



Think Loughton

News from Loughton Town Council

Autumn 2018 No 82

Beacons of light

11 November 2018

100 years of remembrance

"Lest We Forget"



WE INVITE residents to take part in the nationwide Day of Commemorative Events marking the Centenary of the end of the First World War. This is your chance to pay a personal and community tribute to the millions killed or wounded in battle, and those on the home front who struggled amidst pain and loss to help ensure freedom survived. 100 years later we are invited to join in a moment of reflection.

The commemorations on Sunday 11 November 2018 will start at 11am with the

two minutes silence at the War Memorial on Kings Green to mark Armistice Day. This will be followed at 11.50am by the Annual Parade from Loughton's Royal British Legion Headquarters in Church Hill to the War Memorial. At 12.15pm the Remembrance Service and Poppy Wreath ceremony will commence followed by the march off up Church Hill.

Later that day at 6.45pm we will gather at the top of Hillyfields Open Space for the

'Battle's Over' ceremony. We will be joining the national tribute, "Beacons of Light", that will see over 1,000 communities across the country light a beacon to symbolise an end to the darkness of war and a return to the light of peace.

This will be followed by the "Ringing Out for Peace" – the bells of St John the Baptist Church will join 1,000 cathedral and church bells in ringing out across the Nation and beyond, in celebration of Peace. The commemorations will close at 7.15pm.

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BUYER
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SALE
SUCCESSFULLY
AGREED



Contact numbers

COUNCIL SERVICES

| | |
|----------------------------------------|---------------|
| Loughton Town Council | 020 8508 4200 |
| City of London Corp (Epping Forest) | 020 8532 1010 |
| Epping Forest District Council | 01992 564000 |
| Waste Management Hotline | 01992 564608 |
| Essex County Council (ECC) | 03457 430 430 |
| Adult Social Care | 0345 603 7630 |
| Child Social Care | 0345 603 7627 |
| Debden Library | 0333 0132654 |
| Education & Schools | 0345 603 2200 |
| Loughton Library | 0333 0132677 |
| Registrar: Births, ceremonies & deaths | 0345 603 7632 |
| Essex Parking Partnership (enquiries) | 01206 282316 |

ADVICE, HELP & INFORMATION

| | |
|--------------------------------------|----------------|
| 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 9883 |
| 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 |

COME ALONG TO OCTOBER OPEN DAY WEEK AT THE OAK-TREE GROUP OF SCHOOLS



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Ages 2 ½ to 16

Wed 4 Oct 9.15am (2 ½ to 11)
Wed 4 Oct 6pm (11+)



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

Tues 3 Oct 9.15am
(2 ½ to 11)



**NORMANHURST
SCHOOL North Chingford**
Ages 2 ½ to 16

Thurs 5 Oct 6pm (5 to 16)
Fri 6 Oct 9.15am (2 ½ to 4)



OAKLANDS SCHOOL
Loughton
Ages 2 ½ to 11

Thurs 5 Oct 9.15am
(2 ½ to 11)

Four local privately-owned independent schools for children aged 2½ to 16

FOR MORE INFORMATION www.oaktreeschools.co.uk

@OakTreeSchools

Clerk's Remarks



AS I write this in early August with temperatures in the low 90s, I know that all too soon it will be the season of mellow fruitfulness with those autumn mists and darker evenings.

Our thoughts naturally turn to remembrance but especially this year with the 100th anniversary of the end of WWI. Details of our commemorative events may be

found on the front cover of this edition. I also invite you to visit our website to read a little about some of the local people who gave their lives for this country in this war and whose names may be found on the war memorial or who are buried in Loughton Cemetery.

We are again participating in the national Heritage Open Days weekend on 8 and 9 September (see below). The walk up the bell tower in St John's Church is worth it for the view alone and who can resist a cream tea on Standard Green after checking out those vintage cars.

There have been a number of well-received and well-supported community events this year including the annual fun day on Jessel Green (see page 6). We thank the many local organisations and volunteers for their endeavours and the businesses that generously donated raffle prizes.

As previously reported, one of the town council's key priorities this year is the refurbishment of the football changing rooms and car park area on the Roding Valley Recreation Ground.

We have been meeting with representatives from the Essex Football Association to seek their advice and gain support for our funding applications to Sport England.

The Recreation Ground is quickly becoming a sporting hub for Loughton. It has for a long time been home to the Loughton Athletic and South Loughton Cricket Clubs. Facilities include the numerous football pitches, table tennis table and tennis and multi sports courts, not forgetting the children's play area and outdoor gym.

The tennis coaching sessions have proved very popular and, new this autumn, we are providing subsidised athletic coaching for children aged 4 –

12. This 10-week introductory course on Saturday mornings from 8.45am to 10am will start on 8 September, £3 per session, 1st session free. Call the town council for more information.

Our annual allotment awards are to be presented during the inaugural horticultural show at the Murray Hall on 1 September. This has been generously sponsored by Grangewood Investments. Congratulations to all the allotmenters and gardeners who have worked so hard tending their plots and managed to grow a bumper crop of fruit and vegetables despite the hot dry summer months. A full report on the winners will follow in the Winter edition. If you are interested in "growing your own" speak to Pippa at the town council offices about renting a plot.

Enid K Walsh
Town Clerk

Heritage Open Days 2018

WE ARE proud to take part in this national scheme which celebrates England's rich architecture, history and culture to stimulate both local interest in Loughton's heritage and to attract visitors from outside the town. Thousands of buildings of every age, style and function across the country open their doors free of charge. Many of these places are normally closed to the public, while others usually charge for admission.

This year on Saturday 8 September from 1.30pm – 3.30pm you can take one of the popular bell tower tours at St John the Baptist Church in Church Lane. You can learn a little about the art of bell ringing and then climb the 38 stone spiral steps up to the tower for very good views of Loughton. There may be the chance to try ringing a bell, depending on numbers. Adults and children aged 8 and over only please. The tours will take around 30 minutes.

After the bell tower tour, you can view inside the Grade II listed funeral chapel to be found just next door in Loughton Cemetery. This building with many of its original features dates from the late 19th century. You can also tour the numerous commonwealth war graves and take a tree trail around the grounds.

On Sunday 9 September from 10am – 4pm there will be a Classic Car Display in the Smarts Lane car park with refreshments served on Standard Green. Donations will be welcome to raise valuable funds for Addenbrooke's Hospital and Help for Heroes.

Heritage Open Days is not just about opening buildings; the programme also includes many activities that bring to life the stories and traditions that make places, communities and neighbourhoods so special. For further information visit <http://www.heritageopendays.org.uk/>



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Loughton Town Council

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Deputy Town Mayor: Cllr Stella Murphy

Town Clerk: Enid K Walsh

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Committee membership

C Chairman

VC Vice Chairman

RESOURCES & GENERAL SERVICES

C S Pewsey

VC J Jennings

J Jogia

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 K Latchford

P Abraham

T Cochrane

C Davies

T Downing

S Murphy

RECREATION

C D Wixley

VC A Omer

R Brookes

B Cohen

J Jogia

S Murray

M Stubbings

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Contacting us

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

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Town Council Meetings

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

2018

| | | |
|-------------|----|------------------------------|
| Sept | 3 | Planning & Licensing |
| | 12 | Environment & Heritage |
| | 17 | Planning & Licensing |
| Oct | 1 | Planning & Licensing |
| | 10 | Resources & General Services |
| | 15 | Planning & Licensing |
| | 17 | Council |
| | 29 | Planning & Licensing |
| Nov | 7 | Recreation |
| | 12 | Planning & Licensing |
| | 14 | Environment & Heritage |
| | 26 | Planning & Licensing |

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

News round-up



■ **MERCHANT NAVY DAY:** The Council will fly the Red Ensign flag from Monday 3 September 2018 for a week. This event aims to raise public awareness of our reliance on seafarers and

shipping. We honour the brave men and women who kept our 'island nation' afloat during both World Wars, and celebrate our modern-day merchant seafarers who are responsible for 95% of the UK's imports – half the food we eat, plenty of the fuel we burn and virtually all the products and goods we take for granted!

■ TRAPS HILL PLAY AREA:

Following the damage to the trampoline that would have cost over £1,700



to repair, the council consulted with the Loughton Mums Group on a choice of a new piece of equipment. The new springy seesaw is already proving popular with the children.

■ **A NEW BUS SHELTER** has been installed in the lower part of Traps Hill outside the Loughton Cricket Club at a cost of £4,436. This is the fourth shelter provided by the town council and joins those in Borders Lane and Jessel Drive.

■ GRANTS FOR COMMUNITY GROUPS:

Could you use £5,000 to help improve the health and wellbeing of the district's residents? Apply now for a grant for projects to improve facilities, such as equipment purchase, capital projects and new initiatives. These are available to local voluntary and community groups, sports clubs, arts and culture groups, trusts, social enterprises and community interest groups. For full details visit www.eppingforestdc.gov.uk/grantaid or call 01992 564096.

■ **CRATE:** Visit this innovative business start-up centre in the middle of the Oakwood Hill Industrial Estate, created from upcycled shipping containers. You'll find a range of service/destination businesses. The owners, Grangewood Investments, are keen to offer free space to local charities/groups wishing to hold weekend fairs or events. For more details contact Lorraine Gibson on 020 8508 4200.



New town mayor

AT THE annual council meeting in May 2018, Cllr Stephen Murray was elected unanimously as the town mayor for 2018/19. Cllr Chris Pond, in his nomination speech, referred to the inaugural meeting of the then Loughton Parish Council held on 8 May 1996 in the Lopping Hall. At that meeting, Cllr Murray had been honoured to be elected as the first chairman of the new council; his obvious leadership skills and experience as a teacher made him the ideal candidate. These qualities will continue to serve him well as our town mayor for the forthcoming year.



months as many community groups, schools, businesses and volunteers as possible that make Loughton such a great place to live and work. I also intend to speak out for Loughton about the key local issues such as the threats to Jessel Green and local bus services, and the future of Epping Forest College and our retail centres."

Members also paid tribute to the work of outgoing mayor, Cllr Philip Abraham, commenting that, with his close connections

with Kerala, he had raised the profile of the town internationally. Local organisations had remarked on his genuine warmth and the way he performed his duties with good humour and enthusiasm. The town council owed Philip a great deal for the exemplary way in which he had discharged his duties.

The new town mayor congratulated Cllr Stella Murphy on her appointment as deputy town mayor. Stella first joined the Council in 2016 to represent The Broadway ward. In nominating her, Cllr Chris Pond described Stella as very personable and business-like, an experienced charity worker for the NSPCC who would be ideal in this role.

After his election, Stephen thanked members for electing him and said "I regard this as a great honour and I will certainly endeavour to carry out my civic responsibilities to the very best of my abilities. There are some hard acts to follow – not least Cllr Phillip Abraham who, in my view, has had an outstanding year as our town mayor. I have lived in our wonderful town for very nearly 60 years and chose to pursue my teaching career in Loughton schools. I have also had the privilege of serving our town as an elected councillor for 36 years so I think I can safely say I know our town relatively well. I am really looking forward to meeting in the next 12

Epping ReUse



JANET WHITEHOUSE, Trustee, writes that Epping Forest ReUse were delighted to welcome Cllr Philip Abraham, 2017/18 mayor, in April when he presented tools and other equipment funded by the town council.

EFRU, an Epping-based charity, helps people in need by providing furniture and household appliances. Agencies such as social services, women's refuges, hospitals and homeless centres refer clients to EFRU. Clients are given vouchers enabling those in exceptional need to get furniture and other goods for free. People on income-related benefits are given discounts on the cost of furniture.

Imagine being given a tenancy and moving-in date to a flat but having no bed, cooker, fridge, chair, bedding, cups, plates, cutlery, etc. This is the reality for some and EFRU helps. We have wonderful thank you letters saying what a difference EFRU has made to people's lives. With only a few, mainly part-time, paid staff we rely on volunteers to deliver the services, but financial support would be welcome via donations or fund-raising events.

<http://www.eppingreuse.org.uk/>

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Jessel Green Fun Day

What a scorcher! 3,000 people had fun on this popular and much loved open space.



Left: Town Mayor, Stephen Murray congratulated Geraldine (L) and her team. They raised over £350 for Breast Cancer Now. Other charities to benefit from the day included Chigwell Riding Trust, Epping Forest Foodbank, Oak View School and St Clare Hospice.

Below: Loughton's Pop Choir entertained the crowds. They rehearse at Loughton Baptist Church every Tuesday and welcome new members.



Christmas competitions 2018



AS AUTUMN arrives the town council launches its annual competitions.

Why not put your artistic flair to the test and design the council's official Christmas card? To enter you must have a connection to Loughton; live, work or attend school or college here – all ages welcome. There are four different age categories: infant, junior, secondary and adult; each category winner receives a £25 gift card.

Your challenge is to create an original Christmas-themed design; A5 size, portrait or landscape, colour or black/white. The format can be a photograph, drawing, picture or illuminated script. The closing date is

Wednesday 31 October 2018. Loughton Library staff will be running a special craft day on Saturday 20 October, 10am – 4pm to help you make your card – all materials provided. Competition rules and entry forms can be downloaded from the council's website www.loughton-tc.gov.uk

Loughton businesses are encouraged to decorate their windows with a Christmas-themed display to guarantee automatic entry into the 2018 Christmas Window Competition. With the new festive lighting, this will really help bring the magic of Christmas to shoppers and help brighten the town. Judging commences on 30 November.

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



EFYC 10th Anniversary

EPPING FOREST YOUTH COUNCIL marked its 10th anniversary in July 2018 with an evening reception at the Houses of Parliament, hosted by the Right Honourable Dame Eleanor Laing, MP. Over 80 youth councillors, both past and present, were there and eager to share their experiences.

Through the youth council, local young people are given a democratic voice and can influence the decisions that directly affect their lives. They have developed and delivered a range of project work covering themes such as; promotion of activities for young people, personal safety awareness, drugs education, youth volunteering and positive mental health campaigns in

consultation with their peers.

Encouraging and inspiring speeches were given by Dame Eleanor Laing, the Chairman of Epping Forest District Council, Cllr Richard Bassett and other district councillors, the High Sheriff of Essex, Bryan Burrough, Roger Hirst, Essex Police, Fire and Crime Commissioner and 5 current and past youth councillors; Ellis Spicer, Jaymey McIvor, Matthew Tinker, Adam Freeman and Florence New.

If you would like more information about the work of the youth council or would like to get in touch with a youth councillor about an issue please contact Diane Gilson-Butler on 01992 564365 / efyc@eppingforestdc.gov.uk

'50 up' for National Trust Woodford & District Centre

WOODFORD AND DISTRICT NATIONAL TRUST CENTRE has celebrated its 50th anniversary this year and would be pleased to welcome new members and visitors to their meetings and outings planned to begin again in September.

The local Centre provides an ideal opportunity for people to listen to interesting talks held at local venues. Visits to many varied sites in and around London and the Home Counties and even an annual holiday are arranged too.

The Centre has a growing membership - the talks, visits and activities have helped, since started, to raise over £200,000 for many NT projects. This year tables and chairs were bought for Flatford Mill and outdoor seating benches for Hatfield Forest...so please come along - you will be very welcome. (See 'Dates for the Diary' pages 8 & 9).



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Dates for the diary

■ **Running until 22 Dec Artist in War and Peace** Exhibition of local artist, Walter Spradbery (1889 – 1969). Exhibition also marks centenary of the end of the First World War when Spradbery served in the Royal Army Medical Corps. Epping Forest District Museum, 39 – 41 Sun Street, Waltham Abbey, EN9 1EL. Full details of all events to commemorate exhibition visit www.eppingforestdc.gov.uk/museum

■ **2 Sept 10.15am Zimbabwe Today** a talk by Lindsey Brown, Member and Elder of the United Reformed Church, Epping, with links to a sister Church in Mbarara, Zimbabwe. English-Speaking Union, Murray Hall, Borders Lane (see P14)

■ **4 Sept 1.45-4pm Flat Irons** a talk by Ken Faulkner. New Vistas, Loughton Club, Station Road (see P14)

■ **7 Sept-14 Dec 10.30am-12noon (during term time) Museum Movers** Fun, informal dance sessions to promote health & well-being. Seated or standing versions. All abilities welcome. 55+ yrs £2.50 inc. tea & coffee No need to book. Epping Forest District Museum (as before)

■ **8 Sept 1.30-3.30pm Bell Tower Tours** St John the Baptist Church, Church Lane, IG10 1PD (Heritage Open Day)

■ **9 Sept 10am-4pm Loughton Classic Car Display** Smarts Lane Car Park, IG10 4BG (Heritage Open Day)

■ **12 Sept 2.30pm Dig for Victory** a talk by Russell Bowes. Woodford and District National Trust, All Saints Church Hall, Woodford Green. All enquiries: dickspeller@talktalk.net / 07774 164407

■ **18 Sept 1.45-4pm Antiques – my collection** a talk by Brian Bellins. New Vistas, Loughton Club, Station Road (see P14)

■ **24 Sept 2-4pm Gardening - Appreciation: History of herb, physic and botanic gardens** Andrew Sankey Discover some of Britain's finest botanic gardens. WEA, Loughton Bowls Club, Eleven Acre Rise, Loughton, IG10 1AN. £80: 10 sessions. Contact: Pat Dale T: 020 8281 1536 E: mrsdale@gmail.com Ref: C2225639



■ **25 Sept 10am-12noon History: The British Raj Early Period** Gregor Davey Examine Anglo-Indian relations from 1603 to 1857. WEA, Loughton Bowls Club (as above) £80: 10 sessions Contact: as above Ref: C2225642

■ **25 Sept 10-11am or 11am-12noon Hickory Dickory Dock** Learn a nursery rhyme, share a story, make a craft. Epping Forest District Museum Booking essential, call 01992 716882 / email museum@eppingforestdc.gov.uk Toddlers must be accompanied by responsible adult. Up to 2 toddlers per adult.

■ **26 Sept 10am-12noon Nature, Ecology & Permaculture: Why Woodlands Matter** Patricia Moxey. WEA, Jack Siley Pavilion, 1 Tidys Lane, Off Palmers Hill, Epping, CM16 6SP £80: 10 sessions Contact: as above Ref: C2225673

■ **27 Sept 10am-12:15pm Literature: Ovid - works and legacy** Literature: Ovid - works and legacy Adrian Eckersley. WEA, Epping United Reform Church, Lindsey Street, Epping, CM16 6RB £180: 20 sessions Note: This course runs over the Autumn and Spring terms. Spring start date: 10/01/19. Contact: as above Ref: C2225645

■ **2 Oct 1.45-4pm An Underground Guide to Historical London** a talk by Nick Dobson. New Vistas, Loughton Club, Station Road (see P14)

■ **4 Oct 10.15am "Collecting Faces"** a talk by Kate Poole based on her time at the National Portrait Gallery. English-Speaking Union, Murray Hall, Borders Lane (see P14)

■ **11 Oct 8pm The Forest Charter of 1217 and the Royal Forest of Essex** Richard Morris, the origins of the Charter and its impact on the everyday life of people living within the boundaries of a Royal Forest. LDHS, Loughton Methodist Church, 260 High Road (see p13)

■ **16 Oct 10-11am or 11am-12noon Polly Put the Kettle On** Learn a nursery rhyme, share a story, make a craft. Epping Forest District Museum Booking essential, call 01992 716882 / email museum@eppingforestdc.gov.uk Toddlers must be accompanied by responsible adult. Up to 2 toddlers per adult.

■ **16 Oct 10.30am 'Gunpowder on the Lea'** a talk by Richard Thomas. Woodford and District National Trust, the Memorial Hall, South Woodford. Enquiries: dickspeller@talktalk.net / 07774 164407

■ **16 Oct 1.45-4pm Local Women of Note** a talk by Lynn Haseldine-Jones. New Vistas, Loughton Club, Station Road (see P14)

■ **22 & 24 Oct 11am-3pm Clay Day** Come and play with clay. Build a pot, a boat, whatever you like. In-house artist on-hand for help and advice. This is a messy activity, old clothes or apron to be worn. Children under 8 yrs to be accompanied by responsible adult. Epping Forest District Museum (details as before).

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E-mail: aandjopticians@msn.com

■ **23 Oct 12noon-3pm First World War Postcards** Fun family art and craft activities to make and take home. Epping Forest District Museum (details as before). All ages welcome (most suitable 5 - 11 yrs), £1.50 p/child No need to book. Children to be accompanied by responsible adult.



■ **23 Oct-18 Dec Cards for good causes Christmas sale** Loughton Library, Traps Hill, Loughton, IG10 1HD
 ■ **27 Oct-24 Nov Loughton Camera Club Annual Exhibition** Loughton Library, Traps Hill during normal opening hours (9am-5pm Mon-Sat). Free entry

■ **1 Nov 10.15am "Beatrix Potter's Secret Code Breaker"** a talk by Andrew Wiltshire who devoted many years to breaking the code deciphering Beatrix Potter's notes. English-Speaking Union, Murray Hall, Borders Lane (see P14)

■ **1-3 Nov 7.30pm (Sat matinee 3pm) Jekyll and Hyde - the musical**, Kenneth More Theatre. Performed by award winning Loughton based group Forest Musical Theatre Company. Tickets can be booked at <http://www.kmtheatre.co.uk/> or by calling 020 8553 4466

■ **1-3 Nov 8pm Boeing Boeing by Marc Camoletti** Farce written by the French playwright. Loughton Amateur Dramatic Society, Lopping Hall, High Road, IG10 4LF. Tickets £10 Call 07552 736110 / www.lads.org.uk

■ **3 Nov 7pm Firework Display** St John the Baptist Church, Church Lane, Loughton, IG10 1PD, (doors open 6pm, Bonfire 6.45pm) BBQ, Drinks, Snacks, Light up. Adults £6, Children £3, Family £15 (2 adults + 3 children)

■ **3 Nov 7.30pm Woodford Symphony Orchestra Autumn Concert** Great Hall, Roding Valley High School, Alderton Hill, Loughton, IG10 3JA Tickets: £10; £8 concessions, under 16s free - at the door or 020 8924 9370 or WSOOrchestra.org.uk

■ **6 Nov 1.45-4pm Behind Closed Doors - the life of a Prison Officer** a talk by Pauline Martindale, New Vistas, Loughton Club, Station Road (see P14)

■ **8 Nov 8pm The Road to the Eleventh of November: How the First World War Ended** a talk by Prof David Stevenson, international expert on the Great War. LDHS, Loughton Methodist Church, 260 High Road (see p13)

■ **11 Nov 11.50am Armistice Day Remembrance Parade** Royal British Legion march to the War Memorial on Kings Green followed by poppy wreath laying service at 12.15pm



■ **13 Nov 10-11am or 11am-12noon The Grand Old Duke of York** Learn a nursery rhyme, share a story, make a craft. Epping Forest District Museum Booking essential, call 01992 716882 / email museum@eppingforestdc.gov.uk Toddlers must be accompanied by responsible adult. Up to 2 toddlers per adult.

■ **14 Nov 2.30pm 'Behind the scenes of the Battle of Britain.'** Woodford and District National Trust, All Saints Church Hall, Woodford Green. All enquiries to dickspeller@talktalk.net / or 07774 164407

■ **20 Nov 1.45-4pm Discovering My Gift as a Medium** a talk by Judith Burl. New Vistas, Loughton Club, Station Road (see P14)

■ **29 Nov Cockney Great War Mess Hall Merry Christmas Show with Museum visit and Festive High Tea** City & Village Tours £44 p/person. Pick up: Morrison's or Homebase. Book/pay at www.eppingforestdc.gov.uk/foreveractive or 01992 564226 (Mon-Fri 10am-4pm). For more info Contact Karen Murray, tel 01992 564222 murray@eppingforestdc.gov.uk



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

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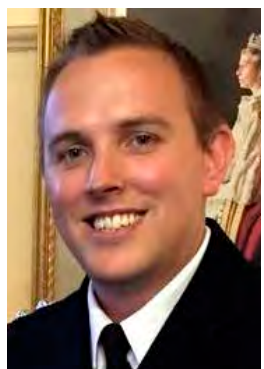
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Dear resident...

by Lewis Basford, District Commander, Essex Police



WE HAVE now entered the summer months and the team have a number of events planned where you can meet them and discuss local issues. These include "Coffee with Cops" and pop-up events using our new 4x4 vehicle and pop up tent. These events provide an

opportunity to speak with residents and offer crime prevention advice. You can find details of our events at <https://www.essex.police.uk/your-area/brentwood-epping-forest/>

The good news is that the Facebook page is now running with daily posts from the team. This will include details of the arrests of local offenders, local crime issues as well as court results and crime prevention advice. I will be hosting live Facebook question and answer sessions on the page. Please 'follow' the page at <https://en-gb.facebook.com/EPBrentwoodandEppingForest/>

I'm pleased to say that the additional officers funded by Epping Forest District Council are now in the community and working alongside the Community Safety Team on a number of initiatives and pro-active patrols. The team based at the District Council offices in Epping will be looking to target the most persistent issues effecting the local community. You can follow the team's work on twitter by following **@EFDC_Police**. This team will work with our existing community policing team to deliver the best possible visibility and engagement.

The force officially launched its summer policing campaign for Essex, and is urging everyone to come together to prevent harm to our communities. The operation will gather teams from across the force to deal with the increase in demand which comes with the summertime.

People will see an increase in patrols and unpredictable road checks, while weekend deployments in various parts of Epping Forest will tackle those intent on doing our community harm. Our summer operation will look to enforce the intelligence we are given by residents whilst also increasing our visibility.

The team remain committed to doing the very best for residents. You can report information to us via the 'do it online' section of the Essex Police website or anonymously via Crimestoppers.

Remember you can contact the team via email where officers in the community hub review emails sent during the period of Monday to Friday.

To find out what is happening in your neighbourhood and all about your local community policing team visit www.essex.police.uk/yourarea and enter your postcode.

South Loughton Cricket Club – 80 not out!



THE CLUB based on the Roding Valley Recreation Ground is celebrating its 80th anniversary this year. To mark the occasion, they have made significant enhancements to the pavilion frontage, with a new patio and attractive picket fencing. The project was part-funded by the England & Wales Cricket Board and by Loughton Town Council's small grants scheme.

Founded in 1938 by a group of school friends, the club has seen fortunes fluctuate over the years, including two votes for dissolution in the 1950s and early '60s – both thankfully defeated. Since then, the club has developed to its current position of strength, each week fielding three adult teams and five junior sides in age groups from under-9 to under-15. "We are fortunate to have a really committed leadership team of experienced club officials, highly qualified and capable coaches and hard-working team managers," says chairman Andrew Shields.

The adult Saturday teams play in the Herts & Essex League, with the 1st XI competing well in the top division, while South Loughton is one of the few local clubs still playing social cricket on Sunday afternoons.

The club's junior section continues to go from strength to strength, with around 100 boys and girls training and playing regularly. "We offer an introduction to the sport through our All-Stars and FUNdamentals programmes for younger children, while our age group teams are among the best in

the area," says Mr Shields.

"We are the reigning Metropolitan Essex under-11 champions and have more than a dozen boys and girls in Essex or London Schools squads. That said, we are just as happy to welcome someone who has never played before, coach them and see them flourish. If we were a school, we would be near the top of the league table for 'value added'."

The club places great importance on its volunteer culture and community involvement. "We are a group of people with a shared love of cricket and a determination to see the sport thrive in our town," Mr Shields adds. "This summer we hosted the West Essex School Sport Partnership Primary Kwik Cricket finals, and Roding Valley High School use our ground for matches. We have a strong connection with a local Scout Group, and even hosted a game between local consultants and junior doctors."

Membership of the club is open to all, and fees are benchmarked to remain affordable; in return, everyone is expected to do their bit to help. "Ever since the 1930s," says Mr Shields, "we have operated on one key principle: we are a club of members, not just players. Providing we always keep this in mind, we can look forward to the next 80 years with great optimism."

For more information about the club, email cricketshields@gmail.com or visit www.southloughton.org.uk

Volunteers needed!

WE ARE looking for female adult volunteers to help with our Rainbows, Brownies or Guides. Many of our units are struggling to stay open due to a lack of volunteers. We need people who can help at weekly meetings to give girls a space where they can build their confidence, raise their aspirations and have fantastic fun.

In return, we offer everyone support, specialised training and the opportunity to develop new skills, meet new people and have fun! Many women have found this experience invaluable to include on their CV when applying



for further education placements, and on job applications.

Whether you were in the Brownies or Guides when you were young, or you're new to guiding - we'd love you to come and join us!

You can find more information on the

Girlguiding website: www.girlguiding.org.uk/get-involved/become-a-volunteer

If you are interested in volunteering, or want to know more, you can call us on 07929 487964 / girlguidinginloughton@virginmedia.com

Defibrillators



IN RECENT months the installation of three new defibrillators has been completed in The Broadway, outside the Loughton Club in Station Road and by the entrance to the Morrisons store in the High Road. In addition, a portable defibrillator has also been made available by the Parkrun group at the Roding Valley Recreation Ground changing rooms for use at events.

This equipment has been provided under a managed solution adoption agreement with the Community Heartbeat Trust who will provide service, full insurance and post event trauma

counselling. The Town Council will be responsible for weekly visual inspections that must be reported on line, annual electrical safety checks and consumables.

This project, costing £5,800, has been jointly funded by Loughton Town Council, the Broadway Town Centre Partnership and Broadway Traders, Loughton 1st, the Loughton, Chigwell & Buckhurst Hill Rotary Club and Epping Forest District Council.

If you come across someone who has had a cardiac arrest, it's vital to call 999 and start CPR (cardiopulmonary resuscitation). This involves giving someone a combination of chest compressions and rescue breaths to keep their heart and circulation going. The emergency services operator will direct you to a nearby defibrillator and give you a code to access the equipment. They are easy to use and give full instructions. First aid training courses are available locally but take the time to visit <https://tinyurl.com/y9eueapd> to find out how to do CPR while you wait for professional help to arrive and help save a life.

Volunteers wanted

Epping Forest District

citizens advice

CAN YOU GIVE YOUR TIME AND HELP YOUR LOCAL COMMUNITY?

We are looking for people from all walks of life who would like to help the local community. We offer many different roles ranging from admin, receptionist, fundraiser, adviser, Information assistant, events organiser, research and campaign assistants.

We provide advice and information through a variety of channels – face to face, by telephone and online. We cover a wide range of subjects such as benefits, housing, debt, relationships, employment, consumer, neighbourhood disputes, and much more. Most of the work is done by volunteers who are fully and expertly trained to become qualified advisers. We have offices in Loughton, Epping and Waltham Abbey with two outreaches in Ongar and Limes Farm.

We are looking for people who have an interest in helping local residents solve their problems. No experience is necessary as full training is provided. We just require a commitment of at least one to two days per week depending on the role.

For further information and to apply go online to download an application form www.citizensadviceEFD.org.uk or email training@efcab.cabnet.org.uk

Epping Forest College Upcoming Open Events



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Regular activities

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

ALLOTMENTS

Loughton Potato Ground, Baldwins Hill.
www.loughtonpotatoground.com

Roding Road Allotment & Leisure Gardens Association, Roding Road.
www.rodinroadallotments.co.uk/

Willingale Road Allotments, Loughton Town Council 020 8508 4200

ANIMAL TRAINING

Epping Green Agility Club (for dogs), Sunnyside Stables, Epping Green. 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

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

EDUCATION

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-eppling/>

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, 10am-12 noon, St Mary's Church, 201 High Rd & Sats, 10.30am-12 noon, Debden Library, Epping Forest College, Borders Lane, 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

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.filmiloughton.com

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 Astrokysds (6-14 yrs). Thurs 8-10pm. Brian Morton 01992 815804 www.las-astro.org.uk

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

Loughton Bridge Club, 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. 07775 933 371 www.loughtoncameraclub.org.uk/

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 10.30am-2.30pm. Anthony Döllimore 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

Cha Cha School of Dancing Ballroom and Latin dance class 5 yrs +, Tues & Thurs 5-9pm Murray Hall, 106 Borders Lane, Emma 07970 489949

Girlguiding in Loughton Rainbows Brownies & Guides (girls aged 5 - 13yrs). Leadership opportunities available for girls & women over 14yrs. 07929 487 964 girlguidinginloughton@virginmedia.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

Accuro: 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

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

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, Epping Drama Club 7-16yrs Tues 5.45-7.45pm @ The Box, Epping, CM16 5DN 020 3086 8186 www.rbf.org.uk

Red Balloon Family, UpStage Theatre Company 7-14yrs Mon 5-7pm; 14yrs+ Mon 7-10pm @ Lopping Hall, Loughton, IG10 4LF 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

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

13 ► SOCIAL

The Buffaloes, Loughton Club, 8 Station Rd. A charitable brotherhood - members (18+). Tues & Thurs, 8.30pm. mldjavorsfold@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, Gilwell Park, E4. 2nd Fri. Lunch & speaker. New members welcome. Chairman Brian Cook 0208 5320227

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.loughtonrblclub.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@eppingforestdc.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 www.chig.org.uk

Colebrook Royals FC, Grange Farm Pavilion, Grange Farm Lane, Chigwell IG7 6DP. Sats & Suns 07951 820444 www.colebrookroyals.co.uk

Clubbercise 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.ehfg.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

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

Lopping Hall community hall in Loughton IG10. Events and shows, rooms to let, dance and keep fit classes, Art Centre. For more info: loppinghallmanager@gmail.com / www.loppinghall.org.uk/ 020 8508 1660

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.loughtonwadoakai.co.uk

Old Loughtonians Hockey Club All ages, beginners to elite welcome. www.oldloughtonians.co.uk 02085044010, OLHC@oldloughtonians.co.uk

Roding Valley Angling Club. New members welcome. Darren 07818 392020 / 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

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

Yoga - 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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