



# Think Loughton

News from Loughton Town Council

Winter 2017/2018 No 79

## Countdown to Christmas

**THIS YEAR'S** festivities start on Thursday 30 November with four days of local events.

St Mary's Church in the High Road opens the celebrations that day with a special 'Sing Christmas' service at 4pm. Join local school choirs for community carol singing, mince pies and mulled wine!

The festivities continue on Friday 1 December in The Broadway from 3.30pm with a Christmas fair. Santa will arrive in style by horse drawn carriage (courtesy of T Cribb and Sons). Alongside the musical entertainment there will be fairground rides for children, Christmas craft and food stalls and Papalarny, The Magic Man. This year, the town council has arranged a special road closure of The Broadway from 3pm – 6pm. This will allow for carriage rides with a charity collection for the Chigwell Riding Trust.

On Saturday, join us at 4.30pm for the poignant Light up a Life service on Kings Green to celebrate and remember someone special in your life who you have lost. Remembering a loved one at this event is a great way for friends and family to



Photo © Asier Odrizola

come together and remember the joy that those close to our hearts brought to our lives. This event is held in partnership with St Clare Hospice.

The final event in this weekend of celebrations encourages you to get into the festive spirit by joining the annual Debden 5k

Santa Run from 12 noon on Sunday 3 December. Organised by St Clare Hospice supporter, Geraldine Wilson, this popular family yuletide event promises to be a ho, ho, whole lot of fun!

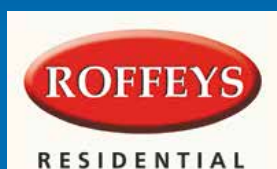
Entry is £12 for adults (includes a Santa suit) and £5 for children. For more information

or to book your tickets, please contact Geraldine on 020 8508 6070.

Loughton will also celebrate Hanukkah, the Jewish Festival of Lights, with the lighting of the candles on the Menorah on Standard Green on Tuesday 12 December.

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# Contact numbers

## COUNCIL SERVICES

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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
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## Clerk's Remarks



**WELCOME TO** the Winter edition of our newsletter.

Think Loughton has been produced in the same format since 2008. For this edition, we are trialling glossy paper and invite your comments on whether this has improved the look of the publication. The printing costs remain the same as these are offset by the income

from advertisements. We'd love to know what you think.

**Local Plan update:** At the time of writing we understand that the final report on the district council's Plan is likely to be considered at a special meeting to be held at the Civic Offices in Epping on Thursday 14 December 2017. The agenda for this meeting should provide final details of the sites identified for new housing in the coming years including several new ones submitted by land owners and developers since the public consultation in Autumn 2016.

Our two key objections remain the same – urban intensification and inadequate infrastructure provision. The impact of the loss of our local green spaces on the health and wellbeing of our residents, many of whom are on low incomes with poor life expectancy, is of great concern. The increased demands on our already stretched services that any

new development in the district will make, be these transport and roads, utilities, flooding, schools or health services will be impossible to meet without proper planning and finance.

We are delighted to have received recognition for our work to serve Loughton and its residents particularly from the Essex Association of Local Councils. This Association represents the 300 parish and town councils in the county and provides advice and training for its members. More details of our awards may be found on page 6.

In return, the town council also presents a number of awards itself throughout the year. We invite your nominations for the Citizen of the Year award launched below and the Building Design Award on page 7. We also celebrate the 2017 allotment awards on page 5.

The Memorial Garden in Roding Road, championed by

the late councillor, Ken Angold-Stephens has attracted many compliments since its creation in 2014. Sadly, earlier this year the box hedging around the rose beds finally succumbed to disease. We are grateful to several local residents for their generous donations that helped with the cost of replacing the box with a hardy evergreen, Hedge Germander, as recommended by the Royal Horticultural Society.

We are also grateful to the Loughton Rotary Club which has donated 1,000 crocus corns for planting in the Murray Hall garden. These spring flowers are a symbol of the Rotary's 'End Polio Now' campaign.

Finally, on behalf of the councillors and staff, I wish you all a happy Christmas and peaceful New Year.

**Enid K Walsh**  
Town Clerk

# Citizenship Awards 2018

**DO YOU** know someone who is worthy of recognition for their contribution to the life and spirit of Loughton? Nominations are invited for this annual award which recognises the special achievements of people in the town, who have gone that extra mile for the benefit of the local community.

Any Loughton resident, employer, educational establishment, group or society may submit a nomination, but please do not let the nominee know at this stage. Nominations can be in recognition of long service or involvement with a voluntary organisation or local charity, good neighbourliness, organising a campaign to improve community facilities or cohesion, or by an act of bravery or courage.

There are three categories: (A) Acts of courage or bravery in the year in question that have resulted, for instance, in the prevention of a serious crime or the rescue of individuals from danger. (B) Voluntary



Service (i) for people aged 25 or over and (ii) for people under 25 years of age. The Citizenship Awards will be made during the Annual Civic Celebration on Sunday 25 February at 3pm in the Murray Hall.

Winners will be presented with an

illuminated scroll and a cheque for £250 made payable to their favourite local charity. The winner of the adult category will also be presented with the engraved silver jubilee rose bowl.

Nomination forms are available from the council offices and can be downloaded from the website [http://www.loughton-tc.gov.uk/Documents\\_and\\_Forms\\_and\\_Policies\\_2583.aspx](http://www.loughton-tc.gov.uk/Documents_and_Forms_and_Policies_2583.aspx)

The closing date is 31 January 2018. Last year's winner was Sue Taylor for her role as director of the Loughton Festival for over 10 years. Sue is also a keen member and promoter of the Epping Forest Neighbourhood Watch and runs the Debden History page.



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# Loughton Town Council

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

## Councillors

### ALDERTON WARD

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Loughton IG10 3NQ  
philabraham2000@gmail.com

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32 Station Road  
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**Cllr Michael Stubbings** 07766 480522  
70 Greenfields  
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mick.stubbings@hotmail.com

### BROADWAY WARD

**Cllr Leon Girling** 020 8508 4200  
Loughton Library & Town Hall  
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Loughton IG10 1HD  
CllrLeonGirling@gmail.com

**Cllr John Mahoney** 07909 517145  
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Loughton IG10 4LF  
Johnmahoneyig10@gmail.com

**Cllr Stella Murphy** 020 8508 2794  
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stella.murphy6@icloud.com

### FAIRMEAD WARD

**Cllr Carol Davies** 07817 230372  
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carolchristmas@yahoo.com

**Cllr Kevin Latchford** 020 8502 4568  
24 Colebrook Gardens  
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k.latchford1@ntlworld.com

**Cllr Tom Owen** 020 8508 6916  
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to4labour@hotmail.co.uk

### FOREST WARD

**Cllr Jill Angold-Stephens** 020 8281 0674  
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Loughton IG10 4NE  
jill@angold-stephens.co.uk

**Cllr Tessa Cochrane** 020 8508 4148  
16 Shaftesbury  
Loughton IG10 1HN  
tessa.cochran@ntlworld.com

**Cllr Trevor Downing** 020 8508 8877  
207 Smarts Lane  
Loughton IG10 4BW  
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### RODING WARD

**Cllr Rose Brookes** 020 8502 5981  
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vietrose02@aol.com

**Cllr Mark Dalton** 07719 736901  
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**Cllr Stephen Murray** 020 8508 7548  
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**Cllr David Wixley** 020 8418 9284  
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Loughton IG10 2QH  
david.wixley198@btinternet.com

### ST JOHN'S WARD

**Cllr Stephen Pewsey** 020 8279 1858  
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**Cllr Caroline Pond** 020 8508 2361  
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Loughton IG10 1HP  
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**Cllr Chris Pond** 020 8508 2361  
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Loughton IG10 1HP  
loughton\_ponds@hotmail.com

### ST MARY'S WARD

**Cllr Philip Beales** 020 8418 0459  
65 Harwater Drive  
Loughton IG10 1LP  
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**Cllr Barbara Cohen** 020 8502 3242  
61 Traps Hill  
Loughton IG10 1TD  
bcohen61@hotmail.com

**Cllr Judy Jennings** 020 8508 1861  
94 York Hill  
Loughton IG10 1JA  
cllrjennings@hotmail.co.uk

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

### Contacting us

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

### Deadline dates

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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

**Dec** 4 Planning & Licensing  
6 Resources & General Services  
13 Council  
18 Planning & Licensing

2018

**Jan** 10 Resources & General Services (Budgets) (7pm), Recreation  
15 Planning & Licensing  
17 Council (7pm), Environment & Heritage

**Feb**

29 Planning & Licensing  
12 Planning & Licensing  
14 Resources & General Services  
26 Planning & Licensing  
28 Council

**Mar**

12 Planning & Licensing  
For dates of subsequent meetings, check the council's website.

## News round-up

### FINANCIAL ASSISTANCE:

Applications are now invited from local charities, clubs and organisations. The closing date for the submissions is 31 December 2017.

Successful groups will receive funding for the period April 2018 – March 2019.

An application form can be downloaded from [http://www.loughton-tc.gov.uk/Documents\\_and\\_Forms\\_and\\_Policies\\_2583.aspx](http://www.loughton-tc.gov.uk/Documents_and_Forms_and_Policies_2583.aspx) or contact the council offices for more information.



**PHILIP LOWRIE** is the newest member of the town council staff. He will act as a concierge for our evening meetings in the library and as a relief caretaker at the Murray Hall. After

a career in finance, Philip now has more time for his sports passion. He is active in the local community, running the Saints Football Club and involved in youth work with St Mary's Church.

**WINTER SERVICE:** A reminder that residents are invited to join our team of volunteers to help keep the pavements and roads close to their homes safe during periods of snow and ice. For more information contact Debbie Taylor on 020 8508 4200.



**COMMUNITY ORCHARD:** Thanks to Epping Forest Countrycare and its team of volunteers, the nature reserve in Willingale Road is taking shape. The bountiful crop of apples and pears meant that in September we were able to deliver several kilos of fruit to the Loughton Foodbank at St Mary's and to the Restore Community Centre in the Broadway to help local residents.

### CHRISTMAS & NEW YEAR OPENING TIMES:

The town council offices in the Library will close on Friday 22 December at 12 noon, reopening as normal from 9am on Wednesday 27 December until Friday 29 December at 4pm; then close on Monday 1 January 2018 with normal opening hours, 9.30am – 4.30pm resuming on Tuesday 2 January 2018.



# Allotment winners

**THIS IS** the ninth year of the Best Allotment competition in Loughton which helps raise the profile of allotments and celebrate the work of the gardeners. We send our congratulations to the winners.

Ah Yee Sek, the overall winner of the competition, has been working his plot at the Roding Road Allotments for over 20 years. This year's judge, Roger Emmens from the Epping Horticultural Society, commented that *"This was not a traditional plot! There was an imaginative use of various recycled materials to build micro-environments that enabled exotic fruits and vegetables to be grown, and the produce was of an excellent quality"*. Mr Sek received a silver trophy and a £25 gardening voucher.

Lesley Southgate from the Loughton Potato Ground secured the Best Newcomer award for her *"stylish and productive and very well maintained plot – a credit to a newcomer"*. Lesley received a shield and certificate.

At the award presentations in September town mayor, Philip Abraham thanked everyone who had taken part in the competition for their hard work and commitment in producing wonderful gardens and produce of the highest standard.

The highly commended plot holders were Jan Boucek, Gill Cooper and Brian Smith, from the Loughton Potato Ground, Bill Meeson at Roding Road and Nick Greiner, from the Willingale Road Allotments.



L-R Roger Emmens, Judge, with Ah Yee Sek, Town Mayor Philip Abraham and Lesley Southgate



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# Council's hat-trick of awards

**WE ARE** delighted to announce that the town council has received the prestigious award of Essex Council of the Year.

The presentation of the silver salver, framed certificate and £150 cheque for training, was made by the Chairman of Essex County Council, Cllr John Aldridge, at the Essex Association of Local Councils AGM in September 2017.

This award recognised the town council's proactive work for its residents and in particular the provision of

- an increasing number of free or low cost community events and sporting activities
- a generous grant budget so as to help other local organisations and charities to further their vital work in the local community
- a lead in the fight against the proposals in the draft local plan to develop our green spaces; and with our recent move to the Library
- helping safeguard the future of the library by creating a thriving community hub
- improved access to the Town Council for our residents.

The second award was to our cemetery attendant, Alex Wilson who received the ICCM's Wesley Award. This national award is made to the person who has gone above and beyond in the service of the bereaved. Since Alex joined the council in 2014 he has created a haven of peace and loveliness for our visitors, many of whom have taken the time to comment on the improved ambience which helps lift their mood at times of sadness.

Alex is also passionate about his Scottish heritage and follows the belief of many of his countrymen that the soul would not ascend to heaven without a bagpiper present to play. He is often to be found providing this additional service for mourners at funerals playing his pipes dressed in full regalia.

The third and final awards were presented to the town council by the Essex Playing Fields Association.

The EPFA has been promoting, protecting and maintaining playing fields, playgrounds and sports grounds across the county since 1924. Their annual competition celebrates the hard work of local councils and charities to provide leisure spaces.

This year, the Roding Valley Recreation Ground was named the outright winner of Class 1, playing fields serving a population of 2,500 or more, with the smaller Willingale Road Playing Field receiving a certificate of merit.

In Class 3, Children's Playgrounds, Traps Hill playground was the runner up and both Newmans Lane and Westall Road playgrounds received a Gold Certificate of Merit award.

We thank Paul Hoy, our services manager, and his team and the grounds maintenance staff at Epping Forest District Council for their work which helped win these awards.



L-R Cllr Chris Pond, Enid Walsh (town clerk), Cllr John Aldridge and Cllr David Wixley



Alex Wilson (L) receives his award from AJ of Wesley Music



Cllr David Wixley, chairman of the Recreation Committee

# Council finances

**WE ARE** pleased to report that the town council has received a clear audit for the last financial year, 2016/17.

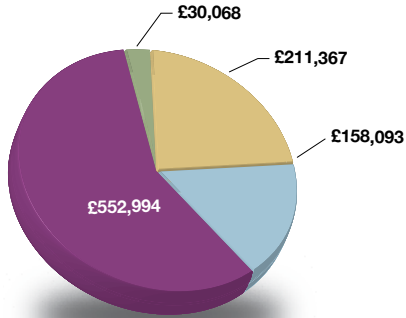
PKF Littlejohn, the external audit firm appointed by the government, has confirmed that "the information submitted by the council in the annual return was in accordance with proper practices and that no other matters had come to their attention giving cause for concern that relevant legislative and regulatory requirements had not been met".

These charts show a summary of the council's financial activity during that year. The figures refer to the income and expenditure during the year, and are allied to the council's committees.

For information, at the end of the year the council's balances stood at £711,875. Of

**Income (£797,538)**

- Precept
- Grants & Interest
- Resources & General Services
- Environmental & Heritage
- Recreation



**Expenditure (£952,522)**

- Planning & Licensing
- Resources & General Services
- Environmental & Heritage
- Recreation

this, £346,555 represented funds available for general use (down £36,808 on the previous year), with £402,127 earmarked for specific projects. More details of the accounts may be viewed at <https://tinyurl.com/yblbwohr>

## Loughton Building Design Award



2017 winner, The Lodge at 90 High Road

**NOMINATIONS ARE** now invited for this annual award. As a town council, we continually seek to protect and enhance our town. This award provides public recognition and rewards those individual examples of good design and construction and/or sympathetic restoration.

Residents, architects, developers, building contractors and owners are all encouraged to nominate their favourite building projects that were completed in 2017.

The closing date for nominations is Tuesday 31 January 2018.

If there's a new development, whether commercial or residential, or a refurbished property that has caught your eye and deserves to be celebrated, visit [http://www.loughton-tc.gov.uk/Documents\\_and\\_Forms\\_and\\_Policies\\_2583.aspx](http://www.loughton-tc.gov.uk/Documents_and_Forms_and_Policies_2583.aspx) to download a form or contact the town council for more information.

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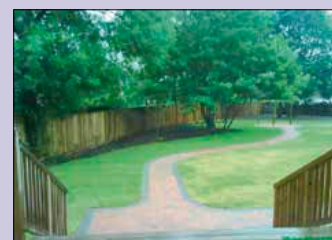
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## Dates for the diary

■ **21 Oct-10 Mar Exhibition: A Sense of Rural Life**, this will allow you to gain a sense of what agricultural life was like around the district; with fascinating objects borrowed from the Horniman Museum and Garden alongside items from our own collection. Epping Forest District Museum, 39 – 41 Sun Street, Waltham Abbey, EN9 1EL Mon – Wed & Fri 10am – 4pm, Sat 10am – 5pm (closed Thurs and Sun)

■ **21 Nov 10am or 11am Goosey Goosey Gander** Come along to our fun and friendly session. Learn a nursery rhyme, share a story and make a craft. Epping Forest District Museum, 39 – 41 Sun Street, Waltham Abbey, EN9 1EL. £1.50 per child, 2 – 4 years. Booking essential, call the museum on 01992 716882 or email [museum@eppingforestdc.gov.uk](mailto:museum@eppingforestdc.gov.uk) Toddlers must be accompanied by a responsible adult (up to two toddlers per adult)

■ **21 Nov 1.45-4pm The Hidden Stations of London (Part I)** talk by Jane Manley. New Vistas, Loughton Club, Station Road, IG10 4LF (see P14)

■ **24 Nov 5pm - 7pm Cavalcade of Light Waltham Abbey.** Epping Forest District Museum open late in celebration of this event in Sun Street. An evening of festive music, refreshments and crafts inspired by our current exhibition A Sense of Rural Life. Children must be accompanied. No need to book, 39 – 41 Sun Street, Waltham Abbey, EN9 1EL. Free. All ages welcome

■ **24 Nov 8pm Victorian Farm Buildings** a talk by Anne Padfield (HEARS) St Michael's Church, Roding Road (see p13) (Open Event: no charge for non-members)

■ **24 Nov 8pm Clark Tracey Quartet, featuring Art Themen** National Jazz Archive fundraising concert. Mirth, Marvel and Maud, 186 Hoe St, Walthamstow, E17 4QH. £17, 020 8502 4701 [www.nationaljazzarchive.org.uk](http://www.nationaljazzarchive.org.uk)

■ **30 Nov 4pm Sing Christmas carol concert**, St Mary's Church, High Road, Loughton

■ **1 Dec 3.30-5.30pm, Countdown to Christmas on the Broadway**, Christmas lights switch-on with Santa, fun fair rides, children's entertainer, horse & carriage rides, carols, Loughton Town Council 020 8508 4200

■ **2 Dec 10am-12:30pm Christmas Craft Art for All LifeWorks**, make Christmas tree decorations, art and crafts for all generations with hot drinks, mince pies, Christmas music and a Christingle, £3 per person, Wesley's Café, 260 High Road, Loughton Methodist Church

■ **2 Dec 4.30pm Light Up A Life In partnership with St Clare Hospice** Kings Green, gathering in the foyer of the Loughton Methodist Church from 4.30pm

■ **3 Dec 12 noon Loughton Santa 5km Fun Run** £12 entry fee Geraldine's Hair Fashions, 76 The Broadway, in aid of St Clare Hospice <http://stclarehospice.org.uk/event/debden-5k-santa-run/> 020 8508 6070 / 01279 773738 (for details)



■ **3 Dec Tchaikovsky matinee concert** at the Royal Festival Hall English-Speaking Union (coach trip for ESU members only) contact 020 8505 9001 / 01992 812454 for details

■ **5 Dec 1.45-4pm A History of Christmas** a talk by Nick Dobson, New Vistas, Loughton Club, Station Road (see P14)

■ **5 Dec 8pm Charles Dickens – 'The Man and His Life Through His Characters'** lecturer Bertie Pearce, member of the Magic Circle. The Arts Society (formerly Badfas), Bancrofts Prep School Hall, Whitehall Road, Woodford Green

■ **6 Dec, 2.30pm Wentworth Woodhouse**, a talk about this remarkable vast stately home near Rotherham, South Yorkshire by David Allott, a long standing guide. Woodford National Trust, All Saints Church Hall, Inmans Row, Woodford Green, IG8 0NH

■ **7 Dec The Giggly Pig Company**, Tracy Mackness will enlighten us on the setting up of her extremely successful Company. English-Speaking Union, Murray Hall, 106 Borders Lane (see p14)



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■ **9 Dec 11am – 4pm**, Christmas art and craft activities, visit Father Christmas in his grotto and receive a gift. Children must be accompanied by a responsible adult. No need to book, just drop in. You will be allocated a time to visit the grotto, £5 per child. Epping Forest District Museum, 39 – 41 Sun Street, Waltham Abbey, EN9 1EL

■ **9 Dec 7pm** Epping Forest Singers with Loughton Youth Choir Christmas Concert at St John's Church, Church Lane, Loughton. Directed by Fru Chilvers, accompanist Paul Chilvers. Tickets £10 in advance (£12 on the door), £3 for u16s, available from Chris Waldron 01992 714227

■ **13 Dec** Rapid Play Chess Tournament, a five-round 15 minutes rapid play tournament at Loughton Chess Club, Loughton Bowling Club, Eleven Acre Rise. 020 8508 8407 [www.freewebs.com/kengroce/](http://www.freewebs.com/kengroce/)

■ **14 Dec 8pm** Social evening for members, including short talks by members for members. LDHS, Loughton Methodist Church, 260 High Road (see p13)

■ **4 Jan** The Central Line a talk by Jenny Plummer, telling its history and many of its quirks. English-Speaking Union, Murray Hall, 106 Borders Lane (see p14)

■ **11 Jan, 8pm** Lippetts Hill Camp in War and Peace, Bryn Elliott, a look at the usage of this important local site over many decades. LDHS, Loughton Methodist Church, 260 High Road (see p13)

■ **11-13 Jan 8pm** Cinderella pantomime by Norman Robbins - Theydon Bois Village Hall, Coppice Row, Theydon Bois, CM16 7ER. Tickets £10.00/£8.00 from [www.ticketsource.co.uk/](http://www.ticketsource.co.uk/) theydonboisdramasociety or call 01992 919038

■ **16 Jan 1.45-4pm** William Hogarth, Gin, Harlots & Rakes a talk by Jef Page. New Vistas, Loughton Club, Station Road (see P14)

■ **17 Jan 2.30pm** The Tower of London, the Crown Jewels and Royal Regalia a talk by Brian Darcy. Woodford National Trust, All Saints Church Hall, Innams Row, Woodford Green, IG8 0NH

■ **23 Jan 10am or 11am** This is the way we wash... come along to our fun and friendly session. Learn a nursery rhyme, share a story and make a craft. Epping Forest District Museum, 39 – 41 Sun Street, Waltham Abbey, EN9 1EL. £1.50 per child, 2 – 4 years. Toddlers must be accompanied by a responsible adult Booking essential, call 01992 716882 or email [museum@eppingforestdc.gov.uk](mailto:museum@eppingforestdc.gov.uk)

■ **26 Jan 8pm** Chester: from Tudor to Mock-Tudor a talk by David Stevenson (HEARS) St Michael's Church, Roding Road (see p13)

■ **1 Feb** A Social History of Cutlery an unusual talk by our speaker today, Mark Lewis. English-Speaking Union, Murray Hall, 106 Borders Lane (see p14)

■ **6 Feb 1.45-4pm** Galapagos Islands a talk by Janet Wallace. New Vistas, Loughton Club, Station Road (see P14)

■ **8 Feb 8pm** The Great Fire of London, The David Wilkinson Memorial Lecture, by Gustav Milne, an intriguing inside view from a leading member of the Museum of London Archaeology team. LDHS, Loughton Methodist Church, 260 High Road (see p13)



■ **15 Feb 8pm** The Men Behind the Medals a talk by Mark Smith. Woodford National Trust, Trinity Lower School, Sydney Road IG8 0TB

■ **20 Feb 1.45-4pm** Old Loughton a talk by Chris Pond. New Vistas, Loughton Club, Station Road (see P14)

■ **23 Feb 8pm** A Roof over their Heads: Early New Zealand Dwellings, 1840-1900 a talk by Karen Hansen (HEARS) St Michael's Church, Roding Road (see p13)

■ **6 Mar 1.45-4pm** The Theatrical Costumier a talk by Ann Hardy. New Vistas, Loughton Club, Station Road (see P14)

**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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Phone: 020 8537 0333

Mobile: 07956 167764





# Crime not to Care

by Richard Gardiner, Epping Forest District Council



**THOUSANDS OF** people are contributing to the fly-tipping problem in England, and have no idea they are doing anything wrong. Are you doing the right thing with your waste? Please take the time to find out or you could end up with a criminal record and face an unlimited fine.

Remember – if it's your waste, it's your responsibility. If your waste is found dumped, even if someone else has done it, you could be held responsible for the crime.

Protect yourself by asking a few questions

**1. If you use a trader to remove your waste ask to see their waste carriers' registration number issued by the Environment Agency** Whether you find someone through social media, an advert, or even someone approaching you directly – you need to check they are a registered waste carrier. It is illegal for them to

take your waste if they are not and they could be a rogue trader.

Ask for their waste carrier number and vehicle details, and contact the Environment Agency directly on 03708 506 506 for a free instant waste carrier check or check online at [www.gov.uk/guidance/access-the-public-register-for-environmental-information](http://www.gov.uk/guidance/access-the-public-register-for-environmental-information)

**2. Ensure that you receive a transfer notice or receipt before your waste is taken away**

**3. Check where your waste is going**

Being a registered waste carrier means the person can legally remove your rubbish, but you still need to check what is going to happen to it. Don't be afraid to ask questions and ask for paperwork that shows where your waste is going. A legitimate waste carrier should not object to you asking these questions.

**4. Protect yourself by taking care with your waste**

- Make a note of who you have given your waste to, their waste carrier details and vehicle details.
- You should never leave any waste such as an old washing machine or scrap metal on your drive or in the street for someone to remove. They may not be a registered waste carrier, and could take the bits they need and dump the rest.
- You should never leave items out for others to re-use. You can donate good quality items to your local reuse organisation or charity shop, or give items to someone who could make use of them.

Remember it's your waste, your responsibility – check to protect yourself. For more information visit [www.recycleforEssex.com/crimenottocare](http://www.recycleforEssex.com/crimenottocare)

# Essex residents lead the way for reporting crime anonymously



**THE INDEPENDENT** crime-fighting charity, Crimestoppers in Essex, received a record number of reports from the public over the last 12 months, achieving the highest percentage increase across the country.

From April 2016 to March 2017, the Crimestoppers UK contact centre handled over 4,200 Essex-related reports, a 44% increase on the previous 12 months when compared to the national average increase of 24%.

Crimestoppers encourages people to pass on information about crime 100% anonymously by calling 0800 555 111 or using our non-traceable online form at [crimestoppers-uk.org](http://crimestoppers-uk.org)

Chair of Crimestoppers in Essex, Stuart Rawlins, said: "This is a huge increase and we are very proud that Essex has successfully increased the number of people reporting crime anonymously. These figures show that the Crimestoppers' message is getting through to people who want to make a difference in their local communities. Just one small piece of information that could appear insignificant may be the key to enabling the police to complete their investigations and lead to an arrest and charge being made."

Key Crimestoppers' initiatives in the county over the past 18 months have included a powerful domestic abuse campaign; the introduction of

a pocket-sized marketing card which explains how the organisation works; an Ambassadors programme designed to work with partner organisations to reach particular groups; and smaller, targeted projects in selected crime hotspots.

Stuart Rawlins added: "We are not part of the police and we are not BBC Crimewatch. Calls are never recorded or traced, no-one will be asked for their name or any personal details and they will not have to give a statement or go to court."

Crimestoppers is not an emergency service and in the event of an emergency, you should always ring 999.



# Dear resident...

by Lewis Basford, District Commander, Essex Police



**FIRSTLY,** I want to introduce myself. My name is Lewis Basford and I am the District Commander for Epping Forest and Brentwood. I have been in post now since January 2017 and have been working hard to address the issues that were raised

to me in the Police and Crime Commissioner meeting in February 2017.

My main objective was to deal with the issues surrounding the night time economy and use the legislation available to the police to robustly manage the licensed premises. Within a short period of time two policing incidents occurred and I served a Certificate to the Licensing Committee to ask them to review the closure of both NuBar and Luxe on two separate occasions. I was pleased with the outcomes of both hearings and I hope that the changes on the High Street since have had a positive impact on residents that were directly affected.

Moving forward you may have seen my

request to residents to help us seek out those individuals that have been using motorcycles and off-road bikes in an anti-social manner. I've been pleased with the responses we have had and this has led to a number of seizures along with prosecutions and fines. This is a national problem and I know there is more to do on this issue. If you know addresses where these bikes are stored or locations they are kept we can manage this information. I urge anyone to get in touch via 101 or email my team direct at [eppingcommunitypolicingteam@essex.pnn.police.uk](mailto:eppingcommunitypolicingteam@essex.pnn.police.uk)

We will be appearing at a number of the local Farmers Markets with our pop up tent to speak with residents about local issues affecting you. I really want to try and increase the visibility of the team to you whilst managing the daily demand we face.

I would also like to draw you to our Twitter users in the area. You can follow me using the handle @Ch InspBasford or the Community Team using the handle @BrentEppingCPT. Here you will see the latest work we are doing as well as media appeals. I appreciate that Twitter is not something everyone will follow and I hope that I can continue to keep you updated with articles such as this.

Thank you for reading.

## Essex Wildlife Trust



**THE TRUST**, established in 1959, aims to protect wildlife for the future and for the people of Essex.

In October, Grant Maton, Communications Officer from the EWT, presented town mayor Philip Abraham with a framed certificate to mark our ten-year membership of this conservation charity.

Locally, it maintains the Roding Valley Meadows Nature Reserve, the largest remaining water meadows in Essex. This 160-acre reserve is famous for the beautiful wild flowers, such as Southern Marsh Orchids and Yellow Watercress which flourish on this reserve.

The ETW runs a programme of events throughout the year. Why not join them for Christmas Wreath Making on Friday 8 December from 2pm-4pm or 7pm-9pm at the Grange Farm Centre and use natural materials to craft and decorate a Christmas wreath to take away with you.

[www.essexwt.org.uk/reserves/roding-valley-meadows](http://www.essexwt.org.uk/reserves/roding-valley-meadows)

## Epping Forest College Upcoming Open Events



**Tuesday 28<sup>th</sup> November 2017**  
**4pm-8pm**

**Thursday 18<sup>th</sup> January 2018**  
**4pm-8pm**

### Your Local College

Epping Forest College | Borders Lane | Loughton | Essex | IG10 3SA  
(020) 8508 8311 | [www.efc.ac.uk](http://www.efc.ac.uk) | [enquiry@efc.ac.uk](mailto:enquiry@efc.ac.uk)

🐦 @eppingforestcol 📺 /eppingforestcollege 🚶 Debdon (Central line)

**#EFCway**

# Abbeyfield

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[www.abbeyfieldloughton.org](http://www.abbeyfieldloughton.org)

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# Regular activities

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

## ALLOTMENTS

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

## ANIMAL TRAINING

**Epping Green 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](mailto: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](http://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](mailto: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](mailto:affordablecounsellingget@gmail.com)  
**Samaritans**. Free, confidential emotional support for the distressed & despairing available 24/7. 020 8553 9900 / 116 123 / [jo@samaritans.org/](http://jo@samaritans.org/) / [txt.07725.909090](http://txt.07725.909090)

## EDUCATION

**Music Lessons**, Loughton Music Academy, High Road. 020 8502 2992 [www.loughtonmusicacademy.co.uk](http://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](mailto: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](http://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](mailto: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](mailto:efcv2@yahoo.co.uk) [www.efcv.co.uk](http://www.efcv.co.uk)

**Epping Forest Countrycare**, EFDC's Countryside team. Volunteer projects in district's nature reserves. Thursdays 10am-4pm. 01992 788203 [www.eppingforestdc.gov.uk/index.php/out-and-about/countrycare](http://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](http://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](mailto: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](http://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](http://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](http://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](mailto:fakenhamnewson@hotmail.com) [www.bridgewebs.com/loughton/](http://www.bridgewebs.com/loughton/)  
**Loughton Camera Club**, Lopping Hall, High Road. Wednesdays, 8-10pm. 01992 575505 [www.loughtoncameraclub.org.uk/](http://www.loughtoncameraclub.org.uk/) [Loughton\\_Camera\\_Club/Welcomes.html](http://Loughton_Camera_Club/Welcomes.html)

**Loughton Chess Club**, Loughton Bowling Club, Eleven Acre Rise. Wednesdays, 7.30pm. 020 8508 8407 [www.freewebs.com/kengroce/](http://www.freewebs.com/kengroce/)

**Loughton & District Historical Society**, Loughton Methodist Church, 260 High Road. £2.50 non-members. 2nd Thursdays, 8pm [www.loughtonhistoricalsociety.org](http://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](http://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](mailto:admin@adasuk.org.uk) [www.adasuk.org](http://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](mailto: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](http://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](http://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](http://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 (8-10yrs) 6.45-8.30pm Linda Brede 020 8508 4867 / [lulu.brede@ntlworld.com](mailto: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](mailto: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](mailto: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](mailto:stedmundsplaygroup@gmail.com)

**Cheeky cherubs stay & play** Loughton Club, 8 Station Road. Tuesdays 9.30-11.30am. 07711 883860 / [cheekycherubsstayandplay@aol.com](mailto:cheekycherubsstayandplay@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](http://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 / [louisa.stirling@essex.gov.uk](mailto:louisa.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](mailto: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](http://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/](http://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.rbf.org.uk](http://www.rbf.org.uk)

**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](mailto:loughtonfolkclub@googlemail.com)

**National Jazz Archive**, Loughton Library, Traps Hill Mon-Thurs, Fri, 10am-1pm 020 8502 4701 [www.nationaljazzarchive.org.uk](http://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/](http://www.rodinplayers.co.uk/)  
**South West Essex Choir**, Loughton Methodist Church, 260 High Road. Tuesdays, 7.45-10pm. 01992 812606 [www.southwestessexchoir.org.uk/](http://www.southwestessexchoir.org.uk/)



**13 ▶ Stand & Deliver Acoustic Open Mic Club**, Royal British Legion, 118 Church Hill. 2nd 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.loughtonrbclub.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

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