



# Think Loughton

News from Loughton Town Council

Summer 2026 No 113

## Celebrating a Milestone



**LOUGHTON TOWN COUNCIL (LTC)** celebrated a milestone last month, serving the community for 30 years, its inaugural meeting having been held on 8 May 1996. The establishment of the Town Council followed a hard struggle in the 1980's for representation of a parish council from the previous Chigwell Urban District Council.

Initially, the council was established with seven wards across the town. In 2024 following a Boundary Commission Review, it expanded increasing to nine wards although the number of councillors remains at 22. Under the Government's planned devolution, a new Unitary Council area consisting of Epping Forest, Harlow, and Uttlesford district councils has now been approved. However, currently there are no plans for this to affect the Town Council. Our remit remains the same, providing small scale community services including allotments; Loughton Cemetery; commenting on local and strategic plans; community events; Open Spaces; the provision of two Community Halls; playgrounds and outdoor gyms; Heritage Plaques;

War Memorials; small grants to local organisations; noticeboards; Christmas lights and window competition; and of course producing this newsletter. The Town Council also maintains its fight to preserve and protect the Forest, a designated UK Special Area of Conservation (SAC).

Two of our current Councillors, Chris Pond (who has served continuously) and Stephen Murray (who had a brief break from LTC between 2004 – 2008) were founding members of the Council. Recently it was agreed to recognize Councillors for their long service with bronze, silver, and gold certificates, (for 10, 15 and 20 years respectively). In May, Cllrs Pond, Murray, and Wixley received gold certificates, Cllrs Brookes and Davies received silver certificates and Cllrs Murphy and Stubbings were presented with bronze certificates.

During the last 30 years, the Town Council has achieved many improvements for the town including: makeovers to both The Broadway and High Road town centres; the provision of The Murray Community Hall; new award winning Playgrounds

(most recently at Roding Valley Recreation Ground and Newmans Lane); installation of a memorial plaque commemorating civilians killed in WWI; Loughton Wombles; annual events – Jessel Green and Loughton Day; and protecting Jessel Green from development in the last Local Plan. We have also witnessed some notable occasions: the Tour de France came to town in 2014, the Covid Pandemic which struck in 2020, (when LTC continued to function throughout, albeit with staff working from home and meetings taking place via Zoom for much of it); and we marked the sad passing of Queen Elizabeth II in September 2022, followed by the coronation of King Charles III in May 2023.

*We thank you, the community, for your continued support in our endeavours to make Loughton such a pleasant and inclusive Town.*

**Photos clockwise from top left: Loughton Day, Cemetery Chapel, Hillyfields Open Space, Willingale Road Allotment, Drinking Fountain, Roding Valley Recreation Ground**

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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                      | <a href="http://www.loughtonchurches.org.uk">www.loughtonchurches.org.uk</a> |
| 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  | <a href="http://www.essex.gov.uk/recyclingcentres">www.essex.gov.uk/recyclingcentres</a> |
| Chigwell IG7 5AA      | Luxborough Lane  |
| Waltham Abbey EN9 1JU | Brooker Road   |

## POLICE & FIRE (dial 999 for emergencies)

|                              |               |
|------------------------------|---------------|
| Essex Police (non-emergency) | 101           |
| Action Fraud                 | 0300 123 2040 |
| Anti-terrorist hotline       | 0800 789321   |

## PUBLIC UTILITIES

|                                |              |
|--------------------------------|--------------|
| UK Power Networks emergency    | 105          |
| National Gas Emergency Service | 0800 111 999 |
| Thames Water 24 hour leakline  | 0800 714 614 |

## SPORT

|                                  |               |
|----------------------------------|---------------|
| David Lloyd Chigwell             | 0345 129 6783 |
| Debden Sports Club               | 020 8508 9392 |
| Loughton Athletic Club           | 07958 903842  |
| Loughton Bowling Club            | 020 8508 3546 |
| Loughton Cricket Club            | 020 8502 2064 |
| Loughton Football Club           | 020 8508 4757 |
| Loughton Leisure Centre (& pool) | 020 3225 5460 |
| Loughton Rugby Football Club     | 07939 468222  |
| South Loughton Cricket Club      | 07941 347812  |

## TRAVEL & TOURISM

|   |                |
|---|----------------|
| Arriva (traveline)                                  | 0344 800 4411  |
| First Essex Customer Services                       | 0345 602 0121  |
| Gatwick Airport: Your service centre                | 01293 555713   |
| Heathrow Airport                                    | 0844 335 1801  |
| London Travel Information (TfL & London Overground) | 0343 222 1234  |
| Luton Airport                                       | 01582 405100   |
| National Express                                    | 0871 781 8181  |
| National Rail Enquiries                             | 03457 484950   |
| Southend Airport                                    | 01702 538 500  |
| Stansted Airport                                    | 0844 335 1803  |
| Tourist Info Centre (Waltham Abbey)                 | 01992 660336   |
| Traveline (public transport information)            | 0871 200 22 33 |



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Group of schools



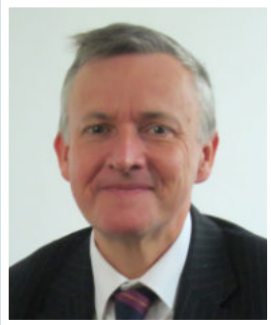
# NURSERY & PRE-SCHOOL

From September 2026, Oak-Tree Schools will be expanding its Nursery & Pre-School provision to include a choice of term time only provision for 34 weeks, or provision throughout the year for 50 weeks

30 hours FEEE funding for 2 - 4 year olds attending for 50 weeks  
Core provision from 8.30am until 5pm with wraparound care available from 7.30am - 6pm



# Clerk's Remarks



**THE FIRST** of Loughton Town Council's (LTC's) many community events is imminent, starting, with the annual Jessel Green Fun Day on Sunday 28 June 2026. Plenty of entertainment for all with slides, rides, stalls and food and drink outlets. Next is the Horticultural Show on Saturday 5 September 2026 at Murray Hall, Borders Lane. New entrants are welcome and as there are so many categories, you could be a winner! The 4th consecutive Loughton Day is being staged on

Saturday 19 September 2026 at the Loughton Cricket Club ground, on the corner of Traps Hill and Church Hill. Every year for this Loughton Community event the footfall and number of stalls increase, so please come and join us on the day. New and past stall holders can contact the office on 020 8508 4200 or email: [contact@loughton-tc.gov.uk](mailto:contact@loughton-tc.gov.uk) soonest. The more the merrier but please get in quick if you wish to participate.

We appear to live in a very turbulent world and having weathered the financial crisis of a few years ago, there has at least been a level of stability in the last accounting year. Although you never know what is around the corner. Whilst keeping costs down as far as possible, we have begun to put away some funds, earmarking potential projects such as rebuilding the pathways on both the Roding Valley Recreation Ground (RVRG) and LTC cemetery. Other plans include replacing some of our older children's playgrounds that need updating and energy efficient solar panels for Murray Hall. As ever, LTC continues to provide

wide ranging services (for areas and matters that we are responsible for), and to offer a variety of quality community events throughout the year, open to all.

A big thank you to the outgoing Town Mayor, Cllr David Wixley, a familiar face to most of you I'm sure, who has worked so diligently during the last Town Council Year. He has enjoyed invitations to a wide variety of local organisations learning about their activities and the contributions they make to life in Loughton and beyond. Often these organisations are run by volunteers whose efforts David admires and respects. He says, 'I would like to name all organisations and the people I have met but that isn't possible, but I can record a big "Thank You" to all of them.' A memorable day for David was a visit to the Abbey Field Care Home to celebrate the birthday milestone of Louise Salter. A mere 106!

This will be my last 'Clerks Remarks' as shortly after this issue goes out, I will be taking retirement.

Over the last seven years plus, it has been an absolute privilege

working for LTC, for such a quality Council that is so dedicated to improving the lives and environment of Loughton's residents. I am particularly grateful for the backing received from all the Town Councillors over the years. There have been so many highlights. I have particular pride in forming Loughton Wombles, (still going strong after 4 years) and Loughton Day, where all the Loughton community come together for that one day a year. Last but not least, I must pay tribute to the great team that I work with on a day to day basis. I always look forward to coming into the office each day. My colleagues are always supportive and nothing is ever too much trouble. I will miss them all greatly.

My replacement will be Liz Petyt-Start who is already an established and experienced Town Clerk. I know the Town Council is in good hands and I wish Liz and LTC all the very best going forward.

Enjoy the summer

**Mark Squire**  
Town Clerk

# The Tree of Grief

**A NEW** interpretation plaque was installed at Loughton Cemetery, marking the site of the "Tree of Grief" — a place dedicated to reflection and remembrance,

drawing upon a historical Scottish tradition.

Known as a Dule or Dool Tree, such trees were once commonly found at the entrance to burial grounds. The word "dule" means sorrow or grief, while "dool" also conveys lamentation. They served as natural gathering places for communities to pause, mourn loved ones, reflect quietly, and mark significant local events.

When the original tree at Loughton Cemetery died, the Town Council chose to honour this historic custom by preserving its significance as a contemplative space for quiet remembrance. Standing as a symbol of continuity, respect, and shared memory — offering all who visit a moment of stillness in which to remember those who have passed.



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# Loughton Town Council

Town Mayor and Deputy Town Mayor to be appointed on 20 May 2026 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  
c/o 1 Buckingham Court  
Rectory Lane IG10 2QZ  
CllrKatieValentine@loughton-tc.gov.uk

### BROADWAY WARD

**Cllr Neil MacKinnon** 07872 324028  
c/o 1 Buckingham Court  
Rectory Lane IG10 2QZ  
CllrNeilMacKinnon@loughton-tc.gov.uk

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

### DEBDEN WARD

**Cllr Les House** 020 8508 3369  
109 Avondale Drive  
Loughton IG10 3DQ  
leshouse18@hotmail.com

### FAIRMEAD WARD

**Cllr Carol Davies** 07817 230372  
c/o 1 Buckingham Court  
Rectory Lane IG10 2QZ  
CllrCDavies@loughton-tc.gov.uk

## Committee membership

*Committee memberships were finalised at the Annual Council meeting on 20 May 2026, (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](http://www.loughton-tc.gov.uk)*

*You can also email councillors directly from the website.*

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Further copies of *Think Loughton* are available from the Town Council and local libraries. A digital version of *Think Loughton* can be viewed on the council website where a PDF version can be downloaded. It is also available on tape - please call us to request a copy.

### Contacting us

For editorial contributions and diary entries, please call 020 8508 4200. For advertising enquiries, please call 01245 790244 / 07942 800865.

### Deadline dates

| Edition                                | Copy deadline |
|--|---------------|
| Autumn 2026                            | 20 Jul 2026   |
| Winter 2026/27                         | 28 Sep 2026   |
| Next issue covers Sept to mid-Nov 2026 |               |

We do not accept unattributed articles for publication.

*Think Loughton* is published by **Loughton Town Council**  
1 Buckingham Court, Rectory Lane,  
Loughton IG10 2QZ  
**T** 020 8508 4200  
**E** contact@loughton-tc.gov.uk  
**W** www.loughton-tc.gov.uk

Design and layout by **Scott Dryden Design**  
8 St Michaels Road, Chelmsford,  
Essex CM2 9PT  
**T** 07905 823754  
**E** mail@scottdryden.co.uk  
**W** www.scottdryden.co.uk

Printed by **Micropress Printers Ltd**  
Fountain Way, Reydon Business  
Park, Reydon, Suffolk IP18 6SZ  
**T** 01502 725800 **F** 01502 725855  
**E** rob@micropress.co.uk  
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Advertising sales are managed by **Total Media**,  
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**Cllr Sebastian Fontenelle** 07898 906371  
c/o 1 Buckingham Court  
Rectory Lane IG10 2QZ  
cllr@sebastianfontenelle.co.uk

**Cllr Ruth Sylvan** 07958 813014  
Englands Lane  
Loughton IG10 2NS  
CllrRuthSylvan@loughton-tc.gov.uk

### FOREST WARD

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

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

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

### RODING WARD

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

### ST MARY'S WARD

**Cllr Wendy Dodd** 07871 964682  
c/o 1 Buckingham Court  
Rectory Lane IG10 2QZ  
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 Stephen Harriman** 020 8502 1779  
c/o 1 Buckingham Court  
Rectory Lane IG10 2QZ  
CllrStephenHarriman@loughton-tc.gov.uk

**Cllr Joyce Obaseki** 020 3004 7286  
c/o 1 Buckingham Court  
Rectory Lane IG10 2QZ  
Joyce.obaseki@grantasmile.org.uk

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

**Cllr Chris Pond** 020 8508 2361  
Forest Villa, Staples Road  
Loughton IG10 1HP  
loughton\_ponds@hotmail.com

### WHITEBRIDGE WARD

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

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

# News round-up

■ **PLAY IN THE PARK:** Six free sessions of the ever popular Play in the Park have been secured to take place at Jessel Green (JG) and the Roding Valley Recreation Ground (RVRG) for the summer holidays: 21 July at RVRG (10am – 12 noon); 31 July at JG (10am – 12 noon); 4 August at RVRG (10am – 12 noon); 13 August at JG (1.30pm-3.30pm); 18 August at RVRG (10am – 12 noon); and 28 August at JG (10am – 12 noon). See pages 8-9 Dates for the Diary for more information or visit our website **News & Events - Loughton Town Council**



■ **LOVE YOUR BUS:** Essex County Council Passenger Transport Unit agreed, in March, to fund the extension of Route 397 timetable to 21:15 to support students, shift workers and new housing developments in Borders Lane.

■ **THAMES WATER:** Thames Water commenced a 3 year programme of works in Loughton in March to replace the ageing Victorian-era pipes with new more durable plastic ones. The works will involve disruption to road users and refuse collections. Thames Water will be notifying affected residents in advance of works, in writing. A dedicated 24 hour contact is available at Thames Water: 0800 316 9800, select option 1 and quote reference number BB01434794.

■ **FUNDING GOOD CAUSES:** Do you run a registered charitable organisation or a community interest company which benefits Loughton residents? If you do and need funds to help with your aims the trustees of the Loughton Men's Institute would like to hear from you. It is important that your organisation is based in Loughton and has a primary aim which benefits Loughton residents. To obtain an application form please email [loughtonmitrustees@gmail.com](mailto:loughtonmitrustees@gmail.com). The trustees meet quarterly and will generally consider grant requests of up to £3,000.

■ **SAVE THE DAY:** Loughton Community Day, Saturday, 19 September 2026 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. If you would like to participate, contact the office: 020 8508 4200 / [contact@loughton-tc.gov.uk](mailto:contact@loughton-tc.gov.uk)

## Town Council Meetings

1 Buckingham Court, Rectory Lane,  
Loughton, IG10 2QZ at 7.30pm  
2026

|            |    |                              |
|------------|----|------------------------------|
| <b>Jun</b> | 8  | Planning & Licensing         |
|            | 9  | Environment & Heritage       |
|            | 22 | Planning & Licensing         |
|            | 24 | Resources & General Services |
| <b>Jul</b> | 6  | Planning & Licensing         |
|            | 15 | Council                      |
|            | 20 | Planning & Licensing         |
| <b>Aug</b> | 3  | Planning & Licensing         |
|            | 17 | Planning & Licensing         |

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

# Jessel Green Fun Day 2026

**THE TOWN COUNCIL** is delighted to announce the return of the Jessel Green Fun Day, on Sunday, 28 June, now in its 12th year, promising another afternoon of family-friendly entertainment for all ages.

The event will take place from 12 noon to 4pm and will feature all the favourites residents have come to enjoy, including fun fair rides, inflatables, a variety of food stalls, and a range of craft stalls. Wristbands will remain the same price as last year at £12 for unlimited rides, with single ride tickets available at 50p each.

We would like to extend our thanks to EFDC for issuing the licence to hold the event on Jessel Green, and for the continued support from Restore

and Epping Forest Community Churches, who will once again be providing the popular Café on the Green. TfL will be suspending the bus route during the event, and we thank Trojan Security who will be on site and will also assist with safety and traffic management.

A special thank you also goes to John and his team at the Cottage Loaf pub, for their generous donation. The Cottage Loaf will be providing live music entertainment following the close of the event at 4pm.

We are looking forward to a wonderful day, and hope residents will come along with their picnics, settle in, and enjoy the fantastic open space that Jessel Green offers.

**Jessel Green Community Fun Day**  
12 NOON - 4PM  
—Sunday 28 June 2026—  
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# Annual Town Meeting



**THE ANNUAL TOWN MEETING** was held at The Murray Hall, Borders Lane, on 18 March 2026.

Successful grant applicants exhibited displays for residents to view before the formal meeting commenced at 8pm. Local community group representatives received certificates marking their achievement. In total the Town Council presented £42,339.99 to Loughton Community Groups, helping very worthy local causes.

The Town Mayor and Committee Chairmen reported on the Council's activities and achievements during the past year, and its on-going plans.

Citizen of the Year, Ian Thomas, received his

award from Town Mayor, Cllr David Wixley, who recognised "Ian's enormous contribution to the Air Ambulance Service, and volunteering with Loughton Voluntary Care, he always goes that extra mile to deliver a wonderful service to all the voluntary organisations he is involved with".

Elizabeth Knapman was announced Young Citizen of the Year, in recognition of her voluntary work as a sports coach at Davenant School and Loughton Athletics Club. Playing a key role delivering community youth activities with Loughton Methodist Church Holiday Club and Youth Club. Lizzie is an excellent role model, encouraging young people to get involved; with

a natural ability to make everyone feel included and valued.

Ian will keep the presented Rose Bowl for the first six months of the year, and Lizzie will hold it for the remaining six months. Both recipients received an engraved glass plaque to keep along with an illuminated scroll and a cheque in the sum of £250 to their chosen charities.

Special Certificates of Recognition were also presented by the Town Mayor to Barry Rudderford and Jamie Hardy, employees of Terra Verde Services, for their dedication and friendly manner while carrying out street-cleaning duties in Loughton.



**Environmental Education Charity**

**WHAT'S ON AT OUR FIELD CENTRE IN 2026**  
[www.field-studies-council.org/locations/eppingforest](http://www.field-studies-council.org/locations/eppingforest)

**Eco Adventures for Children and Families**

Our sessions take place in the fresh air and encourage exploration of the natural world through a mix of games and hands-on experiences. Each event is different and may include minibeast hunts, pond dipping, wildlife discovery, orienteering, bushcraft, shelter building, creative art projects, and much more.



Scan me with your phone!

- Eco Tots (adults with children aged 18 months – 4 years old)
- Eco Explorers (unaccompanied children aged 5 – 7 years old)
- Family Nature Discovery Days (adults with children any age)
- Nature Families (adults with children 8+)

**Centre Open Day**

Join us on **Friday 31<sup>st</sup> July** at the Field Centre for **free nature-themed day for the whole family!** Take part in some of Eco Adventure activities and meet the team and find out about the Field Studies Council's mission to create outstanding opportunities for everyone to learn about nature!

**Adult Courses**

Learn more about our fascinating UK wildlife on one of our nature experiences! including bird watching, bats, moths and more!

Come along to one of our seasonal photography courses with local expert photographer, John Price. Pub lunch and a Field ID Guide included!

**VISIT THE WEBSITE TO BROWSE AND BOOK**  
**CALL 020 8502 8500 FOR MORE INFORMATION**  
 Epping Forest Field Centre | High Beech | IG10 4AF

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# Marking History

**HOMEOWNER, SUE FOX** and her daughter Emily, kindly hosted a dedication ceremony on 19 February 2026, marking the 51st Loughton Town Council heritage plaque, installed in December last year at 62 The Uplands, IG10 1NH, commemorating Loughton historian Percy Thompson.

Bill George from the Essex Field Club (EFC), Paul Webster secretary of the Loughton & District Historical Society (LDHS) and Richard Morris, local historian, gave short talks, with a few words from former resident of the house, Alan Cox. Town Mayor, Cllr David Wixley finished the ceremony with a brief talk about Loughton's Blue Heritage Plaque Scheme and its importance in the local community.

Percival George Thompson was born in Rotherhithe in 1866. Training originally as a draughtsman, then as an architect, later becoming a Town Planner. He moved to Loughton in 1893. An enthusiastic local historian and naturalist, he served as Chairman, Chigwell Urban District Council, 1918-1920. He was also Curator of Queen Elizabeth's Lodge Museum, Chingford from 1917-1948.

His research focused on the history of the parish and topography of Loughton, including churches, chapels, schools, local government, cricket club and notable buildings; maps; plans; transcripts of records and monumental inscriptions; copies of souvenir programmes; and photographs.

Thompson became a member of the EFC, a voluntary organisation founded in 1880, (Charles Darwin among its founder members), the leading society for wildlife and geology enthusiasts in



Essex. During both World Wars, he continued to look after the EFC, with some of the meetings actually being held at this residence, and he went on to become curator. He was a prolific keeper of records, a polymath, a great man. His collection is still held at the headquarters at Wat Tyler Country Park in Pitsea, Basildon.

It is believed that Thompson actually designed 62 The Uplands, built between 1904 and 1908. In 1951, his health began to deteriorate, and he moved to Buckinghamshire to be cared for by his daughter. The Cox family who lived at the house

following Thompson, sold off part of the garden to the side of the house to build the existing neighbouring property. During their residence they found many artefacts, believed to have been buried by Thompson for safe keeping in the garden, including a marble bowl, sundials, flints and axe heads, some of which remain with the Cox family today.

Thompson died in 1953 and is buried in Loughton Cemetery.

*Plaque reads: PERCY THOMPSON (1866-1953), Historian of Loughton, Lived here*



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■ **Each Sunday 2-5pm Sunday Teas** will resume (tea, coffee and homemade cake). The Church of the Holy Innocents, High Beach. On third Sunday of each month there will be free walk in concerts with a retiring collection. Everyone welcome. Church of the Holy Innocents, High Beach, IG10 4BF. Vicar: Rev'd Jane Yeadon – 07960 6044176 [www.HighBeachChurch.org.uk](http://www.HighBeachChurch.org.uk)

■ **Mondays 5-6pm (Term time)** Multi-sports - New City Fitness, Borders Lane, IG10 3SA. Free.

■ **Second Tuesday of every month 4.15-5.45pm Monkey Kingdom** Langston Road IG10 3TS. £11 p/session.  
■ **Fridays (Term time) Group A: 4.30-5.20pm Group B: 5.30-6.20pm** Trampolining (ages 6-14) Debden Park High School, Willingale Road, Loughton IG10 2BQ. £8 p/session.

West Essex Inclusion Project for children aged 0-14 with SEND. (Registration with the Project required) For more information, please contact: Emily Stevens or Lexi Doherty Disability Inclusion Officers, Epping Forest District Council [estevens@eppingforestdc.gov.uk](mailto:estevens@eppingforestdc.gov.uk) | 07596 890 819 [adoherty@eppingforestdc.gov.uk](mailto:adoherty@eppingforestdc.gov.uk) 07548 145 591 [www.eppingforestdc.gov.uk/leisure/west-essex-inclusion-project](http://www.eppingforestdc.gov.uk/leisure/west-essex-inclusion-project)

■ **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](mailto: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](mailto: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](mailto:clevans@eppingforestdc.gov.uk) [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com) 01992 564 363 or 07763 218593 (See p13)

■ **4 - 5 Jun 8pm + Sat 6 Jun 7pm** *The Girl on the Train* - by Paula Hawkins - adapted by Rachel Wagstaff/Duncan Abel. Rachel Watson longs for a different life. Her only escape is the perfect couple she watches through the train window every day, happy and in love, or so it appears. When Rachel learns that the woman she's been secretly watching has suddenly disappeared, she finds herself as a witness and even a suspect in a thrilling mystery in which she will face bigger revelations than she could ever have anticipated.

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 Website address - Theydon Bois Drama Society

■ **10 Jun 2.30pm An Introduction to War Memorials** A talk by Richard Speller. 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](mailto:speller643@btinternet.com) 07774 164407.

■ **11 Jun 7.30pm From Pumping Station to Transport Museum** - Whitewebbs Museum a talk by Lynn Watt, The Loughton & District Historical Society, Loughton Methodist Church, 250 High Road, IG10 1RB. Membership: £15 (Individuals), £20 (Families/Couples), £4 per meeting (visitors) [www.loughtonhistoricalsociety.org.uk](http://www.loughtonhistoricalsociety.org.uk)

■ **11 - 13 Jun 8pm After Life** by Jack Thorne, adapted from the film by Hirokazu Kore-eda. After you die, if you could take one memory with you for all eternity, what would you choose? Encouraged by enigmatic officials, a group of strangers grapple with this difficult quandary in a bureaucratic waiting room between life and death. They must sift through their past to choose their forever. As the lives of the strangers and their guides interweave, this play gives us a surreal, touching and powerfully human look at how we view our lives. Loughton Amateur Dramatic Society (LADS). At Lopping Hall, High Road, Loughton IG10 4LF. Tickets (£14) available from 07552 736 110 (answer machine) [lad.s.boxoffice@gmail.com](mailto:lad.s.boxoffice@gmail.com) or [www.lads.org.uk](http://www.lads.org.uk)

■ **25 Jun 8pm Needle Covers** 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).

■ **28 Jun 12 noon - 4pm Jessel Green Family Fun Day** including inflatables, funfair rides, food, stalls, and more. Jessel Green, IG10 2EQ (see page 5).

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- **11 Jul 12 noon – 3pm Oakwood Hill Extravaganza** Roding Valley Recreation Ground, IG10 3NB Free Entry to this fun-packed afternoon Activities including Circus Skills, face painting, stalls and much more. Claire Evans, Community Engagement Officer – Oakwood Hill Customer and Communities.  
E: [CLEvans@eppingforestdc.gov.uk](mailto:CLEvans@eppingforestdc.gov.uk)  
M: 07763 218593. (see page 14)
- **14 Jul 8pm A History of the Colour Blue** A talk by Alice White, an award winning artist and lecturer at UCL. Loaded with symbolism, this colour has been used in many diverse cultures. The Arts Society, Bancroft's Prep School, 611 High Road, 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: [artsocietywoodfordgreen@outlook.com](mailto:artsocietywoodfordgreen@outlook.com)
- **18 Jul 7pm The Roding Players Orchestra 35th Anniversary Summer Concert** St Mary's Church, 201 High Road, IG10 1BB. Tickets: £10, under 11s free. Tickets include refreshments and are available on the door – cash and card payments accepted. Contact: Shirley Fuller – [rodingplayerssecretary@gmail.com](mailto:rodingplayerssecretary@gmail.com)  
07713 113384 [www.rodingplayers.co.uk](http://www.rodingplayers.co.uk)



- **21 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](http://eppingforestdc.bookinglive.com) 01992 564 226 for more information
- **23 Jul 8pm Candlewick Embroidery** 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 27 AUGUST 2026.
- **31 Jul 10am – 12 noon Play in the Park** Jessel Green Playground, Colebrook Lane, IG10 2HP ///tester.keen.rop – 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](http://eppingforestdc.bookinglive.com) 01992 564 226 for more information

■ **31 Jul 10am – 3pm FIELD STUDIES COUNCIL Centre Open Day** Join us for free nature-themed day for the whole family! Take part in some of Eco Adventure activities and meet the team and find out about the Field Studies Council's mission to create outstanding opportunities for everyone to learn about nature! Visit The Website To Browse And Book. Call 020 8502 8500 For More Information: Epping Forest Field Centre, High Beech, IG10 4AF. [www.field-studies-council.org/locations/eppingforest](http://www.field-studies-council.org/locations/eppingforest) (see page 6).

■ **4 Aug 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. No need to book. [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com) 01992 564 226 for more information

■ **13 Aug 1.30 – 3.30pm Play in the Park** Jessel Green Playground, Colebrook Lane, IG10 2HP ///tester.keen.rop – 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](http://eppingforestdc.bookinglive.com) 01992 564 226 for more information

■ **18 Aug 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. No need to book. [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com) 01992 564 226 for more information

■ **28 Aug 10am – 12 noon Play in the Park** Jessel Green Playground, Colebrook Lane, IG10 2HP ///tester.keen.rop – Sports equipment and arts & craft resources supplied at these FREE outdoor sessions. No need to book. [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com) 01992 564 226 for more information

■ **5 Sept 2 – 4 pm Loughton Horticultural Show 2026 & 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 10).

**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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# 25<sup>th</sup> Anniversary Showcase

**THE 25TH ANNIVERSARY SHOWCASE** of the Anna Fiorentini Theatre & Film School lit up the Hackney Empire on Saturday 14th March, with strong representation from Loughton and the wider Epping Forest district.

Fiorentini, whose mission is to ensure that all children — regardless of background — can access professional performing arts training, expanded her not-for-profit school into Loughton, in September last year. Due to overwhelming demand, a second Loughton branch will open this coming September, strengthening performing arts opportunities for young people across the district.

Mayor of Loughton, Cllr David Wixley, attended the anniversary event, celebrating the school's growing presence in the area and the opportunities it is creating for local children. Many Loughton families were among the 1,200 audience members who filled the

Hackney Empire to support the 200 young performers aged 7–18 taking part. Cllr Wixley remarked “It was a night to remember.”

The showcase featured musical numbers inspired by productions that have crossed between stage and screen, marking the theme “25 Years of the Silver Screen.”

Founder Anna Fiorentini said, “Seeing so many families from Loughton and the wider Epping Forest district in the audience was incredibly special. Our new Loughton branch has been embraced with such enthusiasm that we are opening a second branch this September. My mission has always been to make professional-level performing arts training accessible to every child, and expanding in Loughton allows us to reach even more young people who deserve a place to grow, belong and shine.” New students will have the opportunity to perform in the next Hackney Empire show in 2027.



© Anna Fiorentini



## Lions on the Loose Roars Ahead

**FREE SCULPTURE TRAIL.** Lions on the Loose, brought to you by St Clare Hospice in partnership with global art producers Wild in Art, goes live on 24 July across Loughton, Epping and Harlow.

This free, family-friendly art trail features 31 life-sized lion sculptures, each uniquely decorated by talented artists, alongside 30 half-sized lions designed by local schools. You can find the locations of the sculptures on the Lions on the Loose trail app from 20 July, or plan your visit using a trail map, available, along with other lion inspired merchandise, from the St Clare Hospice Loughton shop at 252c High Road.

Rosie Knowles, Deputy CEO at St Clare Hospice, said: “Lions on the Loose is more than just an art

trail, it's a celebration of creativity, community and compassion, raising funds for the hospice. The lion, a symbol of strength, courage and unity, perfectly embodies the values of St Clare. Thank you to all our sponsors who have made the trail possible.”

The trail will culminate in an exciting farewell event at Passmores Academy in Harlow in September, followed by a spectacular charity auction on 1 October, where each lion will find a new forever home, raising even more funds for hospice care.

For more details, contact Ellen Munson, Communications and Marketing Officer, on 01279 773700 or email [ellen.munson@stclarehospice.org.uk](mailto:ellen.munson@stclarehospice.org.uk)

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# A Royal Launch

**MEDIA STUDENTS** from New City College Epping Forest had a once-in-a-lifetime experience when they were able to meet and chat to His Majesty The King as he visited a film studio where they were training.

The students, who study the Creative Media TV and Film course at the college in Borders Lane, were at Eastbrook Studios in Dagenham when King Charles arrived to officially open the studios.

He took a fascinating tour of the facilities, and then smiled and laughed as he took time to meet and speak individually with the future young filmmakers.

Honing their skills in movie and television production as part of their course, students were

taking part in the Make It Here Learning and Participation programme, which gives young people the opportunity to train on a professional film set and work alongside industry experts.

They were honoured to be chosen to meet the King speaking to him confidently about their experience, explaining how their college course was helping them build technical expertise and preparing them for employment in the fast-growing screen industries.

Student Harry said: "Meeting the King is something I never thought would happen to me. I even got to have a short chat with him. It was brief, but just knowing I was there and speaking to him is something I'll always remember."

# West Essex Inclusion Project

**THE WEST ESSEX INCLUSION PROJECT** provides inclusive activities for children aged 0-14 with SEND. We operate across the Epping Forest, Harlow and Uttlesford districts. Children must be registered with The West Essex Inclusion Project before booking onto any activities.

**Loughton activities include:**  
 Mondays (Term time) 5-6pm - Multi-sports, New City Fitness, Borders Lane, IG10 3SA. Free.  
 Second Tuesday of every month 4.15-5.45pm Monkey Kingdom Langston Road IG10 3TS. £11 p/session.  
 Fridays (Term time) Group A: 4.30-5.20pm Group B: 5.30-6.20pm Trampolining (ages 6-14) Debden Park High School, Willingale Road, Loughton IG10 2BQ. £8 p/session. (Registration with the Project required).

For more information, please contact: Emily Stevens or Lexi Doherty, Disability Inclusion Officers, Epping Forest District Council. [estevens@eppingforestdc.gov.uk](mailto:estevens@eppingforestdc.gov.uk) | 07596 890 819 | [adoherty@eppingforestdc.gov.uk](mailto:adoherty@eppingforestdc.gov.uk) | 07548 145 591 [www.eppingforestdc.gov.uk/leisure/west-essex-inclusion-project](http://www.eppingforestdc.gov.uk/leisure/west-essex-inclusion-project)



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# Regular activities

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## ALLOTMENTS

Loughton Potato Ground, Baldwins Hill. [www.loughtonpotatoground.com](http://www.loughtonpotatoground.com)  
**Roding Road Allotment & Leisure Gardens Association**, Roding Road. [www.rodingroadallotments.co.uk/](http://www.rodingroadallotments.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 7pm for 7.30. Visitors £10. <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 117196 (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) / [txt.07725.909090](http://txt.07725.909090)  
**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. Thur 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/countrysidecare](http://www.epppingforestdc.gov.uk/index.php/out-and-about/countrysidecare)  
**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 [pendoofriendship@gmail.com](mailto:pendoofriendship@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 Snowden 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@affc.org.uk](mailto: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](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](mailto: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@gmail.com](mailto:Joyce07761792691@gmail.com)  
**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](mailto: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.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  
**Loughton Operatic Society**, Lopping Hall, 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. mldjworsfold@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  
**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.org.uk](http://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](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  
[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  
**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.loughtonwadoikai.co.uk](http://www.loughtonwadoikai.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  
**Mountaineering Club**, Victoria Tavern, Smarts Lane. Hill walkers & climbers welcome. Mons 8.30pm.  
[www.loughtonmc.org](http://www.loughtonmc.org)

**Move It or Lose It**. Fun exercise classes for Seniors. Every Weds. Loughton Methodist Church. Call Louise on 07747 121 201 for more info.  
**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  
**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  
**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. W: [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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Logos for Epping Forest District Council, Essex Active, and West Essex Inclusion Project are also present.

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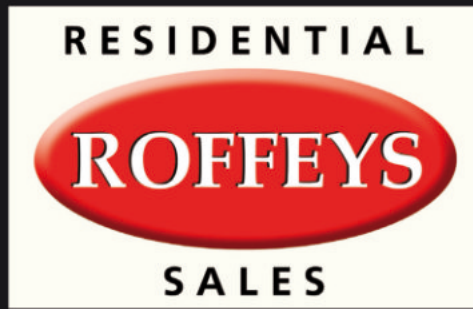
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[www.riderhouSELoughton.co.uk](http://www.riderhouSELoughton.co.uk)

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