



Think Loughton

News from Loughton Town Council

Autumn 2026 No 114

New Town Mayor

FOLLOWING the Annual Council Meeting held on 20 May 2026, Cllr Stephen Harriman was unanimously elected as Loughton Town Mayor for 2026/27.

Cllr Harriman is a relatively new member of Loughton Town Council, having joined in 2024. He currently represents St John's Ward and serves on the Environment and Heritage Committee. He has lived in Loughton with his wife and family since 1994, and looks forward to contributing to the town's managed development and its successful future.

Following his election, Cllr Harriman commented it was an honour to have been given the opportunity to serve the community as Town Mayor. He was looking forward to the year ahead and meeting residents at Town Council events throughout the year. Stephen has chosen Haven House Children's Hospice as his Mayoral charity and will be pleased for funds and donations raised at Loughton Town Council events to support the charity.

Members paid tribute to the work of the outgoing Mayor, Cllr David Wixley, recognising "the wonderful job he had undertaken, chairing Council meetings appropriately and acting as the voice of the Town Council at community events". He responded that he had greatly enjoyed his year in office and was sad to be 'hanging up his chain'.

Cllr Les House was unanimously elected as Deputy Town Mayor. Members were pleased to see Cllr House back in action and on the road to recovery, and it was only right that he resumed the position of Deputy Mayor.

The new Town Mayor congratulated Cllr House on his appointment. Cllr House thanked fellow councillors for their encouragement, saying he was "looking forward to supporting the Mayor over the next twelve months".



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

ADVICE, HELP & INFORMATION

3Food4u	01992 842642
Action for Family Carers	0300 770 80 90
Affordable Counselling Epping Forest	07583 111796
Citizens Advice	0808 278 7855
Citizens Advice Consumer Service	03454 04 05 06
Epping Forest Foodbank	0300 102 9808
New City College, Epping Forest	0330 135 9000
Jobcentre Plus (Loughton)	0345 604 3719
NSPCC helpline (freephone)	0808 800 5000
RSPCA cruelty line	0300 1234 999
Samaritans	116 123
SSAFA (Loughton Epping & Harlow)	01206 764114
Trading Standards ECC (business)	0345 603 7626
Victim Support (Essex)	0300 303 0165

COMMUNITY

Accurro	01279 870297
Age UK Essex	01245 346106
Age UK Advice	0800 678 1174

Care & Repair Service	01992 564086
Churches Together	www.loughtonchurches.org.uk
Epping Forest ReUse	01992 578222
ignite (Youth Activities)	020 8508 3643
Loughton Voluntary Care Assoc.	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 Overground)	0343 222 1234
Luton Airport	01582 405100
National Express	0871 781 8181
National Rail Enquiries	03457 484950
Southend Airport	01702 538 500
Stansted Airport	0844 335 1803
Tourist Info Centre (Waltham Abbey)	01992 660336
Traveline (public transport information)	0871 200 22 33



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Clerk's Remarks



LOUGHTON TOWN COUNCIL bade Town Clerk Mark Squire a very fond farewell in June; we will miss his professionalism, guidance, knowledge and gentle strength very much. Mark joined local government service following a successful 30 years in corporate banking in the city, he has given 17 years of outstanding service to local

councils at Ongar, Witham and then Loughton for the past seven and half years. Loughton has been extremely fortunate to be served by such an excellent and highly respected Town Clerk. We wish Mark the very best for a happy and well-earned retirement.

I'm delighted to have joined the Town Council and take over the reins from Mark having previously served in local government as Parish Clerk in Buckhurst Hill and prior to that a 25-year career in sport and leisure commercial and trust management. Also being a local resident it's wonderful to bring my experience and skills to a larger and progressive Town Council.

One of the joys of working for a Town Council is that no two days are the same and time certainly never stands still. As I commenced my new role, Annual Council had just happened with newly elected

Town Mayor, Cllr Harriman already undertaking numerous official engagements then the superb summer event of Jessel Green took place. What a wonderful day was had by all; the sun shone and hundreds of residents joined the fun of the inflatables, community stalls and more (see page 6).

By the time this magazine is delivered the Annual Horticultural Show will have been and gone, but please join us for Loughton Day on 19 September from 12 noon until 4pm at Loughton Cricket Club (see page 4). This is a wonderful opportunity to come together and celebrate the Loughton community, its people, services, activities, groups and organisations. If you cannot join us this year, please put a date in your diary and join us next September, its one not to be missed!

Loughton Town Council has 22 democratically elected

members across 9 wards united in their key message to serve the views and needs of the residents of Loughton, I'd like to encourage all residents to be part of this process so please do feel able to contact your elected members, attend any meeting and call upon the Town Council as your first tier of local government; we're here to provide the most local services and events, support and guidance. If your query is not something we can resolve directly, we'll be able to signpost you in the right direction.

If you haven't already completed a survey for the Protect Jessel Green – Fields in Trust I encourage you to share your view on this very important community issue, see page 5 for details.

Liz Petyt Start
Town Clerk

Happy Retirement



LOUGHTON TOWN COUNCIL bid a fond farewell in June, to outgoing Town Clerk, Mark Squire, who joined the TC in 2019. Mark a Loughton resident for many years, is looking forward to pursuing his pastime of walking and was delighted to receive vouchers for Mountain

Warehouse as part of his leaving gift from colleagues and councillors. He will continue volunteering as a Loughton Womble, one of his proud initiatives, but probably won't be tempted to use his golden litter picker, another leaving gift, being far too modest for that!

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Loughton Town Council

Town Mayor: Cllr Stephen Harriman **Deputy Town Mayor:** Cllr Les House **Town Clerk:** Liz Petyt Start

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
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leshouse18@hotmail.com

FAIRMEAD WARD

Cllr Carol Davies 07817 230372
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Rectory Lane IG10 2QZ
CllrCDavies@loughton-tc.gov.uk

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 Malachi Fontenelle 020 8508 4200
c/o 1 Buckingham Court,
Rectory Lane,
Loughton IG10 2QZ

Cllr Stephen Harriman 07740 409374
c/o 1 Buckingham Court
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CllrStephenHarriman@loughton-tc.gov.uk

Cllr Joyce Obaseki 020 3004 7286
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Joyce.obaseki@grantsmile.org.uk

Cllr Michael Owen 07467 430145
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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
CllrDavidWixley@loughton-tc.gov.uk

Committee membership

RESOURCES & GENERAL SERVICES

C M Owen
VC R Brookes
M Fontenelle
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
C Ubah
Vacancy

RECREATION

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

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

Contacting us

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

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Town Council Meetings

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

Sept	7	Planning & Licensing
	9	Recreation
	21	Planning & Licensing
	22	Environment & Heritage
Oct	5	Planning & Licensing
	7	Resources & General Services
	13	Council
	19	Planning & Licensing
Nov	2	Planning & Licensing
	3	Recreation
	16	Planning & Licensing
	18	Environment & Heritage

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

News round-up

■ **LOUGHTON COMMUNITY DAY:** If you are interested to know more about the town's voluntary groups, are looking for a new hobby or pastime, this is the place for you.

All residents are welcome to join us from 12 noon until 4pm on Saturday 19 September, at Loughton Cricket Club and discover what Loughton has to offer! (Entrances are in Traps Hill opposite Loughton Library, Swimming Pool and Car Park). Community groups, clubs and organisations will once again be showcasing their services to Loughton residents at this free, very popular, community event. Food, Drink, Entertainment, Live Music and much more ...!

Our sincere thanks go to Daniel Robinson & Son, Church Hill and RCH Care Homes for their generous donations and valued support in helping with this community event.



■ **REMEMBRANCE DAY PARADE:** The Annual Parade from Loughton's Royal British Legion Headquarters in Church Hill to the War Memorial will start at 11.50am on Sunday 8 November 2026. The Remembrance Service and Poppy Wreath ceremony

commences at 12.15pm followed by the march off up Church Hill. Please join us in remembering all those that have fallen and given their service on our behalf. Two minutes silence at the War Memorial on Kings Green, will as usual, be held at 11am.



■ LOVE YOUR BUS – ROUTE 397:

Great news!

Loughton Town Council has secured funding from Essex County Council's Love Your Bus scheme to deliver an extended 397 bus service.

Whether you're commuting, shopping, or visiting friends and family, the enhanced service will make getting around easier.

 Check our website for full timetable information and service details.

News & Events - Loughton Town Council

Jessel Green 'Fields in Trust' Status

Can WE protect JESSEL GREEN Forever?

WHEN THE LOCAL PLAN was reviewed some 5 years ago, we did so well to save the valuable green space from potential housing development; we successfully secured the land for the benefit of all.

Now Loughton Town Council and Protect Jessel Green wishes to **save the open green space of Jessel Green** as a permanent feature for current Loughton residents and for generations to come. To achieve this, we'd like to obtain Fields in Trust status.

Fields in Trust is the charity that has been protecting the future of our parks,

playgrounds, playing fields and green spaces for 100 years. Fields in Trust are the only charity in the UK working to protect parks and green spaces for good. Because once lost, they're gone forever. In practice this means **they can never be sold off for development and will be retained as a public park, playing field or recreation ground forever.**

Jessel Green is owned by Epping Forest District Council (EFDC). Loughton Town Council and Protect Jessel Green would like to recommend to EFDC that Jessel Green should

be granted 'Fields in Trust' status.

In order to make our appeal to EFDC, we need your help and support. Visit our website to participate in the survey or visit our Facebook page

News & Events - Loughton Town Council
Loughton Town Council | Facebook
Protect Jessel Green Forever

Many thanks
Liz Petyt Start
Town Clerk
Loughton Town Council



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Care Quality Commission

* Rated 10 June 2023

Field of Fun



THE JESSEL GREEN COMMUNITY FUN DAY, held on Sunday 28 June, was a tremendous success, attracting hundreds of residents for an afternoon of fun, entertainment, and community spirit, bringing together people of all ages, enjoying a variety of stalls, activities, refreshments, offering the chance to meet friends and neighbours. The atmosphere throughout the day reflected the strong sense of community that makes Jessel Green such a special place.

Loughton Town Mayor, Cllr Stephen Harriman, spent time meeting stallholders, volunteers, and visitors, taking the opportunity to see first-hand the fantastic community spirit on display.

Mr Happy, whose lively performance kept children smiling and laughing throughout, was one of

the highlights of the afternoon.

Events such as this are only possible thanks to the generosity and support of local businesses and volunteers. We would like to extend our sincere thanks to **Loughton Van Hire, John at Universal Waste, Loughton Garden Landscapes, and John and Sue at the Cottage Loaf** for their generous donations and to **Epping Forest Youth Council, The Loughton Wombles, and the City of London & North East Sector Army Cadets** for their valued support.

A heartfelt thank you also goes to all our contractors, stallholders, and everyone who attended. Your enthusiasm and support helped make the day such a memorable occasion.

We look forward to welcoming everyone back for another Jessel Green Community Fun Day next year.

Top: TM, Cllr Harriman with the City of London & North East Sector Army Cadets.

Bellow: TM, Cllr Harriman at the campfire with the Scouts.

Bottom: John & Sue Walsh (publicans & one of the event sponsors) with TM, Cllr Harriman outside The Cottage Loaf.



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WHAT'S ON AT OUR FIELD CENTRE IN 2026

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)

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Nature Families (adults with children 8+)

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Happy 100th Birthday Marjorie



Top: Loughton Hall Carers surrounding Marjorie seated centre with Cllr Mead (L) and Cllr Harriman (R)

Right: L:R Cllr Louise Mead, Chair of EFDC, Marjorie shaking hands with Cllr Stephen Harriman, TM of LTC



LOUGHTON HALL CARE HOME was delighted to welcome the Town Mayor, Cllr Stephen Harriman (undertaking his first official engagement), alongside the Chairperson of Epping Forest District Council, Councillor Louise Mead (carrying out her last official engagement), to celebrate resident Marjorie's 100th birthday. Surrounded by family, friends, fellow residents and staff, Marjorie enjoyed a wonderful afternoon filled with laughter and special memories. The celebrations were made even more memorable when Marjorie received a congratulatory card from His Majesty King Charles III and Queen Camilla, marking her remarkable milestone. The Mayor and Chairperson offered their warm congratulations, helping to make the occasion one to remember. Everyone at Loughton Hall was honoured to celebrate such an extraordinary lady and her century of life.



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Dates for the diary

■ **Each Sunday until 26 Sept 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. Vicar: Rev'd Jane Yeaton – 07960 6044176
www.HighBeachChurch.org.uk

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

■ **Second Tuesday of every month 4.15-5.45pm Monkey Kingdom** Langston Road IG10 3TS.

■ **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.

West Essex Inclusion Project for children aged 0-14 with SEND. Free of charge (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 | 07596 890 819 adoherty@eppingforestdc.gov.uk | 07548 145 591

■ **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

■ **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 01992 564 363 or 07763 218593 (See p13)

■ **8 Sept 8pm The Architecture of Mughal India: Palaces, Mosques, Gardens and Mausoleums** a lecture by Dr John Stevens, lecturer at SOAS and noted biographer of Indian poets, he has also lectured at many Indian universities. From 16th to 18th centuries, the Mughal Empire combined many architectural traditions to create the most iconic palaces and gardens in the world. The Arts Society, Bancroft's Prep School, 611 High Road, Woodford Green, IG8 0RF. Donation Requested. Refreshments are available from 7.15pm. Visitors welcome! Information from: artssocietywoodfordgreen@outlook.com

■ **19 Sept 12 noon - 4pm Loughton Day** Loughton Cricket Club, The Uplands, IG10 1NQ free event. Discover what Loughton Community Groups have to offer, and meet up with other locals, while enjoying entertainment, live music, food & drink and more.

■ **23 Sept 2.30pm Wildlife of Mallorca and Tenerife - away from the beach!** a talk by Peter Warne, Woodford & District National Trust, All Saints Church Hall, Woodford Green, IG8 0NH. Members and non-members all welcome. Enquiries: speller643@btinternet.com / 07774 164407

■ **24 Sep 8pm AGM** 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 Branch Secretary (see p13).

■ **13 Oct 8pm 1951 Festival of Britain, a Nation celebrated. Art, Architecture and Design in Post War Britain**, a lecture by Dr Matthew Denney, senior valuer and auctioneer, university lecturer and author, with a special interest in fine and decorative arts. What were the reasons for holding this festival in a country still struggling with rations? The Arts Society, Bancroft's Prep School, 611 High Road, Woodford Green, IG8 0RF. Donation Requested. Refreshments are available from 7.15pm. Visitors welcome! Information from: artssocietywoodfordgreen@outlook.com

■ **14 Oct 2.30pm A Tale of Two London National Trust Houses** a talk by Ludovic Gardner, Woodford & District National Trust, All Saints Church Hall, Woodford Green, IG8 0NH. Members and non-members all welcome. Enquiries: speller643@btinternet.com / 07774 164407

■ **22 Oct 8pm Art Straws** 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 Branch Secretary (see p13).

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■ **31 Oct 10am – 5pm Explore Epping Forest – Autumn Photography** Discover more about the nature and wildlife that lives here. Autumn, the leaves are changing and everything changes colour, a great season to capture the beauty within the ancient woodland of Epping Forest. Explore the woodland with a professional photographer and learn how to get the best out of your camera. Open to all over 18 years. £65 (lunch included at the Kings Oak, High Beach). Epping Forest Field Centre, High Beach, IG10 4AF T: 02085 028500. Explore Epping Forest: Autumn Photography – Field Studies Council

Loughton Amateur Dramatic Society presents



The Incident Room
by Olivia Hurst & David Burn

The true story of the hunt for the Yorkshire Ripper

29th, 30th, 31st October 2026
8:00pm. Lopping Hall, High Road, Loughton IG10 4LF
Tickets £14 - call 07552 736110 or visit www.lads.org.uk

■ **29 – 31 Oct 8pm The Incident Room, by Olivia Hurst & David Burn.** Leeds, 1977, in a police incident room we enter the world of an investigation into a shocking mass murderer, known as the Yorkshire Ripper. Focussing on the investigating team, we find the police in a world without computers, DNA analysis and CCTV...but perhaps their biggest hindrance is prejudice. The story is both tense and darkly funny. Amid mounting public pressure, the team sift through contradicting evidence. Who will make the critical impact on the investigation? Loughton Amateur Dramatic Society (LADS). At Lopping Hall, High Road, Loughton IG10 4LF. Tickets (£14) available from 07552 736 110 (answer machine). lads.boxoffice@gmail.com www.lads.org.uk

■ **8 Nov 11.50am Remembrance Sunday Parade** from Loughton's Royal British Legion Headquarters in Church Hill to the War Memorial. At 12.15pm the Remembrance Service and Poppy Wreath ceremony will commence followed by the march off up Church Hill.

■ **10 Nov (AGM 7.30pm) 8pm Fitzwilliam Museum, Cambridge** a lecture by Sarah Burles, after a distinguished career in the Fitzwilliam, Sarah now directs Cambridge Art Tours. This lecture looks at the bequest of Lord Fitzwilliam as well as the development of the museum into one of Britain's foremost collections of art and antiquities. The Arts Society, Bancroft's Prep School, 611 High Road, Woodford Green, IG8 0RF. Donation Requested. Refreshments are available from 7.15pm. Visitors welcome! Information from: artssocietywoodfordgreen@outlook.com

■ **18 Nov 2.30pm 'Annual Branch AGM, followed by 'East Anglia Medieval Churches-A Social and Architectural History'** a talk by Peter Lawrence, Woodford & District National Trust, All Saints Church Hall, Woodford Green, IG8 0NH. Members and non-members all welcome. Enquiries: speller643@btinternet.com / 07774 164407

■ **26 Nov 8pm Christmas Decorations** 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 Branch Secretary (see p13).

■ **26 & 27 Nov 8pm, Sat 28 Nov 7pm Lilies on the Land - by Sarah Finch.** A play based on over 150 real-life letters and interviews with original members of the Women's Land Army. It chronicles the personal journeys of four diverse women who leave their homes during World War II to do backbreaking farm work, facing the physical hardships and camaraderie of the home front. Theydon Bois Village Hall, Coppice Row, Theydon Bois, Essex CM16 7ER. Tickets £15 – Available online from www.ticketsource.co.uk/ theydonboisdramasociety or by phone: 01992 919038. www.theydonboisdramasociety.co.uk



Theydon Bois Drama Society presents

Lilies on the Land
by Sarah Finch

Theydon Bois Village Hall
on 26th, 27th & 28th November 2026
Tickets £15.00 from www.theydonboisdramasociety.co.uk
or Phone 01992 919038
Tickets on sale from 17th October 2026

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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2026 Christmas Window Competition



JOIN IN THE FUN of this ever popular event, bringing some festive cheer to the town and its residents by decorating your windows with a Christmas themed display, and gain automatic entry to our Christmas Window Competition.

Judging by the Town Mayor and two fellow Councillors will commence on 1 December until 7 December 2026. Displays are judged on a range of criteria, including overall impression/visual impact, creativity/ideas, artistic merit, inventive use of materials and effort. Entry is guaranteed for all businesses that decorate their windows. There are four category entries: Independents; Chains / Multiples, Charities and Eateries (Pubs/Restaurants). Each category winner receives an engraved cup, to retain for 11 months, a certificate and a donation of £75 from the Council to a charity of their choice.

For information on this competition contact Debra Paris on 020 8508 4200 / contact@loughton-tc.gov.uk



THE EPPING FOREST HIGH STREET BUSINESS SUPPORT PROGRAMME is providing fully funded, tailored support to help businesses located on the district's high streets and shop parades overcome challenges and achieve their goals. At the heart of the programme is expert 1:1 mentoring, giving business owners direct access to experienced advisors who can provide practical guidance on the issues that matter most to them. Whether it's increasing sales, improving marketing, managing finances, attracting new customers, embracing digital tools, or planning for growth, support is shaped around each business's individual needs. It's a valuable opportunity to gain fresh insight, build confidence, and access specialist advice to help your business succeed. Register today at: <https://ef-high-streets-support.deytonbell.com>

LADS Sweep the Boards at Awards

IN JUNE Loughton's Amateur Dramatic Society (LADS) had a bumper day at the NODA (National Operatic and Dramatic Association) London Awards. NODA divides the entire London area into 16 Districts and there are 23 musical/dramatic societies in the District of which LADS is a member. That's a lot of competition! LADS' member, Christian Mortimer, won the District Award for the Best Male Actor in a play for his portrayal of Johnny in "Home, I'm Darling" and Liz Adams and Mel Taylor won the Unsung Hero Award for their sterling work on the LADS' costumes. The icing on the cake came when 2 LADS' actors won the London Region Awards, defeating all the other District

Award in their category. Meg Lamour won the trophy for the Best Female in a Play for her portrayal of Judi in "Home, I'm Darling" and Stewart Agnew was awarded the top prize for the Best Cameo in a Play, for his role as Patrick, the jockey, in "Ladies Day". LADS also came Runners Up for set design across the whole region for their set for "The Ladykillers", designed by Lee Kenneth. LADS' Chair, Jenny Skinner, commented, "These awards illustrate the skills and talent LADS has within the Society across the board. We are thrilled to bits for our winners, and I would also like to congratulate all Society members who helped make 2025/2026 so successful".



Stewart Agnew receiving his award



Meg Lamour receiving her award



Set Design for "The Ladykillers" – runners-up in the Best Set Design

Epping Forest's Brand-New Treasure Trails

DISCOVER the brand new FREE, self-guided clue-solving adventures in **Loughton, Waltham Abbey, and Ongar** - fun for all ages!

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- Start your adventure today!



Discover More with Visit Epping Forest

LOOKING FOR inspiration for your next day out? **VisitEppingForest.org** is the perfect place to discover everything that Epping Forest District has to offer. From beautiful countryside walks and family-friendly attractions to bustling markets, live music, festivals, and great places to eat, the website showcases the very best of the district. The regularly updated Events page is packed with activities for all ages, making it easy to find something new to enjoy, whether you're planning a day out with the kids, a cultural experience, or an evening of entertainment. Visit today and start exploring everything on your doorstep.

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Regular activities

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

ALLOTMENTS

Loughton Potato Ground, Baldwins Hill, www.loughtonpotatoground.com
Roding Road Allotment & Leisure Gardens Association, Roding Rd. 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

ARTS & CRAFTS

Art Classes, Thurs & Fri 10am-12 noon, Lopping Hall, IG10 4LF
 Adult art sessions, beginners & intermediate level students. Incl. painting in acrylics, watercolours, drawing in charcoal, pastels & working in mixed media collage. £18.50 per session. For more info visit: www.rachelmoss-hogg.com

The Arts Society West Essex

Expert illustrated talks covering all aspects of the Arts. First Weds of each month (except August). Theydon Bois Village Hall, CM16 7ER. 10.15am coffee - meeting 10.45am. Annual subscription £45 / visitors £7 per session. Enquiries: secretarytheartsocietyWE@gmail.com or 07980 476710

Art Classes LifeWorks Centre, Loughton Methodist Church, 260 High Rd. £12. Tues & Thurs. 07944 589998 www.ruthdronsfield.co.uk

Essex Handicrafts Association, Woodlands Branch, The Church Hall, Loughton Methodist Church, 260 High Rd. 4th Thurs. 8pm. Karen Myles, branch secretary, T: 020 8508 4581 E: 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 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 / theormes5@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 111796 (answer phone)

affordablecounselling@gmail.com
 Samaritans. Free, confidential emotional support for the distressed & despairing available 24/7. 020 8553 9900 / 116 123 / jo@samaritans.org / txt 07725 909090

Spark Counselling and Mentoring for young people. Loughton Youth Centre, Borders Lane, Loughton 020 8508 6743 Spark@worthunlimited.co.uk
 Free service - donations accepted

EDUCATION

Bridge Lessons various courses available in a relaxed atmosphere in Loughton. Days and times are flexible. Contact Hazel on 07788 711288 for further information - Fees TBC.

Music Lessons, Loughton Music Academy, High Rd. 020 8502 2992 www.loughtonmusicacademy.co.uk

FOOD

3Food4U Loughton Community Surplus Hub runs every Tues 11.30am-1pm at The Loughton Club, 8 Station Road IG10 4NX. Contact us at Website: www.3food4u.org Email: info.3food4u@gmail.com Tel: 01992 842642

Epping Forest Foodbank 4 hubs run on a weekly basis: 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 or T: 0300 102 9808. Warehouse address: Unit 24 Oakwood Industrial Estate, IG10 3TZ.

GENERAL INTEREST

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

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

Epping Forest Conservation

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

Epping Forest 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

Epping Forest & District Stamp Club, Roding Valley High School, Alderton Hill, 2nd Tues (most months) 8pm. www.epppingforeststampclub.co.uk

Essex Wildlife Trust - Roding Valley Meadows. Volunteer work parties undertaking practical reserve management, Tues & Weds, 10am-3pm. Contact: roding@essexwt.org.uk / 020 8500 3094

Forest Creative Writers, Loughton Methodist Church, 260 High Rd, Loughton, Thurs (term-time) 1-3pm. Christine Ives 020 8508 3173

Forest Musical Theatre Company, Tues & Weds (rehearsals). Email rachel@forestmusical.co.uk or visit www.forestmusical.co.uk

Friends of Light & Healing, Kingsley Hall, Kingsley Rd. An evening of clairvoyance. Alternate Thurs. 7.30 for 8pm. 07743 376468

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 Rd 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. www.loppinghall.org.uk 020 8508 1660

Loughton Amateur Dramatic Society, - LADS Lopping Hall, Loughton, IG10 4LF. Jenny Skinner E: lads.chairman@gmail.com www.lads.org.uk See Dates for the Diary

Loughton Astronomical Society, Scout Hall, Theydon Bois. LAS Astrokysds (6-14 yrs). Thurs 8-10pm. Brian Morton 01992 815804 www.las-astro.org.uk

Loughton Bowling Club Bridge Section, Eleven Acre Rise. Thurs pm. 020 8502 0237

Loughton Bridge Club, Grange Farm - Mon & Weds 7.20pm lindajenkins34@hotmail.com www.bridgewebs.com

Loughton Camera Club, Lopping Hall, High Rd. Weds. 8-10pm. 07873 534 604 www.loughtoncameraclub.org.uk/ Loughton_Camera_Club/Welcome.html

Loughton Chess Club, Loughton Bowling Club, Eleven Acre Rise. Weds. 7.30pm. 020 8508 8407 www.loughtonchess.co.uk

Loughton & District Historical Society, Loughton Methodist Church, 260 High Rd. £4 non-mems. 2nd Thurs. 7pm for refreshments prior to the talk at 7.30pm. www.loughtonhistoricalsociety.org

Loughton & Epping Forest Amateur Radio Society, All Saints Hse, Romford Rd, Chigwell Row, IG7 4QD. Alt. Fri 7.45pm. T: 07850 120180 E: info@lefars.org.uk W: www.lefars.org.uk

RSPB North East London Local Group Talks held on the 2nd Tues of every month at 8pm (except July and August). St Mary's Church, 207 High Rd, South Woodford E18 2PA. www.rspb.org.uk/groups/northeastlondon

HEALTH

ADAS (W Essex Alcohol & Drugs Service - by appt) Rectory Lane Health Centre 01279 641347 / admin@adasuk.org.uk www.adasuk.org

Breathe Easy (British Lung Foundation), Tony Carr 01992 573387

Cycling For Health Wednesday morning rides run by Jarvis Goodyear at Epping Forest MTB. For all information and Direct Booking visit www.epppingforestmtb.co.uk/cycling-for-health/ For more info contact email Jarvis direct on C4H@epppingforestmtb.co.uk

Lifewalks a voluntary run walk scheme under the supervision of the Lee Valley Park Authority. For More Info Contact: Lyndsey North Community Health & Wellbeing Officer Lee Valley Regional Park Authority M: 07909 000 309 E: LNorth@leevalleypark.org.uk W: visitleevalley.org.uk

Memory Cafe 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 Rd, IG10 1RB opendoorfriendship@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

LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE

2324 (Chigwell) Squadron, Air Training Corps, Buckhurst Hill. Mons & Thurs evenings (13-17 yrs) 020 8505 3353 www.2324squadron.org.uk

7th Epping Forest Scout Group, St Edmund's Church, Traps Hill. Tues: Scouts boys/girls (10½-14½ yrs) 7.30-9pm. Thurs: Beavers boys/girls (6-8 yrs) 5-6pm & Cubs boys/girls (8-10½) 6.30-7.30pm. Keith Davis 07553 376181

12th Loughton Brownie Pack St John's Church, Church Lane, IG10 1PD. Mondays (term time) 6 to 7.30pm: girls 7 to 10.5yrs. Info: 12thloughton.brownies@gmail.com

30th Loughton Scout Group, St John's Church, Church Lane. Beavers (6-8 yrs), Cubs (8-10 yrs) & Scouts (10-14 yrs) Paul Snowden GSL 020 8508 4336 / info@30thloughton.co.uk

41st Epping Forest Scout Group, 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 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.afterperformingarts.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

Baby and Toddler Rhymetime Loughton Library, Traps Hill, IG10 1HD. Every Tues - 10am to 10.30am. Join in with stories and rhymes

Boperoos Fun music and movement classes for young ones. Sundays 1yrs: 9 - 9.45am; 2-3yrs: 10 - 10.45am; 4-5yrs: 11 - 11.45am. Prices - Trial: £9; 5 sessions £42.75; 10 sessions £81. Loughton Music Academy, 257a High Rd, IG10 1AD. E: info@boperoos.com T: 07305 227814 W: www.boperoos.com

Girlguiding in Loughton Rainbows Brownies & Guides (girls aged 5 - 17yrs). Leadership opportunities available for girls & women over 14yrs. More information and to register www.girlguiding.org.uk/information-for-parents

Little Angels Baby & Toddler Group, St Michael's Church, Roding Rd. Weds 10-11am (term-time) 020 8418 7944.

Attendance requires booking via our website - www.stmichaelsloughton.com

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

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

Spark Youth Club - Mon/Thurs 3.30-5.30pm term time Age 11-16, 020 8508 6743 Spark@worthunlimited.co.uk

Noah's Ark Toddler Group (under 5s) Oakwood Hill Community Hall, IG10 3NB 10-11.30am Mon (term time). £1 donation. 10-11.30am Weds Noah's Ark Messy Church 9.30am-1pm Thurs Community drop-in service. 020 8508 9883

The Loughton Pantomime UpStage Theatre Company Mon 6-7pm 7-15yrs (Junior Chorus). Mon 7-10pm over 16s (Adult Cast) @ Lopping Hall, Loughton, IG10 4LF www.upstage.org.uk hello@upstage.org.uk

Reindeer Explorer Scouts, St Edmund's Church, Traps Hill. Girls/boys (13½-18 yrs). Fri. Dave Martin 07889 189261

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

Email: 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

Toddler Toy Time, Loughton Library, Traps Hill, IG10 1HD. Every Weds - 10am to 11am. Soft play equipment. Toys and the sensory wall.

MUSIC
Dancing through the decades Loughton Club, 8 Station Rd. Last Tues of month (except Dec) 2-4.30pm. Please contact June 07904 280319 / or Joyce 07761 792691

Epping Forest Guitar Group Mondays (term time) 7.15-9.15pm Lopping Hall. New members welcome - acoustic and classical guitar players. For more info contact Eppingforestguitargroup@gmail.com

Epping Forest Singers A friendly, mixed, non-auditioned choir singing a varied repertoire. Rehearsals: Thurs 7.30-9.30pm (term time only). At St John Fisher Catholic Primary School, Burney Drive, Loughton IG10 2DY. Further details: www.epppingforestsingers.com

Loughton Folk Club, 8 Station Rd. Live acoustic music. Thurs, 8pm. loughtonfolkclub@googlemail.com

Loughton Ladies Choir Meets every Thurs 2.15-3.45pm St John's Church Hall, Church Lane IG10 1PD. New Members welcome - sopranos/altos Peter Jones - 07769 973405

Loughton Operatic Society, Lopping Hall, High Rd, 020 8505 2033. loughtonoperaticsociety@hotmail.com www.loughtonoperatic.org.uk Rehearsals Tues & Thurs

National Jazz Archive, Loughton Library, Traps Hill Mon-Weds, Fri, 10am-1pm 020 8502 4701 www.nationaljazzarchive.org.uk

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 or milesaharwood@aol.com

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

13 ▶ Stand & Deliver Acoustic Open Mic Club, Royal British Legion, 118 Church Hill. 2nd Tues 8pm. Roy Tyzack roy.tyzack@btinternet.com
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

SOCIAL

Action For Family Carers

Adult Unpaid Carers Support/Social Groups held monthly: Buckhurst Hill: last THURS of each month, 1.30pm – 3pm, St James U.R.Church, Palmerstone Road, IG9 5NG. Ongar: second WEDS 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.

midjaworsfold@yahoo.co.uk
 www.loughtonclub.blogspot.com

Café Hope St Mary's Church, 201 High Rd. Mon-Fri 9.15am-2.45pm 020 8508 3643 Friday Market, St Michael's Church, Roding Rd. Fri, 10-11.15am

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

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.avenuetenniscub.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

Connaught Tennis, Squash and Bowls Club Beginners & Improvers Social Lawn Bowls. First 5 sessions free. Make friends, have fun and bowl! Every Tuesday 5pm to 7pm. Connaught Club, Chingford. Call Nicola on 020 8529 2341

Epping Forest HF Walking Group regular Sunday walks in the local area. www.efhfg.org.uk

Epping Forest Sportability Club (EFSC) Multi-sports club for young people with mild-moderate physical & learning difficulties. Oak View School, Whitehills Rd. Sats 10am-1pm (term time) efsc@hotmail.co.uk www.efsportability.com

Flexercise with Caroline Loughton Methodist Church, Wesley Hall, 260 High Rd Tues & Thurs, 10.30-11.30am £7 (first class free) 07714 467784

Katy Little School of Dance, Loughton. Ballet, tap, jazz, examinations & shows. 4 yrs to adults 07712 106941 / www.katylittleschoolofdance.co.uk

Loughton Cricket Club The Uplands, Loughton, IG10 1NQ. Mid April through to September. Children (5yrs) to adults. For info: Contact Cliff Greenhill Chairman 020 8502 2064 cliff.greenhill@btinternet.com www.loughtonccc.hitscricket.com

Loughton Fencing Club Weds, term-time, Debdon Park High School, Willingale Rd. All abilities, equipment supplied free. Jnrs 7-8.30pm, snrs 7.30-9pm. First session free. info@loughtonfencingclub.co.uk

Loughton Football Club, Avondale Close. 8-18 yrs + senior team. Suns (youth teams), Sats (snrs) & weekday evenings (training). Keith Campen 07986 186428

www.loughtonfc.com/contact-us
Loughton Karate Club, Lopping Hall. All ages & all levels. Suns 5-6pm + weekday evenings. Stephen O' Brien 07758 341584. ALSO **Women's Self-Defence Class** - see website www.loughtonkarateclub.co.uk

Loughton Rugby Club, Hornbeam Rd, 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

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

Move It or Lose It. Fun exercise classes for Seniors. Every Weds. Loughton Methodist Church. Call Louise on 07747 121201 for more info.

Old Loughtonians Hockey Club All ages, beginners to elite welcome, www.oldloughs.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

Roding Valley Parkrun Saturdays 9am Roding Valley Recreational Ground IG10 3BS. Free of charge (pre register at parkrun.org.uk). Contact: rodingvalley@parkrun.com

Pain, balance or injury issues

In pain, balance issues, reliant on pain medication? Have a FREE face to face or phone call with a specialist physiotherapist to help answer any questions or provide the support you need. JW Physio Clinic, Ambrose House, 2 Old Station Rd, IG10 4PE. Contact: 020 3146 6837 www.jwphysioclinic.com

Email: 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 & Debdon Park school in Loughton www.totalfootballmania.com Contact Tony on 07962 371177

Walk - West Essex Ramblers (sorry no dogs). Weekends, Wed & Thurs. 020 8554 1665 / 07434 902394 www.westessexramblers.org.uk

Wing Tjun Kung Fu Roding Valley High School, Alderton Hill. All ages and abilities £8. Sundays (times vary betw 11.15am-3.15pm for each age group) 07977 132111 www.omni-martialarts.co.uk

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.baillirina yoga.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 / 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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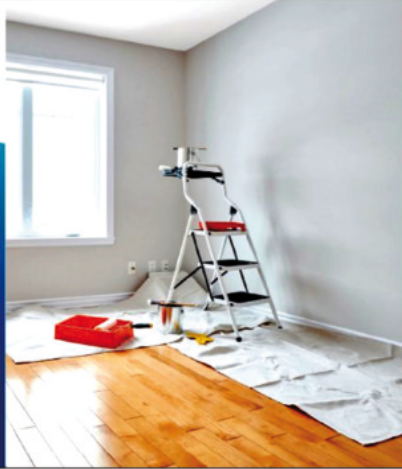
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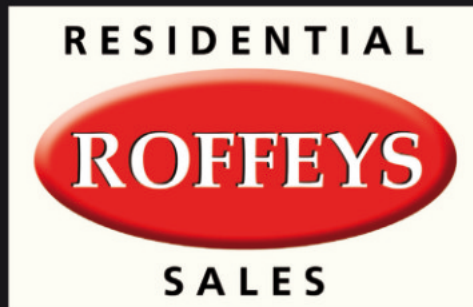
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