



Think Loughton

News from Loughton Town Council

Winter 2018/2019 No 83

Light up Loughton

THE TOWN council in partnership with St Clare Hospice is preparing to come together to celebrate the lives of family, friends and loved ones at our special 'Light Up a Life' service on Kings Green.

We meet at 4.30pm on Saturday 1 December in the foyer of the Methodist Church in the High Road for the procession to the tree, the switch on ceremony and carol service. Each light on the tree represents the life and memory of someone dear.

After the ceremony everyone is invited back to the church for hot drinks and mince pies with an opportunity to chat and share memories.

You can dedicate a light to that special person by making an entry in the online Light Up a Life Book of Remembrance. This allows you to put the name of your loved one and a short personal message into the book, and if you wish, to make an online donation to the hospice charity. The Book of Remembrance will be available at the service for viewing.

This is just one of a series of seven Light Up a Life services being held over the festive season across the district. For



Photo © St Clare Hospice, Vikki Lince

more information and to find out more about the invaluable work of the hospice visit <https://stclarehospice.org.uk/light-up-a-life/> or call 01279 773 750

Details of the other local

festivities may be found on the Dates for the Diary pages in the centrefold. These include Sing Christmas at St Mary's on Thursday 29 November and Countdown to Christmas in The Broadway on

Friday 30 November. The popular Santa 5km Fun Run is at 12 noon on Sunday 2 December. This also raises valuable funds for St Clare. Look out for full details on our noticeboards and website.



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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 Underground)	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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FOR MORE INFORMATION www.oaktreeschools.co.uk

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Clerk's Remarks



AFTER THE record breaking summer weather and a decent autumn, what will this winter bring? Hopefully not another 'beast from the east'! Please help prepare the town for the snow and ice by volunteering for our winter salt scheme. We can provide the bags of salt for use on pavements and roads

(not private property please). ECC Highway can realistically only salt the main routes so this vital work helps keep the minor roads in the hillier parts of town safer for all of us.

This winter sees a new Christmas lighting scheme in the main shopping areas with wrapped light columns and cheery motives. It's never going to look like Oxford Street, but together with the decorated shop fronts we hope there will be a lovely festive feel in the town from late November and that this encourages you to 'shop local'. Compared to some high streets we are lucky to still have an eclectic mix of stores in both the Broadway and the High Road; use them or lose them as the saying goes. It's still nicer to choose a gift in person rather than click online and wait for that delivery.

This will be my last Clerk's Remarks as I am to leave the council at the end of January 2019. May I take a few column inches to say a few thank-yous?

Firstly, and most importantly, to my hardworking staff who have supported me since I took over this role in 2008; their commitment to the town and good humour means we all enjoy coming to work and helping to make a real difference to the lives of our residents. In addition to maintaining high standards of service delivery, the varied programme of community events and activities we now offer is obviously appreciated and receives many compliments.

Secondly, thank you to the councillors for putting their trust in me and providing a

guiding hand when needed. I hope residents appreciate what a wonderful service they too provide to the town in their volunteer role.

Finally, thank you to all those wonderful local groups and charities including the churches without whom Loughton would be a much poorer place. It has been a pleasure to work with you over the last 11 years.

My successor is Mark Squire, an experienced clerk currently at Witham Town Council. I wish him well as he settles into his new role here in Loughton.

On behalf of the councillors and staff, I send you season's greetings and all best wishes for 2019.

Enid K Walsh

Town Clerk

Financial assistance



APPLICATIONS ARE now invited from local groups, charities or organisations in Loughton for grant funding during the period April 2019 – March 2020. Completed applications must be submitted by 31 December 2018 with the successful awards announced in February 2019.

This current financial year we have awarded over £32,000 in grants enabling over 25 groups to improve or maintain their services to the local community.

We've helped provide equipment for the Community First Responders, BEARS (Essex Accident Rescue Service), Epping Forest Re-Use, Ignite youth group and the Noah's Ark play group. We've supported the advice, mentoring and support services provided by the local Citizens Advice Bureau, Cruse Epping

Forest, Loughton Voluntary Care, Restore Community Centre, the Samaritans, Spark and Voluntary Action Epping Forest.

The funding has also helped sustain the work of the Associates of Epping Forest Field Centre, Epping Forest Sportability Club, GROW Garden Community, Loughton Festival, Love Loughton, New Vistas, Revitalise, the South Loughton Cricket Club and the YES Partnership.

If you are part of a local organisation delivering excellent work for the people of Loughton that requires extra financial support, download an application form from http://www.loughton-tc.gov.uk/Grant_Scheme_2591.aspx or contact Brent Smith on 020 8508 4200 for advice. Unlike many funding schemes, we support both capital projects and general running costs.

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Loughton Town Council

Town Mayor: Cllr Stephen Murray **Deputy Town Mayor:** Cllr Stella Murphy **Town Clerk:** Enid K Walsh

Councillors

ALDERTON WARD

Cllr Philip Abraham 020 8502 2925
1 Lancaster Drive
Loughton IG10 3NQ
philabraham2000@gmail.com

Cllr Adam Omer 020 8508 1821
32 Station Road
Loughton IG10 4NX
CllrAdamOmer@gmail.com

Cllr Michael Stubbings 07766 480522
70 Greenfields
Loughton IG10 3HF
mick.stubbings@hotmail.com

BROADWAY WARD

Cllr Jayna Jogia 07983 713389
70 The Drive
Loughton IG10 1HG
cllrjogia@outlook.com

Cllr John Mahoney 07909 517145
Flat, Lopping Hall, 189 High Road
Loughton IG10 4LF
Johnmahoneyig10@gmail.com

Cllr Stella Murphy 020 8508 2794
6 High View Close
Loughton IG10 4EG
stella.murphy6@icloud.com

FAIRMEAD WARD

Cllr Carol Davies 07817 230372
13 Colebrook Gardens
Loughton IG10 2HS
carolchristmas@yahoo.com

Cllr Kevin Latchford 020 8502 4568
24 Colebrook Gardens
Loughton IG10 2HS
k.latchford1@ntlworld.com

Cllr Tom Owen 020 8508 6916
15 Lower Park Road
Loughton IG10 4NB
to4labour@hotmail.co.uk

FOREST WARD

Cllr Jill Angold-Stephens 020 8508 4200
89 Lower Park Road
Loughton IG10 4NE
jill@angold-stephens.co.uk

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

Cllr Trevor Downing 020 8508 8877
207 Smarts Lane
Loughton IG10 4BW
downingtj1@gmail.com

RODING WARD

Cllr Rose Brookes 020 8502 5981
3 Lower Park Road
Loughton IG10 4NB
vietrose02@aol.com

Cllr Mark Dalton 07719 736901
9 Highland Avenue
Loughton IG10 3AJ
dalton.m.k@btinternet.com

Cllr Stephen Murray 020 8508 7548
1 Avondale Court, Avondale Drive
Loughton IG10 3BT
stephen.w.murray@hotmail.com

Cllr David Wixley 020 8418 9284
2 Copper Beech Court, Goldings Road
Loughton IG10 2QH
david.wixley198@btinternet.com

ST JOHN'S WARD

Cllr Stephen Pewsey 020 8279 1858
59 Wroths Path
Loughton IG10 1SH
pewsey.stephen@gmail.com

Cllr Caroline Pond 020 8508 2361
Forest Villa, 7 Staples Road
Loughton IG10 1HP
caroline_pond@hotmail.com

Cllr Chris Pond 020 8508 2361
Forest Villa, 7 Staples Road
Loughton IG10 1HP
loughton_ponds@hotmail.com

ST MARY'S WARD

Cllr Philip Beales 020 8418 0459
65 Harwater Drive
Loughton IG10 1LP
philip.beales@loughtonresidents.co.uk

Cllr Barbara Cohen 020 8502 3242
61 Traps Hill
Loughton IG10 1TD
bcohen61@hotmail.com

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

Committee membership

C Chairman V/C Vice Chairman

RESOURCES & GENERAL SERVICES

C S Pewsey
V/C J Jennings
J Jogia
J Mahoney
S Murray
A Omer

ENVIRONMENT & HERITAGE

C C C Pond
V/C C P Pond
P Beales
T Cochrane
C Davies
T Owen
S Pewsey

PLANNING & LICENSING

C J Angold-Stephens
V/C K Latchford
P Abraham
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C Davies
T Downing
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RECREATION

C D Wixley
V/C 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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Design and layout by **Scott Dryden Graphic Design** 8 St Michaels Road, Chelmsford, Essex CM2 9PT **T** 01245 606042 **E** mail@scottdryden.co.uk **W** www.scottdryden.co.uk

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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		
Dec	5	Resources & General Services
	10	Planning & Licensing
	12	Council
2019		
Jan	7	Planning & Licensing
	9	Resources & General Services (Budgets 7pm) Recreation
	16	Council (Budgets) 7pm, Environment & Heritage
	21	Planning & Licensing
Feb	4	Planning & Licensing
	6	Resources & General Services
	13	Council
	18	Planning & Licensing

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

News round-up



■ WHY NOT BUY YOUR CHARITY

Christmas cards this year in Loughton Library, Traps Hill. Over 25 different charities will be represented so there is bound to be something to suit everyone. The shop will be open on Mondays-Saturdays from 10.00-16.00 until 18 December. Cash or cheque payments only please.

■ **BUY WITH CONFIDENCE** is a scheme approved by Essex Trading Standard which aims to increase consumer protection and confidence. You'll find recommendations for all kinds of reputable businesses that have been vetted. <https://www.buywithconfidence.gov.uk/>



■ DO YOU LOOK AFTER A RELATIVE

or friend who could not manage without your support? Then you are a carer. Carers First offers friendly advice and support and run a wide range of groups and activities for carers in Essex.

If you are looking after someone else it is easy to put your own needs second, but it is important to try and maintain a balance in your life and have some time for yourself.

Activities offered include support groups and workshops, and trips out.

Visit www.carersfirst.org.uk/essex or call 0300 303 1555 for more information.

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



■ **PLAN YOUR JOURNEY** by accessing the interactive bus and train map at <http://www.essexbus.info/> you can search for bus services and bus stops, download timetables and see the route your service takes.

■ CHRISTMAS & NEW YEAR OPENING

TIMES: The town council offices in the Library will close on Friday 21 December at 4.30pm, reopening as normal from 9.30am on Thursday 27 December. They will also be closed on Tuesday 1 January 2019 with normal opening hours, 9.30am – 4.30pm, resuming on Wednesday 2 January 2019.

Policing and community safety

THE PAST year has seen a worrying increase in crime levels in the district and particularly in reported incidents involving violence and antisocial behaviour. Residents expressed their anger about the lack of visible policing in Loughton at well-attended public meetings in September.

Local police officers under Divisional Commander Lewis Basford, working with British Transport Police, have responded by targeting resources in known hotspot areas. The district council now funds a small team of dedicated police officers creating a community safety hub. The town council is already considering various options for providing additional support.

What can the public do to help?

Car Crime – in 2017, 89,000 vehicles were stolen in England and Wales, a 56 per cent increase over the previous year. Think about where you keep your keys; out of sight of burglars and preferably in a metal-lined container, or special 'Faraday' bag, to prevent keyless threat by criminals using sophisticated technology. This small item would make an

ideal present for friends and family.

Mobile Phone Theft – do you really have to make that call or send that text on the street? Thieves are intent on stealing your expensive phone so stay alert and aware of your surroundings. If you must make that call, look out for anyone on a bike or moped that could snatch your property. Stand close to a building or a wall so no one can come up behind you or why not use 'hands free'.

Security features will be provided on your phone – use the biometric authentication if your phone has it (finger print or facial recognition), lock your handset, or prevent a thief from restoring a phone to its factory settings from another internet device. Consider installing an anti-theft app. This can be an effective way of helping police trace your phone and identify the thief.

Know how to identify your phone if it's stolen. Find your IMEI number by dialling *#06# from your phone and keep a written note of the number; if the phone is stolen, report the number to your mobile provider to stop it being used.

Register your phone and other property at immobilise: <https://www.immobilise.com> to help police recover stolen property and combat the sale of stolen goods. More than 2,500 items on average a month registered to

the website are recovered by the police.

Remember, never confront a thief or risk your own safety for the sake of your mobile phone.

Home Security – Essex Police are encouraging residents to 'leave a light on' in their property this winter. If you leave your home without putting a light on or drawing the curtains it could be an open invitation and indication to opportunist burglars that no-one is home. The message is simple: **Get switched on – leave a light on!**

- Draw your curtains when it's dark
- Fit security lighting around your property
- Lock your gates and keep your shed secure
- Close and lock all doors and windows
- Keep keys out of sight
- Property mark your valuables (take photographs of them where appropriate).
- Think about buying an alarm

For more advice visit www.eppingforestnhw.org.uk

or why not join or start a Neighbourhood Watch in your area.

Trust your instincts, if you see anything suspicious call the police – NON-EMERGENCY CALLS 101 but in an EMERGENCY always CALL 999.

Our thanks to Colin Freeman, Neighbourhood Watch ambassador for this information.

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Community celebration

OUR CITIZENSHIP AWARD

scheme seeks to recognise those individuals who go above and beyond in the service of our local community. Nominations are now invited for the 2019 awards.

We are looking to celebrate those special people in our town who go the extra mile for their fellow citizens. This may be through long service for a voluntary organisation or local charity, good neighbourliness, running a campaign to improve community facilities or cohesion, or by an act of courage or bravery.

Any Loughton resident, Loughton employer, educational institution, group or society may submit a nomination but please do not let the nominee know at this stage.

The closing date for nominations is 31 January 2019.

For more information contact the town council or download a nomination form from the website at www.loughton-tc.gov.uk/7locsaw.pdf

2k Junior Parkrun

THE TOWN council is pleased to support these new weekly events for 4 – 14 year olds.

Meet at 9am on Sunday mornings at the Highwood Lane entrance to the Roding Valley Recreational Ground.

There's no entry fee but you'll need to pre-register before your first run at www.parkrun.org.uk/register and then don't forget to bring a printed copy of your barcode with you.

We are also providing athletics training on Saturday mornings on the all-weather pitch by the tennis courts.

Designed for children aged 4 – 12 these run from 8.45am – 10am. £3 per session, 1st session free.

Call Will Fordham on 01992 562 563 to book.



Horticultural Show and Best Allotments

THE INAUGURAL Loughton Horticultural Show held in the Murray Hall in early September was hailed a great success with classes including vegetables, fruit, cut flowers and flower arrangements, jams, preserves and chutneys, and sponge cakes.

Monies raised from the entrance fees, plant sale, raffle and donations enabled £200 to be presented to the Loughton Town Mayor's chosen charity, the Epping Forest Food Bank. At the end of the show entrants donated their fresh fruit and vegetables to the Foodbank – Claire from the charity said how much they appreciated this gesture as fresh produce is not always easy to source for the food boxes.

Our thanks go to all the volunteers, judges and entrants for their invaluable contributions and support; it was quite an effort to bring to fruition especially when local horticultural societies are

struggling! We particularly thank Pat and John from the Buckhurst Hill Horticultural Society for their advice and judges Jeff Barbar and Ray How from the National Allotment Society, Linda Neat from the National Association of Flower Arrangement Societies, Stella Murphy and Penny Llewelyn-Smith.

We also thank Matthews Plants for providing a selection of plants to sell for charity and Grangewood Investments, owner of the Crate business centre in the Oakwood Hill Industrial Estate, for their generous donation.

The show was followed by the presentation of the 2018 Best Allotment awards by Deputy Town Mayor, Stella Murphy. Congratulations to Lesley Ford from the Roding Road Allotments, the overall winner. The judges from the National Allotment Society commented on her extremely attractive plot, with a great variety

of features and produce. The Best Newcomer award went to Amy Tang, also from the Roding Road site. Her plot already showed excellent weed control and good use of the whole area.

Brian Smith from the Loughton Potato Ground and Theresa Witham from the Willingale Road Allotments received Site Winner awards; Keith Thornhill, from the Loughton Potato Ground, and Louis Le Grange, from Willingale Road Allotments also received Best Site Newcomer awards.

There are a few vacancies at the local allotment sites. Contact Pippa Bryce on 020 8508 4200 for information.

Photos clockwise from top: Allotment award winners with Deputy Town Mayor, Stella Murphy
Entries in the Fruit Class
Annabelle's winning garden
Tom and his marrows



Blue heritage plaque

LOUGHTON'S HIDDEN heritage is celebrated through the town council's blue plaque scheme.

The latest plaque, the 40th to be unveiled, is in Staples Road and records the site of the Oriolet Fruitarian Hospital and its Director, Dr Josiah Oldfield.

Whilst studying law Dr Oldfield shared an apartment with Mahatma Mohandas K Gandhi. They enjoyed a shared interest in vegetarianism and in 1888 joined the London Vegetarian Society, of which Dr Arnold Hill was president.

In 1895 the Oriolet Hospital and Convalescent Home was opened in Loughton by Dr Hill, as a treatment centre for sick vegetarians. Dr Oldfield, who had taken up a second career as a doctor, was made its warden.

Surgical, medical and convalescent cases were admitted without payment or letters of referral. Those suffering from early cancers took priority for admission.



Medical records were kept as to the effect of the dietetic treatment (it was said that patients who self-referred themselves from other hospitals were cured).

During the First World War, Dr Oldfield held the rank of Lieutenant Colonel and raised and commanded a Casualty Clearing Station on the Western Front being also Mentioned in Despatches. He was invalided out of the army in 1918 and became a prolific writer on health issues related to the vegetarian and humanitarian cause.

A full list of the blue plaques in Loughton may be viewed at <https://tinyurl.com/y9ta8wjk>

Jumble Trail

LOUGHTON'S FIRST Jumble Trail took place on a Sunday in September. It was described as a "great community event" and "the most social day ever in Loughton!"

Almost 30 houses took part across the 6 road trail, selling jewellery, records, clothes and plenty of children's items. Customers were given maps to locate the stalls and encouraged to walk the trail, visiting and purchasing bargains along the way.

Organiser and local mum, Stephanie Burgess has her sights set on Jumble Trails becoming a regular feature in the Loughton calendar, with stall numbers and customers hopefully growing with each event.

In Stephanie's previous home area of south London, Jumble Trails had become hugely popular. Starting with a handful of people and growing to over 100 stalls within a couple of years. They were



often tied in with other community events like food festivals, which was the inspiration for combining Loughton's first Jumble Trail with the Farmers Market.

The next Jumble Trail is expected to take place in the spring, so keep a look out for posters and information online about how to get involved.

What's the most important thing you can do to support your family?

Writing a Will might seem like tempting fate, but it will ensure your family are taken care of at their point of greatest need.

Failing to plan for the future can have expensive and upsetting consequences if you die or are incapacitated.

At Prior Knowledge we can help you take the right steps now, to protect your home, safeguard your savings, and ensure your wishes are respected.

If you want to discuss a Will, Lasting Power of Attorney or asset protection I'm happy to visit you in your home, at a time that suits you best. There's no hard sell and no initial charges.

Call me for an appointment:

Tel: 01992 579101

Mobile: 07901 542838

Email: marcoskallou@priorknowledge.co.uk
www.wantwilladvice.co.uk



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- dances and performances



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Dates for the diary

■ **Running until 31 Dec Women in Jazz** a celebration of the past, present and future. A National Jazz Archive and Barbican Music Library exhibition, Barbican Library, Level 2, Barbican Centre, Silk Street, EC2Y 8DS www.barbican.org.uk/library

■ **22 Nov 10am Coffee with Cops** Blue Boar Deli, Market Place, Abridge, RM4 1BA. Your chance to get to know your Local Community Policing Team. Ask questions, voice concerns - tell us how we can help you.

■ **23 Nov 8pm Smithfield: Past, Present, and Future** a talk by Alec Forshaw (Open Event - no charge for non-members - come along and give us a try?) HEARS, St Michael's Church, Roding Road (see p13)

■ **29 Nov 4pm Sing Christmas Carol Concert** St Mary's Church, 201 High Road, IG10 1BB



■ **30 Nov 3.30-5.30pm, Countdown to Christmas on the Broadway**, Santa, horse & carriage rides, children's fun fair rides, entertainment, carol singing, food & craft stalls Loughton Town Council 020 8508 4200

■ **30 Nov 5-7pm Cavalcade of Light** Epping Forest District Museum, 39 - 41 Sun Street, Waltham Abbey, EN9 1EL. Free, festive fun for all ages, including light switch on, refreshments and crafts. No need to book. Children must be accompanied by a responsible adult.

■ **1 Dec 10am-4pm Crate Christmas Market** 25 different stalls (Christmas gifts, hampers, wreath making etc), food, music, raffle and a free Santa's grotto. Crate, Oakwood Hill Industrial Estate, IG10 3TZ

■ **1 Dec 12 noon-4pm Winter Wonderland** guaranteed fun festive day for all the family £6 p/child. Haven House Children's Hospice, Woodford Green, IG8 9LB www.havenhouse.org.uk/Christmas-wonderland

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

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



■ **5-8 Dec 7.45pm (2.30pm Sat Matinee) Let's Go To The Movies** Join the LOS at Lopping Hall, IG10 4LF for a night of song from some of the greatest musicals of all time. Box Office: www.ticketsource.co.uk/los or ring/text 07940 488583 For more info www.loughtonoperatic.org.uk

■ **6 Dec 10.15am "Big Cats of Africa and India"** an illustrated talk by Bob Johnson, an Associate of the Royal Photographic Society in the nature category. English-Speaking Union, Murray Hall, Borders Lane (see P14)

■ **8 Dec 11am-4pm Father Christmas** Epping Forest District Museum. All ages £6 p/child. Visit Father Christmas in his grotto and receive a gift. Children must be accompanied by a responsible adult. No need to book.

■ **8 Dec 7.30pm Christmas Concert** The Roding Players Orchestra St Mary's Church, 201 High Road, IG10 1BB.

Tickets: £8, £7 concessions, under 11s free - available on the door. Contact: shirley.fuller55@gmail.com / 07713 113384 / <http://www.rodingleplayers.co.uk>

■ **10 Dec 10.30am 'The Angel and the Cad (The last owners of Wanstead House)'** Geraldine Roberts talks about her 2015 book: the remarkable, true story, of William and Catherine Long Wellesley, last owners of Wanstead House, known as the English Versailles. Woodford and District National Trust, Memorial Hall, South Woodford. All enquiries: dickspeller@talktalk.net / or 07774 164407

■ **10 Dec 11am Coffee with Cops** Starbucks, 199 High St, Epping, CM16 4BL. Get to know your Local Community Policing Team.

■ **11 Dec 10am-12 noon Toddler Father Christmas** Epping Forest District Museum £6 p/child Most suitable 2 - 4 yrs. As well as regular rhyme, craft & story, pay a visit to the grotto and receive a special gift. Children must be accompanied by a responsible adult. Call 01992 716882 / email museum@eppingforestdtc.gov.uk

■ **13 Dec 8pm Suffragettes - Two Forward, One Back.** Carol Harris. How women fought for, lost, and finally, won the vote. LDHS, Loughton Methodist Church, 260 High Road (see p13)


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E-mail: aandjopticians@msn.com

■ **20 Dec 10am** Coffee with Cops Blue Boar Deli, Market Place, Abridge, RM4 1BA. Get to know your Local Community Policing Team.

■ **3 Jan 10.15am** "Medieval Art", back by popular request, Mark Lewis explores this subject. English-Speaking Union, Murray Hall, Borders Lane (see P14)

■ **7 Jan 2-4pm** History: Ten Britishers of Note Edward De Maunsell WEA, Loughton Bowls Club, Eleven Acre Rise, Loughton, IG10 1AN. £80: 10 sessions. Contact Pat Dale T: 020 8281 1536 E: mrsdpdale@gmail.com Ref: C2225674

■ **8 Jan 10am-12 noon** Literature: Introduction to Mythology Ben Pestell WEA, Loughton Bowls Club, (as above). £80: 10 sessions. Contact (as above) Ref: C2225647

■ **9 Jan 10am-12 noon** Nature, Ecology & Permaculture: Natural History in the Changing World Patricia Moxey WEA, Jack Siley Pavilion, 1 Tidys Lane, Off Palmers Hill, Epping, CM16 6SP. £80: 10 sessions. Contact (as above) Ref: C2225672

■ **10 Jan 8pm** Highams in Walthamstow. Georgina Green. A talk on the manorial history of Walthamstow. LDHS, Loughton Methodist Church, 260 High Road (see p13)

■ **12 Jan-16 Mar** Snapping the Stiletto: 100 years of Change Epping Forest District Museum. Exhibition exploring inspirational stories of Essex women, including 100 years since women given the vote and 50 years since a change to women's working rights. Visit www.snappingthestiletto.com

■ **15 Jan 10-11am or 11am-12 noon** Humpty Dumpty nursery rhymes, stories, crafts. Epping Forest District Museum, 2 - 4 years, £1.50 p/child. Booking essential: 01992 716882 / email museum@eppingforestdc.gov.uk Toddlers must be accompanied by a responsible adult. Up to two toddlers per adult

■ **16 Jan 2.30pm** 'The Musicals' by Tony Earle Woodford and District National Trust, All Saints Church Hall, Woodford Green. All enquiries: dickspeller@talktalk.net /or 07774 164407



■ **17-19 Jan 8pm** The Lion in Winter by James Goldman. Combining keen historical and psychological insight with a caustic humour - examining family strife and sibling rivalry, as relevant to the twenty-first century as the twelfth. A presentation by LADS, Lopping Hall, IG10 4LF. Tickets £10 Call 07552 736110 or visit www.lads.org.uk

■ **25 Jan 8pm** Ludlow: A Medieval Planned Town talk by David Stevenson £2.50 non-members HEARS, St Michael's Church, Roding Road (see p13)

■ **7 Feb 10.15am** The Churches Conservation Trust Megan Mitchell talks about some 350 Churches, all of which are listed buildings and remain consecrated. English-Speaking Union, Murray Hall, Borders Lane (see P14)

■ **12 Feb 10-11am or 11am-12 noon** Pancake Tuesday Learn a nursery rhyme, share a story, make a craft. Epping Forest District Museum, 2 - 4 years, £1.50 per child. Booking essential: 01992 716882 / email museum@eppingforestdc.gov.uk Toddlers must be accompanied by a responsible adult. Up to two toddlers per adult

■ **12 Feb 10.30am** 'John Constable' by Jef Page Woodford and District National Trust, Memorial Hall, South Woodford. All enquiries to dickspeller@talktalk.net / or 07774 164407

■ **14 Feb 8pm** The David Wilkinson Memorial Lecture: 'Loughton Aerodrome' in the 1930s - research into the site's history. Alan Simpson. LDHS, Loughton Methodist Church, 260 High Road (see p13.)

■ **16 Feb 10.30am-12.30pm** Be an Artist - Casting Workshop Epping Forest District Museum. Taking you through the process of casting. £10, 8+ yrs Booking essential. Booking opens 7 January www.eppingforestdc.gov.uk/bookings or call 01992 564226 (Mon - Fri 10am-4pm)

■ **19 Feb 12 noon-3pm** Fabulous Fashion Paper Dolls Epping Forest District Museum. All ages welcome (most suitable for 5 - 11 yrs), £1.50 p/child. Fun family art & craft activities. No need to book. Children must be accompanied by a responsible adult.

■ **22 Feb 8pm** The Architecture and Design of Social Housing: Successes and Failures a talk by Peter Harvie, £2.50 non-members HEARS, St Michael's Church, Roding Road (see p13)

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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Mobile: 07956 167764

Epping Forest Youth Council

THE YOUTH councillors' latest project raises awareness about 'gateway drugs'.

In a recent consultation, drugs were identified by young people as one of the major issues facing their generation in the district. Youth councillors took to the streets and cleaned up over 550 laughing gas canisters in car parks in Epping Forest, Traps Hill, Loughton and Cornmill Lane, Waltham Abbey.

Cllr Helen Kane, Portfolio Holder for Leisure & Community Services at EFDC said,

"It is important young people understand the serious health risks the substance can pose. Nitrous oxide can be very dangerous when misused."

Youth councillor, Nina Honey, said *"the amount of canisters we found whilst out and about is worrying and it shows laughing gas is a real issue for young people today. Through our drug awareness project we hope to highlight the risks and make young people aware of the damage they are doing."*

The Drug Awareness Campaign, includes a poster designed by youth councillor Annabelle Yaman called 'Don't Open the Gate to Gateway Drugs'. The poster is displayed on the rear of five Arriva buses that will travel across the county, passing through Buckhurst Hill, Loughton, Debden, Epping Forest, St Margaret's, Upshire and Waltham Abbey for 3 months.

Youth councillors have also surveyed over 3,000 pupils from the Epping Forest district secondary schools, they asked questions to identify:

- Young people's understanding of drugs
- What drugs they have tried
- What made them try them
- Peer pressure
- Curiosity or boredom

The findings will be released this autumn and made available to all services supporting young people.

The Home Office has found nitrous oxide (N₂O), more commonly known as laughing gas, to be the second most popular recreational drug among 16 to 24 year olds in England and Wales. Nitrous oxide is not a controlled drug, and has legitimate uses in medicine and dentistry. Under the Intoxicating Substances (Supply) Act 1985, it is illegal to sell to under 18s when the seller believes the substance may be inhaled for the purposes of intoxication.

While it is not illegal for an adult to inhale the gas, many authorities across Britain are concerned about its use.

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 564 365 / efyc@eppingforestdc.gov.uk



Epping Forest College

NEWS OF success and new developments at Epping Forest College has created a real buzz around the local area.

We offer a warm welcome to Janet Smith, who took over as Principal of the College in August 2018. Her team are dedicated to providing the highest standard of education while preparing students for successful careers in the future.

Loughton local, Jake Forecast (pictured), studied at Roding Valley High School before progressing to Epping Forest College. He chose to study Early Years, Education and Care (Educator) Level 3 as he knew that he wanted to go into teaching from an early age.

He achieved distinctions at the college and progressed to Canterbury Christ Church University this September, where he's studying BA (Hons) in Primary Education. He believes that the College provided him with many valuable opportunities outside of his studies, which set him up for a successful future. He took an active role as a Student Ambassador, which really built up his confidence and valuable skills. The college also gave him part-time work, running their social media channels – and he even became part of the Governing Board.

"I loved every moment at Epping Forest College. The tutors were very supportive and encouraging and made the lessons fun, interactive and engaging."

New principal Janet Smith is committed to getting the right student on the right course, explaining *"this careful placement at the start of a student's journey with us makes sure that they understand the dedication to their study that they will need to succeed. My priority is to instil high expectations and standards for work and behaviour inside and outside of the classroom and create a positive college environment for all."*

Working with local and regional companies to make sure that skills are a match for students' future careers is a big part of life at Epping Forest College. This is one of the reasons that



such a high number of students go straight into work after completing their courses. Last year alone, 100% of their AAT and legal secretary students went on to work in great companies – including magic circle law firms (5 UK-based firms considered to be amongst the most prestigious in the world). Hair and Beauty students went on to work at Steiner Cruise Lines, construction students into companies like Wilmot Dixon, sports students got brilliant jobs at Tottenham Hotspur Football Club and Nuffield Health Club – while 7 out of 11 tourism students were offered jobs at Swissport.

Janet commented that *"providing students with excellent links to employers gives them a real opportunity to get a head start. Not only do many go on to be offered work placements, but a large number secure full time employment with the companies. I'm looking forward to continuing this work, to ensure that local people have access to great jobs."*

Epping Forest College's merger with the New City College Group on 1 August 2018, will bring positive opportunities to the people of Loughton. Being part of this larger organisation will add strength to the college's significant course offer and opportunities for students' progression.



Building design award

NOMINATIONS ARE invited for Loughton Building Design Award which aims to reward examples of good design and construction and/or sympathetic restoration.

Residents, architects, developers, building contractors and owners are all encouraged to nominate their favourite building projects

that were completed within the last two years.

The closing date for nominations is Thursday 31 January 2019.

As a town council, we continually seek to protect and enhance our town and so if there's a new development, commercial or

residential, or a refurbished property that has caught your eye and deserves recognition, visit <https://tinyurl.com/yb3sk7k2> to download a form or contact the town council for more information.

The photographs show the winners of certificates of commendation in 2018.



1 Kings Green



Crate business centre

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Epping Forest College has a huge range of courses for 16-18s as well as adults.

All courses are **FREE** for people aged 16-18 - and many are **FREE** for adults (just ask us for details when you come in)

OPEN DAYS - Your chance to find out more!

- Wednesday 21 November 4pm - 7pm
- Tuesday 5 February 4pm - 7pm
- Saturday 23 March 10am - 12noon
- Wednesday 19 June 4pm - 7pm

OUT SOON:
NEW
GUIDE
for 16-18s

For current year 11 students looking to start college in **SEPTEMBER 2019**

Epping Forest College is now part of the New City College Group.

Epping Forest College • Borders Lane • Loughton • Essex • IG10 3SA

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www.abbeyfieldriderhouse.com

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 0333 0132677
Calligraphy for beginners (adults) 07956 544262
Deafblind Club Loughton Library, Traps Hill 1st Tues, 2-4pm 0333 0132677
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 0333 0132677
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 Camera Club/Welcomes.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 0333 0132677

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 Dillmore 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. 0333 0132677
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.loughtonprobus.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.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-1pm (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 Cricket Club The Uplands, Loughton, IG10 1NQ. Mid April through to September. Children (5yrs) to adults. For info: Contact Cliff Greenhill Chairman 020-8502-2064 cliff.greenhill@btinternet.com / www.loughtoncc.hitscricket.com

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.loughtonwadoikai.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.westsexramblers.org.uk

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

Yoga - 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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I am fully insured and abide by the BACP Code of Practice. I regularly see a supervisor and attend continued professional development Seminars, (as required by BACP).

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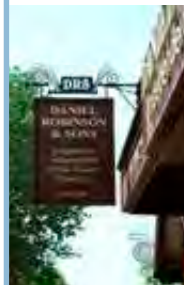
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