



Think Loughton

News from Loughton Town Council

Spring 2018 No 80

Loughton Festival 2018

THIS ANNUAL festival, now in its 12th year, is a celebration of heritage, literature, arts and culture. Organised by director Sue Taylor and her team of volunteers, there will be a varied programme of events during late April and May all aiming to raise valuable funds for this year's charity, the Chigwell Riding Trust.

This Trust, established in Chigwell for over fifty years, was the first riding centre for people with special needs in the world.

Riding instruction is given to people of all ages and abilities with some 160 riders participating each week. The centre also provides the local community with opportunities for volunteering, school participation

and practical experience for children and adults working with people and animals. Visit <http://www.chigride.org.uk/> for more information.

One of the first events in this year's programme will be the town council's annual Town Mayor's Charity Fun Run on Sunday 29 April. Join us at the Roding Valley Recreation Ground for registration

from 9.30am, with a warm up session at 10.15am and the official start at 10.30am. The 4km route is suitable for all ages and levels of fitness; you can walk, run or jog at your own pace whilst enjoying the fresh air and beautiful scenery. Category winners will each receive a trophy and all participants will be presented with a medal at the finish.

Entry fees are £10 per person with family tickets available. Alternatively, you can download a registration and sponsorship form from www.loughton-tc.gov.uk or collect one from the town council offices in Loughton Library.

Highlights from the 2018 Festival programme include "Embers Comes to Loughton, a National Children's Day Celebration" at the Loughton Baptist Church on Saturday 12 May; HOWZAT at Loughton Cricket Club on Sunday 13 May, featuring Gina Morris and her Insanity workout with a Women's Softball tournament; and a special concert on Saturday 19 May to Celebrate the Royal Wedding with the Essex Youth Jazz Orchestra at the Loughton Methodist Church. For full details visit www.loughtonfestival.org.uk



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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

Action for Family Carers	0300 770 80 90
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
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
The Holly Private Hospital	020 8505 3311
King George	020 8983 8000
Loughton Health Centre	020 8502 5000
NHS Direct	111
Princess Alexandra	01279 444455
Rectory Lane Health Centre	020 8272 4600
Spire Roding (Private)	020 8551 1100
St Margaret's	01279 444455
Whipps Cross	020 8539 5522

LOCAL AMENITY REFUSE POINTS

Essex County Council	www.essex.gov.uk/recyclingcentres
Chigwell IG7 5AA	Luxborough Lane
Waltham Abbey EN9 1JU	Brooker Road

POLICE & FIRE (dial 999 for emergencies)

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

PUBLIC UTILITIES

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

SPORT

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

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Clerk's Remarks



WELCOME TO the Spring edition of Think Loughton. Much of the town council's time this past winter has been taken up with the Local Plan. An update is provided below and a full copy of our representations disputing the soundness of the Plan can be accessed from the home page of our website.

I am pleased to report that

our important project to install a number of defibrillators around the town is nearing completion. Thanks to the support of our two town centre partnerships who have secured grant funding from the District Council, with donations from the Rotary Club of Loughton, Buckhurst Hill & Chigwell, and the Debden Traders Association we are installing this equipment in The Broadway and the High Road. The local Park Run group has also generously donated a portable defibrillator for use at events on the Roding Valley Recreation Ground.

The British Heart Foundation advises "if you come across someone who is not breathing or breathing erratically, the most important thing is to call 999 and start CPR to keep the blood flowing around the body. After a cardiac arrest, every minute without CPR and defibrillation reduces someone's chance of survival by 10 per cent. If you're

on your own, don't interrupt the CPR to go and get a defibrillator. If it's possible, send someone else to find one. When you call 999, the operator can usually tell you if there's a public access defibrillator nearby.

Defibrillators are easy to use and, as the machines provide spoken instructions, no formal training is necessary but we will be organising free training sessions on the use of CPR. This is such an important skill I encourage as many people as possible to attend these.

In 2018, we will be holding our usual programme of community events starting with the annual fun run on Sunday 29 April – see page 1 for details. The popular Jessel Green Fun Day is scheduled for Sunday 15 July so please put that date in your diary now.

Enid K Walsh
Town Clerk

Council tax

THE TOTAL precept, the amount collected from Loughton's residents in 2018/19 and spent on local facilities, will be £665,000. This means the average household will pay just £53.67 for the year.

Commenting on the increase, Cllr Stephen Pewsey, who chairs the council's Resources Committee, said; "Loughton Town Council continues to invest in our community, providing and maintaining much-needed resources such as open spaces and playgrounds. In order to defend and protect those valuable green spaces we have had to adjust the precept. This will mean an average increase of just under 5p a week for most households, which is exceptional value for the wide range of services provided. Residents will welcome the fact that Loughton remains a low-tax town, with a precept of less than half that of some surrounding towns."

The budget includes an additional £15,000 towards the refurbishment of the Roding Valley play area and £7,000 for a new apprenticeship scheme.

Local Plan Update



THIS IMPORTANT document is intended to "help shape future development in Epping Forest District up to 2033 and sets out the level and distribution of planned growth, including new homes and businesses".

The town council has already submitted a wealth of evidence to help justify its objections to the Plan. In addition to the potential loss of green spaces, our main concern is the strain on local infrastructure – public transport, roads, schools and health services, many of which are already at full capacity.

No one in Loughton can be unaware of the development threat to the much-loved open space known as Jessel Green.

We have been impressed by the tremendous work of the Save Our Green campaigners to highlight this proposal. Visit www.savejesselgreen.org/ for details.

EFDC must now submit the Plan to the Secretary of State no later than 31 March 2018 to avoid having to meet an even higher housing number target that would be imposed by the Government.

A Planning Inspector, appointed by the Secretary of State, is to be in control of a Public Enquiry expected to be held in Autumn 2018. The Town Council fully intends to speak at that enquiry and has set aside considerable funds for legal representation. Visit www.efdclocalplan.org/



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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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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

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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.

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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.

2018

Mar 12 Planning & Licensing
14 Annual Town Meeting, The Murray Hall, at 8pm
26 Planning & Licensing
28 Recreation

Apr 9 Planning & Licensing
11 Environment & Heritage
23 Planning & Licensing
25 Resources & General Services

May 9 Council (approval of accounts)
14 Planning & Licensing
23 Annual Council

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

News round-up



■ **PLAY IN THE PARK:** These popular free children's sessions return during the Easter school holidays, sponsored by the town council. Just turn up, there's no need to book. Join play leaders on the Roding Valley Recreation Ground on Fridays 6 and 13 April from 10.30am – 12.30pm. For more details call EFDC's Community Development Team on 01992 564363.



■ **TOENAIL CUTTING:** This service will be provided by Age UK at the Kingsley Hall on 10 April and 30 May. For more details and to book call 01245 423333 or email: toenails@ageukessex.org.uk

The team of trimmers will help you remain mobile, avoid becoming isolated and housebound, reduce the likelihood of falls and avoid the discomfort of long toenails. The service is available to anyone who cannot cut their own toenails, including anyone who is diabetic.

■ **PLANNING APPLICATIONS:** The town council is a consultee in the formal planning process. If you or one of your neighbours has submitted proposals for development works, remember to contact us to check when the application is to be discussed. You can then submit your comments in writing, or register to speak at the meeting, to promote your application or raise your concerns with councillors. We submit our comments to Epping Forest District Council so they can be considered during the decision-making process.



■ **ALLOTMENTS:** There are a few vacant plots left at the three main allotment sites in the town. It's not too late to grow your own fruit and vegetables this year so to find out more, contact Pippa Bryce at the town council on 020 8508 4200.

We are also planning to reintroduce a horticultural show in late summer 2018. This will be open to all growers in the town, not just those with allotment plots. Look out for details in the next edition.

■ **LOUGHTON CEMETERY:** If you are the owner of the exclusive right of burial in a grave in this cemetery, please remember to notify the town council preferably in writing of your change of address.

Annual town meeting

RESIDENTS ARE invited to this public meeting at the **Murray Hall in Borders Lane at 8pm on Wednesday 14 March** to hear about the town council's achievements and future plans.

The meeting includes a public question time to allow you to raise concerns about the town.

Heather Scholer, leader of the Epping Forest Foodbank will give a short presentation on their vital work to provide food for local people in crisis.

Doors open at 7.30pm to allow time for you to view the displays mounted by local organisations.

Light refreshments will be served after the close of the meeting and this provides the ideal opportunity to speak to your councillor about Loughton matters.

Photo: Financial assistance award winners 2017



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Winning Christmas windows 2017



Local / independent class winner
Bababoom – L to R: Jodie, Town
Mayor, Philip Abraham, and Emelye

OUR THANKS to the many Loughton businesses who decorated their windows as part of the town's 2017 festive celebrations. Businesses were split into three classes of entry – local/independent businesses, multiples/chain stores and charity shops; with judging by the town mayor, Philip Abraham, assisted by councillors Tessa Cochrane and Judy Jennings. Each category winner received an engraved silver cup and laminated certificate,

plus a £100 donation, from the Council, to the charity of their choice.

The results were as follows:

WINNERS

Independent: Bababoom, 255 High Road, IG10 1AD / National Autistic Society

Multiples: Magnet, 215 High Road, IG10 1BB / National Autistic Society

Charity: St Clare Hospice, 72 The Broadway, IG10 3SY / St Clare Hospice

Runners-up

Independent: Ice Events, 53 The Broadway, IG10 3SP & Cafelicious, 57 The Broadway, IG10 3SX
Multiples: Rhino, 155 High Road, IG10 4LF

Charity: Restore Community Centre, 68 The Broadway, IG10 3ST

Highly Commended

Independent: Bizara, 2 Lower Road, IG10 2RS; Lottie Lou, 5A Forest Road, IG10 1DR; Stylers, 6 Valley Hill, IG10 3AA; and Little Fidgets, 7 Forest Road, IG10 1DR

Multiples: Fired Earth, 295 High Road, IG10 1AH; Schmidt Kitchens 157 High Road, IG10 4LF; Space NK, 291 High Road, IG10 1AH; and Starbucks, 243 High Road, IG10 1AD
Charity: Haven House, 192 High, IG10 1DN.

The judges chose: Bababoom for its "amazing sparkly display"; Magnet for its "clever inventive ideas"; and St Clare Hospice, Debden for its "beautiful well-framed display".



L to R: Magnet staff member, Zafar, Town Mayor, Philip Abraham, Magnet staff member Lee & store manager, Kevin Fernandes



Charity shop class winner St Clare Hospice – L to R: Town Mayor, Philip Abraham, Manager Paula Smith, with Mark Silverman who helped dress the window

Winning Christmas cards 2017

MANY CONGRATULATIONS

to the overall and junior category winner of the 2017 Christmas card competition, Amber Martin, who along with the infant category winner, Nell Desyllas, attends Oaklands School.

Over 280 wonderful designs were received, with multiple entries from Hereward Primary, Oak View, and Oaklands Schools, along with 4th Loughton Brownies and Guides Groups. We were delighted that two local care homes participated in the competition, Woodland Grove and The Mellows Care Home.

A selection of cards was displayed at Loughton & Debden libraries throughout December.

The competition was judged by the town mayor and deputy town mayor, with prizes awarded to the winners of each category at the December council meeting on 13 December 2017.

Town Mayor, Philip Abraham presented the winners with a £25 gift card and laminated certificate. The overall winner also received a gift hamper, donated by Hobbycraft, who very kindly



supported this year's competition.

The results are as follows:

Infant Winner Nell Desyllas,

Runner-up Eva Rose Watby;

Junior & Overall Winner Amber

Martin, Runners-up Charlotte Alderslade & Alice Angelieri;

Secondary Winner Raymond Erewunmi, Runner-up Megan Allgood;

Adult Winner Barbara Masser,

Runners-up Irene De Freitas,

Valentina Mancha, Margaret Turner and John Masser.

Back Row, L - R: Raymond

Erewunmi (Secondary winner),

Cllr Philip Abraham, Town Mayor

Front Row, L - R: Barbara

Masser (Adult winner), Amber

Martin (Junior & Overall winner);

and Nell Desyllas (Infant winner)



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Dates for the diary

■ **8 Mar 8pm The History of Staples Road**, a talk by Chris Pond. Chris first gave this talk in 1993. Twenty-five years on, he presents it again, with the results of extra research, and all the changes made in that period. LDHS, Loughton Methodist Church, 260 High Road (see p13)

■ **10 Mar 11am-4pm Family Science Fun for British Science Week.** All ages welcome, free.

For a fun day of experiments and activities, exploring the science of the rural environment. Children must be accompanied by a responsible adult. No need to book. Epping Forest District Museum, 39 - 41 Sun Street, Waltham Abbey, EN9 1EL.

■ **13 Mar 7.30pm The Age of Jazz** a lecture by Sandy Burnett BA Radio 3 presenter. The Arts Society Woodford Green, Bancroft's Preparatory School Hall, Woodford Green. All welcome.

■ **15-17 Mar 8pm Quartet** a comedy by Ronald Harwood, Theydon Bois Village Hall, Coppice Row, Theydon Bois, Essex, CM16 7ER. Tickets £9.50 www.ticketsource.co.uk/ theydonboisdramasociety or 01992 919038.

■ **22 Mar 7.45pm Easter cards** Essex Handicrafts Association Woodlands Branch 020 8508 7657 (see p13)

■ **22-24 Mar 8pm Come Back to the Five and Dime Jimmy Dean, Jimmy Dean** by Ed Graczyk, Loughton Amateur Dramatic Society (LADS) at Lopping Hall, High Rd, Loughton, IG10 4LF. 20 years after James Dean filmed 'Giant' a group of devoted fans gather for a reunion. The arrival of a glamorous stranger uncovers revelations that smash their delusions. Tickets £10. Call 07552 736110 or www.lads.org.uk

■ **23 Mar 8pm Pargetting and Wall Finishes** a talk by Elphin and Brenda Watkin (HEARS, St Michael and All Angels Church - see p13)

■ **26-27 Mar 7.30pm, Motiv8** Annual youth and community dance showcase, themed for 2018: Celebrating Different Cultures in Epping Forest. Dancers aged 5-19 yrs from across the district will perform a mix of dance styles. Epping Forest College, Borders Lane, IG10 3SA £8 full price/£5.50 concessions (under 16s/students/over 60s) Booking essential www.eppingforestdc.gov.uk/ motiv8

■ **27 Mar 8pm Water for Stuart London: Hugh Myddleton and his New River** a talk by Helen Gibson (HEARS, St Michael and All Angels Church - see p13)

■ **31 Mar 10.30am Europlate Convention** Exhibition organised by Loughton resident John Harrison who has an unusual interest in vehicle registrations. Europlate is an international organisation where the club's members display their collections, trade plates, etc. Loughton Club, Station Rd. For more info ring John Harrison on 8508 8851



■ **31 Mar-30 Jun Beauty and the Beach** Exhibition: from itsy, bitsy bikinis to one-piece bathing suits. Designs from the 1940s, '50s & '60s. Epping Forest District Museum (as above) Free entry

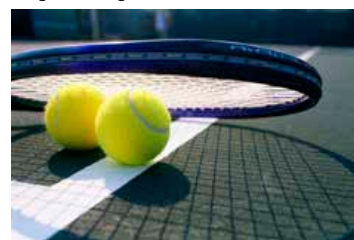
■ **31 Mar 11am-3pm Easter Egg Hunt**

Epping Forest District Museum, (as above). Follow the trail around the museum to claim your chocolate prize.

Children must be accompanied by a responsible adult. No need to book. Trail approx 20 mins

■ **3 Apr 12 noon-3pm Spring Lamb Puppets** Fun family art and craft activities. No need to book. Children must be accompanied by a responsible adult. Epping Forest District Museum, (as above). All ages welcome (most suitable for 5-11 yrs), £1.50 per child

■ **3, 5, 10 & 12 Apr 2.30-3.30pm Tennis Coaching**, £2.50 p/child (1 hour session), 5-11 yrs old. Roding Valley Recreation Ground, IG10 3BS. Booking essential 020 8508 4200 / contact@loughton-tc.gov.uk



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Late night opening available by enquiry

24 Forest Road, Loughton, Essex IG10 1DX

020 8508 1325

E-mail: aandjopticians@msn.com

■ **5 Apr 10.45am** **Evolutions Captain** – The Life and Times of Admiral Robert Fitzroy Speaker, Vic Knope, English-Speaking Union, Murray Hall, Borders Lane (see p14)

■ **6 & 13 Apr 10.30am–12.30pm** **Play in the Park** Roding Valley Recreation Ground free children's sessions (see p4)

■ **9 Apr 1pm–4pm** **Illustrated Tapestry** Join professional illustrator Jef Winter in his final event of the Paths Unseen festival as he creates an illustrated tapestry. Drop in any time to add your own artwork to the piece. No need to book. Children must be accompanied by a responsible adult. All ages, £1.50. Epping Forest District Museum, (as above).

■ **10 Apr 12 noon–3pm**, **Paper Flower Display** Fun family art and craft activities. No need to book. Children must be accompanied by a responsible adult. Epping Forest District Museum, (as above). All ages welcome (most suitable for 5-11 year olds), £1.50 per child

■ **11 Apr 10.30am–12 noon** **Be an Artist – Casting workshop** This workshop will take you through the process of casting. Fun, effective and messy; be ready to get your hands dirty. Please wear old clothes. 8+ yrs, £10. To book/for info call 01992 564226 (Mon–Fri 10am–4pm) Epping Forest District Museum, (as above). Booking essential www.eppingforestdc.gov.uk/museum

■ **12 Apr 8pm** **Clues in Fiction: An** Essex Couple's Secret Ties, Imogen P Gray, Imogen's book features Horace Newte and his wife Vera (née Rasch), both published authors, who lived in various Loughton properties from around the mid 1890s and into the early 1900s. LDHS, Loughton Methodist Church, 260 High Road (see p13)

■ **18 Apr 8pm** **AGM** followed by a talk on "The Customs and Traditions of the City of London" by Mark Lewis, National Trust Woodford & District at Trinity Lower School, Sydney Road IG8 OTB

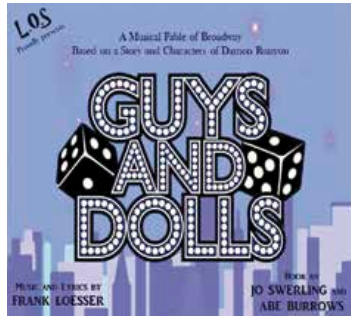
■ **25 Apr 10am–1pm** **Boudicca Historical Walk** organised by Epping Forest District Museum 18+ yrs, £5. Join us, exploring two sites in Upshire and Epping Forest once thought to be linked to Iron Age Queen Boudicca, who features in a special exhibition at our partner museum, Lowewood, Hoddesdon. For keen walkers. Please bring a bottle of water. Sturdy footwear recommended. For info: 01992 564226 (Mon–Fri 10am–4pm) Booking essential www.eppingforestdc.gov.uk/museum

■ **26 Apr 7.45pm** **Canvas Lace** Essex Handicrafts Association Woodlands Branch 020 8508 7657 (see p13)

■ **29 Apr 10.30am** **Town Mayor's Fun Run 2018** in aid of Chigwell Riding Trust. 4km run/walk. Roding Valley Recreation Ground, IG10 3BS. For more details see www.loughton-tc.gov.uk

■ **8 May 8pm** **Street Art and the City** a lecture by Doug Gillen, The Arts Society Woodford Green, Bancroft's Preparatory School Hall. All welcome.

■ **9–12 May 7.45pm (Sat: Matinee 2.30pm)** **Guys and Dolls** – Loughton Operatic Society. Tickets on sale, see www.loughtonoperatic.org.uk for further information



■ **10 May 8pm** **The Artist Epstein** Rosanna Eckersley, A journey from New York to Paris to Loughton. This world renowned sculptor lived and worked in Loughton in the period between the early 1930s–50s. LDHS, Loughton Methodist Church, 260 High Road (see p13)

■ **24 May** **Bure Valley Railway and Norfolk Broads Cruise**, £30 p/person. Pick up: Morrison's or Homebase. Book/pay at www.eppingforestdc.gov.uk/foreveractive or 01992 564226 (Mon–Fri 10am–4pm). Contact Karen Murray, Forever Active Day Trips Coordinator, kmurray@eppingforestdc.gov.uk or 01992 564222

■ **25 May 8pm** **A Cinque Port: Sandwich** a talk by David Stevenson, followed by AGM, HEARS, St Michael and All Angels Church – see p13

■ **29 May 12 noon–3pm**, **Sand Art** Fun family art and craft activities. No need to book. Children must be accompanied by a responsible adult. Epping Forest District Museum, (as above). All ages welcome (most suitable 5-11 year olds), £1.50 p/child

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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LOUGHTON ART TRAIL returns to Loughton this spring, with a feast of visual arts for everyone to enjoy.

There will be pop-up exhibitions around the town, together with walks, talks, workshops, children's events and family activities. The Trail runs from 12 May to 2 June as part of the Loughton Festival, and will showcase works by local artists, photographers, sculptors and craftspeople at Loughton Library, Lopping Hall Gallery, LifeWorks Creative Arts Centre (behind the Methodist Church) and Epping Forest College, as well as in shops and other businesses.

Keep an eye on the Loughton Art Trail Facebook page for updates or e-mail for more information loughtonarttrail@gmail.com or lifeworks@loughtonmethodist.org.uk



DO YOU Look After Someone? Whether you consider yourself a husband, wife, daughter, son, grandchild, friend or neighbour, if someone close to you needs help to keep going **YOU ARE A CARER.**

Caring for someone covers many aspects of everyday life. Without your help, the person you care for would struggle. What we know is that as a carer you can also struggle and this is where we want to help make your life easier by letting you know what is available and sharing our knowledge and experience to support you.

We are at Loughton Library every 3rd Tuesday of the month from 12:30 – 2:30pm. This is a drop-in session to speak one to one with a support worker, but we find many carers also come along to meet other carers.

We are also at St Margaret's Hospital every 2nd Thursday at 1.15pm and 4th Thursday at 10.30am for Wellbeing Groups where other carers join us for a chat, information or time out. We meet in the Orchard Day Unit for 2 hours but please come and go as you like. If you prefer a one to one chat or would like more information, call us on 0300 7 70 80 90.



GROW Community Garden

THE FIRST volunteer sessions for 2018 at the garden kicked off in the cold weather with the main focus on filling and levelling the base for the new polytunnel. Looking back at the 18 months since starting the project, we are amazed by the fantastic progress made: from clearing the site, to building raised beds and actually being able to experience an abundant harvest.

Produce has included potatoes, tomatoes, beans, radish, various varieties of lettuce, spinach, kale, beetroot, carrots, peppers, chillies, broccoli, Brussel sprouts, herbs and numerous other vegetables (not forgetting the 22 pumpkins and the huge amount of marrows!). The satisfaction that any gardener will tell you, from sowing a seed to harvesting your own organic food to eat, is amazing!

It has been a wonderful learning curve and experience for all involved at GROW, not only acquiring skillsets to build and garden, but creating a new family and networking.

At GROW, not only have we managed to create a safe space for all regardless of age and ability to volunteer twice a week, but there are also opportunities to attend workshops and family days. Fourteen community members achieved the Basic Horticulture AQA Certificate in a course that ran over 3 months.

Some of the groups that volunteer at Grow

include: Oakview School, WEYO, Normand Hurst School and many more. A very special partnership has been established with the National Citizen Services that referred 10 groups of 12-15 youths to attend two sessions each. We received very positive feedback and look forward to being more involved with the project. Local councillors, community members and youth groups also attend the sessions as well as volunteers from the London Business sector, which has referred groups and is in the process of sending more people to GROW.

The plan for 2018 is to get more community members involved with GROW, to expand the project of growing organic food, establish markets to sell the produce and to make a difference in the lives of people and the community.

Thank you from everyone involved at GROW for all the support and funding received from Loughton Town Council, Epping Forest District Council, the Rotary Club and individual members of the public.

GROW Community Garden is all about creating togetherness and achieving whilst cheering each other on.

You can contact us on anne@growloughton.org.uk or call Anne if you want to get involved on 074 9291 5531. Visit our **Facebook @ growcommunitygarden**

Active Living



WANT HELP getting active?

We know that getting active can be difficult, so we are here to help you every step of the way. Our team of professional and friendly staff will work with you to set a personal plan of action that will make it simple for you to find ways to fit physical activity into your daily life. We will then help you with free advice and support whenever you need it to help you stick to your plan and achieve your goals.

How does Active Living work?

1. Call 01992 564567 to find out more information about the latest Active Living programme in your area or speak to your GP about being referred on to your local Active Living programme.
2. Book your first appointment: at this appointment you and your specialist will talk about the step by step support we will offer you to get you active. This will include

agreeing a personal action plan and booking on to your local Active Living group programme.

3. Attend your local active living group: you will meet new friends and all work together to get active and achieve your goals with the support of your Active Living Professional who will also give you tips and advice on lifestyle and nutrition.

4. Get your free pass: after attending your local Active Living group for 12 weeks and if you are ready, your Active Living specialist will give you a pass for three months of free activity and work with you to find local activities that suit your needs.

5. Meet your Champion: When you have identified the activities you want to attend your Active Living specialist will put you in touch with an Active Living Champion who will be able to support you at your new



activity and help you to meet fellow participants and make new friends.

6. Ongoing support: after 3 and 6 months your specialist will meet with you to look at your progress and give you a chance to discuss how you are feeling. You will also be able to plan for the coming months and discuss any further support you may need. Don't forget you can always meet or talk to a specialist at any time throughout your time on the Active Living programme.

Activities include Yoga, Pilates, Strength and Balance, Get Active and Postnatal classes, so if you are interested in becoming more active and meet the following criteria:

- You currently do less than 30 minutes of physical activity per week
- You are over 16
- You live in the district of Epping Forest

Contact our friendly team on 01992 564561 to book your first appointment.

Epping Forest College Upcoming Open Events



Monday 19th March 2018
4pm-8pm

Wednesday 27th June 2018
4pm-8pm

Your Local College

Epping Forest College | Borders Lane | Loughton | Essex | IG10 3SA
(020) 8508 8311 | www.efc.ac.uk | enquiry@efc.ac.uk

🐦 @eppingforestcol f/eppingforestcollege 📍 Debden (Central line)

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Abbeyfield Loughton Society Limited
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www.abbeyfieldriderhouse.com

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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.rodingroadallotments.co.uk/

Willingale Road Allotments, Loughton Town Council 020 8508 4200

ANIMAL TRAINING

Epping Green Agility Club (for dogs), Sunnyside Stables, Epping Green. Mon & Weds, 7.30-9pm (indoors). Mrs Widlake 020 8508 5254

Forest Dog Training School Club, Debden Park Community Centre. Tues, 6.30-7.30pm. 020 8508 3468 / fdts1@aol.com

ARTS & CRAFTS

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

Created Crafts, 2nd Thurs, 7.45pm Pam 020 8508 7657

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

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

The Arts Bar, Lopping Hall. 2nd Fri 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 Rd. Thurs, 1.30pm £3 (incl tea & biscuits) 020 8502 1379 / theormes5@hotmail.co.uk

Woodford & District Floral Arrangement Group, Churchill Room, Wanstead Library, Spratt Hall Rd, E11. 3rd Mons, 6.45 for 7.30pm. Visitors £4 <http://nafas.org.uk/nafas-areas/>

COUNSELLING

Affordable Counselling Epping Forest The Box, St John's Rd, Epping CM16 5DN Thurs mornings 01992 573402 affordablecounsellingef@gmail.com
Samaritans. Free, confidential emotional support for the distressed & despairing available 24/7. 020 8553 9900 / 116 123 / jo@samaritans.org / txt 07725 909090

EDUCATION

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

FAMILIES

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

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

FOOD

Farmers Market, Centric Parade, High Rd. 2nd Suns, 9am-2pm. David Linnell 020 8508 2932

Loughton Foodbank Weds, 10.15-11.45am, St Mary's Church, 201 High Rd & Sats, 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. Tues, 8-9pm (in tower). No experience necessary. Yvonne Finch 07748 970754

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

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

Deafblind Club Loughton Library, Traps Hill 1st Tues, 2-4pm 020 8502 0181

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

Epping Forest Countrycare, EFDC's Countryside team. Volunteering projects in district's nature reserves. Thurs 10am-4pm 01992 788203 www.eppingforestdc.gov.uk/index.php/out-and-about/countrycare

Epping Forest & District Stamp Club, Roding Valley High School, Alderton Hill. 2nd Tues, 7.30pm. 020 8505 5620

Essex Wildlife Trust Work Parties, Roding Valley Nature Reserve. Weds, 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. Thurs (term time) 12.45-2.45pm. Peter Relph 020 8508 6313

Forest Musical Theatre Company, St Michael's Church, Roding Rd. Tues & Weds (rehearsals). sally@forestmusical.co.uk

Friends of Light & Healing, Kingsley Hall, Kingsley Rd. An evening of clairvoyance. Alternate Thurs, 7.30 for 8pm. 020 8508 3266

Games Morning Loughton Library, Traps Hill. Play board games & cards. Weds, 10am-12pm led by Loughton Voluntary Care 020 8502 0181

HEARS - Herts & Essex Architectural Research Society, St Michael's Church, Roding Rd. £2.50 non-members. 4th Fri, 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 Thurs, 5-10pm alternate months. David Southgate 020 8508 7530

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

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

Loughton Bridge Club, Oak View School, Whitehills Rd. Mons 7.20pm (term time) fakenhamnewson@hotmail.com www.bridgewebs.com/loughton/

Loughton Camera Club, Lopping Hall, High Rd. Weds, 8-10pm. 01992 575505 www.loughtoncameraclub.org.uk/Loughton_Camera_Club/Welcome.html

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

Loughton & District Historical Society, Loughton Methodist Church, 260 High Rd. £2.50 non-mems. 2nd Thurs, 8pm www.loughtonhistoricalsociety.org

Loughton & Epping Forest Amateur Radio Society, All Saints Hse, Romford Rd, Chigwell Row, IG7 4QD. Alt. Fri 7.45pm 020 8502 1645 www.lefars.org.uk

Loughton Women's Institute, Royal British Legion, Jubilee Hall, St Michael's Church, Roding Rd 1st Weds, 1.15pm (except 2nd Weds in January) Elna Green 020 8508 4514

Yarns & Tales Loughton Library, Traps Hill for a knit, chat & tea 2nd Sats 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 Rd. 1st & 3rd Mons, 10am-12pm 01279 427522 www.alzheimers.org.uk

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

ProActive (W Essex Prostate Cancer men's self-help group) St Margaret's Hospital, The Plain Epping CM16 6TN. Fri monthly 10am-2.30pm. Anthony Dollimore 07973 345094 www.proactive.me.uk

LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE

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

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

16th Epping Forest Beavers Trinity Church Hall, Mannock Drive. Fri: Beavers (6-8 yrs) 5.30-6.45pm Cubs (8-10yrs) 6.45-8.30pm Linda Brede 020 8508 4867 / lulu.brede@gmail.com

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

41st Epping Forest Scout Group, Lopping Hall, 189 High Rd. Mons 5.45-9pm Thurs & Fri, 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. Mons 10am Tues 10.30am; Thurs 2.20pm. 1st Sats (Daddy Cool) rhyme time 11am. 020 8502 0181

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

Cheeky cherubs stay & play Loughton Club, 8 Station Rd. Tues 9.30-11.30am. 07711 883860 / cheekycherubsstayandplay@aol.com

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

ignite (children's & youth activities) St Mary's Church, 201 High Rd 020 8508 3643 www.stmarysloughton.com

Tots Time (0-4) Mons 9.30-11am. Forge (Y7-13) Weds 3.30-5.30pm. Shine! Toddler church (2-5) Thurs 9.45-10.45am. After Hours (Y9+) Fri 8-10pm pool & table tennis & console games etc. Shooting stars (Y1-6) St Michael's Church field, Roding Rd, Weds 4pm

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

Little Oak's Child & Family Wellbeing Service, 020 8508 0932, please see our Facebook page for programme details

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

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

Red Balloon Community Theatre: Loughton Youth Theatre Mon 4.30-6.30pm (Y3-7 / chorus) & Mon 7-9pm (Y6-11 / principals). Spark: advice & support for young people & drop in youth club Mon & Thurs 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.lypradio.com/

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

Rainbows, Brownies, Cubs & Scouts Groups, St Michael's Church, Roding Rd. 020 8418 7944

Red Balloon Family Community Theatre Epping Youth Theatre, The Box, St John's Rd, Epping Tues 5.30-7.30pm (Y3-6) 020 3086 8186 www.rbf.org.uk

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

MUSIC

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

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

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

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

Roding Players Orchestra rehearsals, Roding Valley High School, Alderton Hill. No audition. Mons, 7.30-9.30pm. Miles Harwood 020 8505 4329 www.rodingplayers.co.uk/

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

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

13 ▶ Woodford Symphony Orchestra welcomes new string players. Rehearsals Thurs, 7.45-9.45pm, Roding Valley High School, 020 8924 9370 www.wsorchestra.org.uk

SOCIAL

The Buffaloes, Loughton Club, 8 Station Rd. A charitable brotherhood - members (18+). Tues & Thurs, 8.30pm. mlidjawsford@yahoo.co.uk www.loughtonclub.blogspot.com

Café Hope St Mary's Church, 201 High Rd Mon-Fri 9.15am-2.45pm 020 8508 3643

Chit Chat Club, St Michael's Church, Roding Rd, 1st Thurs, 1-3pm. Social activities & games, refreshments, company. 020-8418 7944

Civil Service Retirement Fellowship, Loughton Library (Jazz Room), Traps Hill. 3rd Mon, 2pm. Mrs E Vale 020 8508 2459

Forest Probus Club, County Hotel, 30 Oak Hill, Woodford Green, IG8 9NY. 2nd Fri. Lunch & speaker. Michael Housley 020 8529 6500

Friday Market, St Michael's Church, Roding Rd. Fri, 10am-12 noon

Loughton Probus Club, Gilwell Park, Chingford. 4th Tues (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. Thurs 6.15pm www.loughtonrotary.org.uk

Royal British Legion Loughton Branch, 118 Church Hill. Mons & Thurs, 8pm (bingo); Tues & Thurs, 1-4pm line dancing; 2nd & 4th Weds quiz night; last Sun 1-4pm (jazz @ the RBL) 020 8508 5044 www.loughtonrbclub.co.uk

Tea Club - Senior Citizens, St Michael's Church, Roding Rd. Alternate 3rd Sats 3-4.45pm. 020 8418 7944

Wesley Café, Loughton Methodist Church, 260 High Rd Mon-Thurs 10am-3.30pm; Fri to 3pm & Sat to 12.30pm 020 8502 3071

SPORT

All-ability Trampoline Club (disabled people to 19 yrs), Debden Park High School, Willingale Rd. Weds 6.45-7.45pm. Loughton Flyers Trampoline Club & EFDC. Fabrizio Ferrari 01992 564567 / fferrari@peppingforestdc.gov.uk

Amici Badminton Club, Roding Valley High School Sports Hall, Alderton Hill. Mons, 8-10pm. Age 30+. Chris 07713 004996

Avenue Lawn Tennis Club, 18 The Avenue, Friendly family club. 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. Sats & Suns 07951 820444 www.colebrookroyals.co.uk

Clubercise Murray Hall, 106 Borders Lane. Easy dance workout routines Weds 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 Rd. Sats 10am-2pm (term time) efsc@hotmail.co.uk www.efsportability.com

Jumping Jens, St Michael's Church, Jubilee Hall, Roding Rd. £4. Tues & Thurs, 8-9pm. 07866 127522

Karate Club Trinity Church, Mannock Drive. Weds, 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 Rd Tues & Thurs, 10.40-11.40am £5. 07714 467784

Loughton Athletic Club, The Pavilion, South View Rd (Roding Valley Rec Ground). Tues, 7pm. www.loughtonac.org.uk

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

Loughton Football Club, Avondale Close. 8-18 yrs + senior team. Suns (youth teams), Sats (snrs) & weekday evenings (training). Keith Campen 020 8508 4757 www.loughtonfc.com/contact-us

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

Mountaineering Club, Victoria Tavern, Smarts Lane. Hill walkers & climbers welcome. Mons 8.30pm. www.loughtonmc.org

Loughton Rugby Football Club, Hornbeam Rd, Buckhurst Hill. Weds (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. Weds 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 Thurs 9.45 for 10am free. Nicky 07873 752353 / silver.yonder@gmail.com

Yoga - Loughton Bowling Club, Eleven Acre Rise. (Age 50+) For all abilities & medical conditions. Mon/Weds & Friday mornings. EFDC Sports Dev 01992 564561

TALKS

Bancroft's Decorative & Fine Arts Society, Bancroft's Preparatory School Hall, Whitehall Rd, Woodford Green. Member of NADFAS. 2nd Tues, 7.15 for 8pm. 020 8599 6281

English-Speaking Union, Murray Hall, 106 Borders Lane. 1st Thurs, 10.15 for 10.45am. £4 incl tea/ coffee. 020 8505 9001 / 01992 8127944

Mothers' Union, St John's Church in Lady Chapel, Church Lane. 3rd Thurs, 10.30am for coffee & speaker. Ivy Southgate 020 8508 7530

National Trust, £3 non-members. Refreshments & NT info. 020 8508 9541 See Dates for the diary

New Vistas, Loughton Club, 8 Station Rd. Guest speakers. 1st & 3rd Tues 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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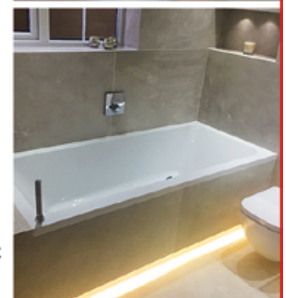
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