



Think Loughton

News from Loughton Town Council

Autumn 2017 No 78

We've moved!



Photo © Dave Ensor

THE TOWN council is pleased to announce that, during the summer, we finally completed our return to Loughton Library. This building was actually our first home from 1996 – 2001 after the inauguration of the town council.

Our new offices are on the first floor of the library adjacent to those of the Loughton Branch of Epping Forest Citizens Advice. Council and committee meetings will, in future, take place in the library – we just have to push back the book

shelves and reposition the tables and chairs!

The other groups already established in the building include the National Jazz Archive and the Loughton Youth Project. This move gives the library a real community hub feeling, so we hope more residents will visit not just to collect their recycling sacks but to take advantage of all the services on offer.

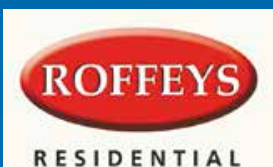
The library currently opens from 9 – 5 Mondays through Saturdays with the town

council office operating from 9.30-4.30 (4.15 on Fridays). More details can be found at <https://tinyurl.com/yawbe25l>

Our former offices at Buckingham Court, at the top of Rectory Lane, are to be rented out, initially for a period of 3 years. This gives the council time to consider the financial advisability of selling that building, bearing in mind that the use of proceeds is restricted to capital projects and not for running costs.

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Letting- 020 8502 3500

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Contact numbers

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| | |
|--|---------------|
| 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

| | |
|--------------------------------------|----------------|
| Affordable Counselling Epping Forest | 01992 573402 |
| Citizens Advice Bureau | 0344 477 0808 |
| Citizens Advice Consumer Service | 03454 04 05 06 |
| Epping Forest College | 020 8508 8311 |
| Jobcentre Plus (Loughton) | 0345 604 3719 |
| Loughton Information Centre | 020 8502 0181 |
| 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

| | |
|-----------------------|---------------|
| 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 Arts Centre | 07532 053194 |
| Loughton Voluntary Care Assoc. | 020 8508 6114 |
| Restore Community Centre | 020 8508 7247 |
| Royal British Legion (Loughton Branch) | 020 8508 5044 |
| Royal Voluntary Service | 0845 608 0122 |
| Supporting Carers in Essex | 0300 770 80 90 |
| Voluntary Action Epping Forest | 01992 564178 |
| Volunteering Enquiries | 01992 564256 |

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 |
| Holly House (Private) | 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 | 07969 638349 |
| 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 |

THE OAK-TREE GROUP OF SCHOOLS OCTOBER OPEN DAYS 2017



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Ages 2 ½ to 16

OPEN DAY:
WED 4 OCT



**COOPERSALE HALL
SCHOOL Epping**
Ages 2 ½ to 11

OPEN MORNING:
TUES 3 OCT



NORMANHURST SCHOOL
North Chingford
Ages 2 ½ to 16

OPEN EVENING: THURS 5 OCT
EARLY YEARS: FRI 6 OCT



OAKLANDS SCHOOL
Loughton
Ages 2 ½ to 11

OPEN MORNING:
THURS 5 OCT

CONTACT SCHOOL DIRECTLY TO BOOK A PLACE

FOR MORE INFORMATION www.oaktreeschools.co.uk

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Clerk's Remarks



WELCOME TO the autumn edition of our newsletter. With the move to our new home in Loughton Library complete, let me start by saying on behalf of the council a few important 'thank-yous' to those involved in this momentous change.

Firstly, to the council officers who packed and

unpacked boxes of files and office equipment with energy, enthusiasm and good humour. It turns out that moving offices provided the ideal opportunity for a good clear out – quite a therapeutic experience!

Secondly, to the library staff, especially Karen Prentice and Julia Trew, for making us so welcome in their building. Their positivity helped make the move far less stressful than it so easily could have been.

Another 'thank you' goes to all the residents who responded to our invitation in the summer edition, to submit evidence to enable new public rights of way to be created in the town. We are collating this information before submitting a formal application to Essex County Council.

At the end of July, work to deter unauthorised

encampments on the Hillyfields open space had not yet been completed when once again residents awoke to find a group of travellers parked at this site. The new ditch and bund created at the lower border of town council land was, however, effective in restricting access. This enabled our colleagues in the City of London, which owns the level part of the site closest to Pyrles Lane, to use their extensive powers to remove the trespassers without delay. I am pleased to report that discussions are ongoing with Epping Forest District Council to obtain an exclusion order for the whole town, similar to that granted to Harlow Council, to prevent further incidents.

John Keats wrote that autumn is the season of mists and mellow fruitfulness. To

celebrate this, we are holding a fruit picking day on the Willingale Road community orchard on Thursday 21 September from 10am-4pm. Residents are invited to join volunteers from Epping Forest Countrycare to help harvest the apples and pears and undertake routine clearance work at this local nature reserve. All tools and refreshments are provided; just wear sensible footwear and old clothes and join us for some healthy exercise in the fresh air.

Finally, a reminder to all our budding artists and photographers to enter our annual Christmas card competition. The closing date for entries is Wednesday 1 November (see page 10).

Enid K Walsh
Town Clerk

New town mayor



Cllr Philip Abraham, who has represented Alderton Ward since 2012, was at the annual meeting in May, unanimously elected as town mayor for 2017-18. Philip is shown above congratulating Cllr Stephen Murray, who will serve as his deputy.



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| <h3 style="text-align: center; margin: 0;">WINDOW & DOORS DIVISION</h3>  | <h3 style="text-align: center; margin: 0;">DRIVEWAY & LANDSCAPE DIVISION</h3>  <ul style="list-style-type: none"> • BLOCK PAVING • POOL SURROUND • NATURAL STONE • PATIOS • BRICKWORK • DECKING • FENCING |

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Loughton Town Council

Town Mayor: Cllr Philip Abraham **Deputy Town Mayor:** Cllr Stephen Murray **Town Clerk:** Enid K Walsh

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Cllr Barbara Cohen 020 8502 3242
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94 York Hill
Loughton IG10 1JA
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Committee membership

C Chairman

VC Vice Chairman

RESOURCES & GENERAL SERVICES

C S Pewsey
VC J Angold-Stephens
M Dalton
J Jennings
J Mahoney
S Murray
A Omer

ENVIRONMENT & HERITAGE

C C C Pond
VC C P Pond
P Beales
T Cochrane
C Davies
T Owen
S Pewsey

PLANNING & LICENSING

C J Angold-Stephens
VC C Davies
P Abraham
T Cochrane
T Downing
K Latchford
S Murphy

RECREATION

C D Wixley
VC A Omer
R Brookes
B Cohen
L Girling
S Murray
M Stubbings

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Contacting us

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

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Town Council Meetings

All meetings take place at Loughton Library & Town Hall, Traps Hill, Loughton, IG10 1HD at 7:45pm unless otherwise indicated.

2017

| | | |
|-------------|----|------------------------------|
| Sept | 6 | Recreation |
| | 11 | Planning & Licensing |
| | 20 | Environment & Heritage |
| | 25 | Planning & Licensing |
| Oct | 9 | Planning & Licensing |
| | 11 | Resources & General Services |
| | 18 | Council |
| | 23 | Planning & Licensing |
| Nov | 1 | Recreation |
| | 6 | Planning & Licensing |
| | 15 | Environment & Heritage |
| | 20 | Planning & Licensing |

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

News round-up

■ FORMER COUNCILLOR

Stan Goodwin, who represented Roding Ward for many years as a district and county councillor passed away in July this



year. Stan was chairman of Epping Forest District Council from 1999 to 2000 and the president of the Loughton Branch of the Royal British Legion. A minute's silence was held at the start of the council meeting on 19 July as a mark of respect. We send our condolences to Stan's family.

■ **REMEMBRANCE SUNDAY** this year is on 12 November with the uniformed parade scheduled to leave the Loughton headquarters of the Royal British Legion in Church Hill at 11.50am followed by the service on Kings Green at 12.15pm. All are invited.

Armistice Day, at 11am on 11 November, will be marked by a short ceremony at the town's war memorial.



■ **DEBRA PARIS** joined us in May as our new Planning & Licensing Committee Clerk. Debra is returning to full-time work as her son looks to head off to university.

She was previously employed at the City of London Magistrates' Court and the Central Criminal Court. Her responsibilities at the town council also include collating information for the Think Loughton Newsletter and organising the Christmas competitions. We welcome her to the team.

■ **WINTER SERVICE** volunteers are invited to contact the town council in readiness for the weather ahead. You will receive a supply of salt to help keep pavements and roads close to your home safe. If you live in the hillier parts of the town and would like to help, contact Debbie Taylor on 020 8508 4200.

■ **VANDALISM** continues to be a problem with damage to the newly installed outdoor table tennis table on the Willingale Road Playing Field. The cost of repairs to the concrete surface was considered excessive and, regretfully, the decision was taken to remove this facility. Anyone with information on such incidents is encouraged to report the details to the council or the police, or anonymously to Crimestoppers on 0800 555 111.

Celebrating Loughton's heritage



THROUGH ITS blue plaque scheme, the town council continues its work to raise awareness of the hidden heritage in our locality by highlighting the people, buildings or events that have shaped Loughton.

The latest plaque to be erected records the former use of the Homebase building in Church Hill as the Loughton Bus Garage. Services operated by the London General Omnibus Company ran from this site between the years 1923-1953. The original building then became the Co-op Bakery.

The official unveiling ceremony by town mayor Phillip Abraham took place in July. A surprise visit by an original 1949's Bedford OB bus, generously provided by Lodge's of High Easter, transported the scene back some 70 years.

Our thanks also go to the Loughton Historical Society, who provided the photograph right,



which records the funeral of Mr Longhurst c1936. Not much is known about Mr Longhurst but the presence of so many smartly turned out bus drivers, the 1935 Daimler hearse and the preserved B43 bus in the procession would seem to suggest that Mr Longhurst was perhaps a senior member of staff at the garage.

A full list of the blue plaques in Loughton may be viewed at <https://tinyurl.com/y9ta8wjik>



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Annual canvass of electors 2017

Please use the automated response options (internet, phone or a mobile)

THE ANNUAL canvass of electors will be starting at the beginning of August. Please look out for the form addressed to "The Residents". **(Even if you voted in May and/or June you need to confirm your details or tell us of any changes.)**

If you have access to the internet, phone or a mobile then you should be logging on, phoning or texting your response. It's simpler, clearer and faster online or by phone – you will need the two-part security code on the front of the form. We need to reduce the number of paper forms that are sent back for processing, especially if there are no changes to the details.

The cost of an automated response is less than half the cost of return postage and processing costs so that's another good reason to use them.

Remember, there might be another Parliamentary election soon so make sure you are registered by responding NOW.

You have to respond, by law, so if you do it now we won't have to send out a reminder which helps us keep costs down.

Helpline number: 01992 564411
Email: elections@eppingforestdc.gov.uk
gov.uk

Jessel Green fun day



THANKS TO the hard work of the organisers and volunteers, this year's community event held in July was proclaimed the best so far. Over two thousand people attended this fun-filled day on Jessel Green.

With this green under threat from development in the Local Plan, it was lovely to see how many families supported this

event to reinforce the community value of this site.

The town council is grateful to its partners, Epping Forest Community Church, the Red Balloon Family and Restore Community Church for helping to make the day such a great success.

We also thank John Walsh, from the Cottage Loaf pub, for his

sponsorship and the many local businesses that provided raffle prizes. A full list of the supporters, plus more photographs, can be found on the news page of the town council's website.

The charities that benefitted from this event included Breast Cancer Now, Chigwell Riding Trust, Essex & Herts Air Ambulance and St Claire Hospice.



Citizens Advice says:

check what help you can get with childcare costs

THE GOVERNMENT is introducing new schemes to help parents provided their child is with an 'approved provider' such as a registered childminder, nursery, playgroup or after school club etc.

Free childcare for pre-school children

■ **All families** with 3 and 4 year old children are entitled to 15 hours of free childcare or early education a week. Some 2 year olds are also entitled e.g. if the child is disabled or the parent is getting a means-tested benefit.

■ **Working families** with 3 and 4 year old children are entitled to an extra 15 hours of free childcare or early education a week (i.e. 30 hours in total) provided the parent and any partner earn a certain amount each week. Some non-working parents may also be eligible e.g. disabled parents, those with caring responsibilities or on maternity/paternity/adoption leave.

Tax-Free Childcare for children u 12 or u 17 for disabled children

If a working/self-employed parent with children u 12, or u 17 if disabled, opens an online account to pay for registered childcare, the government will pay a top-up of £2 for each £8 paid into the account, up to a maximum of £2K per child per year (£4K for a disabled child). Again, the average weekly earnings of the parent and any partner must come to a certain amount

and again, some 'non-working' parents may qualify (see previous paragraph). This scheme is not available to parents who are claiming tax credits or childcare vouchers.

Tax credits for childcare for children u 16 or u 17 for disabled children

If a parent is claiming working tax credits, s/he may be able to claim back up to 70% of eligible childcare costs for any children u 16 or u 17 if disabled. Entitlement will depend on the number of hours the parent and any partner work each week and the amount earned.

Childcare vouchers

If an employer offers childcare vouchers (worth up to £55 per week) or arranges childcare direct, the parent can make tax and NI savings of up to nearly £1K per year. Over time, the tax-free childcare scheme (see above) will replace childcare vouchers and employer organised childcare. However, childcare vouchers will remain available to new employees until April 2018 and parents already receiving them can continue to do so after April 2018 provided their employer continues to offer them.

Contacting Citizens Advice

Drop in at Loughton Library (1st floor) from 9.30am-1pm Monday-Thursday; or visit: www.citizensadviceefd.org.uk, or ring the Essex Adviceline on 03444 770 808 (Monday to Friday 10am-4pm).

Calling all Epping Forest tenants and leaseholders

DO YOU live in the Alderton, Broadway or Fairmead wards in Debden?



Do you rent or lease your property from Epping Forest District Council?

Are you interested in what's going on in the Debden area?

Are there issues that are of interest to you or your neighbours, or problems you are worried about?

Then why not accept our invitation to find out what's going on locally by joining the Debden Tenants Panel on **Monday 16 October 2017 at 7:00pm in Barrington Hall, Barrington Drive, Loughton IG10 2AZ.**

This is the ideal opportunity to get involved in your local community by sharing information and ideas and helping to improve the standard of housing conditions and services for everyone. You can also meet your local councillors and council officers.

For more information contact the Tenants Participation Officer, Lorraine Gibson on 01992 564524 (Mon - Wed only) or by email to lgibson@eppingforestdc.gov.uk

You can also find out about tenant and leaseholder participation on Epping Forest District Council's website www.eppingforestdc.gov.uk

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Dates for the diary

■ **7 Sept, 10.45am** "The London Parks & Gardens Trust and Knighton Woods" talk by Helen Monger English-Speaking Union, Murray Hall, 106 Borders Lane (see p14)

■ **12 Sept, 8pm** "The Art of the Japanese Garden Lecturer" talk by Prof Marie Conte-Helm lecturer, author and broadcaster. The Arts Society (formerly Badfas) Bancrofts Prep School Hall, Whitehall Road, Woodford Green. All welcome

■ **13 Sept, 8pm** The History of Easton Lodge Gardens and 'Daisy', Countess of Warwick. National Trust Woodford and District Centre, Trinity School, Woodford Green



■ **14 Sept, 7.45pm** Clare Teal and her trio National Jazz Archive fundraising concert, Loughton Methodist Church, 260 High Road, £20 020 8502 4701 www.nationaljazzarchive.org.uk

■ **15-17 Sept, 7.30pm** Haven House at the Movies open air movie night. Fri 15th - family night, Sat 16th - ladies night, Sun 17th Sept - wild card night. Haven House Children's Hospice, The White House, Woodford Green, IG8 9LB <https://www.havenhouse.org.uk/Event/atthemovies>

■ **16 September 12 noon-4pm**, Love Loughton St Mary's Church, High Road. Family fun day and opening of Hope Centre (see p11)

■ **21 Sept, NSPCC tennis tournament 2017** Woodford Wells Tennis Club, Monkham Lane, IG8 ONL £40 per couple inc refreshments, buffet lunch plus tea & cakes. judithatrotter@aol.com / ckirkland@btinternet.com

■ **25 Sept, 10.45am-1pm** A Guided Walk in the Forest taking in Connaught Waters Lake led by local history expert and specialist landscape photographer. Meet at Fairmead car park, near High Beach, IG10 4HR. No toilets on site. Booking essential www.eppingforestdc.gov.uk/museum/ 01992 564226 (Mon-Fri 10am - 4pm). Mostly flat paths but not all routes fully accessible.

■ **28 Sept, 7.45pm** AGM Essex Handicrafts Association Woodlands Branch 020 8508 7657 (see p13)

■ **5 Oct, 10.45am** "The Linnean Society" the world's oldest extant Biological Society, a talk by Linda Brooks. English-Speaking Union, Murray Hall, 106 Borders Lane (see p14)

■ **7 Oct, 11.30am-3pm** Harvest Activity Day, Church of the Holy Innocents, High Beach, various crafts for younger people, buffet meal running throughout the day for everyone; plus every Sunday from 2pm-5.30pm until 1 Oct, Sunday afternoon tea with home-made cake. Call 07572 111387 or jane.begley@irwinmitchell.com



■ **8 Oct, 10.30am-4pm** Indoor Charity Art & Craft Fair by local people, Chigwell Riding Trust, Grange Farm Lane, High Road, Chigwell IG7 6DP <http://www.chigride.org.uk/> 020 8500 6051 Free entry & parking, refreshments on sale. Great atmosphere - everyone welcome!

■ **10 Oct, 8pm** "The Jews of Italy" talk by Susan Kikoler lecturer, writer and interpreter, Honorary Director of British-Italian Society. The Arts Society (formerly Badfas) Bancrofts Prep School Hall, Whitehall Road, Woodford Green

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■ **19 Oct** a visit to The Linnean Society (the world's oldest extant Biological Society) in Burlington House (ESU members only) English-Speaking Union – contact 020 8505 9001 / 01992 812454 for details

■ **21 Oct, 7-10pm** "Three Acres and a Cow: A History of Land Rights and Protest in Folk Song and Story" Lopping Hall, High Street, Loughton, IG10 4LF, £5 per ticket or £9 per ticket and pre-show meal. Connecting the Norman Conquest and Peasants' Revolt with fracking and our housing crisis via the Enclosures and Industrial Revolution. Part talk, part folk club sing-a-long, come and share these tales as they have been shared for generations. Children must be accompanied by an adult. Booking at www.eppingforestdc.gov.uk/museum or / 01992 564226

■ **26 Oct, 7.45pm** Christmas Decorations Essex Handicrafts Association Woodlands Branch, Loughton Methodist Church, 260 High Road, 020 8508 7657 (see p13)

■ **26-28 Oct, 8pm** Hound of the Baskervilles by Tim Kelly, Theydon Bois Drama Society, Theydon Bois Village Hall, Coppice Row, Theydon Bois, CM16 7ER; Tickets £9.50, available from <https://www.ticketsource.co.uk/> theydonboisdramasociety or call 01992 919038 <http://theydondrama.org>

■ **28 Oct - 24 Nov** Loughton Camera Club's annual exhibition Loughton Library, Traps Hill during normal opening times. Free entry.



■ **29 Oct, 12 noon** Pumpkin Plod join us for a sponsored walk through the forest for either the 2K or 5K Halloween-themed routes; Haven House Children's Hospice, The White House, Woodford Green, IG8 9LB

■ **31 Oct, 4.30-7pm** Festival of Light Church of the Holy Innocents, High Beach - various seasonal craft and games throughout the evening for all the family plus BBQ and soft drinks. Call Jane Begley on 07572 111387 or jane.begley@irwinmitchell.com

■ **2 Nov, 10.45am** Albatross Task Force talk by Oliver Yates, English-Speaking Union, The Murray Hall, 106 Borders Lane (see p14)

■ **2-4 November, 8pm** Breaking the Code by Hugh Whitmore, the story of Alan Turing - genius, mathematician and father of the modern computer who broke the German Enigma Code during WW2 and the sexual codes of post-war England. Loughton Amateur Dramatic Society, Lopping Hall, 189 High Road. Tickets £10 from 07552 736110 or www.lads.org.uk



■ **11 November 11am** Armistice Day Loughton War Memorial, Kings Green, short ceremony to mark end of WW1

■ **12 Nov, 11.50am** Remembrance Parade Royal British Legion march to the War Memorial on King's Green followed by poppy wreath laying service at 12.15pm

■ **13 Nov** a visit to the Watermen's Hall, followed by lunch (ESU members only) English-Speaking Union – call 020 8505 9001 / 01992 812454 for details

■ **14 Nov, 8pm** 'The Art of the River' talk by Alexander Epps, lecturer and guide. The Arts Society (formerly Badfas) Bancrofts Prep School Hall, Whitehall Road, Woodford Green

■ **18 Nov, 7.30pm** Woodford Symphony Orchestra Autumn Concert Great Hall, Roding Valley High School, Alderton Hill, Loughton, IG10 3JA Tickets £10, £8 concessions, u16s free; at the door or 020 8924 9370 or www.wsorchestra.org.uk

Disclaimer: Loughton Town Council takes no responsibility for events organised by external organisations/individuals that are listed above. Please always check details and availability with the relevant organiser.

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This brand new Sixth Form consortium, enrolled its first cohort of students in September 2015. Partner schools Debden Park High School, Epping St Johns and Roding Valley High School, have come together to provide the highest standards of Post 16 Education, offering a wide range of A Level and BTEC subjects.

This new Consortium demonstrates an exciting, innovative and forward thinking approach to teaching and learning inspiring all students to achieve their future ambitions.



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Fire safety in your home



WITH THE tragic events of the Grenfell Tower fire still fresh in our minds, we encourage all residents to stay safer by registering their household appliances with **www.registermyappliance.org.uk**

Essex County Fire and Rescue Service is promoting this service which will keep you up-to-date with the latest product and safety information. More information and expert guidance on staying safe around electricity can be found at **www.electricalsafetyfirst.org.uk/**

Town centre partnerships

WITH THE opening of the new Epping Forest Shopping Park in Langston Road, our two TCPs will be invaluable in promoting the management of our two existing shopping centres. It is important that all our shops and businesses continue to thrive and provide great opportunities for our residents to "shop local".

The TCPs invite local business people and residents to join them so they can continue their work. If you have an interest in our town centres and can bring experience and fresh ideas, why not join them at their forthcoming meetings:

High Road – 5 September at 6pm in St Mary's Church, High Road

Broadway – 14 September at 6.15pm in Restore Centre, The Broadway

For more information, contact the town council's Town and Community Development Officer, Lorraine Gibson on 020 8508 4200.



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Call 01992 564178 or visit **www.vaef.org.uk** for more information.

Fun Run results



Cllr Carol Davies, town mayor 2016/17 with the winners

THE 2017 annual charity fun run held on Sunday 14 May at the Roding Valley Recreation Ground raised £760 for the Essex Air Ambulance and the Redbridge Samaritans.

Additionally, individual sponsorship raised £956 for the Air Ambulance. We congratulate the winners: Overall – Steve Bennett, U16s – John-Craig Bramble-Elliott, 1st lady - Madie Bushfield

Christmas competitions

AS AUTUMN arrives, the town council launches its 2017 Christmas competitions.

We invite you to put your artistic flair to the test and design the town council's official Christmas card. To enter the competition, you must have a connection to Loughton: live, work or attend school or college here - all ages welcome. There are four different age categories: infant, junior, secondary and adult; each category winner will be presented with a £25 gift card. Your challenge is to create an original "Christmas" themed design. It must be A5 size, portrait or landscape, colour or black/white. The format can be a photograph, drawing, picture or illuminated script. The closing date is Wednesday 1 November. Competition rules and entry forms can be downloaded from the council's website **www.loughton-tc.gov.uk**

The second challenge is for all Loughton businesses who are encouraged to decorate their windows with a Christmas themed



display. This guarantees automatic entry into the 2017 Christmas Window Competition. Decorated windows help bring the magic of Christmas to shoppers and really enliven the town. There are three entry classes: local/independents,

multiple/chain stores and charity

shops. Each group winner can nominate a charity of their choice to receive a £100 donation from the town council, and is awarded an engraved cup (to keep for 11 months) and a framed certificate.

Displays will be judged on a range of criteria, including overall impression/visual impact, creativity/ideas, artistic merit, inventive use of materials and effort.

Judging by the town mayor and chair and vice chair of the environment and heritage committee commences on 1 December.

For information on the competitions contact Debra Paris on 020 8508 4200 or contact@loughton-tc.gov.uk



LOUGHTON FUN DAY

Saturday 16 September
12 noon - 4pm

*Stalls, inflatables, rides,
live music and stage
acts, games, food & fun*

**Come and join us for the Civic Opening
of St Mary's Hope Centre at 1:30pm**
Held at St Mary's Church, 201 High Road, Loughton IG10 1BB

HOPE
centre



ST MARY'S CHURCH has created a new community space for Loughton and aims to deliver essential services for all ages including the Loughton Foodbank, toddler and youth groups and activities for the elderly. The new building replaces the dilapidated ignite centre and is linked to the church by a glazed corridor. Inside, there will be a new large hall, meeting room, catering facilities and a counselling room. For more details visit www.stmarysloughton.com/



CARDS FOR GOOD CAUSES

AMONG THE wide range of services offered by Loughton Library is the opportunity to buy your charity Christmas cards. Library staff and volunteers will be hosting "Cards for Good Causes" again this year from 30 October until 16 December.

Over 25 different charities will be represented so there is bound to be something to suit everyone.

The shop will be open on Mondays-Saturdays from 10am-4pm. Cash or cheque payments only.

If you've not visited your local libraries for some years, why not pop in to see what else they have on offer. Gone are the days when they just provided shelves of books to browse and borrow – they are now recognised as an important community hub. Yes, the books are still there, but alongside the information and advice services and study areas there's free internet access, e-books and e-magazines plus regular and one-off events. These include baby and toddler rhyme-time sessions, a sensory area, reading, writing and knitting groups, Blue Badge assessments, table top games mornings and make and meet craft sessions.

Loughton Library is in the Traps Hill car park near the swimming pool and children's play area. Debden Library is in the foyer of Epping Forest College off Borders Lane.

Visit <http://libraries.essex.gov.uk/events/>



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EPHING FOREST COLLEGE UPCOMING OPEN EVENTS

Sat 14th October 2017

10.00am – 12.00pm

Tue 28th November 2017

4.00pm – 8.00pm

No appointment necessary – just pop in and say **hello!**

Nearest tube: **Debden (Central line)**, just 20 minutes from Stratford station, easily accessible by bus and close to M11 (Jct. 5) & M25 (Jct. 26).

CLICK, CALL OR COME & SEE US:

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Epping Forest College

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The home is for persons aged fifty-five and over seeking care with independence.

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For more details please contact our chairman on 020 8500 3045, or visit our website:

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Regular activities

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

ALLOTMENTS

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

ANIMAL TRAINING

Epping Green Agility Club (for dogs), Sunnyside Stables, Epping Green. Mondays & Wednesdays, 7.30-9pm (indoors). Mrs Widlake 020 8508 5254
Forest Dog Training School Club, Debden Park Community Centre. Tuesdays, 6.30-7.30pm. 020 8508 3468 / fdts1@aol.com

ARTS & CRAFTS

Creative Art Classes LifeWorks Centre, Loughton Methodist Church, 260 High Road. £12. Tuesdays & Thursdays. 07944 589998 www.ruthdronsfield.co.uk
Created Crafts, 2nd Thursdays, 7.45pm Pam 020 8508 7657

Essex Handicrafts Association, Woodlands Branch, The Studio, Loughton Methodist Church, 260 High Road. 4th Thursdays, 7.45pm. Pam 020 8508 7657

Loughton Arts Centre, 187B High Road (by Lopping Hall). Monday-Saturday 10am-4pm. Local artists & photographers work. 07532 053194 <http://www.loughtonarts.org/>

The Arts Bar, Lopping Hall. 2nd Fridays from 7pm. For creative people to meet, view the latest exhibition at Loughton Arts Centre & meet the artist (as above).

Thursday Art Group, Loughton Baptist Church, 92 High Road. Thursdays, 1.30pm £3 (incl tea & biscuits) 020 8502 1379 / theormes5@hotmail.co.uk
Woodford & District Floral Arrangement Group, Churchill Room, Wanstead Library, Spratt Hall Road, E11. 3rd Mondays, 6.45pm for 7.30pm. Visitors £4 <http://nafas.org.uk/nafas-areas/>

COUNSELLING

Affordable Counselling Epping Forest counselling sessions The Box, St John's Road, Epping CM16 5DN. Thursday mornings 01992 573402 affordablecounsellingget@gmail.com
Samaritans. Free, confidential emotional support for the distressed & despairing available 24/7. 020 8553 9900 / 116 123 / jo@samaritans.org / [07725909090](tel:07725909090)

EDUCATION

Music Lessons, Loughton Music Academy, High Road. 020 8502 2992 www.loughtonmusicacademy.co.uk
WEA (Workers' Educational Association) Loughton & Epping Branch. Mrs Pat Dale 020 8281 1536 / <http://www.wea-essex.org.uk/branches/loughton-and-epping/>

FAMILIES

Butterfly Club Loughton Methodist Church, 260 High Road. Mondays (term time) 1.30-3pm £1 child (pre-school) with parents/carers tom@loughtonmethodist.org.uk 020 8502 3071

St Michael's Church, Roding Road. Causeway Prospects Service for adults with learning difficulties & their families/friends/carers. 1st Sundays, 3.30pm. 020 8418 7944

Toddler Church, Loughton Methodist Church, 260 High Road. (0-5 plus fellowship). Tuesdays (term time), 10am. 020 8502 3071

FOOD

Farmers Market, Centric Parade, High Road. 2nd Sundays, 9am-2pm. David Linnell 020 8508 2932
Loughton Foodbank Wednesdays, 10.15-11.45am St Mary's Church, 201 High Road & Saturdays, 2-3.30pm Restore Centre, 68 The Broadway. 07402 032313 www.loughton.foodbank.org.uk

GENERAL INTEREST

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

Belly dancing, Epping Forest College, Borders Lane Thursdays, 7.30-9pm beginners £6. Soniya Collins 07759 076443 / soniyabellydancer@btinternet.com

Book groups Loughton Library, Traps Hill 4th Mondays, 1.30pm 020 8502 0181
Calligraphy for beginners (adults) 07956 544262

Deafblind club Loughton Library, Traps Hill 1st Tuesdays, 2-4pm 020 8502 0181
Epping Forest Conservation Volunteers, The Warren, Epping New Road most Sundays. 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. Thursdays 10am-4pm. 01992 788203 www.eppingforestdc.gov.uk/index.php/out-and-about/countrycare

Epping Forest & District Stamp Club, Roding Valley High School, Alderton Hill. 2nd Tuesdays, 7.30pm. 020 8505 5620
Essex Wildlife Trust Work Parties, Roding Valley Nature Reserve. Wednesdays, 10am-4pm. Ranger Michael Poole 07881 815994

Film Loughton. Film screenings locally. www.filmoughton.btck.co.uk
Forest Creative Writers, Jazz Archive Library, Loughton Library, Traps Hill. Thursdays (term time) 12.45-2.45pm. Peter Relph 020 8508 6313

Forest Musical Theatre Company St Michael's Church, Roding Road. Tuesdays & Wednesdays (rehearsals). sally@forestmusical.co.uk
Friends of Light & Healing, Kingsley Hall, Kingsley Road. An evening of clairvoyance. Alternate Thursdays, 7.30 for 8pm. 020 8508 3266

Games Morning Loughton Library, Traps Hill play board games & cards Wednesdays, 10am-12pm led by Loughton Voluntary Care 020 8502 0181
HEARS - Herts & Essex Architectural Research Society, St Michael's Church, Roding Road. £2.50 non-members. 4th Fridays, 8pm. David Stevenson 020 8508 2512 www.hears.vpweb.co.uk See Dates for the diary.

Hornby Railway Collectors Association, St John's Church Scout Hall, Church Lane. 2nd Thursdays, 5-10pm alternate months. David Southgate 020 8508 7530

Loughton Amateur Dramatic Society, Lopping Hall, High Road. Martin Howarth 020 8508 8644 www.lads.org.uk See Dates for the diary.

Loughton Astronomical Society, Scout Hall, Theydon Bois. LAS Astrokrys (6-14 yrs). Thursdays 8-10pm. Brian Morton 01992 815804 www.las-astro.org.uk
Loughton Bowling Club Bridge Section, Eleven Acre Rise. Thursday afternoons. 020 8502 0237

Loughton Bridge Club, Oak View School, Whitehills Road. Mondays 7.20pm (term time). fakenhamnewson@hotmail.com www.bridgewebs.com/loughton/
Loughton Camera Club, Lopping Hall, High Road. Wednesdays, 8-10pm. 01992 575505 www.loughtoncameraclub.org.uk/
Loughton Camera Club Welcome.html www.loughtoncameraclub.org.uk/

Loughton Chess Club, Loughton Bowling Club, Eleven Acre Rise. Wednesdays, 7.30pm. 020 8508 8407 www.freewebs.com/kengroce/

Loughton & District Historical Society, Loughton Methodist Church, 260 High Road. £2.50 non-members. 2nd Thursdays, 8pm www.loughtonhistoricalsociety.org
Loughton & Epping Forest Amateur Radio Society, All Saints House, Romford Road, Chigwell Row, IG7 4QD. Alternate Fridays, 7.45pm. 020 8502 1645 www.lefars.org.uk

Loughton Women's Institute, Royal British Legion, Jubilee Hall, St Michael's Church, Roding Road 1st Wednesdays, 1.15pm (except 2nd Wednesday in January) Elna Green 020 8508 4514
Yarns & Tales Loughton Library, Traps Hill for a knit, chat & tea 2nd Saturdays 2-4pm 020 8502 0181

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
Lifewalks EFDC walking for health scheme various locations Mon, Tues, Thurs 10am & Sat, Sun 10.30am. Karen Murray 01992 564222 / kmurray@eppingforestdc.gov.uk

Loughton Memory Café (Alzheimer's Society), Church Hall, Loughton Methodist Church, 260 High Road. 1st & 3rd Mondays, 10am-12pm 01279 427522 www.alzheimers.org.uk

Memory Café Rotary Club of Loughton Buckhurst Hill & Chigwell, Loughton Club, 8 Station Road 2nd Fridays 10am-12pm 07984 100379

ProActive (W Essex Prostate Cancer men's self-help group) St Margaret's Hospital, The Plain Epping CM16 6TN. Friday monthly 1-3pm. John Woods 07747 374692 www.proactive.me.uk

LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE

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

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

16th Epping Forest Beavers Trinity Church Hall, Mannock Drive. Fridays: Beavers (6-8 yrs) 5.30-6.45pm Cubs (8-10½) 6.45-8.30pm Linda Brede 020 8508 4867 / lulu.brede@ntlworld.com

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

41st Epping Forest Scout Group, Lopping Hall, 189 High Road. Mondays 5.45-9pm, Thursdays & Fridays, 6-9pm Beavers, Cubs, Scouts & Explorers girls/boys (6-18) 020 8923 2378 / agsl41@gmail.com

Baby & Toddler 20-min session. Loughton Library, Traps Hill. Mondays 10am, Tuesdays 10.30am; Thursdays 2.20pm. 1st Saturdays (Daddy Cool) rhyme time 11am. 020 8502 0181

Baby & Toddler Group St Edmund's Parish Hall, Traps Hill. Thursdays 9.30-11.30am (term time) 07770 891912 / stedmundsplaygroup@gmail.com

Cheeky cherubs stay & play Loughton Club, 8 Station Road. Tuesdays 9.30-11.30am. 07711 883860 / cheekycherubstayandplay@aol.com

Girlguiding Loughton South. Rainbows, brownies & guides (girls 5-13yrs). Leadership opportunities available. 07908 491411. <http://www.girlguidinginloughton.org.uk/>

Grandparent & Toddler Rhymetime Loughton Library Wednesdays 1.30-2.30pm in partnership with Spurgeon's Children Centre 020 8502 0181

ignite (children's & youth activities) St Mary's Church, 201 High Road 020 8508 3643 www.stmarysloughton.com
Tots Time (0-4) Mondays 9.30-11am. Forge (Y7-13) Wednesdays 3.30-5.30pm.

Shine! Toddler church (2-5) Thursdays 9.45-10.45am. After Hours (Y9+) Fridays 8-10pm pool & table tennis & console games etc Shooting stars (Y1-6) St Michael's Church field, Roding Road, Wednesdays 4pm

Little Angels Baby & Toddler group, St Michael's Church, Roding Road. Mondays 10-11.30am (term-time) 020 8418 7944

Little Oak's Delivery Site, Torrington Drive. Fun, educational & daily varied sessions for children (0-5) & support for parents. 020 8418 7904

Loughton Youth Centre 106 Borders Lane IG10 3SB. ECC Youth Services in partnership 07557 168088 / louisia.stirling@essex.gov.uk

Accuro: young people with learning difficulties Tuesday 6-9pm Action for Family Carers: Young Carers Wednesday 6-9pm (term time) free activities charles.miles@affc.org.uk

Red Balloon Community Theatre: Loughton Youth Theatre Monday 4.30-6.30pm (Y3-7 / chorus) & Monday 7-9pm Y6-11 / principals) Spark: advice & support for young people & drop in youth club Monday & Thursday 3.30-5.30pm 020 8508 6743 worthunlimited.co.uk/branch_spark.html

Loughton Youth Project, The Space, Loughton Library, Traps Hill. 24-hour online community radio station. Free afterschool / evening café weekdays. Nick Robinson www.lyradio.com/

Noah's Ark Toddler Group, Oakwood Hill Estate Community Hall. (U5s). Tuesdays & Thursdays (term time) 10-11.30am. £1 (per family) Catherine Wait 07582 119932

Rainbows, Beavers, Brownies, Cubs & Scouts groups, St Michael's Church, Roding Road. 020 8418 7944

Red Balloon Family Community Theatre Epping Youth Theatre, The Box, St John's Road, Epping Tuesday 5.30-7.30pm (Y3-6) 020 3086 8186 www.redballoonfamily.co.uk/rbct.htm

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

Sunrise Children's Centre, Alderton Hall Lane. Fun, educational & daily varied sessions for children (0-5) & support for parents. 020 8502 5799

MUSIC

60's music appreciation social group Loughton Club, 8 Station Road. Last Tuesdays 2-4.30pm 020 8508 8365 / 07761 792691

Loughton Folk Club, 8 Station Road. Live acoustic music. Thursdays, 8pm. Jim 07762 146623 / loughtonfolkclub@googlemail.com

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

Roding Players Orchestra rehearsals, Roding Valley High School, Alderton Hill. No audition. Mondays, 7.30-9.30pm. Miles Harwood 020 8505 4329 www.rodinplayers.co.uk/
South West Essex Choir, Loughton Methodist Church, 260 High Road. Tuesdays, 7.45-10pm. 01992 812606 www.southwestessexchoir.org.uk/

13 ▶ **Stand & Deliver Acoustic Open Mic Club**, Royal British Legion, 118 Church Hill. 2nd Tuesdays 8pm. Roy Tyzack roy.tyzack@btinternet.com
Woodford Symphony Orchestra welcomes new string players. Rehearsals Thursdays, 7.45-9.45pm, Roding Valley High School, 020 8924 9370 www.wsorchestra.org.uk

SOCIAL

The Buffaloes, Loughton Club, 8 Station Road. A charitable brotherhood - members (18+). Tuesdays & Thursdays, 8.30pm. mldja.worsfold@yahoo.co.uk www.loughtonclub.blogspot.com
Café Hope St Mary's Church, 201 High Road Monday-Friday 9.15am-2.45pm 020 8508 3643
Civil Service Retirement Fellowship, Loughton Library (Jazz Room), Traps Hill. 3rd Monday, 2pm.
 Mrs E Vale 020 8508 2459
Forest Probus Club, County Hotel, 30 Oak Hill, Woodford Green, IG8 9NY. 2nd Fridays. Lunch & speaker.
 Michael Housley 020 8529 6500
Friday Market, St Michael's Church, Roding Road. Fridays, 10am-12 noon
Loughton Probus Club, Gilwell Park, Chingford. 4th Tuesdays (lunch).
 Secretary Derek Allen 020 8504 3074 www.probusloughton.org.uk/
Over 50s Club, Oakwood Hill Estate Hall. Daily programme of activities. 020 8281 5680
Rotary Club of Loughton, Buckhurst Hill & Chigwell The Blue Boar, Market Place, Abridge, RM4 1UA. Thursdays 6.15pm www.loughtonrotary.org.uk
Royal British Legion Loughton Branch, 118 Church Hill. Mondays & Thursdays, 8pm (bingo); Tuesdays & Thursdays, 1-4pm line dancing; 2nd & 4th Wednesdays quiz night; last Sundays 1-4pm (jazz @ the RBL) 020 8508 5044 www.loughtonrblclub.co.uk

Tea Club - Senior Citizens, St Michael's Church, Roding Road. Alternate 3rd Saturdays 3-4.45pm. 020 8418 7944
Wesley Café, Loughton Methodist Church, 260 High Road Monday-Thursdays 10am-3.30pm; Friday to 3pm & Saturday to 12.30pm 020 8502 3071

SPORT

All-ability Trampoline Club (disabled people to 19 yrs), Debden Park High School, Willingale Road. Wednesdays 6.45pm-7.45pm. Loughton Flyers Trampoline Club & EFDC. Fabrizio Ferrari 01992 564567 / fferrari@eppingforestdc.gov.uk
Amici Badminton Club, Roding Valley High School Sports Hall, Alderton Hill. Mondays, 8-10pm. Age 30+. Chris 07713 004996
Avenue Lawn Tennis Club, 18 The Avenue, Friendly family club. Membership: juniors 020 8502 3793 & adults 020 8502 1950
Chigwell & Epping Forest Orienteering Club. Monthly local event & non-local events every weekend. Helen 020 8502 1629 chig.org.uk
Colebrook Royals FC, Grange Farm Pavilion, Grange Farm Lane, Chigwell IG7 6DP. Saturdays & Sundays. 07951 820444 www.colebrookroyals.co.uk
Clubbercise Murray Hall, 106 Borders Lane. Easy dance workout routines Wednesdays 7.15-9.15pm Lisa 07877 010158
Epping Forest HF Walking Group regular Sunday walks in the local area www.effhg.org.uk
Epping Forest Sportability Club (EFSC) Multi-sports club for young people with mild-moderate physical & learning difficulties. Oak View School, Whitehills Road. Saturdays 10am-2pm (term time) efsc@hotmail.co.uk www.efsportability.com
Jumping Jens, St Michael's Church, Jubilee Hall, Roding Road. £4. Tuesdays & Thursdays, 8-9pm. 07866 127522

Karate Club Trinity Church, Mannock Drive. Wednesdays, 6.30-7.30pm 020 8508 7657
Katy Little School of Dance, Loughton. Ballet, tap, jazz, examinations & shows. 4 yrs to adults 07712 106941 / www.katylittleschoolofdance.co.uk
Keep Fit with Caroline Loughton Methodist Church, Joseph Rank Room, 260 High Road Tuesdays & Thursdays, 10.40-11.40am £5. 07714 467784
Loughton Athletic Club, The Pavilion, South View Road (Roding Valley Recreation Ground). Tuesdays, 7pm. www.loughtonac.org.uk
Loughton Fencing Club Wednesdays, term-time, Debden Park High School, Willingale Road. 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. Sundays (youth teams), Saturdays (seniors) & weekday evenings (training). Keith Campen 020 8508 4757 www.loughtonfc.com/contact-us
Loughton Karate Club, Lopping Hall. All ages & all levels. Sundays 5 - 6pm + weekday evenings. Stephen O' Brien 07758 341584. ALSO **Women's Self-Defence Class** - see website http://loughtonkarateclub.co.uk/
Mountaineering Club, Victoria Tavern, Smarts Lane. Hill walkers & climbers welcome. Mondays, 8.30pm. www.loughtonmc.org
Loughton Rugby Football Club, Hornbeam Road, Buckhurst Hill. Wednesdays (training), 7.15pm. Duncan Kaye 07969 638349 www.pitchero.com/clubs/loughton
Loughton Wado-Kai Karate Club, Roding Valley High School Drama Hut, Alderton Hill. All ages. Wednesdays 7pm. 07971 672542 www.loughtonwadokai.co.uk

Roding Valley Angling Club. New members welcome. Darren 07716 061273 / roding.valley.angling.club@gmail.com
Walk - West Essex Ramblers (sorry no dogs). Weekends, Wed & Thurs. 020 8554 1665 / 07434 902394 www.westessexramblers.org.uk
Walk for Women Roding Valley Recreation Ground, Highwood Lane, Oakwood Hill Estate Alternate Thursdays 9.45am for 10am free. Nicky 07873 752353 / silver.yonder@gmail.com
Yoga - Loughton Bowling Club, Eleven Acre Rise. (Age 50+) For all abilities & medical conditions. Monday, Wednesday & Friday mornings. EFDC Sports Dev 01992 564561

TALKS

Bancroft's Decorative & Fine Arts Society, Bancroft's Preparatory School Hall, Whitehall Road, Woodford Green. Member of NADFAS. 2nd Tuesdays, 7.15pm for 8pm. 020 8599 6281
English-Speaking Union, Murray Hall, 106 Borders Lane. 1st Thursdays, 10.15am for 10.45am. £4 incl tea/coffee. 020 8505 9001
Mothers' Union, St John's Church in Lady Chapel, Church Lane. 3rd Thursdays, 10.30am for coffee & speaker. Ivy Southgate 020 8508 7530
National Trust, £3 non-members. Refreshments & NT information. 020 8508 9541 See Dates for the diary
New Vistas, Loughton Club, 8 Station Road. Guest speakers. 1st & 3rd Tuesdays 1.45pm. Juliet Hipkin 01992 574552
St John's Wives' Group, St John's Parish Hall, Church Lane. Christine Doughty 020 8504 5057

20

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