



Think Loughton

News from Loughton Town Council

Spring 2019 No 84

Spring into action!



THOSE NEW YEAR resolutions to improve your health and fitness may have slipped a little, but with Spring just around the corner, now's the time to get out and about and be more active!

It could be a walk in Epping Forest or the Roding Valley Nature Reserve with friends and family, a visit to the Loughton Leisure Centre with its exciting new gym facilities and swimming pool or something more organised that has the added bonus of raising funds for our local hospice.

We're helping promote St Clare's 10k run, but if that's too far for you this year, why not take part in the annual town mayor's 4km fun

run on Sunday 12 May 2019 on the Roding Valley Recreation Ground. The official start is at 10.30am, with registration open on the day from 9.30am and a pre-run warm up session at 10.15am. The 4km route is suitable for all ages and levels of fitness; you can walk, run or jog at your own pace whilst enjoying the fresh air and beautiful scenery. Category winners will each receive a trophy and all participants will be presented with a medal at the finish. Entry fees are £10 per person with family tickets available. Alternatively, you can download a sponsorship form at www.loughton-tc.gov.uk or collect

one from the town council offices in Loughton Library.

The annual St Clare 10k is taking place at the Hospice on Sunday 7 April 2019, which last year raised an amazing £8,000 for the charity. The event is ideal for regular running club members looking to boost their training, as well as those who are new to running but looking for a challenge. Please note, participants must be aged 15 years or above. There will be a tombola and cafe refreshments available after the race. For full details visit <https://stclarehospice.org.uk/event/st-clare-10k-2019/>



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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

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Clerk's Remarks



IT IS a real honour to become the new town clerk at Loughton, my home town. Having lived in the Epping Forest District all my life and in Loughton for the last thirty years, it is already familiar territory. I am pleased to be given the opportunity to give something back to the local

community.

I spent the first part of my working career in international banking and am familiar with the Central Line commute from Loughton to the City. For the last decade I have been engaged in local government work with the last eight years spent as town clerk of Witham, Essex (population c27,000), which has been a rewarding experience.

I am proud of Loughton and all that the town represents, so this is a real home coming for me. It is a vibrant town with many committed local community groups. Whilst enjoying close links to London, we are fortunate to have the Roding Valley and Epping Forest on our doorstep. My wife and I regularly walk our dog in the forest where the landscape literally changes on a daily basis.

As a local resident, I offer a big

thank you to the outgoing town clerk, Enid Walsh for all she has achieved over the last decade on behalf of Loughton. I know that she is very highly regarded and has provided excellent service not only to this 'gold standard' town council but to the wider community in general. I wish her well in all her new ventures in the West Country.

She will indeed be a hard act to follow and my immediate challenge will be to maintain the high standards already set; it is a challenge that I am ready for. I am focused and committed to doing my very best for local Loughton residents, the town council, its councillors and colleagues alike.

I look forward to working with you all.

Mark Squire
Town Clerk

Council tax

THE TOTAL precept, the amount collected from Loughton's residents in 2019/20 to be spent on local services and facilities, will be £719,000. This means the average household (Band D) will pay just £57.15 for the year or just over £1 a week.

The slight increase on this year's charge results mainly from the loss of the Local Council Tax Support Grant (£13,500). There is also a need to maintain a reasonable level of reserves in order to meet the legal costs associated with the challenge to the Local Plan. This proposes over 1,000 new homes for Loughton and seeks to build on Jessel Green.

The town council has also responded to public concerns regarding the level of policing by allocating £10,000 of new money for community safety. A further £10,000 of new money has also been included to help build up funds to refurbish the children's play area on the Roding Valley Recreation Ground.

EPFA awards



L-R: Park Warden Phil Morton,
Assistant Warden Jess Heffernan
and Groundsman Bob Clarke

IN OCTOBER 2018, we were delighted to receive a number of awards from the Essex Playing Fields Association for the high standard of maintenance at our open spaces and play areas.

At the presentation in Chelmsford, Cllr David Wixley, chairman of the council's Recreation Committee, received the following awards from Lord Petre, Patron of the EPFA, and Essex County Council Chairman, John Jowers:

■ Overall winner of the Best Kept Playing Field for the Roding Valley

Recreation Ground;

■ Gold awards for both the Newmans Lane and Westall Road play areas; and

■ Silver award for the Traps Hill play area.

These awards recognise the hard work of the council staff, its contractors and the volunteers who assist with the litter picking.

We particularly thank the Grounds Maintenance Team at Epping Forest District Council for their endeavours that keep the large Roding Valley Recreation Ground looking tidy all year round.

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Loughton Town Council

Town Mayor: Cllr Stephen Murray **Deputy Town Mayor:** Cllr Stella Murphy **Town Clerk:** Mark Squire

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 3643 7492
16 Shaftesbury
Loughton IG10 1HN
tessacochrane69@gmail.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

VC Vice Chairman

RESOURCES & GENERAL SERVICES

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

Contacting us

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

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T 020 8508 4200 **F** 020 8508 4400
E contact@loughton-tc.gov.uk
W www.loughton-tc.gov.uk

Design and layout by **Scott Dryden 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.

2019

Mar	4	Planning & Licensing
	6	Recreation
	13	Annual Town Meeting The Murray Hall, at 8pm
	18	Planning & Licensing
Apr	1	Planning & Licensing
	3	Environment & Heritage
	10	Resources & General Services
	15	Planning & Licensing
	24	Council (approval of accounts)
	29	Planning & Licensing
May	15	Annual Council

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

News round-up

■ **AT THE DECEMBER COUNCIL MEETING**, members paid tribute to the life and work of former councillor **Monty Juniper** who had died in October 2018 aged 97.

After service in WWII, Monty was an active trade unionist and his community service included being a welfare officer for the RBL, an advisor with the CAB and a JP.

In 2016, the citation for his special Lifetime Service Award from the town council read "few individuals can have had such a distinguished and sustained record of service to our town".

We send sincere condolences to his widow, Dorothy, and his family.

■ **OAKWOOD HILL SIGNAGE:** The town council has funded new road signage on the Estate to help visitors find their way around. Other recent improvements including the resurfacing of paths, have been jointly funded by Epping Forest District Council and Essex County Council.



■ **LOUGHTON, CHIGWELL & BUCKHURST HILL ROTARY:** A new memorial bench was installed in the Murray Hall garden to commemorate Ken & Violet Jones. Ken, who passed away in 2007, was Rotary Club President from 1968-9 and served as a Magistrate at Epping. Violet died in January 2016 and was a member of Inner Wheel for many years. They will both be greatly missed.



■ **PLAY IN THE PARK:** These popular free children's sessions return during the Easter school holidays, sponsored by the town council. Just turn up, there's no need to book. Join play leaders on the Roding Valley Recreation Ground on Wednesdays 10 and 17 April from 1.30pm – 3.30pm. For more details call EFDC's Community Development Team on 01992 564363.

■ **TOENAIL CUTTING:** If you're struggling to cut your toenails, Age UK offers this service locally at Kingsley Hall.

Appointments are available on Monday 8 April or Tuesday 28 May between 10am and 12 noon. To make an appointment call 01245 423333 or email toenails@ageukesssex.org.uk

Heritage plaque



THE LATEST blue plaque was unveiled in January at 29 The Crescent to celebrate the life and work of Lord Murray of Epping Forest.

Lionel 'Len' Murray was most widely known for his trade union work and his service as General Secretary of the Trades Union Congress from 1973 until his retirement in 1984.

Lord Murray lived in Loughton from 1954 residing at 29 The Crescent from 1967 until his death in 2004.

Born in Shropshire in 1922 Len read English at London University and after a short period as a school teacher, joined the Shropshire Regiment taking part in the Normandy D-Day landings in WWII. After being invalided out of the army Len gained a place at New College, Oxford, where he graduated with a first in philosophy, politics and economics.

He began his career in the TUC in 1947 becoming General Secretary in 1973. In 1966 he was appointed an OBE and made a member of the Privy Council in 1976. In 1985



he was elevated to the peerage as Lord Murray of Epping Forest.

Locally, Len and his wife Heather were members of the Loughton Methodist Church and the Loughton and District Historical Society, and supporters of many charities including the Christian Drama Resource Centre and the Friends of Epping Forest.

The Town Council's Murray Hall in Borders Lane, which opened in 2006, was named in his honour.

This is actually the 42nd plaque to be

installed since the heritage plaque project was started in 1997. Some of the more familiar people to be honoured in this way include

- Private Sidney Godley who was awarded the first Victoria Cross of the Great War on 23 August 1914;
- Thomas Willingale who helped save Epping Forest for the people; and
- Ruth Rendell, the crime writer.

A complete list can be found at www.loughton-tc.gov.uk/Blue_Heritage_Plaques_2586.aspx

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Winning Christmas windows

A BIG thank you to the many Loughton businesses who decorated their windows helping to create a festive look to the Town.

Businesses were split into three classes – local/independent businesses, multiples/chain stores and charity shops; with judging by the town mayor, Cllr Stephen Murray, assisted by councillors Tessa Cochrane and Judy Jennings. Each category winner received an engraved silver cup and laminated certificate, plus a £100 donation from the Council to the charity of their choice.

The results were as follows:

WINNERS

Independent: Hazelwood Interiors, 4A Valley Hill, IG10 3AA / Little Princess Trust

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

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

Runners-up

Independent: Cafelicious, 57 The Broadway, IG10 3SX & Classic Travel, 152 High Road, IG10 4BE

Multiples: Woodbury Homes, 244 High Road, IG10 1RB

Charity: St Clare Hospice, 271 High Road, IG10 1AH

Highly Commended

Independent: Bababoom, 255 High Road, IG10 1AD, Bizara, 2 Lower Road, IG10 2RS; Molens, 209d High Road, IG10 1BB and Zest, 194 High Road, IG10 1DN
Multiples: Strawberry Glow, 289 High Road IG10 1AH
Charity: Haven House, 192 High, IG10 1DN.

The judges chose: Hazelwood Interiors for its “sophisticated visual impact”; Magnet for its “artistic merit and inventive use of materials”; and St Clare Hospice, Debden for its “use of recycled items”.

Top: Local / independent class winner Hazelwood Interiors
L-R: Cllr Judy Jennings, Cllr Tessa Cochrane, Town Mayor, Stephen Murray, Antonia Jack, proprietor and Millie Grinyte

Middle: Multiple / chain store class winner L-R: Magnet
Manager, Kevin Fernandes, Town Mayor, Stephen Murray, Cllr Judy Jennings and Magnet staff member, Lee Burgess

Bottom: Charity shop class winner St Clare Hospice
L-R: Mark Silverman, Manager Paula Smith, Judy Lovell, Manager of Restore Community Centre, Town Mayor, Stephen Murray and Cllr Tessa Cochrane



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Christmas card competition

OUR CONGRATULATIONS

to the overall and secondary category winner of the 2018 Christmas card competition, Isabelle Frost, a student at Roding Valley High School.

Over 300 wonderful designs were received, with multiple entries from Hereward Primary, Oak View, Oaklands, Roding Valley High and St John Fisher Catholic Primary Schools. Once again, we were delighted that local care homes participated in the competition, including residents from Loughton Hall, The Mellows and Woodland Grove Care Homes.

A selection of entries was displayed at the Loughton and Debden Libraries throughout December.

Prizes were awarded to the winners of each category at the December Council meeting, following judging of the competition by the town mayor and deputy town mayor. The winners were presented with a £25 gift card and laminated

certificate by the Town Mayor, along with a gift hamper for the overall winner, which had been kindly donated by Hobbycraft, sponsors of the competition.

The results were as follows:

Infant Winner

Taryn Da Silva, Runner-up Leandro Tapper;

Junior Winner Sienna Martin, Runner-up Lilly Spong;

Overall & Secondary Winner

Isabelle Frost, Runner-up Alistair Lanz;

Adult Winner Barbara Masser, Runner-up Janette Schofield.

Back Row, L-R: Cllr Stella Murphy, Deputy Town Mayor and Isabelle Frost (Overall & Secondary winner)

Front Row, L-R: Barbara Masser (Adult winner); Cllr Stephen Murray Town Mayor, and Sienna Martin (Junior winner)



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Dates for the diary

■ **Running until 16 Mar 10am – 4pm (not Thurs, Sat 10am – 5pm) Snapping the Stiletto: 100 years of Change** Epping Forest District Museum, 39 – 41 Sun Street, Waltham Abbey, EN9 1EL. The culmination of a county-wide project exploring the inspirational stories of Essex women who contributed to a century of change. For more info: www.snappingthestiletto.com

■ **7 Mar 10.15am "Living with Arabs"** a talk by Joan Ward who spent many years teaching in Jordan and living in Um Sayhoun with the Petra Bedouin. English-Speaking Union, Murray Hall (see p14)

■ **14 Mar 8pm A Local Family** Carole Symondson talks about a century and more of the Symondsons in Upshire and Loughton. LDHS, Loughton Methodist Church, 260 High Road (see p13)

■ **12 Mar 10 – 11am / 11am – 12 noon One, Two, Three, Four, Five** Nursery rhymes, stories, crafts. 2 – 4 yrs, £2 p/child. Booking essential T: 01992 716882 / email: museum@eppingforestdc.gov.uk Toddlers must be accompanied by a responsible adult. Up to two toddlers p/ adult. EFD Museum (as before).

■ **12 Mar 7pm Under the Wig**, Essex Book Festival, author William Clegg QC, talks about his book. Loughton Library, Traps Hill, IG10 1HD Tickets £7 / £5 (27yrs & under) 01206 573948 / essexbookfestival.org.uk

■ **13 Mar 2.30pm Rudyard Kipling - his life a remarkable story** a talk by Gary Enstone (Curator of Bateman's) Woodford and District National Trust, All Saints Church Hall, Woodford Green. Enquiries: dickspeller@talktalk.net / or 07774 164407

■ **14-16 Mar 8pm The Picture of Dorian Gray - by Oscar Wilde** Theydon Bois Village Hall, Coppice Row, Theydon Bois, CM16 7ER Tickets - £10 – available online from <https://www.ticketsource.co.uk/theydonboisdramasociety> or by phone: - 01992 919038

■ **16 Mar 8.15pm**

Fun Charity Quiz Night St. John's Wives' Group, St. John's Parish Hall, Church Lane (see p14).

New members and visitors always welcome.

■ **18 Mar 8.15pm Days of Dolly Blue and Izal** a talk by Brian Carline. St. John's Wives' Group, St. John's Parish Hall - see p14.

■ **22 Mar 8pm The History around an Essex House: 'Hopwells', near Sible Hedingham** Elphin and Brenda Watkin Adrian Gibson lecture £2.50 non-members HEARS, St Michael's Church, Roding Road (see p13)

■ **23 Mar 7.30pm Herbert Howells and the Tudors**, the influence of Tallis and Byrd a production by Felicitas Chamber Choir. St John's Church, Church Lane, Loughton. £12 (£10 in advance – free children and students u25) www.felicitas.org.uk or www.ticketsource.co.uk

■ **25 & 26 Mar 7.30pm Motiv8 Youth dance showcase** in its 10th year. Local dancers, 5 – 19 yrs, perform a mix of styles and genres, to this year's theme 'Epping Forest – our natural environment.' Epping Forest College, Borders Lane, IG10 3SA, £8 (£6 (under 16s/students) Booking essential: www.eppingforestdc.gov.uk/motiv8 01992 564226 (Mon-Fri 10am-4pm)

■ **28-30 Mar 8pm Pygmalion** LADS presents Bernard Shaw's most popular play "the story of Henry Higgins and cockney flower seller Eliza Doolittle" Tickets £10. 07552 736110 or www.lads.org.uk



■ **30 Mar 7pm (for 7.30pm) Film Loughton - "King of Thieves"** £5 (members) £7 (non-members) £3 (U18s). Loughton Methodist Church, 260 High Rd, IG10 1RB. Details: www.filmloughton.com

■ **1 Apr 8.15pm Get Crafty for Easter - it's not just about Eggs!** Talk by Karen Myles St. John's Wives' Group, St. John's Parish Hall - see p14

■ **4 Apr 10.15am "Quaker Family Firms in the 18th Century - who were they and why were they so successful?"** a talk by Judith Roads, a University lecturer with considerable knowledge of Quaker Communities in Britain and France. English-Speaking Union, Murray Hall (see P14)

■ **5 Apr – 26 Jul 10.30am – 12 noon Museum Movers Fun**, informal dance sessions. All abilities - seated or standing. Wear comfortable clothes. No need to book. £2.50 (inc. tea & coffee), 55+ yrs. EFD Museum (as before). No session Good Friday."

■ **6 Apr 7.30pm Roding Players Orchestra Spring Concert** St Mary's Church, 201 High Road, Loughton. Tickets £8 (£7 concessions, u/11s free). Refreshments inc. Orchestra always looking for new players, especially brass. www.rodingplayers.co.uk

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■ **6 Apr – 20 Jul 10am – 4pm (not Thurs, Sat 10am – 5pm) Exhibition: Man on the Moon** To mark the 50th anniversary of the first manned moon landing. Discover how "The Space Race" technology and design has influenced and inspired our lives today. EFD Museum (as before)

■ **9 Apr 12 noon – 3pm Easter Chicks** Fun family arts and crafts. All ages (most suitable 5-11 yrs), £2 p/child. No need to book. Children must be accompanied by a responsible adult. EFD Museum (as before)

■ **9, 11, 16 & 18 Apr 2-3pm (4-8 yrs) 3-4pm (8-11 yrs) Tennis Coaching** Roding Valley Recreation Ground, IG10 3BS. £2.50 p/child (1 hr session) Booking essential: 020 8508 4200 / contact@loughton-tc.gov.uk

■ **10 Apr 2.30pm St Paul's Cathedral** a talk by Yvonne Jackman, preceded by AGM. Woodford and District National Trust, All Saints Church Hall, Woodford Green. Enquiries: dickspeller@talktalk.net / or 07774 164407



■ **10 & 17 Apr 1.30-3.30pm Play in the Park** Roding Valley Recreation Ground free children's sessions (see P4)

■ **11 Apr 8pm "29 October 1940: One Day in the Battle of Britain"** Neil Wiffen talks about when a Spitfire crashed in Chelmsford and North Weald was bombed. LDHS, Loughton Methodist Church, 260 High Road (see p13)

■ **16 Apr – 12 noon – 3pm Easter Bonnets** Fun family arts and crafts. All ages (most suitable 5-11 yrs), £2 p/child. No need to book. Children must be accompanied by a responsible adult. EFD Museum (as before).



■ **20 Apr 11am – 4pm Easter Egg Hunt** Follow the trail around the museum to claim your chocolate prize. No need to book. Children must be accompanied by a responsible adult. All ages, £2 p/child. EFD Museum (as before).

■ **23 Apr 10-12 noon Music Appreciation: Bad Music** by Chris Green, WEA, Loughton Bowls Club, Eleven Acre Rise, IG10 1AN, £50: 6 sessions. Contact Pat Dale T: 020 8281 1536 E: mrspdale@gmail.com Ref: C2225669

■ **24 Apr 10-12 noon Nature, Ecology & Permaculture: Wetlands in Summer** Patricia Moxey, WEA, Jack Siley Pavilion, 1 Tidy Lane, Off Palmers Hill, Epping, CM16 6SP, £56.00: 7 sessions. Contact Paul Webster: 0208-508-8700 07730582514 epwebster@sky.com

■ **26 Apr 8pm Recent Advances Related to Dendrochronology** a talk by Martin Bridge £2.50 non-members HEARS, St Michael's Church, Roding Road (see p13)

■ **9 May 8pm Heroes of Everyday Life: Postman's Park** a talk by Dr John Price on the remarkable history of the Watts Memorial to Heroic Self-Sacrifice in Postman's Park in the City (preceded by the AGM). LDHS, Loughton Methodist Church, 260 High Road (see p13)

■ **12 May 10.30am Town Mayor's Fun Run** 4km run/walk in aid of St Clare Hospice. Roding Valley Recreation Ground, IG10 3BS. See P1.

■ **14 May 10 – 11am / 11am – 12 noon In the Merry Month of May** Nursery rhymes, stories, crafts. 2 – 4 yrs, £2 p/child. Booking essential, T: 01992 716882 / E: museum@eppingforestdc.gov.uk Toddlers must be accompanied by a responsible adult. Up to two toddlers p/ adult.

■ **24 May 8pm Swaffham** a talk by David Stevenson, preceded by AGM. £2.50 non-members HEARS, St Michael's Church, Roding Road (see p13)

■ **28 May 10.30-11.30am Family Fun Relaxed Early Opening (autism friendly)** Family fun, art and craft hour, tailored to children with additional needs. Info available on request. Children must be accompanied by a responsible adult. EFD Museum (as before). £2 p/child.

■ **28 May 12 noon – 3pm Rocket to the Moon** Fun family arts and crafts. All ages (most suitable 5-11 yrs), £2 p/child. No need to book. Children must be accompanied by a responsible adult. EFD Museum (as before).

■ **2 Jun 9.30am – 4pm Family Fun Day – Teens Unite** Stalls, BBQ, games and attractions. Events: "It's a Knockout" and "Junior Warrior Race" Loughton Cricket Club, High Road, IG10 1NQ For more info / bookings T: 01992 440091 W: www.teensunite.org/events E: events@teensunite.org

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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Annual town meeting

RESIDENTS ARE invited to this public meeting at the Murray Hall in Borders Lane at 8pm on Wednesday 13 March to hear about the town council's achievements and future plans.

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

Doors open at 7.30pm to allow time for you to view the displays mounted by local organisations. Light refreshments will be served after the close of the meeting and this provides the ideal opportunity to speak to your councillor about Loughton matters.



FOLLOWING THE successful establishment of the GROW Community Garden in the disused allotment site off Pyrles Lane, a need has been identified for a project that is more

accessible to participants with special needs and mobility difficulties.

The town council has allocated space in the local Willingale Road allotments for the development of such a project.

An added bonus is the location of the project; it is surrounded by schools and with easy access, it will provide the ideal opportunity to involve young people in horticulture activities, cultivating a love for nature through the growing of organic food.

The project aims to offer people of all ages, abilities and cultures the opportunity to engage in regular gardening activities. The benefits are improved physical and mental health and wellbeing, teamwork, the gaining of skills, qualifications and experience for job market entry.

Activity sessions are currently on Wednesdays, 11am – 2pm at the Willingale Road allotments, IG10 2BX. Take action! Come along, get involved or refer someone.

If you are interested in finding out more contact Anne on 07492 915531 or email ann.redelinghuys@gmail.com **www.growloughton.org.uk**



Feeding the ducks



Photo © Peter House & Carol Murray

MANY CHILDREN were first introduced to the joys of wildlife by a walk to the lake in the Roding Valley Recreation Ground clutching a bag of bread to feed the ducks and other water fowl.

Now, bird welfare experts are warning that a diet high in carbohydrates such as bread is potentially harmful to those birds and could cause a disease called Angel Wing. This is an untreatable condition where the wings become distorted and means the birds cannot fly.

Uneaten bread can also rot in the water causing surface algae to grow and kill the fish and attract rats and vermin.

We are being encouraged to reduce the amount of bread we provide to the birds and supplement this with birdseed, cut grapes or lettuce leaves, peas, corn and oats.

For more information visit **www.britishbirdlovers.co.uk/bird-food/feeding-ducks**

Loughton Horticultural Show

FOLLOWING THE success of the inaugural 2018 show, we are taking notice of all the ideas and suggestions to encourage even greater participation this year.

The 2019 show will take place on Saturday 7 September at The Murray Hall, Borders Lane. Classes will include fruit and vegetables plus flower displays, home baking and preserving and special sections for children to enter.

You may have attended an RHS event, visited the Chelsea or Hampton Court Palace flower shows or watched a gardening show on the TV and are worried that nothing in your garden or allotment would be good enough. Fear not, it's about sharing the joy of growing your own and learning from other enthusiasts. Just seeing the hall full of colourful produce is inspirational. Look out for full details on how to enter on the town's notice boards and website!

There's still time to start sowing and planting. If you're keen to grow your own fruit, vegetables or flowers but only have limited outdoor space, why not consider renting an allotment. There are full and half-sized plots available at the town council run Willingale Road Allotment site. Call Pippa Bryce on 020 8508 4200 for full details.





ESSEX COUNTY FIRE & RESCUE SERVICE

are undertaking a project called Firefighters Delivering Differently (FFDD).

This project aims to work in closer collaboration with local partners in different target communities across the county. The rationale behind this being that the people that the Fire Service see as being vulnerable to fire risk are often vulnerable to other risks such as mental health issues, unemployment, poor health, to name a few. Over the next four years, we hope to work with over 100 of these communities across Essex.

To arrange a free home fire safety visit from one of our technicians contact us now.

By phone, ask for the Home Fire Safety team on: 0300 303 0088

By email, follow the Home Fire Safety link on our

website: www.essex-fire.gov.uk

SMOKE ALARMS

Smoke alarms save lives. They give vital warning at the first sign of fire, waking anyone asleep and giving everyone time to get safely out. Make sure you have a smoke alarm on each level of your home and make sure that you test those alarms regularly.

We provide smoke alarms completely free of charge.

ESCAPE ROUTES

When fire strikes, it is vital that you and your family know your escape route so you don't waste time. Every second counts in an emergency.

Prepare an escape route, make sure everyone knows it and practice your escape. Keep your escape route clear so there are no obstacles to slow you down. Make sure everyone in the house – including friends and family who may stay over knows where all keys to doors and windows are kept.

KITCHEN

The kitchen is a flash point for fires in the home with more fires starting in the kitchen than anywhere else.

Make sure that you do not let distraction become a deadly danger in the kitchen. Never leave cooking unattended, never leave children alone in the kitchen and if you have to leave the room to answer the door or phone, turn off the cooker.

Keep tea towels and cloths away from the cooker and make sure that all electrical appliances are in good working order.

Cemetery memorial testing

FOLLOWING THE

detailed report in the Summer 2018 edition, the first phase of the safety testing of memorials in Loughton Cemetery was carried out in the autumn.

Only twenty of the three hundred memorials failed and were either laid down on the grave or staked and banded. Attempts were made to contact the owners but sadly many have moved away.

As the second and final phase of testing is planned for March 2019, if you have an interest in a grave in our Cemetery please ensure we have your correct address.

For more information, contact our Burial Clerk, Pippa Bryce, at the town council offices who will be pleased to advise you.

A copy of our memorial safety policy is displayed on the cemetery noticeboard or may be found at <https://tinyurl.com/y7f54t3g>



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Abbeyfield Loughton Society Limited
Rider House,
121 High Road, Loughton



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Personal care is not provided but can be arranged with outside agencies.

For more details please contact our House Manager on 020 8508 8887, or visit our website:

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.rodingroadallotments.co.uk/

Willingale Road Allotments, Loughton Town Council 020 8508 4200

ANIMAL TRAINING

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

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

ARTS & CRAFTS

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

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

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

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

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

Thursday Art Group, Loughton Baptist Church, 92 High Rd. Thurs, 1.30pm £3 (incl tea & biscuits) 020 8502 1379 / theormes5@hotmail.co.uk

Woodford & District Floral Arrangement Group, Churchhill 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 affordablecounsellinger@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 administrator@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 administrator@loughtonmethodist.org.uk

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 <https://epplingforest.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 (most months) 8pm. 01992 654001

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

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

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

Loughton Camera Club, Lopping Hall, High Rd. Weds, 8-10pm. 07775 933 371 www.loughtoncameraclub.org.uk/ Loughton_Camera_Club@Welcome.html

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

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

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

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 Dollimore 07973 345094 www.proactive.me.uk

LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE

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

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

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

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

41st Epping Forest Scout Group, Lopping Hall, 189 High Rd. Mons 5.45-9pm Thurs & Fri, 6-9pm Beavers, Cubs, Scouts & Explorers girls/boys (6-18) 020 8923 2378 / ags41@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

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

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.lyradio.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

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

13 ► **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.loughtonrbclub.co.uk

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

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

SPORT

All-ability Trampolining Club (disabled people to 19 yrs), Debden Park High School, Willingale Rd. Weds 6.45-7.45pm. Loughton Flyers Trampolining 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
EFDC Fitness Loughton Bowls Club, Eleven Acre Rise,

Yoga - Mon 10.15am-11.45am £5.80

Pilates - Weds 9.30am-10.15am £5

Keep Fit - Fri 10-11am £3.50 (First sessions of all above - free)

Postnatal Exercise - Fri 11am-12pm £5
Oakwood Hill Senior Citizens Club
Strength & Balance - Weds 11am-12pm £3

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 (yth 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.loughtonwadokai.co.uk

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

Pilates classes Epping Forest Community Church, Grosvenor Drive, IG10 2LG, Weds 8pm, Thurs 10am. £5 Suitable for all. www.ginafitnesspilates.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

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

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 812454

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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