



# Think Loughton

News from Loughton Town Council

Summer 2019 No 85



**WE LOOK FORWARD** to welcoming you to this year's event which is being held on Sunday 30 June from 12 noon until 4pm. We have our usual fun-filled programme offering something for all the family to enjoy.

The event is again being organised by the town council in partnership with Epping Forest Community Church, Restore and the Red Balloon Foundation. Our appreciation also goes to John at the Cottage Loaf pub for his continued sponsorship of this community

festival. Again, he will be providing live music at the Cottage Loaf from late afternoon.

All the popular activities will be returning including the horse and carriage rides, the 18' climbing wall and kite flying (our thanks to the Essex Kite Group); fairground rides, inflatables and bouncy castles with soft play for young children. New for this year, will be trampoline bungees and last-one standing. Individual activities start from 50p a go with all day wristbands from £7.50. Don't forget to

book online at [www.jesselgreen.org.uk](http://www.jesselgreen.org.uk) for a discount.

A programme of live entertainment, including a children's entertainer, will be offered in the arena area throughout the afternoon. Community and craft stalls, face painting, and a large variety of food and refreshment stalls will be available for your enjoyment.

Please keep the date and join us for a great family day out.



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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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## Clerk's Remarks



**WELCOME TO** the summer edition of Think Loughton which includes an insert showing the town council's Annual Report for it's work in 2018/19.

Working through the Year End Annual Financial Accounts of the town council for the first time, I am getting a real insight into the depth and diversity of roles undertaken by our

councillors and colleagues alike, on behalf of Loughton residents.

A number of functions happen efficiently and unobtrusively. Keeping the Roding Valley Recreation Ground clean and litter free is an important role. This area (adjacent to the River Roding) is well known to many local sportsmen and women for football, tennis and athletics and is also a favourite location for a large number of dog walkers. If you have not already been there, it is well worth a visit to an area of natural beauty and variety of wildlife.

The Council takes great pride in the maintenance of the Willingale Road Playing Fields, a number of children's playgrounds, the Church Lane cemetery and smaller areas of land such as Kings Green and Standard Green. The Willingale Road allotments are always popular (only a few

plots available currently), so do call the office should you wish to start growing your own produce.

Living in the very heart of Epping Forest, it is not surprising that Loughton Town Council devotes considerable resources into preserving and maintaining the numerous trees within the ward boundaries. Other duties include managing hall hire for both the Murray Hall and Kingsley Hall and the flower baskets and Christmas decorations in the High Street.

The Council is proactive in introducing community events to bring people together in Loughton. By the time you have read this, you may have already participated in the Mayor's Charity Fun Run at the Roding Valley Recreation Ground. The Jessel Green Community Fun Day is now a firmly established event and following the success of the inaugural Loughton

Horticultural Show last year, we are continuing the event this year on Saturday 7 September - see full article on page 6. There are so many different categories and it is open to everyone with plenty of time to prepare. So don't keep your skills and talents hidden. Enter and give it a go!

On a final note, Loughton Town Council continues to put a significant amount of time, resources and funding into protecting the town's remaining green spaces for the wellbeing of local residents. The Epping Forest Local Plan hearings will now continue well into June 2019. We will advise the outcome of the final deliberations from the Planning Inspector in due course.

Enjoy the summer.

**Mark Squire**  
Town Clerk

# Honorary Reeve



**CITY OF** London Epping Forest and Commons Committee approved Loughton Town Council's nomination unanimously at its winter meeting for Richard Morris, OBE, to receive the title of Honorary Reeve, representing the Forest Parish of Loughton for exemplary services as a Verderer for the Northern Forest Parishes, including Loughton over the past twenty years.

The office of the Verderer was first introduced almost 1,000 years ago by Saxon and Norman Kings. Verderers administered the Forest Law over the 60 forests used for hunting, protecting the 'vert' (vegetation) and the 'venison' (the hunting animals, principally deer and wild boar) of the forest. Verderers primarily represent local and community interest in the Forest. Originally in Anglo-Saxon

England the reeve was a senior official with local responsibilities under the Crown, manager of a manor and overseer of the peasants.

On 3 April the presentation of a branding iron was made to Richard Morris, OBE, at Lopping Hall by the Town Mayor, Cllr Murray.

— Est 1949 —



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# Loughton Town Council

Town Mayor and Deputy Town Mayor to be appointed on 15 May 2019 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** 07948 731017  
32 Station Road  
Loughton IG10 4NX  
CllrAdamOmer@gmail.com

**Cllr Michael Stubbings** 07766 480522  
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### BROADWAY WARD

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Johnmahoneyig10@gmail.com

**Cllr Stella Murphy** 020 8508 2794  
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### FAIRMEAD WARD

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carolchristmas@yahoo.com

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15 Lower Park Road  
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to4labour@hotmail.co.uk

### FOREST WARD

**Cllr Jill Angold-Stephens** 020 8508 4200  
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**Cllr Trevor Downing** 020 8508 8877  
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### RODING WARD

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vietrose02@aol.com

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

### ST JOHN'S WARD

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Loughton IG10 1SH  
pewsey.stephen@gmail.com

**Cllr Caroline Pond** 020 8508 2361  
Forest Villa, 7 Staples Road  
Loughton IG10 1HP  
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**Cllr Chris Pond** 020 8508 2361  
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Loughton IG10 1HP  
loughton\_ponds@hotmail.com

### ST MARY'S WARD

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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

*Committee memberships were finalised at the Annual Council meeting on 15 May 2019, (after Think Loughton went to print). Full details of the new Town Mayor, Deputy Town Mayor and the committees are available on the town council noticeboards around the town and its website [www.loughton-tc.gov.uk](http://www.loughton-tc.gov.uk)*

*You can also email councillors directly from the website.*

The views expressed in *Think Loughton* are not necessarily those of Loughton Town Council, and the inclusion of advertisements does not constitute an endorsement by the council of any products or services.

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

### Contacting us

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

### Deadline dates

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Winter 2019/20	30 Sep
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**We do not accept unattributed articles for publication.**

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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

Month	Day	Topic
Jun	3	Planning & Licensing
	5	Recreation
	12	Environment & Heritage
	17	Planning & Licensing
	26	Resources & General Services
Jul	1	Planning & Licensing
	10	Council
	15	Planning & Licensing
Aug	29	Planning & Licensing
	19	Planning & Licensing

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

## News round-up

■ **PLAY IN THE PARK:** Summer dates for these popular free children's sessions, sponsored by the town council, are below. Just turn up, no need to book. For details contact EFDC's Community Engagement Officer on 01992 564269

**Monday 29th July** – 1.30pm to 3.30pm – Roding Valley Recreation Ground

**Thursday 1st August** – 10am to 12 noon – Jessel Green

**Tuesday 6th August** – 10am to 12 noon – Roding Valley Rec

**Thursday 8th August** – 1.30pm to 3.30pm – Jessel Green

**Monday 12th August** – 1.30pm to 3.30pm – Roding Valley Rec

**Thursday 15th August** – 10am to 12 noon – Jessel Green

**Tuesday 20th August** – 10am to 12 noon – Roding Valley Rec

**Thursday 22nd August** – 1.30pm to 3.30pm – Jessel Green

**Thursday 29th August** – 10am to 12 noon – Jessel Green

### ■ SUMMER READING CHALLENGE:

Essex Libraries are looking for volunteers aged 14 or over to help children with this year's Summer Reading Challenge. Volunteers will join children to the challenge, talk to them about their books and hand out stickers and rewards. It's fun and great for CVs! Find out more on our website. <https://libraries.essex.gov.uk/news/summer-reading-challenge-2019-volunteer-applications-open-now/>

The national Summer Reading Challenge is created by The Reading Agency and delivered by libraries.

### ■ CLEANER AIR, BUS

**ROUTE 20:** Following all the recent climate protests in London, we are pleased to advise Transport for London have introduced 9 new buses on route 20 (Debden

to Walthamstow Central) which are new Euro VI Hybrid Double decks. Euro VI is the latest emission standard for vehicles reducing emissions of NOx (nitrogen oxide and particulate levels in the air) by up to 95%. Air pollution is linked to thousands of deaths every year, worsening breathing conditions such as asthma and COPD.

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

Appointments are available between 10am and 12 noon. For appointments call 01245 423333 or email toenails@ageukesssex.org.uk

■ **Tuesday 06/08/19**





# Annual Town Meeting

**THIS YEAR'S** Annual Town Meeting, held at the Murray Hall in March, welcomed over 50 residents, along with several local groups who were given the opportunity to mount displays, informing the local community about their organisations.

Loughton Town Councillors introduced themselves to the local residents and the chairman of each committee presented their annual report.

Questions from the public were invited and a number of relevant issues were discussed including the EFYC Drugs Project; the disruption caused by the building/maintenance works to the footbridge by Roding Valley High School; and the town council's appeal against the proposed housing development plans for Jessel Green, designated in Epping Forest District Council's Local Plan.

The Town Mayor, Cllr Stephen Murray, announced the Citizenship Award, in recognition of dedicated service to the community, would be presented to Peter Medway at the Council meeting in April, due to Peter's current absence from the country.

A certificate was presented to Alan Wintle by the Town Mayor in acknowledgment of his exceptional voluntary work on the Roding Valley Recreation Ground; along with certificates to representatives from some of the local groups and charities that will receive financial assistance from the Town Council in 2019/20. Grant money awarded totalled in excess of £30,000.



Local group and charity representatives receiving their grant awards

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# Community Policing

**IT IS GREAT** to be able to feature in this magazine and we hope this will be the first article of many from us here at Epping Forest Community Policing Team.

The Community Policing team comprise of police officers and police community support officers as well as active citizens and special constables. We look at longer term problem solving investigations in the community including dealing with all Hate Crime.

The Officer responsible for the Loughton and Debden area is PC Marc Arnold. He is supported by PCSO's Paul Le'Strange and Laura Ashcroft. You can contact them on [EppingForestCPT@essex.pnn.police.uk](mailto:EppingForestCPT@essex.pnn.police.uk) with any concerns you may have.

The CPT also lead on public engagement so will be the officers you meet if you attend our Coffee with Cops events, which provide an opportunity to speak to an officer from Epping Forest CPT, at an informal location where you can discuss any concerns or ask questions. Everyone is welcome and we look forward to seeing you there, or our Local Community Meetings, where you can find out more about what is going on in your area and discuss concerns.

Details of these can be found on our Facebook page [www.facebook.com/EPBrentwoodandEppingForest](https://www.facebook.com/EPBrentwoodandEppingForest) Or the Essex Police website <https://www.essex.police.uk/your-area/brentwood-eppping-forest>

Always report non-emergency crime by calling 101 (available 24 hours a day).

Calls from landlines and mobile networks cost 15 pence per call, no matter the time of day or call duration.

If you are deaf, hard of hearing or speech impaired you can textphone 1 8001 101

Non emergencies can also be reported online, 24 hours a day, 7 days a week on [essex.police.uk/doitonline](https://essex.police.uk/doitonline)

You can contact the Harlow Community Policing Team directly on [HarlowCPT@essex.pnn.police.uk](mailto:HarlowCPT@essex.pnn.police.uk)

Information can be given anonymously on [crimestoppers-uk.org](https://crimestoppers-uk.org)

In an emergency always call 999



Photo © Eppingforestguardian.co.uk

# Young Artist of the Year

**THE TOWN MAYOR**, Councillor Stephen Murray, announced Clara Rodriguez of Roding Valley High School as winner of the Loughton Young Artist of the Year 2019, for her 3D work of a Globe at the Lopping Hall Gallery.

The judges said, "This piece was a worthy winner because it allows the viewer to question the meaning behind the work which you would do when visiting any gallery. It was most creative and a visual response to a very topical theme of poverty and wealth. The face of Donald Trump has been displayed in many art forms and to see his face painted on a globe in such detail; the quality of painting and the actual construction of the object were most impressive".

Diane Rhodes, Founder and Director of the

Gallery said, "We particularly enjoy Loughton's Young Artist of the Year event. All our secondary schools and the college are invited to submit work from their 16-18 year old students for a one week exhibition. We look forward to seeing what our young emerging artists will create – often stimulating discussion and always interesting. Yet again, we have seen a high calibre of art this year and it is always difficult choosing winners because art is very subjective. However, art enriches not only the artist but all of society. This is the fourth successive year the Gallery, run by volunteers, has staged this exhibition".

Clara Rodriguez received a Certificate and Prize from Lopping Hall Gallery and a generous donation of art supplies from Hobbycraft of Loughton.

# Loughton Horticultural Show

**THE LOUGHTON** Horticultural Show will be held on Saturday 7 September from 2-4.30pm at The Murray Hall in Borders Lane.

Classes include vegetables; fruit; flowers; cookery - including a cake recipe for all to follow. Junior and Secondary Classes include funniest shaped fruit or vegetable; "Summer Holiday" created on a Tray; Mini scarecrow suitable for a window box; and themed biscuits.

Allotmenters, keen gardeners, bakers,

children and novices are all welcome to participate, entrants must live, work or go to school in Loughton.

Admission is free and refreshments will be available. Awards will be presented at 4pm, followed by the presentation of the Town Mayor's Best Allotment Awards.

For more information, rules and entry forms, contact Pippa Bryce at the Town Council on 020 8508 4200.





# Dementia friendly Loughton

**THE EPPING FOREST** Dementia Action Alliance are working together to make Epping Forest a Dementia Friendly Community. The alliance, supported by a group of 16 organisations, many individuals and Epping Forest District Council, have recently piloted a new Business Award Scheme project at Pylres Lane Shops in Loughton.

Several businesses have joined the alliance working towards becoming a dementia friendly organisation, signing up to meet simple criteria put together by people living with dementia. The measures include looking at signage and lighting and implementing minor adaptations making shopping experiences easier for those living with dementia and their carers.

Part of the pilot project invited secondary schools from across the district to participate in a competition designing a logo to feature on window stickers, for businesses to display, advising the public that they are working towards becoming dementia friendly.

The logo design brief was: to be eye catching, clear to read and

related to local businesses helping to make a dementia friendly community.

An overwhelming number of outstanding creative entries were received from various schools. The winning design from Coral Pask, of King Harold School in Waltham Abbey, is now featured on the stickers being displayed by local businesses who have signed up to the scheme and met the criteria. The funding for the stickers was provided by Loughton Town Council's grant scheme.

For more information about dementia visit: [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk) or [https://www.dementiaaction.org.uk/local\\_alliances/16879\\_epping\\_forest\\_district\\_dementia\\_action\\_alliance](https://www.dementiaaction.org.uk/local_alliances/16879_epping_forest_district_dementia_action_alliance)

Contact Karen Murray [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk) to get involved with the Dementia Friendly Business Award Scheme or the Epping Forest Dementia Action Alliance.



Photo © Epping Forest Dementia Action Alliance

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

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[www.wantwilladvice.co.uk](http://www.wantwilladvice.co.uk)



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Epping Forest District Council  
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- **6 Jun 10.15am English Speaking Union AGM** Murray Hall, 106 Borders Lane (see p14)
  - **6 Jun 10.30am – 12.30pm Ploughed Land and Gravel Diggings:** walk led by Georgina Green Explore what so nearly happened to the Forest before being saved by the 1878 Epping Forest Act. Meet: Stubbles Car Park, Nursery Road, IG10 4DZ Donations welcome. Epping Forest Heritage Trust. 020 8508 9061 www.efht.org.uk
  - **6 – 8 Jun 8pm The Memory of Water - by Shelagh Stephenson** 'Three sisters meet on the eve of their mother's funeral, revealing patterns and strains of family relationships'. TBDS, Theydon Bois Village Hall, Coppice Row, Theydon Bois, CM16 7ER. Tickets £10 www.ticketsource.co.uk/theydonboisdramasociety or 01992 919038
  - **7 Jun-26 Jul (every Friday) 10.30am – 12 noon Museum Movers** Fun, informal dance sessions. All abilities welcome. No need to book. £2.50 (inc. tea & coffee), 55+ yrs. EFD Museum, 39 – 41 Sun Street, Waltham Abbey, EN9 1EL
  - **8 Jun 7pm Music for a Summer's Evening** The Songbirds return. Church of the Holy Innocents, High Beach, IG10 4BF Tickets £10 on the door or Jane.begley@irwinmitchell.com / 07572 111387
  - **9 Jun 10.45am - 5pm Epping Forest Awareness Day** King's Oak Garden, Paul's Nursery, Nursery Road, High Beach, IG10 4AE FREE. More details: 079132366673
  - **9 Jun 7pm Charity Quiz** The Woodbine, Honey Lane, EN9 3QT raising funds for local wildlife projects. Tickets £7.50 on the door or Louise.helen22@icloud.com
  - **11 Jun 10am-4pm Georgian Cambridge** tutor Honor Ridout. Loughton and Epping WEA Day School, Loughton Bowls Club, Elevenacre Rise. Lunch provided. For info/bookings: Marion Campbell 020 8508 4554
  - **13-15 Jun 8pm Handbagged** by Moira Buffini. A sharply comic fictionalised imagining of the relationship between Queen Elizabeth II and Margaret Thatcher. Production by LADS at Lopping Hall, Loughton. £10 www.lads.org.uk
  - **15 Jun 10.30-11.30am 'Mysteries of Old Loughton'** a talk by Maurice Day. The Jazz Archive, Loughton Library, Traps Hill, Loughton, IG10 1HD. No need to book. Free.
  - **15 Jun 7.30 for 8pm Loughton Festival Quiz Night with The Hairy Quizzers** Loughton Club, 8 Station Rd, IG10 4NX. All proceeds to Accuro. £5 on the door or via facebook event 'Quiz night with The Hairy Quizzers' or Eventbrite https://www.eventbrite.co.uk/e/quiz-night-with-the-hairy-quizzers-tickets-58921288159
  - **21-24 Jun 10am-5pm Flower Festival** – theme "Talents". Admission free. Incs - Summer Bazaar: 22 June and Pig Roast: 23 June. St John's Church, Church Lane, IG10 1PD. Full details: 020 8508 3539
- 
- **22-23 Jun Loughton Open Gardens** Open your garden in aid of St Clare Hospice, supported by Loughton Town Council. For info contact Dani: 01279 773738 or dani@stclarehospice.org.uk
  - **22 Jun 7.30pm Music from the 1960s and 1970s, with TINA T & GUESTS** Lopping Hall, 189 High Rd, IG10 4LF Tina, a judge in BBC's All Together Now. Bar and raffle. £10 on the door or via eventbrite: https://www.eventbrite.co.uk/e/tina-t-guests-perform-the-music-of-the-60s-and-70s-tickets-59881052841 Booking fee will apply.
  - **27 Jun 7.45pm Memory Books** Essex Handicrafts Association Woodlands Branch, contact 020 8508 7657 (see p13)
  - **29 Jun 2.30pm Music 4 You** ROY HAMILTON sings Frank Sinatra, Dean Martin, Fats Domino and Nat King Cole. No need to book, £5 on the door. Loughton Baptist Church, 92 High Rd, IG10 4QU
  - **30 Jun 12 noon-4pm Jessel Green Fun Day** Family fun event (see front page).
  - **4 Jul 10.15am "How to Travel"** a talk by Elizabeth Gowing, an extensive traveller particularly in Kosovo, expands on her experiences. English Speaking Union, Murray Hall, 106 Borders Lane (see p14)
  - **9 Jul 8pm 'Mind the gap'** Graphic and poster design – how the London Underground attracted well known artists. A talk by Stephen Taylor, lecturer at Essex and Yale. The Arts Society, Bancroft's School, High Rd, Woodford Green IG8 0RF (Refreshments 7.15pm) Cost: Voluntary donation. 020 8599 6281



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■ **11 Jul Romney Hythe and Dymchurch Steam Railway Landscapes Tour with Ploughmans lunch included** £39.50 p/ person. Forever Active Day Trips: Pick up: Bus Stops – Morrison's or Homebase. Book/pay at [www.eppingforestdc.gov.uk/foreveractive](http://www.eppingforestdc.gov.uk/foreveractive) or 01992 564226 (Mon-Fri 10am-4pm). Booking closes 16/6/19. Contact Karen Murray T: 01992 564222 or [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk)

■ **13 Jul 7.30pm The Roding Players Orchestra Summer Concert** Tickets: £8, £7 concessions, u/11s free – available on the door – inc refreshments. St Mary's Church, 201 High Road, Loughton, IG10 1BB. Contact: [shirley.fuller55@gmail.com](mailto:shirley.fuller55@gmail.com) 07713 113384 <http://www.rodingleaders.co.uk>

■ **3 Aug 11am-4pm Family Fun Day** Puppet shows and activities in museum garden. All ages Children must be accompanied. EFD Museum (as before - donations gratefully received)

■ **5 Aug 10-11.30am How to Draw... Animals** Tips and techniques. Loughton Library, Traps Hill, IG10 1HD. £10, 7 - 14 yrs Booking essential - opens 3 June <https://eppingforestdc.bookinglive.com/> or call 01992 564226 (Mon-Fri 10am-4pm) EFD Museum

■ **9 Aug 11.30am & 2.30pm Booster Cushion Theatre presents... Peter Pan and Captain Cook** Comical, interactive theatre show. Children must be accompanied. 11.30am is a relaxed performance for children with additional needs and their families. Booking opens 3 June, see details above.

■ **10 Aug-12 Oct 10am-4pm Mon-Wed & Fri, 10am-5pm Sat** Exhibition: Scouts, Skills and a Century of Change: The Untold Story of Gilwell Park Discover how Gilwell Park has become renowned across the globe as the spiritual home of Scouting. EFD Museum (as before)

■ **14 Aug 10.30am-3pm Be an Animator** Let loose your film-making creativity. £20, 8+ years. Booking essential (opens 3 June), see details above. EFD Museum (as before)

■ **19 Aug 12 noon-2pm Who Let the Teddy Bears Out?** Join us for this 'Teddy Bear's Picnic'. Bring your children; their favourite teddy (and your's); a picnic and rug. On the field at St Michael's, Roding Road, IG10 3EJ.

■ **28-30 Aug 10.30am-3pm Arts Award** Explore Love art? 3 day workshop, gain an Arts Award certificate. £48, 8-14 yrs. Booking essential, opens 3 June, see details above. EFD Museum (as before)

■ **7 Sept 2pm Loughton Horticultural Show & Town Mayor's Best Allotment Awards** The Murray Hall, Borders Lane, IG10 3SB (see p6)



**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.**

■ **20 Jul - 2 Sept**

Space Chase – Essex Libraries Summer Reading Challenge 2019 It's out of this world, this year, inspired by the 50th anniversary



of the moon landings. Children 3-12 yrs will be challenged to read 6 books to earn cool space themed stickers. Plus a specially designed activity for the 0-3. For more info visit our website, see P4.

■ **25 Jul 7.45pm 3D Embroidery** Essex Handicrafts Association Woodlands Branch, contact 020 8508 7657 (see p13)

■ **29 Jul 1.30-3.30pm**

Play in the Park Summer 2019 Roding Valley Recreation Ground free children's sessions (see P4)



■ **30 Jul Fun with Clay** relaxed family fun art and craft hour for children with additional needs and their families. **12 noon-3pm** All ages, £2 p/child. No need to book. Children must be accompanied. EFD Museum (as before).

■ **1 Aug 10.15am "Murder, Myths & Mysteries"** Talk by David Nicol, a former Superintendent of the North London Murder Squad. English Speaking Union, Murray Hall, 106 Borders Lane (see p14)

■ **1 Aug 10am-3pm Holiday at Home** (every Thursday through August). Fun time for senior citizens – a variety of activities. St Michael and All Angels Church Hall, Roding Road, IG10 3EJ Book (for one or all day) T: 020 8418 7944 or E: [stmichaelsloughton@gmail.com](mailto:stmichaelsloughton@gmail.com) £3 p/day (inc. light lunch & morning refreshment)

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# Drug report

**THE EPPING** Forest Youth Council published its Drugs Project Report which aims to raise awareness about Gateway Drugs. Data was collected from 3,177 pupils from the Epping Forest district secondary schools. Surveys were anonymous to protect the identity of individuals and to encourage participation.

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.

Nitrous oxide is commonly sold as a food product, notably coffee creamers. The gas aerates the cream and is available on line through numerous sellers, although the sellers have a disclaimer, that products should not be purchased by under 18's, no other checks are made to protect minors from buying them. Laughing gas canisters can sell for as little as 30p – cheaper than a bar of chocolate.



## WE 'R' SAFE

**EFYCS LATEST** project **WE 'R' SAFE** will focus on young people's safety, working with the district's secondary schools to deliver the **WE 'R' SAFE** personal safety messages in the summer term. Five mini educational films are being produced to promote how to be safe, how to report a crime and how to respond if you are involved in an incident.

The Epping Forest Youth Activities Map has been revised to promote youth groups and activities in the district, and highlight the absence of activities in areas. Young people need activities to become engaged in the community and feel part of a group. Through promoting what's on, and increasing young people's participation, we can assist in reducing the risk of them becoming engaged in gangs and criminal activities. We recognise the relationship between gang crime and drug use and how tackling each problem can help solve the other. Most street gangs are in some way involved in the drug trade, it is crucial that the authorities continue to fund this valuable work particularly in relation to 'County Lines', the drug trade and child exploitation.

For more information about the work of the Youth Council or to discuss an issue contact Diane Gilson-Butler on 01992 564 365 efyc@eppingforestdc.gov.uk



Photo © Epping Forest District Council Community Services

# CRY (Cardiac Risk in the Young)

**IN JULY 2015** the Tudisca family lost their 14 year old daughter Isabelle, a fit and healthy girl, to a sudden and unknown heart condition. As you can imagine this was a complete shock and utterly devastating for them.

The family found help in dealing with their loss through a charity called CRY (Cardiac Risk in the Young), who state that over 12 young people die each week of unknown heart conditions, and 80% of heart conditions suffered by those aged 14-35 years are undetected before death. CRY is trying to get the government to implement a simple ECG in schools for all 14 year olds.

CRY provide great research and support for bereaved families, holding a free heart screening service at St Georges Hospital and offering mobile screening services nationally (see [testmyheart.org.uk](http://testmyheart.org.uk)).

In an effort to raise awareness of what happened to their daughter and the charity's work, the Tudisca family set up their own charity called #forissy and began to raise money through various events with support from the local community. In the last two years, with

funds raised, the support of St Antony's school, Woodford Green and the community, they have held five screenings involving 1100 young people. This has resulted in many referrals to doctors and some serious heart conditions being discovered highlighting, even more, the need for this service.

The cost of screening is £50 per person, which is subsidised by CRY who help bereaved families set up and for the free screenings to be made available to the public. #forissy aim to carry out more screenings this year and next, in the hope that the awareness and fundraising continues to be successful.

#forissy contacted Epping Forest District Council and with their help, through the grant aid and public health funding has managed to fund another screening event to raise awareness and help save lives.

The next screenings will be held on 29 and 30 June 2019 at Grange Farm with Colebrook's football club and #forissy.

For more details contact Della Tudisca on [forissyscreening@gmail.com](mailto:forissyscreening@gmail.com) or go to [testmyheart.org](http://testmyheart.org) or visit [www.c-r-y.org.uk](http://www.c-r-y.org.uk)



# Loughton Festival 2019

**THE 2019** Loughton Festival is moving to June this year. There will be events for everyone including two art exhibitions and some great children's events, including a Science Blast Show, as well as events specifically for people with special needs.

The talks programme this year includes on 15 June David Stevenson speaking about '1919: The World After the War', and Maurice Day reflecting on his memories of Loughton.

There will be a Scam Awareness Workshop led by security experts and a financial awareness

session organised by the CA.

Charity fundraising is always central: there will be two charity quizzes and some great music from Tina T, who was one of the judges on 'All Together Now'; The Songbirds make a return appearance, as does the great Roy Hamilton, singing Sinatra, Martin and Nat King Cole in his afternoon show.

The printed programme is available from Loughton and Debden Libraries or online [www.loughtonfestival.org](http://www.loughtonfestival.org) - see also Dates for the Diary p8-9.



# Celebrating the Visitor Centre team

**IN APRIL 2014**, the Friends of Epping Forest (now Epping Forest Heritage Trust) undertook operation of the Forest Visitor Centre at High Beach following the threat of closure. During the past five years, more than 96,000 people, both local and international, have visited the centre seeking guidance on where to go, what to do, and to discover more about Epping Forest.

A ribbon cutting ceremony with Dame Eleanor Laing MP, the Chairman of the Epping Forest & Commons Committee, and local Mayors was held to mark the 5th anniversary and to begin the next chapter at the centre. Guests helped thank and celebrate the 25 volunteers who have done a magnificent job making this possible with good wishes for the next five years!

Epping Forest Heritage Trust, a charity, works to preserve the forest and increase people's knowledge, understanding and engagement with the forest. Taking its origins from the 1960's, it is now looking to grow from strength to strength ensuring they can continue to support the forest and its forest communities for many years to come.

The Visitor Centre opens Thursday to Sundays and Bank Holidays from 10am – 3pm in the winter and from 10am – 4pm in the summer. Displays, bird viewing area, maps, a small shop and friendly, knowledgeable Info Assistants are ready to help. For more details: [enquiries@efht.org.uk](mailto:enquiries@efht.org.uk) or visit: [www.efht.org.uk](http://www.efht.org.uk)



Left to right: Philip Woodhouse, Chairman of Epping Forest and Commons Committee, Mrs Jeanne Lea, Mayor Waltham Abbey, Nigel Avey Mayor Epping, Judy Adams Epping Forest Heritage Trust,

Stephen Murray Mayor Loughton, Dame Eleanor Laing MP, Richard Bassett Chairman EFDC, Gordon Haines Retired Chairman of Epping Forest and Commons Committee

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**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

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**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

**Clubbercise** Murray Hall, 106 Borders Lane. Easy dance workout routines Weds 7.15-9.15pm Lisa 07877 010158

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

**Connaught Tennis, Squash and Bowls Club** Beginners & Improvers Social Lawn Bowls. First 5 sessions free. Make friends, have fun and bowl! Every Tuesday 5pm to 7pm. Connaught Club, Chingford. Call Nicola on 020 8529 2341

**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.efhfg.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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