



# Think Loughton

News from Loughton Town Council

Spring 2026 No 112



## Well Played!

**THE 2025 ESSEX PLAYING FIELDS ASSOCIATION AWARDS** were held in Chelmsford on 8 October 2025, attended by our Town Mayor, Cllr David Wixley, Chairman of the Recreation Committee, Cllr Katie Valentine and our previous Services Team Manager, Paul Hoy. The night proved a resounding success for Loughton Town Council, where we scooped the following awards, the most we have ever received:

**Category 1: Best playing field serving communities of more than 2,500 residents**  
**Gold Certificate** awarded to Roding Valley Recreation Ground

**Category 3: Best children's playground**  
**Gold Certificates** awarded to Roding Valley Recreation Ground Playground and Traps Hill Playground

**Outright Category Winner** awarded to Newmans Lane Playground

**Category 7: Best project carried out during the year**

**Outright Category Winner** awarded to Newmans Lane Playground

The judges were *extremely impressed with Newmans Lane and the inclusivity of the playground.*

We are particularly delighted that our investment in the new playground at Newmans Lane was recognised in these awards, and is testament to its popularity with the many children of Loughton since it opened in March 2025. Our thanks go to 'Proludic Limited' the playground manufacturer, to Epping Forest District Council for assisting towards the funding of this playground and last, but by no means least, to our Services Team for the tremendous work they undertake in maintaining all of Loughton's open spaces and playgrounds to such a high level, for the enjoyment of all Loughton residents.

It was a very fitting and much deserved end to Paul Hoy's tenure as Services Team Manager, who retired in July last year.

**Top photo: L-R: Town Mayor, Cllr David Wixley, Recreation Committee Chairman, Cllr Katie Valentine and Former Services Manager, Paul Hoy**

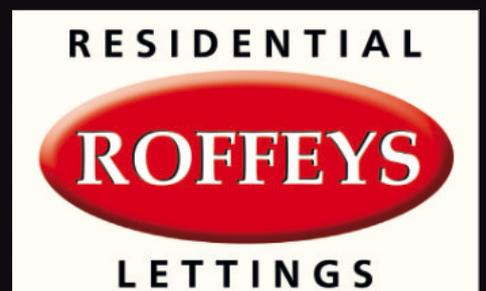
**Bottom photo: Loughton Town Council Services Team – L-R: Steve Phillpot, Bob Clarke, Jess Hefferman, Debbie Taylor, Services Manager, Phil Morton and Mark Squire, Town Clerk**



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# Contact numbers

## COUNCIL SERVICES

Loughton Town Council	020 8508 4200
City of London Corp (Epping Forest)	020 8532 1010
Epping Forest District Council	01992 564000
Waste Management Hotline	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.	07592 369198
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 Underground)	0343 222 1234
Luton Airport	01582 405100
National Express	0871 781 8181
National Rail Enquiries	03457 484950
Southend Airport	01702 538 500
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Loughton

Boys & Girls 2 to 11

From September 2026, the three schools in the Oak-Tree Group will be expanding their nursery provision to include full time places for 50 weeks a year, whilst still offering term time places



# Clerk's Remarks



**ESSEX PLAYING FIELDS ASSOCIATION AWARDS** – Loughton Town Council was recently honoured to be the recipient for a record number of awards for our children's playgrounds and open green spaces. We were especially proud for the category 1 award for the Roding Valley Recreation Ground and outright category winner and 'best project' carried out during the year 2025 for Newmans Lane playground. The judges 'were extremely impressed with the

inclusivity of the playground.' We are also pleased that 'Loughton Wombles' have recently celebrated their 4th year anniversary. We wish to say a huge thank you to everyone who has taken part in the litter picks. As well as Wombles working individually, there have been 34 monthly group meets, during this period. The numbers of volunteers has remained robust throughout and typically there are two large groups out at any given time, in and around Loughton. There's always room for more volunteers. It's a very sociable and rewarding activity and you always feel better afterwards, knowing that you have made a difference to making a cleaner and greener local environment. Please call the office if you are interested and we will provide further information and all equipment. As well as our more well-known Murray Hall and Kingsley Hall that are available for hire, the use of our own Chamber Room at Buckingham Court, Rectory Lane sometimes goes 'under the radar.' The room is ideal for smaller group or business meetings for up to 20 people or for any individual needing some quieter space. The chamber room

is fully equipped with projector, air conditioning, WIFI and separate kitchenette and toilet facilities. Please contact our Halls Officer, Judy Graham for further information. Spring is the time when we tend to make plans and look forward. Loughton Town Council is once again organising a variety of community events this year. Some dates for your diaries:

- Annual Town Meeting for local residents at Murray Hall, Borders Lane at 8pm on Wednesday 18 March 2026.
- Jessel Green Community Fun Day, Jessel Green, Sunday 28 June 2026 - 12 noon to 4pm
- Loughton Horticultural Show, Murray Hall – Saturday 5 September 2026 - 2pm onwards
- Loughton Day, community event at Loughton Cricket Club, Saturday 19 September 2026 - 12 noon to 4pm

We look forward to seeing you all then. Any other events will be announced on our website / Facebook page in due course. Enjoy the Spring and hopefully some warmer weather.

Mark Squire  
Town Clerk

# Council tax

**THE PRECEPT**, the amount collected from residents in 2026/27 to spend on local services and facilities will be £1,104,681. This will set the Loughton proportion of the annual council tax for a band D property as £83.26, an increase of £2.78 p.a. (3.4%) from the current year of £80.48. It has been a more moderate financial year, with more stable interest rates and energy costs. The Town Council has 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 towards providing solar heating at Murray Hall, to improve energy efficiency. Also to start building funds for renewing the pathways on the Roding Valley Recreation Ground and the revamping of other children's playgrounds in Loughton.

# Essex Handicraft Association

**THE LOUGHTON WOODLANDS** branch of the Essex Handicraft Association meets on the 4th Thursday of each month (except August and December) from 8pm to 10pm, at Loughton Methodist Church, 260 High Road, IG10 1RB. If you would like to develop or

apply your handicraft skills, why not join us. The aim is always to have fun and try something new. Each month we look to cover a different skill, which has included Beading, Fans, Christmas Decorations, Parchment and much more. Each year we have also proudly designed and produced Loughton's poppy display for the War Memorial.

The group held its AGM in September. Chairwoman, Pam Utting, reflected on the wide range of different activities everyone had tried during the year. After the formal part of the evening, the branch cups were given out.

Please contact Karen Myles, Secretary on ehawoodlandscrafts@gmail.com for more information.

Photo: (L) Karen Myles with her cup for the 'under the sea' theme competition with a children's cushion, and (R) Shirley Utting with her winning cup for her Pergamano (parchment craft) picture.



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# Loughton Town Council

**Town Mayor:** Cllr David Wixley **Deputy Town Mayor:** Cllr Stephen Harriman **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  
CllrMickStubbings@loughton-tc.gov.uk

**Cllr Katie Valentine** 07477 012213  
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Rectory Lane IG10 2QZ  
CllrKatieValentine@loughton-tc.gov.uk

### BROADWAY WARD

**Cllr Neil MacKinnon** 07872 324028  
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CllrNeilMacKinnon@loughton-tc.gov.uk

**Cllr Ceejay Ubah** 07983 535992  
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Rectory Lane IG10 2QZ  
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### DEBDEN WARD

**Cllr Les House** 020 8508 3369  
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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Rectory Lane IG10 2QZ  
cllr@sebastianfontenelle.co.uk

**Cllr Ruth Sylvan** 07958 813014  
Englands Lane  
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CllrRuthSylvan@loughton-tc.gov.uk

### FOREST WARD

**Cllr Kin-Wan Lee** 07940 807483  
80 Meadow Road  
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Cllrkinwanlee@loughton-tc.gov.uk

**Cllr Stella Murphy** 020 8508 2794  
c/o 1 Buckingham Court  
Rectory Lane IG10 2QZ  
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**Cllr Jon Riley** 020 8508 6604  
Resident of Forest Ward,  
Loughton IG10 4RB  
jonriley135@outlook.com

### RODING WARD

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

### ST MARY'S WARD

**Cllr Wendy Dodd** 07871 964682  
c/o 1 Buckingham Court  
Rectory Lane IG10 2QZ  
CllrWendyDodd@loughton-tc.gov.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 4200  
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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  
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**Cllr Michael Owen** 07467 430145  
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michael.x.owen@gmail.com

**Cllr Chris Pond** 020 8508 2361  
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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



# News round-up

**TEAM NEWS:** In October 2025, we sadly bid farewell to a very popular team member Kate Pendlebury, Responsible Finance Officer (RFO), who joined us the previous year. Although only here for a short period Kate settled in very quickly with the Town Council, got fully involved in our activities and picked up the role of RFO in admirable fashion. Kate reluctantly resigned for family reasons, and we send her our very best wishes. In November, we welcomed Caroline Carroll to the role of part-time RFO. Caroline is a very experienced officer, previously working as the Clerk and Planning Officer at Theydon Bois Parish Council, and more recently part-time, as RFO at Buckhurst Hill (BH) Parish Council and also well known in our sector.

**ANNUAL TOWN MEETING:** Have your say about LOUGHTON. Join us for the ANNUAL TOWN MEETING at 8pm on WEDNESDAY 18 MARCH 2026 in The Murray Hall, 106 Borders Lane, Loughton, IG10 3SB (doors open at 7.30pm to view the displays).

This is the ideal opportunity to meet your local councillors, ask questions and express your views. The event will include presentation of awards to: Citizen of the Year, and Loughton Building Design Award alongside recognising local organisations receiving grant funding. Tea and coffee will be served after the meeting.

**MAINTENANCE ASSISTANT:** The Town Council created a new team role last year, of Maintenance Assistant, to undertake repairs and renovations around the town, that we otherwise relied on procuring the services of outside contractors to address. New team member, Steve Phillpot, has carried out works to town benches, noticeboards and essential repairs in the playgrounds, along with plumbing repairs in our community halls and decorating and fence repairs on the Roding Valley Recreation Ground. His variety of skills are proving to be a great addition to the team, both practically and financially, while improving the Town's facilities and amenities for all to enjoy. Our new Office Administrator, Olivia Drew, has proved to be an invaluable new addition too. We are delighted to welcome them both to our team and wish them continued success in their roles.

## 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** A Fricker  
W Dodd  
S Harriman  
J Obaseki  
C Ubah  
K Valentine

### PLANNING & LICENSING

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

### RECREATION

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

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### 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  
2026

- |            |    |   |
|------------|----|---|
| <b>Mar</b> | 2  | Planning & Licensing                          |
|            | 11 | Recreation                                    |
|            | 16 | Planning & Licensing                          |
|            | 18 | Annual Town Meeting<br>The Murray Hall at 8pm |
|            | 25 | Environment & Heritage                        |
|            | 30 | Planning & Licensing                          |
| <b>Apr</b> | 8  | Resources & General Services                  |
|            | 13 | Planning & Licensing                          |
|            | 22 | Council                                       |
|            | 27 | Planning & Licensing                          |
| <b>May</b> | 11 | Planning & Licensing                          |
|            | 20 | Annual Council                                |

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



# Light up a Life

**CLLR DAVID WIXLEY**, Loughton Town Mayor, welcomed residents and visitors to our 23rd annual Light up a Life event for St Clare Hospice, which took place on Saturday 29 November.

The candlelight procession from Loughton Methodist Church gathered on Kings Green for carols, and a small service of reflection.

Our thanks to Rev'd Sue Creighton, Minister at Loughton Methodist Church for hosting the event, Epping Forest Singers for their beautiful singing, Rev'd Will Rose-Moore, Assistant Curate at St John's Loughton and Michele Tavarone, Social

Worker Patient & Family Support at St Clare Hospice for their meaningful and fitting words remembering loved ones and to reflect on the care and work of our local hospice.

We also thank Morrisons for their generous donation of mince pies and refreshments which were enjoyed by all back at the Methodist Church and Chris at CBSVL Events for providing the PA system.

For more information on the work of St Clare Hospice please contact <https://stclarehospice.org.uk/us/get-in-touch/contact/>




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# Best Dressed Windows 2025

## THE 2025 CHRISTMAS WINDOW COMPETITION

was judged this year by Town Mayor, Cllr David Wixley, along with fellow Councillors Wendy Dodd and Stephen Harriman. Overall category winners received an engraved silver cup (to hold for 11 months) and a laminated certificate from the Town Mayor, along with a donation of £75, made by the Council, to a local charity nominated by each winner. The 2025 winners were as follows:

**Charity Winner: Haven House Charity Shop,** 188 High Road. Chosen Charity: Haven House Children's Hospice

**Eateries Winner: The Aviary,** 200 High Road. Chosen Charity: St Clare Hospice

**Local Independent: Forest Casual & Schoolwear,** 144 High Road. Chosen Charity: Chigwell Riding Trust

**Multiples/Chain Stores: David Clulow,** 297 High

Road. Chosen Charity: St Clare Hospice. Runners-up and highly commended businesses received laminated certificates from the Town Mayor too.

The full list of results can be found on our website: - Loughton Town Council

Discretionary Certificates of Merit were also awarded to Loughton Fire Station and Haslers Chartered Accountants.

The judges commented on this year's winners: Forest Casual & Schoolwear, in the local/independents: "Two members of the team, Katie and Claire had created a festive display cleverly incorporating the stores products" (they were particularly delighted to be recognised this year as they also celebrate their 60th anniversary); David Clulow, Opticians in the Multiples, "they achieved a striking visual impact with their design"; Haven House Children's Hospice Shop, in the Charities

"an abundance of Christmas cheer had been created"; and The Aviary for the Eateries, "the display provided a most impressive, and magical illuminated spectacle". All of these displays had been created by members of the respective teams, adding to the thought and effort on display.

The Town Mayor awarded two Certificates of Merit, one to Loughton Fire Station, who had "inventively decorated its tower with a snowman, and any child spotting it could be highly delighted", plus, Haslers Chartered Accountants, who had created "an impressive display, best seen at night including two twinkling Christmas trees either side of the entrance with an attractively decorated tree and garland visible in the foyer".

Thanks to them both and to all the businesses for joining in with the impressive festive magic displayed around Loughton Town. Our congratulations to all this year's winners.



Charity Winner: Haven House Charity Shop



Eateries Winner: The Aviary



Local Independent: Forest Casual & Schoolwear



Multiples/Chain Stores: David Clulow

# Loughton Wombles

**THE LOUGHTON WOMBLES** celebrated their 4th year anniversary last year. Following a delay getting this initiative off the ground due to Covid, Loughton Womble volunteers started litter picking around the town's streets in 2022 and have made a huge impact on helping to keep Loughton litter-free. Our volunteer numbers have increased year on year, attracting Wombles of all ages and backgrounds. The scheme has proved a resounding success, not only improving the appearance of our town but instilling a great sense of pride and civic duty in all our hardworking participants.

Alongside regular monthly litter picks, Loughton Wombles have also provided their services at our Town Council events, from Community Days to Beacon Lightings and Remembrance Services. In October some of the volunteers participated in an initiative organised by Epping Forest District Council (EFDC), following funding to undertake patrols on and around Loughton High Street. Having identified an issue with fly tipping at the back of the shops and in front of charity shops and general littering, they organised a day/night of action in partnership with EFDC's Environmental Enforcement Officers and Essex Police. The group met up at 5pm outside Morrisons and successfully helped to clear this eyesore.

The Town Council would like to say a huge thank you to everyone who has taken part in all the litter picks.

If you would like to join our industrious band of Loughton Wombles in the company of new faces, with the added benefit of fresh air and healthy exercise, working towards making Loughton a litter free town and making a difference to the local environment, contact our Loughton Womble Co-ordinator Olivia Drew on 020 8508 4200.



Loughton Wombles who joined in the EFDC Initiative to Clean Up Loughton High Road

© EFDC Environmental Enforcement Department



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07969 174292

Loughton Bowling Club Ltd. Eleven Acre Rise (opposite  
Loughton Library), Loughton, Essex IG10 1AN. 020 8508 3546

■ **Every Wednesday 12.30pm – 2.30pm**  
**Let's Get Together** 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. The Oakwood Hill Community Hub, Longcroft Rise, Loughton, Essex. IG10 3NB. For further information call Karen Murray on 01992 564222 or email kmurray@eppingforestdc.gov.uk (See p14)

■ **Every other Wednesday.**  
Intergenerational classes for under 5-year-olds. Free and open to the community, held at Honey Lane Care Home, Honey Lane, Waltham Abbey, EN9 3BA, Tel: 01992 538 950, Email: enquiries.honeylane@carebase.org.uk  
Facebook: <https://fb.me/e/4YLg81VfH>

■ **Every Friday 10.30am – 12 noon**  
**Men's Games Group** Loughton Voluntary Care Wesley's Café, Loughton Methodist Church. No Charge or need to book - Just turn up. Scrabble, cards, cribbage, backgammon, chess, draughts, dominoes and more! For more details phone 07592 369198 or visit our website:  
[www.loughtonvoluntarycare.org.uk](http://www.loughtonvoluntarycare.org.uk)

■ **Every Friday 12.30pm – 2.30pm**  
**Mindful Art Space** is a free drop-in space for adult residents of Oakwood Hill & surrounding areas. A mindful, safe group setting to be playful with art whilst nurturing wellbeing, led by Mindfulness Coach: Claire Evans & Artist: Janice Birks. Light refreshments provided. Oakwood Hill Community Hall, IG10 3NB. Contact: clevans@eppingforestdc.gov.uk  
[eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)  
01992 564 363 or 07763 218593 (See p13)

■ **5 Mar – 6 Mar 8pm, 7 Mar 2.30pm**  
**matinee + 7pm Wyrld Sisters** by Terry Pratchett - adapted by Stephen Briggs. Terry Pratchett's fun and entertaining play is a take on Shakespeare's Macbeth and Hamlet. It's all there – a wicked duke and duchess, the ghost of the murdered king, dim soldiers, strolling players, a land in peril. And who stands between the Kingdom and destruction? Three witches. Granny Weatherwax (intolerant, self-opinionated, powerful), Nanny Ogg (down-to-earth, vulgar) and Magrat Garlick (naïve, fond of occult jewellery and bunnies). Theydon Bois Village Hall, Coppice Row, Theydon Bois, CM16 7ER. Tickets - £15 – Available online from [www.ticketsource.co.uk/theydonboisdramasociety](http://www.ticketsource.co.uk/theydonboisdramasociety) or by phone: 01992 919038.  
[www.theydonboisdramasociety.co.uk](http://www.theydonboisdramasociety.co.uk)

■ **10 Mar 7.30pm Mozart and his Operas.**  
A musically illustrated talk by Jamie Hayes on Mozart's most famous operas. The Arts Society, Bancroft's Prep School, 611 High Rd, Woodford Green, IG8 0RF. Donation Requested. Refreshments are available from 7.15pm. Visitors welcome! For more information about the group please check our website:  
[www.theartsocietywoodfordgreen.org.uk](http://www.theartsocietywoodfordgreen.org.uk) or  
E: [artssocietywoodfordgreen@outlook.com](mailto:artssocietywoodfordgreen@outlook.com)

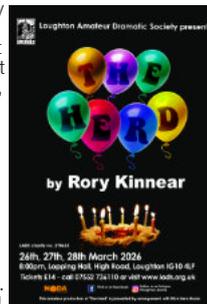
■ **14 Mar 7pm Dance Through the Decades** A Night of Live Music, Dancing and Drinks. Lopping Hall will be transformed into a vibrant celebration of music and dance as this performance brought to you by the Loughton Operatic Society promises an unforgettable night that journeys through the sounds and styles of the decades. The event is designed to bring people together on the dancefloor while enjoying drinks and great company. Ideal for groups of friends, couples, and anyone looking for a fun night out in the local community. Tickets: £15 please visit [www.ticketsource.co.uk/LOS](http://www.ticketsource.co.uk/LOS) to buy tickets or for more information. <https://loughtnoperatic.org.uk>

■ **14 Mar 7.30pm** Woodford Symphony Orchestra – Spring Concert at Roding Valley High School, Alderton Hill, Loughton IG10 3JA. Programme will include Beethoven's Violin Concerto. For ticket information and further details visit: [www.WSOrchestra.org.uk](http://www.WSOrchestra.org.uk) or telephone 020 8924 9370 (see P14).

■ **18 Mar 2.30pm** 10 Tales of the National Trust by David Simmonds. Woodford and District National Trust. Join us at our series of varied talks, outings and even holidays. Visitors are charged £3 entry, most members come with a yearly subscription. Meetings take place throughout the autumn, winter, spring, and early summer months at All Saints Church Hall, Woodford Wells IG8 0NH. Good company, interesting topics and friendship - come and socialise with local people with an interest in the work of the National Trust. Enquiries: [speller643@btinternet.com](mailto:speller643@btinternet.com) / 07774 164407.

■ **26 Mar 8pm Weaving** 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 / [ehawoodlandscrafts@gmail.com](mailto:ehawoodlandscrafts@gmail.com) (see p13).

■ **26-28 Mar 8pm The Herd**, by Rory Kinnear. It's Andy Griffith's 21st birthday; not that he's counting. But his mother, Carol, is! Counting the minutes until he arrives, counting the unexpected guests and counting the number of times that something like this has happened before. For Carol, added to the volatile, intergenerational mix are her daughter with a new boyfriend, her estranged husband, and her parents. Witty and heartfelt, this play takes us into a family falling apart - and pulling together - when life doesn't turn out quite the way they imagined it. Loughton Amateur Dramatic Society (LADS). At Lopping Hall, High Rd, Loughton IG10 4LF. Tickets (£14) available from 07552 736 110 (answer machine), [boxoffice@gmail.com](mailto:boxoffice@gmail.com) or [www.lads.org.uk](http://www.lads.org.uk)



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■ **28 Mar 7pm The Roding Players Orchestra Spring Concert** St Mary's Church, 201 High Rd, IG10 1BB. Tickets: £10, under 11s free, includes refreshments. For all other queries contact: Shirley Fuller – shirley.fuller55@gmail.com 07713 113384 www.rodingplayers.co.uk

■ **28 Mar 7.30pm Epping Forest Singers** Come and hear the Epping Forest Singers perform Charles Gounod's St Cecilia Mass. Venue: To Be Confirmed. For further information phone Sarah on +447928790751.

■ **30 Mar 7pm Lift the Curfew** Free social run hosted by Loughton Athletic Club. Meet outside Loughton Library, Traps Hill, IG10 1HD, for 7pm start. Suitable for over 16s - hi vis recommended. Join friendly runners from LAC for a free 6.5k run around Loughton (shortcuts if needed) as we support the right of all to feel safe exercising outside on the darker nights. Contact www.loughtonac.org.uk or just turn up. Runs held on last Monday of every month ending 30 March 2026.

■ **31 Mar 1.30 – 3.30pm Play in the Park** Roding Valley Recreation Ground (near Tennis Courts), 194 Roding Rd, Loughton IG10 3BS, //wake.punt.bind. Fun and games outdoors. 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

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

■ **15 Apr 2.30pm Clavering Castle - The Dig** by Simon Coxall. Woodford and District National Trust, All Saints Church Hall, Woodford Wells IG8 0NH. Visitors are charged £3 entry, most members come with a yearly subscription. Good company, interesting topics and friendship - come and socialise with local people with an interest in the work of the National Trust. Enquiries: speller643@btinternet.com / 07774 164407.

■ **23 Apr 8pm Embroidery on cards** 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 / ehawoodlandscrafts@gmail.com (see p13).

■ **From 3 May – 27 Sep incl. each Sunday 2-5pm Sunday teas** will resume The Church of the Holy Innocents, High Beach. On some Sundays there will be free walk in concerts - dates to be confirmed. Everyone welcome. Church of the Holy Innocents, High Beach. Vicar: Rev'd Jane Yeadon – 07960 6044176 www.HighBeachChurch.org.uk

■ **13 – 16 May 7.30pm (+ Saturday 16th Matinee performance at 2pm) Oklahoma!** Production from the Loughton Operatic Society, Lopping Hall, Loughton, IG10 4LF of this much-loved Rodgers & Hammerstein musical. Set in the American Midwest at the turn of the 20th century, telling the story of romance, rivalry and community as cowboys and farmers compete for land and love. Featuring one of musical theatre's most iconic scores — including Oh, What a Beautiful Mornin', People Will Say We're in Love and the rousing title number Oklahoma! — the show remains a joyful celebration of hope, humour and heartfelt storytelling. A perfect night out for musical theatre fans and newcomers alike, Oklahoma! promises an evening of unforgettable entertainment. Tickets available from www.ticketsource.co.uk/LOS Tickets £18. https://loughtonoperatic.org.uk

■ **12 May 7.30pm (for 8pm start) TS Eliot and Art.** A talk by Tony Faber. The links between Eliot and the major artists of his day and their influence on his poems. The Arts Society, Bancroft's Prep School, 611 High Rd, Woodford Green, IG8 0RF. Donation Requested. Refreshments are available from 7.15pm. Visitors welcome! For more information please visit: www.theartsocietywoodfordgreen.org.uk or E: artssocietywoodfordgreen@outlook.com

■ **13 May 2.30pm Why Garden?** A talk by Anne Luder - designer and retired Chapel Manor Lecturer. Woodford and District National Trust, All Saints Church Hall, Woodford Wells IG8 0NH. Visitors are charged £3 entry, most members come with a yearly subscription. Good company, interesting topics and friendship - come and socialise with local people with an interest in the work of the National Trust. Enquiries: speller643@btinternet.com / 07774 164407.

■ **28 May 8pm Pyrography** 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 / ehawoodlandscrafts@gmail.com (see p13).

■ **29 May 8pm Get Involved in LADS!** Loughton Amateur Dramatic Society, 2026/27 Season Launch. Fancy being a part of the of the LADS' team - on stage, off stage, front of house, creating props, making costumes, designing and building sets? Want to discover which plays LADS will be performing next year? Whether you are an audience member or you'd like to get actively involved in the society, come along to this open evening. Hear our plans, find out what we do and see how you can get involved. Buckley's Bar, Lopping Hall, High Road, Loughton IG10 4LF. For further details, email the LADS chair, Jenny Skinner, at lads.chairman@gmail.com or check our website, especially nearer the date. www.lads.org.uk

**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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## Festive Surprise



**THE VOLUNTARY ACTION EPPING FOREST COMMUNITY CLUB** was filled with festive cheer recently as clients enjoyed a special Christmas party organised by our dedicated staff team. Laughter, conversation and seasonal treats created a wonderfully joyful atmosphere, making it a celebration to remember.

The club, which takes place every Wednesday from 1 – 3pm at St John's Baptist Church Hall, Loughton, is a valued weekly gathering for those who attend. This Christmas event was made even more magical thanks to the kind support of Revd Chris Davies, Rector of St John's, who helped arrange a surprise visit from a very special guest.

To the delight of everyone in the room, Father Christmas arrived to spread festive cheer, chat with clients and personally hand out Christmas gifts. Each attendee received a present from the charity, a gesture that was warmly received and truly appreciated. Smiles, excitement and plenty of Christmas spirit filled the hall as Father Christmas made his rounds.

The party was a lovely way to celebrate the season together and reflect the strong sense of community that the Voluntary Action Epping Forest club provides. We are incredibly grateful to our staff, volunteers, St John's Baptist Church, and Revd Chris Davies for helping to make this festive afternoon so special.

It was a heart-warming reminder of how small moments of kindness and togetherness can make a big difference – especially at Christmas.

Contact: Julie Bailey-Maher – Community Club Coordinator [jbailey-maher@vaeef.org.uk](mailto:jbailey-maher@vaeef.org.uk)  
07708 171116

## Barclays Bank at Loughton Library

**BARCLAYS ARE** at Loughton Library, Traps Hill, IG10 1HD every Tuesday and Friday between 10am and 2pm. There are no counter or cash services, but the following services are available:

- Power of attorney assistance - if you need to let someone access your accounts, or need to do this for someone else, you can discuss your options and get help registering here.
- Fraud and scams advice - learn how you can protect you and your family from fraud and scams. Also, get help if you've been a victim.
- Payments and transfers - get help with regular and one-off payments, moving money between your accounts, domestic and international payments, and paying bills online.
- Digital banking help - assistance with online banking, as well as managing and opening accounts, account queries, reviewing transactions and registering for new products on your phone, tablet or computer.
- Bereavement assistance - let us know if someone who banks with us has passed away.
- Money management – if you're in financial difficulty or have money worries, we can provide support, guidance and mentoring on money management and financial health.

# Loughton Remembered

**LOUGHTON'S REMEMBRANCE PARADE AND SERVICE** was held on Sunday 9 November 2025 at the war memorial on Kings Green, Loughton.

The sun shone, and hundreds of residents joined the annual parade, leaving the Royal British Legion Headquarters (Loughton Branch) at Church Hill. The procession was a wonderful sight and included representatives from The Royal British Legion, Churches Together in Loughton, the Air Cadets, Scouts, Guides, Brownies and Rainbows together with ex-servicemen and Councillors.

Large crowds assembled at Kings Green where Town Mayor, Councillor David Wixley, together with Deputy Lord Lieutenant Amrik Singh, Dr Neil Hudson MP for Epping Forest and Cllr Louise Mead, Chairman of Epping Forest District Council led the tributes. The two minutes silence mark the anniversary of this day in 1918 when the guns finally stopped at the end of the First World War.

The ministers from 'Churches Together in Loughton' delivered the service. Ben Mayer, represented the Royal British Legion and veterans, to whom we were most grateful for his superb organisation of the parade. Altogether a really fitting tribute to the fallen.

On Armistice Day itself, Tuesday 11 November at 11am the Town Council held a two-minute silence at the War Memorial on Kings Green with members of Staples Road Primary School Council and children from Chrysalis Day Nursery laying their poppy wreaths. We were also joined this year for the first time, by the Public Services students from New City College along with members of the public.

Town Mayor, Cllr David Wixley read the Exhortation, the Flag Bearer was Malachi Fontenelle representing the Loughton Royal British Legion and Reverend Chris Davies, provided a short address, contributing to the event.



# A Prime Grilling

**NEW CITY COLLEGE** apprentices had the rare opportunity to quiz Prime Minister Keir Starmer on apprenticeships, skills and work opportunities during an exclusive session at Downing Street, followed by a private tour inside Number 10.

The group, which included Electrical and Plumbing students from Epping Forest Campus in Borders Lane, Loughton, was invited for an informal Q&A in response to recent government announcements on the new Youth Guarantee, a policy designed to ensure every young person has access to training, education or tailored support into work.

The meeting was held at Downing Street and the tour included a look at the key state rooms used by the Prime Minister and his Cabinet.

Ellie, an electrical apprentice with PIP Mechanical & Electrical Engineers, opened the conversation by asking what support companies will receive to create more apprenticeship vacancies. Lenny, training with T Clarke, raised the issue of capacity. With the demand for construction skills rising, he asked whether additional funding would be made available to expand college facilities.

The Prime Minister assured the group that apprenticeships and technical training remain a

priority for the government, recognising the importance of equipping young people with the skills needed for work.

The apprentices, who typically work four days a week and spend one day at college, earn a salary while training and studying to develop the technical skills, confidence and experience needed for successful careers.

New City College is one of just 10 national Construction Technical Excellence Colleges (CTEC), offering outstanding facilities and pathways for young people, adults and apprentices to gain the construction skills that Essex, London and the wider region urgently need.



Students outside No 10 Downing Street



Apprentice students questioning the PM, Sir Keir Starmer

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# Regular activities

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

## ALLOTMENTS

Loughton Potato Ground, Baldwins Hill.  
[www.loughtonpotatoground.com](http://www.loughtonpotatoground.com)  
Roding Road Allotment & Leisure Gardens Association, Roding Road.  
[www.rodinroadallotments.co.uk/](http://www.rodinroadallotments.co.uk/)  
Willingale Road Allotments, Loughton Town Council 020 8508 4200

## ANIMAL TRAINING

Epping Green Dog Agility Club Epping Cricket Club, Epping. T: 07793 030752  
E: [epppinggreenac@gmail.com](mailto:epppinggreenac@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](http://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](mailto:secretarytheartsocietyWE@gmail.com) or 07980 476710

**Art Classes LifeWorks Centre**, Loughton Methodist Church, 260 High Rd. £12. Tues & Thurs. 07944 589998  
[www.ruthdronfield.co.uk](http://www.ruthdronfield.co.uk)  
**Essex Handicrafts Association, Woodlands Branch**, The Church Hall, Loughton Methodist Church, 260 High Rd. 4th Thurs, 8pm. Karen Myles, branch secretary, T: 020 8508 4581  
E: [ehawoodlandscrafts@gmail.com](mailto:ehawoodlandscrafts@gmail.com)

**Mindful Art Space** Fridays 12.30-2.30pm free drop-in space for adult residents of Oakwood Hill & surrounding areas. A mindful, safe group setting to be playful with art whilst nurturing wellbeing, led by Mindfulness Coach: Claire Evans & Artist: Janice Birks. Light refreshments provided. Oakwood Hill Community Hall, IG10 3NB. Contact: [clevans@epppingforestdc.gov.uk](mailto:clevans@epppingforestdc.gov.uk)  
[epppingforestdc.bookinglive.com](http://epppingforestdc.bookinglive.com)  
01992 564 363 or 07763 218593  
**Thursday Art Group**, Loughton Baptist Church, 92 High Rd. Thurs. 1.30pm £3 (incl tea & biscuits) 020 8502 1379 / [theomes5@hotmail.co.uk](mailto: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** Loughton 10am-1pm Thursdays. Waltham Abbey Tues/Thurs 9.30am-12.30pm. Epping Tues/Thurs 4pm-7pm. Chigwell Tues 10.30am-1.30pm. 07583 111796 (answer phone)  
[affordablecounselling@gmail.com](mailto:affordablecounselling@gmail.com)  
Samaritans. Free, confidential emotional support for the distressed & despairing available 24/7. 020 8553 9900 / 116 123 / [jo@samaritans.org](mailto:jo@samaritans.org) / [bxt07725909090](http://bxt07725909090)  
**Spark Counselling and Mentoring for young people**. Loughton Youth Centre, Borders Lane, Loughton 020 8508 6743  
[Spark@worthunlimited.co.uk](mailto:Spark@worthunlimited.co.uk)  
Free service - donations accepted

## EDUCATION

**Bridge Lessons** various courses available in a relaxed atmosphere in Loughton. Days and times are flexible. Contact Hazel on 07788 711288 for further information - Fees TBC.  
**Music Lessons**, Loughton Music Academy, High Rd. 020 8502 2992  
[www.loughtonmusicacademy.co.uk](http://www.loughtonmusicacademy.co.uk)

## FOOD

**3Food4U** Loughton Community Surplus Hub runs every Tues 11.30am-1pm at The Loughton Club, 8 Station Road IG10 4NX. Contact us at Website: [www.3food4u.org](http://www.3food4u.org)  
Email: [info.3food4u@gmail.com](mailto:info.3food4u@gmail.com)  
Tel: 01992 842642  
**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.  
Thurs 2-4pm: Hazelwood's Children's Centre, Waltham Abbey, EN9 3EL.  
Sat 10am-12 noon: Trinity Church, Mannock Drive, IG10 2JD. Contact:  
[www.epppingforest.foodbank.org.uk](http://www.epppingforest.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](mailto:efcv2@yahoo.co.uk)  
[www.efcv.co.uk](http://www.efcv.co.uk)  
**Epping Forest Countrycare**, EFDC's Countryside team. Volunteering projects in district's nature reserves. Thurs 10am-4pm 01992 788203  
[www.epppingforestdc.gov.uk/index.php/out-and-about/countrycare](http://www.epppingforestdc.gov.uk/index.php/out-and-about/countrycare)  
**Epping Forest & District Stamp Club**, Roding Valley High School, Alderton Hill, 2nd Tues (most months) 8pm.  
[www.epppingforeststampclub.uk](http://www.epppingforeststampclub.uk)  
**Essex Wildlife Trust - Roding Valley Meadows**. Volunteer work parties undertaking practical reserve management, Tuesdays & Wednesdays, 10am-3pm. Contact: [roding@essexwt.org.uk](mailto: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](mailto:rachel@forestmusical.co.uk) or visit [www.forestmusical.co.uk](http://www.forestmusical.co.uk)  
**Friends of Light & Healing**, Kingsley Hall, Kingsley Rd. An evening of clairvoyance. Alternate Thurs, 7.30 for 8pm.  
07743 376468

**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  
**Lopping Hall** A multi-purpose community venue located on the High Road in the centre of Loughton. A large theatre hall with stage, changing rooms and lighting system and three smaller rooms for hire for classes, meetings or rehearsals. A licensed bar can be provided for productions or events. For more info on facilities available, current classes, groups and events, visit the website at [www.loppinghall.org.uk](http://www.loppinghall.org.uk) or telephone 020 8508 1660

**Loughton Amateur Dramatic Society**, - LADS Lopping Hall, Loughton, IG10 4LF. Jenny Skinner. E: [lads.chairman@gmail.com](mailto:lads.chairman@gmail.com)  
[www.lads.org.uk](http://www.lads.org.uk) See Dates for the Diary  
**Loughton Astronomical Society**, Scout Hall, Theydon Bois. LRS Astrokyds (6-14 yrs). Thurs 8-10pm. Brian Morton 01992 815804 [www.las-astro.org.uk](http://www.las-astro.org.uk)  
**Loughton Bowling Club Bridge Section**, Eleven Acre Rise. Thurs pm. 020 8502 0237  
**Loughton Bridge Club**, Grange Farm - Mon & Weds 7.20pm  
[lindajenkins34@hotmail.com](mailto:lindajenkins34@hotmail.com)  
[www.bridgewebs.com](http://www.bridgewebs.com)  
**Loughton Camera Club**, Lopping Hall, High Rd. Weds, 8-10pm. 07873 534 604  
[www.loughtoncameraclub.org.uk/](http://www.loughtoncameraclub.org.uk/)  
**Loughton Camera Club/Welcome.html**  
**Loughton Chess Club**, Loughton Bowling Club, Eleven Acre Rise. Weds, 7.30pm. 020 8508 8407  
[www.loughtonchess.co.uk](http://www.loughtonchess.co.uk)  
**Loughton & District Historical Society**, Loughton Methodist Church, 260 High Rd. £4 non-mems. 2nd Thurs, 8pm  
[www.loughtonhistoricalsociety.org](http://www.loughtonhistoricalsociety.org)  
**Loughton & Epping Forest Amateur Radio Society**, All Saints Hse, Romford Rd, Chigwell Row, IG7 4QD. Alt. Fri 7.45pm  
T: 07850 120180 E: [info@lefars.org.uk](mailto:info@lefars.org.uk)  
W: [www.lefars.org.uk](http://www.lefars.org.uk)  
**RSPB North East London Local Group** Talks held on the 2nd Tuesday of every month at 8pm (except July and August). St Mary's Church, 207 High Road, South Woodford E18 2PA.  
[www.rspb.org.uk/groups/northeastlondon](http://www.rspb.org.uk/groups/northeastlondon)

## HEALTH

**ADAS (W Essex Alcohol & Drugs Service - by appt)** Rectory Lane Health Centre 01279 641347 / [admin@adasuk.org.uk](mailto:admin@adasuk.org.uk)  
[www.adasuk.org](http://www.adasuk.org)  
**Breathe Easy (British Lung Foundation)**, Tony Carr 01992 573387  
**Cycling For Health** Wednesday morning rides run by Jarvis Goodyear at Epping Forest MTB. For all information and Direct Booking click on this link [www.epppingforestm.b.co.uk/cycling-for-health/](http://www.epppingforestm.b.co.uk/cycling-for-health/) For more info contact email [Jarvis.direct.on.C4H@epppingforestm.b.co.uk](mailto:Jarvis.direct.on.C4H@epppingforestm.b.co.uk)  
**Lifewalks** a voluntary run walk scheme under the supervision of the Lee Valley Park Authority. For More Info Contact: Lyndsey North Community Health & Wellbeing Officer Lee Valley Regional Park Authority M: 07909 000 309  
E: [LNorth@leevalleypark.org.uk](mailto:LNorth@leevalleypark.org.uk)  
W: [visitleevalley.org.uk](http://visitleevalley.org.uk)  
**Memory Café** Rotary Club of Roding, Loughton Club, 8 Station Rd, IG10 4NX. 1st Fri 10am-12pm. Fran 07903 274398  
**Open Door Friendship Group** for adults with mental ill health. Fridays 2.30/5.30pm Wesley Hall, Methodist Church, 260 High Road, IG10 1RB  
[pendoorfriendship@gmail.com](mailto:pendoorfriendship@gmail.com)  
**ProActive** (W Essex Prostate Cancer men's self-help group) St Margaret's Hospital, The Plain Epping CM16 6TN.  
Fri monthly 10.30am-2.30pm. Anthony Dollimore 07973 345094  
[www.proactive.me.uk](http://www.proactive.me.uk)

## LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE

**2324 (Chigwell) Squadron, Air Training Corps**, Buckhurst Hill. Mons & Thurs evenings (13-17 yrs). 020 8505 3353  
[www.2324squadron.org.uk](http://www.2324squadron.org.uk)  
**7th Epping Forest Scout Group**, St Edmund's Church, Traps Hill. Tues: Scouts boys/girls (10½-14½ yrs) 7.30-9pm. Thurs: Beavers boys/girls (6-8 yrs) 5-6pm & Cubs boys/girls (8-10½) 6.30-7.30pm. Keith Davis 07553 376181  
**12th Loughton Brownie Pack** St John's Church, Church Lane, IG10 1PD. Mondays (term time) 6 to 7.30pm: girls 7 to 10.5yrs. Info: [12thloughton.brownies@gmail.com](mailto:12thloughton.brownies@gmail.com)  
**30th Loughton Scout Group**, St John's Church, Church Lane. Beavers (6-8 yrs), Cubs (8-10 yrs) & Scouts (10-14 yrs) Paul Snowdon GSL 020 8508 4336 / [info@30thloughton.co.uk](mailto:info@30thloughton.co.uk)  
**41st Epping Forest Scout Group**, Loughton Methodist Church, 260 High Rd, IG10 1RB  
**Beavers** (6-8) - Mons 5:45-7pm  
**Cubs** (8-10½) - Mons & Thurs 6:30-8pm  
**Scouts** (10½-14) - Mons 6:30-8pm, Thurs 7-8:30pm  
**Explorers** (14-18) - Mons 7-8:30pm  
Girls and boys aged 6-18 welcome.  
020 3922 2634, [join@41st.org.uk](mailto:join@41st.org.uk)  
[www.41st.org.uk](http://www.41st.org.uk)  
**Anna Fiorentini Theatre & Film School** Multi-award-winning stage school offering acting, singing, dancing and film classes for kids. Fun, creative workshops. Sundays at Roding Valley High School, Alderton Hill, IG10 3JA. [www.aferformingarts.com](http://www.aferformingarts.com) 020 7682 1403 for more info.  
**Baby Sensory Stay and Play** Loughton Library, Traps Hill, IG10 1HD. Every Tues - 2pm to 3pm. Every Thurs - 10am to 11am. Baby sensory storytime session.  
**Baby & Toddler Group** St Edmund's Parish Hall, Traps Hill. Thurs 9.30-11.30am (term time)  
[stedmundsplaygroup@gmail.com](mailto:stedmundsplaygroup@gmail.com)  
**Baby and Toddler Rhymetime** Loughton Library, Traps Hill, IG10 1HD. Every Tues - 10am to 10.30am. Join in with stories and rhymes  
**Boperoos** Fun music and movement classes for young ones. Sundays  
1yrs: 9 - 9.45am; 2-3yrs: 10 - 10.45am; 4-5yrs: 11 - 11.45am. Prices - Trial: £9; 5 sessions £42.75; 10 sessions £81.  
Loughton Music Academy, 257a High Rd, IG10 1AD. E: [info@boperoos.com](mailto:info@boperoos.com)  
T: 07305 227814 W: [www.boperoos.com](http://www.boperoos.com)  
**Girguiding in Loughton** Rainbows Brownies & Guides (girls aged 5 - 17yrs). Leadership opportunities available for girls & women over 14yrs. More information and to register [www.girguiding.org.uk/information-for-parents](http://www.girguiding.org.uk/information-for-parents)  
**Little Angels Baby & Toddler Group**, St Michael's Church, Roding Rd. Weds 10-11am (term-time) 020 8418 7944.  
Attendance requires booking via our website - [www.stmichaelsloughton.com](http://www.stmichaelsloughton.com)

**Little Oak's Child & Family Wellbeing Service**, 020 8508 0932, please see our Facebook page for programme details  
**Loughton Youth Centre** 106 Borders Lane IG10 3SB. ECC Youth Services in partnership 07557 168088 / [louisa.stirling@essex.gov.uk](mailto:louisa.stirling@essex.gov.uk)  
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](mailto:enquiries@accuro.org.uk)  
Action for Family Carers: Young Carers Youth Club Weds 4.30-6.30pm - 2 clubs per month, dates advised on a monthly basis. For further information contact [chris.vince@afcc.org.uk](mailto:chris.vince@afcc.org.uk)  
Spark Youth Club - Mon/Thurs 3.30-5.30pm term time Age 11-16, 020 8508 6743  
[Spark@worthunlimited.co.uk](mailto:Spark@worthunlimited.co.uk)  
**Noah's Ark Toddler Group** (under 5s) Oakwood Hill Community Hall, IG10 3NB 10-11.30am Mon (term time). £1 donation. 10-11.30am Weds Noah's Ark Messy Church 9.30am-1pm Thurs Noah's 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](http://www.upstage.org.uk) hello@upstage.org.uk  
**Reindeer Explorer Scouts**, St Edmund's Church, Traps Hill. Girls/boys (13½-18 yrs). Fri. Dave Martin 07889 189261  
**Straight Up Dance & Theatre School** Learn to Sing, Act, Dance - and Shine! Ages 3 to 103 - Street Dance, Musical Theatre, Singing, Ballet, Competition Dance Teams. Saturday School: Weekly at Roding Valley High School, Loughton, 9am-1.30pm. Weekday classes also available - Street Dance & Musical Theatre. Trial sessions available. For more info and fees. Web: [www.straightupdance.com](http://www.straightupdance.com)  
Email: [straightupdanceuk@gmail.com](mailto:straightupdanceuk@gmail.com)  
Phone: 07766 223035  
**Toddler Church**, Loughton Methodist Church, 260 High Rd. (0-5). Tues (term time), 10am. 020 8502 3071  
[administrator@loughtonmethodist.org.uk](mailto:administrator@loughtonmethodist.org.uk)  
**Toddler Toy Time**, Loughton Library, Traps Hill, IG10 1HD. Every Weds - 10am to 11am. Soft play equipment. Toys and the sensory wall.

## MUSIC

**Dancing through the decades** Loughton Club, 8 Station Rd. Last Tues of month (except Dec) 2-4.30pm. Please contact June 07904 280319 / [Joyce07761792691](mailto:Joyce07761792691)  
**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 [epppingforestguitargroup@gmail.com](mailto:epppingforestguitargroup@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.epppingforestsingers.com](http://www.epppingforestsingers.com)  
**Loughton Folk Club**, 8 Station Rd. Live acoustic music. Thurs, 8pm.  
[loughtonfolkclub@googlemail.com](mailto:loughtonfolkclub@googlemail.com)  
**Loughton Ladies Choir** Meets every Thurs 2.15-3.45pm St John's Church Hall, Church Lane IG10 1PD. New Members welcome - sopranos/altos Peter Jones - 07769 973405  
[LoughtonOperaticSociety@loughtonoperatic.org.uk](mailto:LoughtonOperaticSociety@loughtonoperatic.org.uk)  
High Rd, 020 8505 2033.  
[loughtonoperaticsociety@hotmail.com](mailto:loughtonoperaticsociety@hotmail.com)  
[www.loughtonoperatic.org.uk](http://www.loughtonoperatic.org.uk) Rehearsals Tues & Thurs  
**National Jazz Archive**, Loughton Library, Traps Hill Mon-Weds, Fri, 10am-1pm 020 8502 4701 [www.nationaljazzarchive.org.uk](http://www.nationaljazzarchive.org.uk)  
**Rob's Music School** Music Lessons. Learn an instrument or singing. For fun or exams. All ages & abilities welcome in a friendly setting. Rob's Music School, Hillcrest Rd, Loughton. Contact Rob on 07905 774574 for more info and fees.  
**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 / [milesaharwood@aol.com](mailto:milesaharwood@aol.com)  
[www.rodingplayers.co.uk](http://www.rodingplayers.co.uk)  
**South West Essex Choir**, Loughton Methodist Church, 260 High Rd. Tues, 7.45-10pm. 01992 812606  
[www.southwestessexchoir.org.uk/](http://www.southwestessexchoir.org.uk/)

**13** ▶ **Stand & Deliver Acoustic Open Mic Club**, Royal British Legion, 118 Church Hill. 2nd Tues 8pm. Roy Tyzack roy. tyzack@btinternet.com  
**Woodford Symphony Orchestra** welcomes new string players. Rehearsals Thurs (term time only) 7.30pm, Roding Valley High School, 020 8924 9370  
[www.wsorchestra.org.uk](http://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. midjavorstfold@yahoo.co.uk  
[www.loughtonclub.blogspot.com](http://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  
**Let's Get Together** Wednesdays 12.30pm - 2.30pm free weekly sessions run by Epping Forest District Council's Community, Development and Wellbeing team. Open to the whole community. Get to know others, learn a new skill, play games, or relax and enjoy a cup of tea and a chat. The Oakwood Hill Community Hub, Longcroft Rise, Loughton, IG10 3NB. For further information call Karen Murray on 01992 564222 or email kmurray@eppingforestdc.gov.uk  
**Royal British Legion Loughton Branch**, 118 Church Hill. Mons & Thurs, 8pm (bingo); Tues & Thurs, 1-4pm line dancing; 2nd & 4th Weds quiz night; last Sun 1-4pm (jazz @ the RBL) 020 8508 5044  
[www.loughtonrblclub.co.uk](http://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**  
**Amici Badminton Club**, Roding Valley High School Sports Hall, Alderton Hill. Mons, 8-10pm. Age 30+. Chris 07713 004996  
**Avenue Lawn Tennis Club**, 18 The Avenue, Friendly family club.  
 Contact: [www.avenuetennisclub.com](http://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](http://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.co.uk](http://www.efhfg.co.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](mailto:efsc@hotmail.co.uk) [www.efsportability.com](http://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](http://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](mailto:cliff.greenhill@btinternet.com) [www.loughtoncc.hitscricket.com](http://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](mailto: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](http://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 [www.loughtonkarateclub.co.uk](http://www.loughtonkarateclub.co.uk)  
**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](http://www.loughtonwadokai.co.uk)  
**London GD Handball Club** Every Thursday. 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](mailto:development@londongdhandball.co.uk)  
**Mountaineering Club**, Victoria Tavern, Smarts Lane. Hill walkers & climbers welcome. Mons 8.30pm.  
[www.loughtonmc.org](http://www.loughtonmc.org)  
**Old Loughtonians Hockey Club** All ages, beginners to elite welcome,  
[www.oldloughtons.co.uk](http://www.oldloughtons.co.uk) 020 8504 4010, [OLHC@oldloughtonians.co.uk](mailto:OLHC@oldloughtonians.co.uk)  
**Roding Valley Angling Club**. New members welcome. Darren 07818 392020 / [roding.valley.angling.club@gmail.com](mailto: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](http://parkrun.org.uk)).  
 Contact: [rodingvalley@parkrun.com](mailto: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](mailto:jwphysioclinic.com) [reception@jwphysioclinic.com](mailto: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](http://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](http://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](http://www.omni-martialarts.co.uk)  
**Yoga Classes**, Baillirina Yoga Tuesday 7-8pm, Loughton Methodist Church, Lifeworks Studio (rear of building) 260 High Rd, Loughton IG10 1RB  
 Visit the website for more info / fees etc.  
[www.baillirinyoga.co.uk/classes](http://www.baillirinyoga.co.uk/classes)

**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 Collischon 020 8508 5694  
**National Trust**, Refreshments & NT info. Contact: Richard Speller, Chairman, for membership details etc  
[speller643@btinternet.com](mailto:speller643@btinternet.com) / 07774 164407. See Dates for the Diary.  
**St John's Wives' Group**, St. John's Parish Hall, Church. Lane, Loughton, 1st & 3rd Mons 2pm (excluding August). Anne Pratt 020 8508 3539

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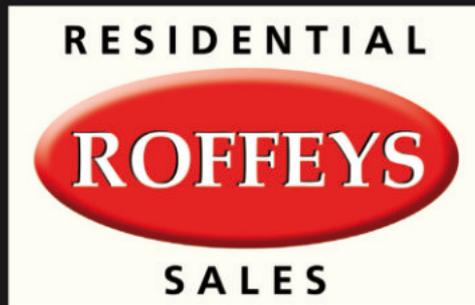


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