



Think Loughton

News from Loughton Town Council

Autumn 2019 No 86

Town Mayor 2019/20

AT MAY'S annual council meeting, Cllr Stella Murphy was elected unanimously as Town Mayor for 2019/20. Cllr Chris Pond, in his nomination, referred to 'her long standing residency in Loughton, charitable work and the good qualities she will bring to the role. She is also noted as a renowned home economist, food stylist and authoress, including a book on some rather exotic smoothies'.

Cllr Murphy thanked members for electing her, expressing "her gratitude to former Mayor, Cllr Murray, who would be a hard act to follow, but must be looking forward to a break after attending over 120 events during the past year. Loughton is such a beautiful, dynamic area that I have had the pleasure of living in my whole life and it is very exciting to now be involved with the local community so closely. Charities have always played an important role for me and I am delighted to be supporting: Epping Forest Foodbank, Epping Forest Reuse, Oak View School and Cry (Cardiac Risk in the young). I look forward to meeting with as many charities, schools, community groups and voluntary organisations as possible".

She also congratulated Cllr Tessa Cochrane on her appointment as Deputy Town Mayor. Tessa too has lived in Loughton all her life and is involved in community charitable work. The general consensus amongst members was that the new Town Mayor and her Deputy would form a formidable partnership.

Members paid tribute to the work of outgoing mayor, Cllr Stephen Murray for his exemplary service, commitment and hard work on behalf of the local community.



Left Town Mayor Cllr Stella Murphy, right Deputy Town Mayor, Cllr Tessa Cochrane



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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
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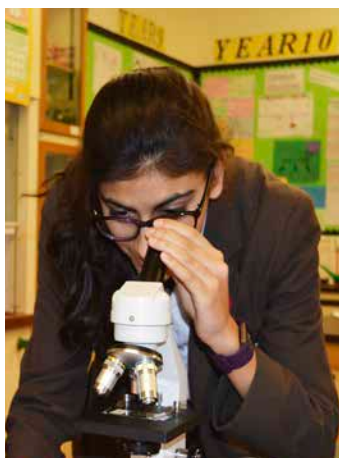
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Loughton Bowling Club	020 8508 3546
Loughton Cricket Club	020 8502 2064
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Loughton Leisure Centre (& pool)	020 3225 5460
Loughton Rugby Football Club	07969 638349
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(2 ½ to 11)



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Thurs 3 Oct 6pm (5 to 16)
Fri 4 Oct 9.15am (2 ½ to 4)



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Clerk's Remarks



BY THE time you read this edition, we will be at the tail end of summer and edging towards those shorter days and longer nights. The longest day of June 21 will seem a distant memory.

The summer months have brought home to me the great community spirit and range of community activities throughout Loughton. I am pleased

that Loughton Town Council continues to be at the forefront of many of these events. The Jessel Green Community Fun Day held on 30 June 2019 was particularly memorable, attracting thousands of local residents on an idyllic summer's day. Yes they do exist and we had sunshine all day! It was a very family orientated occasion and notable was the large number of people who stayed on to picnic, long after the official closing of the main attractions. It was great to see so many organisations, working so well in tandem, including the Restore Community Church, Red Balloon Foundation, Epping Forest Community Church and the continued support of the 'Cottage Loaf', to name a few. We were also grateful for generous sponsorship and donations from sources all over Loughton, too long a list to mention. If ever there was

an example of the value of Jessel Green to the people of Loughton, this was it. Loughton Town Council and other organisations have now done everything possible to protect this valuable green space and community asset from large scale development. We can only now await the final deliberations and conclusions of the Local Plan Inspector.

I enjoyed my visit with the new Town Mayor, Stella Murphy to the Willingale Allotments for the Open Gardens Day on 22 June. The diversity of the plots and the enthusiasm and drive of the allotment holders was impressive. Should anyone be interested in 'growing their own' and wish to rent the last remaining plots, please call or visit the Town Council office in the library at Traps Hill. At the time of writing, we are hopeful that the Horticultural Show at the Murray Hall on Saturday

7 September 2019 will have proved another successful event.

I spent a number of mornings working with our Parks and Amenities wardens and am grateful for their great work and daily litter picks on behalf of local residents, in all areas, where the Town Council has responsibility. Unfortunately it is an endless task, as Loughton along with every other town and parish in the country is not immune from the few that opt not to dispose of their litter responsibly.

Just glancing at the 'Regular Activities' page in this edition, there is so much to do in Loughton and so many groups to join. Loughton is a great place to live and long may it continue.

Mark Squire
Town Clerk

Christmas competitions

ALTHOUGH THE clocks are still on 'British Summer Time' Christmas will be upon us before we know it! As we launch our ever popular Christmas competitions for 2019, let your creativity shine and design the town council's official Christmas card or start planning your Christmas window display.

Entrants for the Christmas card competition must have a connection to Loughton; live, work or attend school or college here – all ages welcome. There are four different age categories: infant, junior, secondary and adult; each category winner receives a £25 gift card, and the overall winning design will be reproduced as our official card.

The closing date is Wednesday 13 November 2019. Competition rules and entry forms can be downloaded from the council's website www.loughton-tc.gov.uk

The Christmas Window Competition is open to all Loughton businesses. We encourage you to decorate your windows with a



Christmas themed display, guaranteeing automatic entry into this competition and help turn Loughton into a 'Winter Wonderland'. There are four entry classes: local/independents, multiple/chain stores, charity shops and new to this year restaurants,

cafes and public houses. Each group winner will be awarded an engraved cup (to keep for 11 months) plus a framed certificate, and will be invited to nominate a charity of their choice to receive a £75 donation from the town council.

Judging commences on 1 December, so get your windows dressed early. Displays will be judged on a range of criteria, including overall impression/visual impact, creativity/ideas, artistic merit, inventive use of materials and effort.

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

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ALDERTON WARD

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FOREST WARD

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ST MARY'S WARD

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Loughton IG10 1TD
bcohen61@hotmail.com

Cllr Judy Jennings 020 8508 1861
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C Chairman

VC Vice Chairman

RESOURCES & GENERAL SERVICES

C J Jennings

VC J Angold-Stephens

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

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P Abraham

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Contacting us

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

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Town Council Meetings

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

2019

Sept	2	Planning & Licensing
	11	Recreation
	16	Planning & Licensing
	30	Planning & Licensing
Oct	2	Environment & Heritage
	14	Planning & Licensing
	16	Resources & General Services
	28	Planning & Licensing
	30	Council
Nov	6	Recreation
	11	Planning & Licensing

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

News round-up

■ **REMEMBRANCE SUNDAY** this year is on 10 November. The parade is scheduled to leave the Loughton headquarters of the Royal British Legion in Church Hill at 11.50am and will be followed by the service on Kings Green at 12.15pm. You are invited to join us in paying tribute to all who have served our country. The British Legion is offering free refreshments for all afterwards. A short ceremony at the town's war memorial will mark Armistice Day on Monday, 11 November at 11am.



■ **WINTER SALT & GRIT** volunteers are invited to help clear snow and spread salt/grit on the pavement and road outside their home to keep access routes open. If you live in the hillier parts of town and would like to help out, contact Debbie Taylor at the town council on 020 8508 4200. Existing volunteers will be contacted directly to arrange collection of their salt/grit supplies for the coming winter.



■ **CARDS FOR GOOD CAUSES** from 23 October to 17 December Loughton Library will be holding its regular Charity Christmas Card sale. The Library is open 9am-5pm Monday – Saturday, so come along and support the many good causes.



■ **TIM HORTON** is Loughton Town Council's newest member of staff, who we welcomed to the team in June. Tim will act as concierge at evening Council meetings in the Library and as caretaker at the Murray Hall. He previously worked for the Metropolitan Police

Administrative Department, until they relocated to Sidcup. Tim enjoys taking part in a variety of sporting activities which include cycling, cricket and table tennis.



WRA – Open Gardens



LOUGHTON TOWN COUNCIL was delighted to support the St Clare Hospice Open Gardens, this year their 25th Anniversary, by opening the Willingale Road Allotments. The volunteers put in a tremendous effort to get the grounds looking

wonderful for visitors to enjoy. The sun shone and the meeting room was opened for the sale of refreshments and delicious homemade cakes. Allotment holders also provided produce of plants, chutneys and jams to sell, and just over £100 was donated to the St

Clare Hospice charity. A wonderful day was had by all and Loughton Town council would like to thank the volunteers for their hard work. Anyone wishing to have a plot at the Willingale Road Allotment site please contact Pippa Bryce, Allotment Officer on 020 8508 4200.



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Jessel Green fun day



ON A GLORIOUS sunny day, large crowds enjoyed all the activities taking place at the Jessel Green Fun Day including music, dance, a children's magic show and all the usual attractions. A special thank you to T Cribb & Sons, who provided the ever popular horse and carriage rides. There were also

a great variety of community and charity stalls with a very popular tombola raising funds in aid of the Town Mayor's charity – CRY (Cardiac Risk in the Young). Our thanks to all the local businesses and individuals that donated prizes in support of this great cause.

The event organised by Loughton Town Council in partnership with the Epping Forest Community Church, the Red Balloon Foundation and Restore Community Church, was also sponsored by John at the Cottage Loaf pub, providing live music from 4pm into the evening rounding off the day perfectly.

Town Mayor's fun run



Race Start



L-R: Ryan Wallace, Aaron Trotman, TM Cllr Stephen Murray and Lizzie Knapman

THE 2019 Fun Run was the last engagement for Cllr Stephen Murray in his role as Town Mayor. On an unusually sunny and warm day in May we were delighted with the support this

event attracted, raising funds for the extremely deserving St Clare Hospice. The overall winner of this year's event was Ryan Wallace, with Aaron Trotman (aged 9) being the first male under 16 to

finish and Lizzie Knapman (11 years) being the first female under 16 to complete the distance. Congratulations and thanks to all the competitors in supporting such a worthwhile cause.

Community policing Summer update

WE HAVE been working hard to tackle reports of anti-social behaviour and drug activity in Loughton. While carrying out a number of warrants in the area, we have also been focusing on visibility in and around Loughton tube station, patrolling the area at different times of the day, by foot and on bicycles disrupting this type of activity. This is on-going and you can follow our Facebook and twitter pages for updates.

Epping Forest Community Policing Team Officers are spending time over the coming

months in schools, educating students on the consequences of carrying a knife, as part of Operation Sceptre, a national operation to tackle knife crime. We will be visiting a number of Loughton primary schools, talking about the dangers involved and where they can find help and advice.

Joining Epping Community Policing Team will be 4 new officers, 2 of whom will be dedicated to Loughton town centre. They will be responsible for tackling violence, protecting

the vulnerable, providing a better service to victims and providing visibility by increasing local community engagement, working closely with local partners, businesses and retailers and reducing crime and antisocial behavior.

For daily updates follow us on Facebook search Essex Police – Epping Forest, or on twitter @BrentEppingCPT

For details of our engagement events or an opportunity to meet an officer from the Community Policing Team, ask questions, voice concerns – tell us how we can help you, visit our website: <https://www.essex.police.uk/your-area/brentwood-epping-forest/>



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Dates for the diary

■ **Until 28 Sept 9am – 5pm** Loughton Camera Club's Annual Exhibition Mon – Sat, Loughton Library, Traps Hill, Free entry www.loughtoncameraclub.org.uk

■ **3 Sept 1.45 – 4pm** A Day in the Life of a Thames Tug talk by Richard Thomas, New Vistas, Loughton Club, Station Road, IG10 4NZ (See p14)

■ **5 Sept 10.15am** The Ancient Silk Road talk by Sue Clack, travelling the Central Asian section of this historic road by bus. English Speaking Union, Murray Hall, 106 Borders Lane (see p14)

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

■ **8 Sept 3pm** Free Concert by A10 Strings Church of the Holy Innocents, High Beach, IG10 4BF. Enquiries: jane.begley@irwinmitchell.com or 07572 111387

■ **8 Sept Midday – 5pm** Mind Body Spirit Fair Loughton Club, Station Road, IG10 4NX. Fundraiser for ELHAP £2.50 entrance (free u16s)

■ **10 Sept 8pm** 'Cultural Experiments in the Weimar Republic', the establishment of the Bauhaus, along with artists Otto Dix, Max Beckman & Marlene Dietrich. Lecturer, Gavin Plumley, Cultural historian, regular broadcaster. The Arts Society Woodford Green, Bancroft's Preparatory School Hall

■ **11 Sept 2.30pm** 'Waddesdon Manor' built in 1874 by Baron Ferdinand de Rothschild in the style of a French chateau, talk by Godfrey Thorpe. Woodford and District National Trust, All Saints Church Hall, Woodford Green. Enquiries: dickspeller@talktalk.net /or 07774 164407

■ **12 Sept Day Trip:** Ramsgate sweeping Blue Flag beaches and some spectacular Victorian architecture make it well worth a visit. £14 p/person. Forever Active Day Trips: Pick up: Bus Stops – Morrison's or Homebase. Book/pay at www.eppingforestdc.gov.uk/foreveractive or 01992 564226 (Mon-Fri 10am–4pm). Booking closes 08/09/19. Contact kmurray@eppingforestdc.gov.uk or 01992 564222 for info

■ **15 Sept 2.30 and 4pm** Two free concerts by ASASPH – wedding music, Church of the Holy Innocents, High Beach, IG10 4BF. Enquiries: jane.begley@irwinmitchell.com or 07572 111387

■ **17 Sept 10am – 12 noon** Women we should all know about tutor Janet Berenson 10 week WEA course Loughton Bowls Club, Eleven Acre Rise, IG10 1AR Fee £80 contact Mrs P Dale 020 8281 1536

■ **17 Sept 1.45 – 4pm** Vancouver to Niagara talk by Pauline Martindale, New Vistas, Loughton Club, Station Road, IG10 4NZ (See p14)

■ **17 Sept 2-3pm** Dementia Friends Information Session Learn about dementia and how to create dementia friendly communities. Loughton Library. Places limited, book: www.eppingforestdc.gov.uk/bookings or via www.dementiafriends.org.uk or call 01992 564226.

■ **22 Sept 3pm** Free Concert - Choir 18 Church of the Holy Innocents, High Beach, IG10 4BF. Enquiries: jane.begley@irwinmitchell.com or 07572 111387

■ **23 Sept 13.30-15.30pm** Women Gardeners tutor Andrew Sankey 10 week WEA course Loughton Bowls Club, Eleven Acre Rise, IG10 1AR Fee £80 contact Mrs P Dale 020 8281 1536

■ **25 Sept 10am – 12 noon** Wonderful Woodlands tutor Tricia Moxey 10 week WEA course Jack Silley Pavilion, Tidy's Lane, Epping CM16 6SP Fee £80 contact Mrs P Dale 020 8281 1536

■ **26 Sept 10am – 12 noon** Chaucer-our greatest storyteller; Father of English tutor Adrian Eckersly 20 week WEA course United Reform Church, Lindsey Street, Epping CM16 6RB Fee £160 contact Mrs P Dale 020 8281 1536

■ **28 Sept 2.30pm** Adrian Cox presents 'Profoundly Blue' story of jazz clarinettist Edmond Hall. NJA fundraiser. £15 from www.nationaljazzarchive.org.uk Loughton Methodist Church, 260 High Rd, IG10 1RB

■ **29 Sept 5pm** Jazz Afternoon Church of the Holy Innocents, High Beach, IG10 4BF. Enquiries: jane.begley@irwinmitchell.com or 07572 111387

■ **1 Oct 1.45 – 4pm** Moods of London talk by Nick Dobson, New Vistas, Loughton Club, Station Road, IG10 4NZ (See p14)

■ **3 Oct 10.15am** An Underground Guide to Historical London Nick Dobson travels on a virtual tour of London by tube, stopping off to look at places of historical interest. English Speaking Union, Murray Hall, 106 Borders Lane (see p14)

■ **8 Oct 8pm** 'Rembrandt's Vision: Dutch paintings in the 17th Century' Following the 350th anniversary of his death, how Rembrandt's interpretation of this genre differed from his contemporaries. Lecturer Dr Sophie Oosterwijk, university lecturer and research fellow at Christie's Institute of Fine Art. The Arts Society Woodford Green, Bancroft's Preparatory School Hall



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E-mail: aandjopticians@msn.com

■ **15 Oct** The Music Hall Greats show, including pub lunch, museum visit, cream tea. Isle of Sheppey, The Criterion Music Hall and Blue Town Heritage Centre. £43 p/person. Forever Active Day Trips: Pick up: Bus Stops – Morrison's or Homebase. Book/pay at www.eppingforestdc.gov.uk/foreveractive or 01992 564226 (Mon-Fri 10am–4pm). Booking closes 24/09/19. Contact kmurray@eppingforestdc.gov.uk or 01992 564222 for info



■ **15 Oct 10.30am** Tower Hamlets: An Ever-Changing Borough talk by Grahame Williams. Detailed knowledge of this area and its past - the prominent people connected with it, buildings range from 21st century Canary Wharf to 11th century Tower of London. Woodford and District National Trust, the Memorial Hall, South Woodford. Enquiries: dickspeller@talktalk.net / 07774 164407

■ **15 Oct 1.45 – 4pm** My Life & Nursing at Claybury Hospital talk by Dorothy Pryor, New Vistas, Loughton Club, Station Road, IG10 4NZ (See p14)

■ **23 Oct – 17 Dec 9am-5pm** Cards for Good Causes Charity Christmas card sale Loughton Library, Traps Hill, IG10 1HD

■ **24 – 26 Oct 8pm** Agatha Christie's - A Murder Is Announced An announcement in the local paper states the time and place when a murder is to occur in Miss Blacklock's Victorian house. A 'Miss Marple' classic. Theydon Bois Village Hall, Coppice Row, CM16 7ER Tickets £10 T: 01992 919038 <https://www.ticketsource.co.uk/theydonboisdramasociety>

■ **25 Oct 8pm** '25-27 Church Street, Saffron Walden: Open for Conservation' Douglas Kent. St Michael's Church, Roding Road, IG10 3EJ. Non-members welcome: entry £2.50, inc. refreshments. HEARS (see P13)

■ **28 Oct 10am – 12 noon** Toenail Cutting Struggling to cut your toenails? Age UK offers this service locally at Kingsley Hall. Appointments: call 01245 423333 or email toenails@ageuk Essex.org.uk

■ **31 Oct – 2 Nov 8pm** Pressure by David Haig, a gripping new play exploring a significant back story to the D-Day landings. LADS, Lopping Hall, High Road, Loughton. Tickets £10 (complimentary to BLESMA members – see p10) 07552 736110 or www.lads.org.uk

■ **2 Nov 7.30pm** Big Band Jazz returns to Loughton! The John Ongom Big Band play a NJA fundraiser. £17.50 from www.nationaljazzarchive.org.uk Loughton Methodist Church, 260 High Rd, IG10 1RB

■ **5 Nov 1.45 – 4pm** Royalty & Epping Forest talk by Lynn Haseldine-Jones, New Vistas, Loughton Club, Station Road, IG10 4NZ (See p14)

■ **7 Nov 10.15am** The Antarctic Heritage Trust Camilla Nicol, Chief Executive, an insight into the historic buildings remaining, containing thousands of artefacts needing great care and protection to ensure they survive the hostile Antarctic climate. English Speaking Union, Murray Hall, 106 Borders Lane (see p14)

■ **10 Nov 11.50am** Remembrance Parade Royal British Legion march to the War Memorial, Kings Green followed by poppy wreath laying service at 12.15pm. Refreshments provided at the Royal British Legion afterwards.



■ **11 Nov 7pm** Armistice Service all welcome Church of the Holy Innocents, High Beach, IG10 4BF. Enquiries: jane.begley@irwinmitchell.com or 07572 111387

■ **12 Nov 7.30pm** 'Sorolla comes back to London' a hugely successful artist of his time but then forgotten, now celebrated by a National Gallery exhibition. Lecturer, Gail Turner, leading expert on Spain lecturing at V & A, Art Fund & Martin Randall Tours. The Arts Society Woodford Green, Bancroft's Preparatory School Hall

■ **13 Nov 2.30pm** Medieval Churches of East Anglia talk by Peter Lawrence. Woodford and District National Trust, All Saints Church Hall, Woodford Green. Enquiries: dickspeller@talktalk.net / or 07774 164407

■ **16 Nov 7.30pm** Dvorak's New World Symphony and much more Woodford Symphony Orchestra, Roding Valley High School, Alderton Hill, IG10 3JA Tickets: £10; £8 concessions; at the door / 020 8924 9370 / WSOrchestra.org.uk

■ **19 Nov 1.45 – 4pm** Tripe and Trotters talk by Brian Carline. New Vistas, Loughton Club, Station Road, IG10 4NZ (See p14)

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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claim:

UNIVERSAL CREDIT is a new payment that combines six benefits into one, including Jobseekers Allowance and Working Tax Credits. It is now fully rolled out across the UK. When completely implemented, around 7 million people in England and Wales will be receiving Universal Credit.

A recent survey by the charity found more than a third of people Citizens Advice has helped struggled to provide the evidence needed to complete their claim. Nationally, Citizens Advice has helped over 230,000 people.

Epping Forest Citizens Advice launched a new service "Help to Claim" for those needing assistance to apply for the benefit in the Epping Forest District Area on 1 April 2019.

Support is provided on submitting applications to get the first full payment. Help is tailored to individuals, including assistance with the online application form or help with providing evidence like childcare costs.

Epping Forest Citizens Advice has already helped a number of people locally with problems relating to Universal Credit, working with Loughton Job Centre to ensure everyone who needs help gets it. CA has staff based in the Loughton Job Centre 3 days a week providing extra support with applications.

We offer free, independent, impartial and confidential advice to people in the community every day and have developed an expertise in dealing with Universal Credit. We've seen first-hand what can happen when people struggle to make a claim and their payments are delayed.

If you need help with your application get in touch either in person at Loughton Library, Traps Hill, by phone 0800 144 8 444 or online through our webchat and advice content at www.citizensadvice.org.uk/universalcredit

Open door
friendship
group

THE GROUP meets every Friday between 3.15 and 5.45pm in St Michael and All Angels hall. The aim of the group is to welcome adults who have mental ill health, offering a safe and secure environment providing different weekly activities such as craft, line dancing, yoga, karaoke, cooking, help with form filling; but mostly a fun and happy place to meet friends allowing members to find relief from their daily struggles.

On 7 September they will be holding an Open BBQ which anyone interested in joining the club can attend. If you would like more information please e.mail: opendoorfriendship@gmail.com

LADS fundraising
effort for Blesma

LOUGHTON AMATEUR DRAMATIC SOCIETY (LADS) is launching its 2019/2020 season with a gripping new play, *Pressure* by David Haig, a funny, tense and deeply affecting play exploring a very significant back story to the D-Day landings.

LADS is excited to be producing this play in the 75th anniversary year of the D-Day landings, especially because the play ties in perfectly with the charity it will be supporting in 2019/20, BLESMA, the Limbless Veterans charity.

Based in Chadwell Heath, BLESMA is dedicated to assisting serving and ex-service men and women who have suffered limb and/or sight loss in service of the country. There will be charity box collections at performances and all proceeds of programme sales will go to support BLESMA members, like Roy Hayward. Roy, now 94, lost both his legs when his tank was shelled just after D-Day. Roy says that BLESMA gives him a "feeling of camaraderie and that there is someone behind me, protecting my interests". A BLESMA grant also means he can keep his garden in a suitable state and live independently.

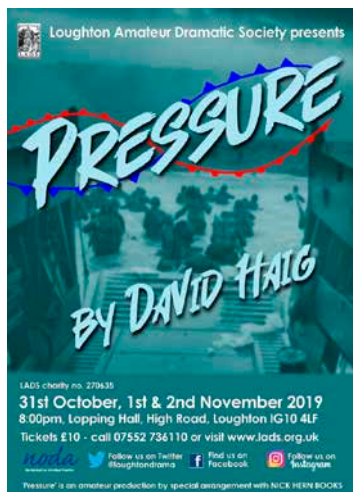
Chair of LADS, Jean Cooper, said "We hope our claim to produce plays of 'true dramatic worth' will be borne out with this gripping drama of WWII history. LADS have supported a different charity every season for over 15 years, but we are especially proud to support BLESMA – a charity that since WWI has helped so many of

our servicemen to regain their lives after suffering life-changing injuries."

LADS are offering a complimentary ticket (usually £10) to any BLESMA member who wishes to come and see *Pressure*. LADS will be performing *Pressure* at Lopping Hall, High Road, Loughton at 8pm on October 31, 1 and 2 November. Tickets available from 07552 736110 or www.lads.org.uk



Roy Hayward © BLESMA



Poster © LADS

Successful
Loughton Festival

THIS YEAR'S Loughton Festival, which is part-funded by Loughton Town Council, was an overwhelming success with most events full to bursting. Around £3,000 was raised for local charities by a diminishing number of volunteers who all worked extremely hard to ensure the events were organised on time and that everything ran smoothly. If there is to be a Festival in 2020,

Sue Taylor, the Festival Director, now needs to identify a new group of reliable volunteers willing to both organise events and raise funds to pay for them. Volunteers will be required from late October, which is when the planning cycle begins. Only people willing to give hands on help by being actively involved in the festival management need apply. Contact info@loughtonfestival.org

Loughton pantomime

FOR THE fourth year running, The Red Balloon Family Foundation is bringing panto fun back to Loughton! The community support the charity's project 'UpStage Theatre Company' has received has been incredible each year, and January 2020 should be no exception.

Auditions for 'Jack and the Beanstalk' this summer attracted lots of our community's talented performers, and the charity is predicting another sold-out run at Lopping Hall! Becky Ford, Associate Director for RBF says: "When we first started this little project back in 2016, we never imagined it would grow so quickly, or be quite so popular! After our first year with Lopping Hall, who has continued its support, we've added more performances to meet ticket demand. We've introduced a Junior Chorus for 7-16 year olds, and are working with local businesses to sponsor elements of the show. Our dream for an accessible community theatre provision for all is truly being realised!"

While the charity's project is a huge success, each year brings fresh challenges and obstacles. To keep this project accessible to all, RBF don't charge membership subs, show fees, or steep ticket prices. The aim of 'The Loughton Panto' is to keep prices low, but production values high. As such, they're always looking for new members to join both the adult and junior chorus', along with volunteers for set building, scenery painting, costume making and more! If you've ever wanted



to build a giant's chair, or make a Dame's dress, email Becky at rford@rbf.org.uk Equally, if you're a business wishing to support a registered charity and receive advert space in programs and marketing materials, get in touch too.

"The family we've created at UpStage keeps on growing, support levels and fundraising efforts have too! There's something for everyone to do

here, whether on stage, behind the scenes or fundraising. We're so looking forward to producing another unbelievable show...Panto's never BEAN more fun!"

Tickets for Jack and the Beanstalk by Basil D. Raffles available at: www.ticketsource.co.uk/upstageetc Evening and Matinee shows, 24-26 January 2020.

Photo © Red Balloon Family Foundation

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Rider House,
121 High Road, Loughton



Rider House is a residential home for persons aged sixty and over seeking support with independence.

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.rodingleadallotments.co.uk/
Willingale Road Allotments, Loughton
Town Council 020 8508 4200

ANIMAL TRAINING

Epping Green Dog Agility Club Epping Cricket Club, Epping. Thurs Evenings 6.30-8.30pm. Jodie Lucas 07804630394
Forest Dog Training School Club, Debden Park Community Centre. Tues, 6.30-7.30pm. 020 8508 3468 / fdtst1@aol.com

ARTS & CRAFTS

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

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

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

Loughton Arts Centre, 187B High Rd (by Lopping Hall). Mon-Sat 10am-4pm. Local artists & photographers work. 07532 053194 <http://www.loughtonarts.org/>
The Arts Bar, Lopping Hall. 2nd Fri from 7pm. For creative people to meet, view the latest exhibition at Loughton Arts Centre & meet the artist (as above).

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

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

COUNSELLING

Affordable Counselling Epping Forest The Box, St John's Rd, Epping CM16 5DN Thurs mornings 01992 573402 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-epping/>

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://eppingforest.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.film.loughton.com

Forest Creative Writers, Jazz Archive Library, Loughton Library, Traps Hill. Thurs (term time) 12.45-2.45pm. Peter Relf 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 Astrokyls (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. 07873 534 604 www.loughtoncameracub.org.uk/ Loughton_Camera_Club/Welcme.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

Open Door Friendship Group for adults with mental ill health. Fridays 3.30/5.30pm St Michael and All Angels Church Hall, Roding Rd, IG10 3EJ opendoorfriendship@gmail.com + Weds 2pm Yoga sessions at the Methodist Church, High Rd, IG10 1RB £5 members (£10 non-mems)

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 / agsl41@gmail.com

Baby & Toddler 20-min session. Loughton Library, Traps Hill. Mons 10am Tues 10.30am; Thurs 2.20pm. 1st Sats (Daddy Cool) rhyme time 11am. 0333 0132677

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

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

Girlguiding in Loughton Rainbows Brownies & Guides (girls aged 5 -13yrs). Leadership opportunities available for girls & women over 14yrs. 07929 487 964 girlguidinginloughton@virginmedia.com
Tots Time (0-4) Mons 9.30-11am. Forge (7-13) Weds 3.30-5.30pm. Shine! Toddler church (2-5) Thurs 9.45-10.45am. After Hours (Y9+) Fri 8-10pm pool & table tennis & console games etc. Shooting stars (Y1-6) St Michael's Church field, Roding Rd, Weds 4pm

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

Little Oak's Child & Family Wellbeing Service, 020 8508 0932, please see our Facebook page for programme details
Loughton Youth Centre 106 Borders Lane IG10 3SB. ECC Youth Services in partnership 07557 168088 / louisa.stirling@essex.gov.uk

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

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

Loughton Youth Project, The Space, Loughton Library, Traps Hill. 24-hour online community radio station. Free afterschool / evening café weekdays. Nick Robinson www.lyradio.com

Noah's Ark Toddler Group (under 5s) Oakwood Hill Community Hall, IG10 3NB 10-11.30am Tues and Thurs (term time) + Trinity Church, Mannock Drive, IG10 2JD. 10-11.30am Mon and Wed (term time). £1.50 per family. 020 8508 9883

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.rodingleadplayers.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. mldjworsfold@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 8637 4357

Rotary Club of Loughton, Buckhurst Hill & Chigwell. The Blue Boar, Market Place, Abridge, RM4 1UA. Thurs 6.15pm www.loughtonrotary.org.uk

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

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

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

SPORT

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

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

Avenue Lawn Tennis Club, 18 The Avenue, Friendly family club. Membership: juniors 020 8502 3793 & adults 020 8502 1950

Clubberise 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.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 Club, Hornbeam Road, Buckhurst Hill, IG9 6JT. T: 07939 468222 Training Wednesdays 7.30pm. Matches Saturdays

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

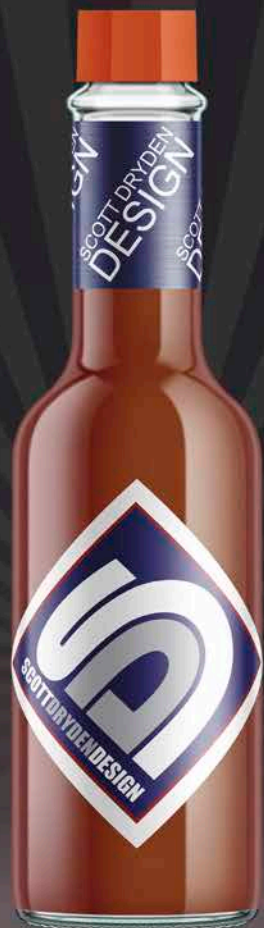
English-Speaking Union, Murray Hall, 106 Borders Lane. 1st Thurs, 10.15 for 10.45am. £4 incl tea/ coffee. 020 8505 9001 / 01992 812454

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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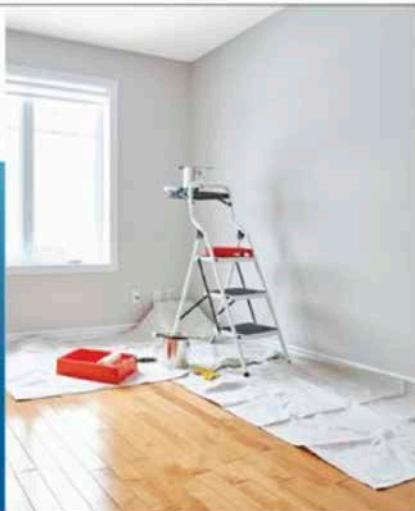
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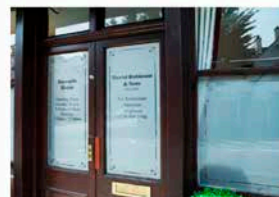
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