley Recreation Ground (near Tennis Courts), Roding Rd, IG10 3LQ /// wake.punt.bind – Sports equipment and arts & craft resources supplied at these FREE outdoor sessions. Dr Bike offering FREE bike checks. No need to book. eppingforestdc.bookinglive.com 01992 564 226 for more information

■ **28 Jul – 1 Aug & 4 – 8 Aug 10am-3.30pm** Children's Multisport Activity Week Summer Holiday Sports Camp, Debden Park School, Willingale Road, IG10 2BQ. For children 4-14 years. Modern facilities and wide range of activities. Contact: Eddie Rooks for more info, prices, bookings - www.multisportsactivityweeks.co.uk E: multisportsactivityweeks@gmail.com T: 07764 747069.

■ **29 Jul 1.30-3.30pm** Play in the Park Jessel Green Playground, Colebrook Lane, IG10 2HP ///tester.keen.ropé – Sports equipment and arts & craft resources supplied at these FREE outdoor sessions. Dr Bike offering FREE bike checks. No need to book. eppingforestdc.bookinglive.com 01992 564 226 for more information

■ **29 Jul 2-4.15pm** The Lewis Taylor 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 01945 588325 or 07903 879209 www.theydonjazzclub.weebly.com

■ **7 Aug 1.30-3.30pm** Play in the Park Roding Valley Recreation Ground (near Tennis Courts), Roding Rd, IG10 3LQ /// wake.punt.bind – Sports equipment and arts & craft resources supplied at these FREE outdoor sessions. No need to book. eppingforestdc.bookinglive.com 01992 564 226 for more information

■ **12 Aug 1.30-3.30pm** Play in the Park Jessel Green Playground, Colebrook Lane, Loughton IG10 2HP ///tester.keen.ropé – Sports equipment and arts & craft resources supplied at these FREE outdoor sessions. Dr Bike offering FREE bike checks. No need to book. eppingforestdc.bookinglive.com 01992 564 226 for more information

■ **12 Aug 2-4.15pm** Graham Hughes Sunshine 5 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 01945 588325 or 07903 879209 www.theydonjazzclub.weebly.com

■ **21 Aug 1.30 – 3.30pm** Play in the Park Roding Valley Recreation Ground (near Tennis Courts), Roding Rd, IG10 3LQ /// wake.punt.bind – Sports equipment and arts & craft resources supplied at these FREE outdoor sessions. Dr Bike offering FREE bike checks. No need to book. eppingforestdc.bookinglive.com 01992 564 226 for more information

■ **26 Aug 1.30-3.30pm** Play in the Park Jessel Green Playground, Colebrook Lane, IG10 2HP ///tester.keen.ropé – Sports equipment and arts & craft resources supplied at these FREE outdoor sessions. Dr Bike offering FREE bike checks. No need to book. eppingforestdc.bookinglive.com 01992 564 226 for more information

■ **26 Aug 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 01945 588325 or 07903 879209 www.theydonjazzclub.weebly.com

■ **6 Sept 2-4 pm** Loughton Horticultural Show 2025 & Best Allotment Awards The Murray Hall, Borders Lane, IG10 3SB. Doors open to exhibitors at 9am. Classes for all ages. Prize giving at 4pm, (followed by Best Allotment Awards presentation). Refreshments available. Free Admission (see page 4).

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.

PROJECT 4 ARCHITECTURE



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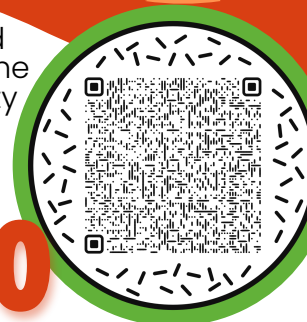
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Royal milestone



HIS ROYAL HIGHNESS The Duke of Gloucester celebrated his 'golden jubilee' as Ranger of Epping Forest on 14 February 2025 with a special visit to the "green lungs of London".

Stretching from Manor Park in east London to Epping in Essex, the Forest covers nearly 8,000 acres. Managed by the City of London Corporation as a registered charity, it is a designated Site of Special Scientific Interest and Special Area of Conservation, home to the UK's largest collection of veteran

pollarded trees.

His Royal Highness was presented with the key to Queen Elizabeth I's Hunting Lodge before officially opening a new exhibition at the Epping Forest Visitor Centre at Chingford, exploring royal connections that have shaped the Forest through the centuries.

Travelling from Chingford to Lopping Hall, The Duke met with young representatives from the City Corporation's Youth Natural Environment Board, Epping Forest District Youth Council, and Thomas Willingale School. Discussions

focused on 'The Future of Epping Forest,' highlighting the importance of youth involvement in conservation efforts.

In a letter to these volunteers ahead of the event, His Royal Highness wrote:

"Over the past 50 years as Ranger, I have been impressed to see, first-hand, the impact that volunteers like yourself are having in both conserving this internationally important asset and in supporting the City of London Corporation in the public services provided to Epping Forest's millions of visitors annually."

The role of Ranger of Epping Forest was established under the Epping Forest Act of 1878, ensuring the continuation of the centuries-old Royal association with the Forest. Appointed by the Crown playing a key role working alongside the City of London Corporation as Conservator and the elected Verderers who present the views of local residents.

Since its creation, only three individuals have held the position of Ranger:

- Prince Arthur, Duke of Connaught and Strathearn (1879–1942)
- Prince Henry, Duke of Gloucester (1943–1974)
- Prince Richard, Duke of Gloucester (1975–present)

Epping Forest's connection with the Royal Family dates back to Henry II in the 12th century but following the City of London Corporation's purchase of the land, it was Queen Victoria, who officially opened the Forest on 6 May 1882, declaring it would be 'for the use and enjoyment of my people for all time.'

In 2022, Queen Elizabeth II recognised it as one of just 70 ancient woodlands for her Platinum Jubilee, then in 2023, His Majesty King Charles III marked his Coronation by donating a tree to the Forest.

Photo: Ben Murphy, Chairman EF & Commons Cttee, 1st left, HRH The Duke of Gloucester, 2nd left, Cllr Katie Valentine, Loughton Town Mayor, 5th left, Dr Neil Hudson, MP Epping Forest

Become a director of Lopping Hall

ARE YOU somebody that is bored in retirement, or have some spare time and would like to help your community? Opened in 1884, Lopping Hall is managed by the Lopping Endowment Corporate Trustee Limited for and on behalf of the residents of Loughton. Responsible for a 185 seat theatre, a Community Centre with rooms for hire, and management of three High Road leases.

If your skillset includes any of the following:

- Building, maintenance, DIY
- Finance
- Legal
- HR
- Theatre events management
- Marketing

Why not get involved? Make your own mark on this historic locally listed building. Contact the Chairman at alan@intlveneer.co.uk or the Secretary at loppinghallloughton@gmail.com



Epping Forest Youth Council

THE 23 YOUTH COUNCILLORS have been in office for one year and are halfway through their term of office.

Youth Councillors presented their annual report to Epping Forest District Council Overview & Scrutiny Committee in March and received praise and thanks for their work in the community. For 2025, their project focuses on increasing awareness about underage vaping. 2,924 secondary school pupils took part in the survey and the findings will be published in June 2025.

Nine Youth Councillors live in the Loughton area and enjoy volunteering in their community.

Evie is a member of the Brentwood and Epping Forest Independent Advisory Group, a group of influential individuals from a diverse range of communities across the district. They meet four times a year to provide insight and constructive feedback to Essex Police on a variety of policing issues.

Jacques is a member of the Young Essex Assembly (YEA), a youth forum for the county of

Essex. They have 75 elected members, representing all districts across Essex. The YEA review priorities and consult with young people, as well as campaigning to make a positive difference for young people in Essex.

Jacques is a beekeeper and won the Jack Petchey Environmental award for 2025.

For further information please follow the Epping Forest Youth Council on social media, for updates about their work. @Eppingyc
www.eppingforestdc.gov.uk/efyc



Hate Crime awareness training with Essex Police
3rd from L: Evie, 4th Abigail, 6th Jacques, 7th William



Meeting the Essex Police Working Dogs
1st from L: Amber, 3rd: Abigail

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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 ad hoc 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: LNorth@leevalleypark.org.uk W: visitleealley.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 Eppingforestguitargroup@gmail.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.

mldjavorfold@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 (youth 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

London GD Handball Club Every Tuesday. Roding Valley High School, IG10 3JA. 8-14 Yrs, all levels welcome. Sessions led by GB U20 coach. £30 for the school year – FREE Taster Session. Contact: development@londongdhandball.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.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

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, 10:15am for coffee & speaker. Contact: Lesley Collischoon 020 8508 5694

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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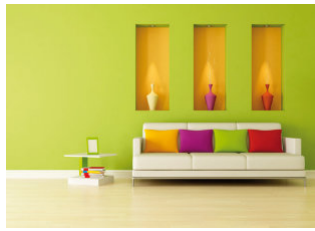
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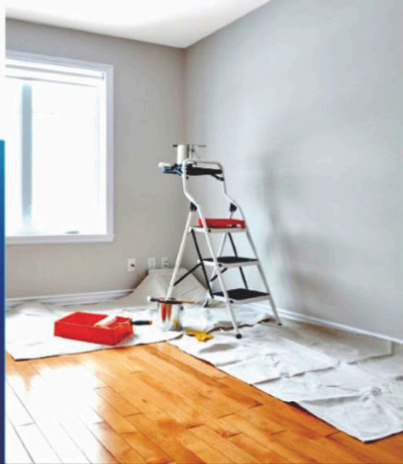
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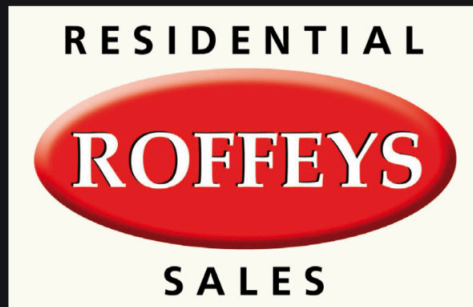
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