



Think Loughton

News from Loughton Town Council

Winter 2019/2020 No 87

Join the festivities

CHRISTMAS commemorations and celebrations begin this year with the poignant Light up a Life service, held in partnership with St Clare Hospice, on Saturday 30 November at 4.30pm.

As usual we will meet in the foyer of the Methodist Church for the short candlelit procession to the tree on King's Green for the switch on ceremony and carol service. This moving tribute offers the opportunity, at this special time of the year, to remember and reflect on those that have passed, with each light on the tree representing the life and memory of someone cherished.

Afterwards everyone is invited back to the church to enjoy hot drinks and mince pies while recollecting precious memories. To sponsor a light in memory of your relative or friend contact St Clare Hospice on 01279 773750.

The following week, we invite you to join us for our annual event, **Countdown to Christmas**, on The Broadway, from 3.30-5.30pm, on Friday 6 December, supported this year by amongst others Galliard Homes and Higgins. You can enjoy all the usual entertainment, community carols from local school choirs, Christmas craft and food stalls, musical



entertainment and the children's favourite, a ride on Santa's Horse and Carriage (kindly provided by T Cribb & Sons).

The final festive celebration is the ever popular annual Debden

5k Santa Run from 12 noon on Sunday 8 December, organised by Geraldine Wilson, in support of St Clare Hospice. Entry is £12 for adults (includes a Santa suit) and £5 for children. For more information or

to book your tickets, please contact Geraldine on 020 8508 6070.



FOLLOW US ON FACEBOOK for details of all upcoming events and news items.



RESIDENTIAL

Property Professionals
since 1988

TRUSTED EXPERT ADVICE

If you're thinking of selling or letting,
why not invite us around for **TEA**?

Contact your local branch now

T: 020 8508 0101 E: enquiries@roffneys.net



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 910701 |
| Volunteering Enquiries | 01992 284761 |

HEALTH & HOSPITALS

| | |
|-------------------------------------|---------------|
| ADAS (Alcohol & Drugs Service) | 01279 641347 |
| Alzheimer's Society (Epping Forest) | 01279 427522 |
| Breathe Easy Harlow & Epping Forest | 01992 573387 |
| British Red Cross | 020 8508 2162 |
| Forest Medical Centre | 020 8535 6888 |
| The Holly Private Hospital | 020 8505 3311 |
| King George | 020 8983 8000 |
| Loughton Health Centre | 020 8502 5000 |
| NHS Direct | 111 |
| Princess Alexandra | 01279 444455 |
| Rectory Lane Health Centre | 020 8272 4600 |
| Spire Roding (Private) | 020 8551 1100 |
| St Margaret's | 01279 444455 |
| Whipps Cross | 020 8539 5522 |

LOCAL AMENITY REFUSE POINTS

| | |
|-----------------------|--|
| Essex County Council | www.essex.gov.uk/recyclingcentres |
| Chigwell IG7 5AA | Luxborough Lane |
| Waltham Abbey EN9 1JU | Brooker Road |

POLICE & FIRE (dial 999 for emergencies)

| | |
|------------------------------|---------------|
| Essex Police (non-emergency) | 101 |
| Action Fraud | 0300 123 2040 |
| Anti-terrorist hotline | 0800 789321 |

PUBLIC UTILITIES

| | |
|--------------------------------|--------------|
| UK Power Networks emergency | 105 |
| National Gas Emergency Service | 0800 111 999 |
| Thames Water 24 hour leakline | 0800 714 614 |

SPORT

| | |
|----------------------------------|---------------|
| David Lloyd Chigwell | 0345 129 6783 |
| Debden Sports Club | 020 8508 9392 |
| Loughton Athletic Club | 07958 903842 |
| Loughton Bowling Club | 020 8508 3546 |
| Loughton Cricket Club | 020 8502 2064 |
| Loughton Football Club | 020 8508 4757 |
| Loughton Leisure Centre (& pool) | 020 3225 5460 |
| Loughton Rugby Football Club | 07969 638349 |
| South Loughton Cricket Club | 07941 347812 |

TRAVEL & TOURISM

| | |
|--|----------------|
| Arriva (traveline) | 0344 800 4411 |
| First Essex Customer Services | 0345 602 0121 |
| Gatwick Airport: Your service centre | 01293 555713 |
| Heathrow Airport | 0844 335 1801 |
| London Travel Information | |
| (TfL & London Overground) | 0343 222 1234 |
| Luton Airport | 01582 405100 |
| National Express | 0871 781 8181 |
| National Rail Enquiries | 03457 484950 |
| Southend Airport | 01702 538 500 |
| Stansted Airport | 0844 335 1803 |
| Tourist Info Centre (Waltham Abbey) | 01992 660336 |
| Traveline (public transport information) | 0871 200 22 33 |

COME ALONG AND VISIT THE OAK-TREE GROUP OF SCHOOLS



BRAESIDE SCHOOL
Buckhurst Hill

Ages 2 ½ to 16
020 8504 1133
www.braesideschool.co.uk



COOPERSALE HALL SCHOOL
Epping

Ages 2 ½ to 11
01992 577133
www.coopersalehallschool.co.uk



NORMANHURST SCHOOL
North Chingford

Ages 2 ½ to 16
020 8529 4307
www.normanhurstschool.co.uk



OAKLANDS SCHOOL
Loughton

Ages 2 ½ to 11
020 8508 3517
www.oaklandsschool.co.uk

A group of privately-owned local independent schools for children aged 2 ½ to 16

FOR MORE INFORMATION www.oaktreeschools.co.uk

 **@OakTreeSchools**

Clerk's Remarks



JESSEL GREEN is saved! Following the Local Plan Inspector's initial report and subsequently at the District Council Local Plan Meeting in October final confirmation was received. Great news not only for the immediate locality but also for the wider Loughton landscape, community and environment in general.

It has been a long and arduous road to get to this point. I am proud of Loughton Town Council's (LTC) pivotal role in defending this valuable open greenspace for the interests and well-being of local residents. We have incurred some considerable cost; not only in monetary terms

but also in time and resources over a number of years now, but the initial recommendations make it all worthwhile. Together with the hugely effective 'Save Jessel Green' campaign and a host of other groups and individuals we have made a real impact. Everyone's commitment to the cause has been both admirable and outstanding. Our concerted efforts have now been fully justified. However, we must not rest on our laurels but ensure this green area is protected permanently for future generations.

Another important Loughton landmark under threat is the purpose built Loughton Library in its current form. Plans are afoot from Essex County Council (ECC) to demolish the existing structure and replace it with a smaller library but with provision of a large number of new apartments. Some twenty-two local community groups currently use the library facilities. The floor area proves much needed quality space for local residents, a valuable commodity, especially when mental health and wellbeing issues are very much in focus. There are also environmental concerns over the potential increase in buildings and vehicles which will inevitably put further pressure on air quality and busy highways. The current library is already a vibrant

community hub and LTC is doing all it can to preserve this status. LTC has successfully submitted an application to register Loughton Library and Town Hall as an 'Asset of Community Value' with the District Council and with the acknowledgement of ECC. The registration means that ECC must give LTC a window of opportunity to be treated as a potential bidder for the asset although ECC is not bound to accept any potential bid. LTC awaits further developments with interest.

LTC's commitment to the community was also shown at the recent Loughton Horticultural Show held at the Murray Hall. Open to any Loughton resident with an interest in gardening, baking and flower arranging. The event proved a great success, with many more entries, building on last year's inaugural show. All donations were raised for the Epping Forest Foodbank. The show ended with the long established Loughton Best Allotments Awards for 2019. Please pencil in Saturday 22 August 2020 for next year's event.

You are very welcome to join us at a number of imminent Christmas events including the moving annual "Light up a Life" ceremony at Kings Green. It would be good to see you

too at the 'Countdown to Christmas' festivities at the Broadway, Debden on Friday 6 December 2019 where there will be all the usual free entertainment.

I would like to draw your attention to two initiatives. Do you know someone worthy of recognition for their community work or bravery? Nominations are invited for the 2020 Loughton Citizenship Awards (see page 6). We are looking to celebrate those special individuals in our town who go the extra mile for their fellow citizens. There are categories for both under and over 25 year old. Please don't be shy in recommending someone you know who deserves appreciation.

We are also trying to set up 'Loughton Wombles', (or of similar ilk) in a concerted effort to make Loughton litter free (see page 5). Please come forward and also invite your friends and neighbours if you would like to help.

Finally from all at Loughton Town Council, we wish you a relaxing Christmas break (if that's possible) and enjoy the festivities. All the very best for 2020 and beyond as we enter another new decade.

Mark Squire
Town Clerk

Town mayor's charities boost

WE ARE pleased to record that the Town Mayor, Councillor Stella Murphy was able to secure substantive funds from the Joseph and Lilian Sully Foundation toward the Mayor's chosen charities for this Town Council administrative year.

The generous sum of £10,000 was split equally between her

four designated charities, namely Epping Forest Foodbank, Oak View School (special educational needs), Epping Forest Re-Use and Cardiac Risk in the Young

At the Town Council meeting held on Wednesday 30 October 2019 in Loughton Library an official presentation of the donations was made to these very worthy causes.



— Est 1949 —



Robinwill Group
Home Improvement Experts

ROOFING & UPVC CLADDING SPECIALISTS

- FREE ADVICE • FREE SURVEY
- FREE ESTIMATE

CALL FREE 0800 783 3619

EXTRA DISCOUNT FOR SENIOR CITIZENS

INSURANCE AND GRANT WORK UNDERTAKEN

ALL ROOFING & REPAIRS



Tiling & Slating



Flat Roofs






7 Forest Road, Loughton, Essex IG10 1DR
www.robinwillroofing.co.uk

Loughton Town Council

Town Mayor: Cllr Stella Murphy **Deputy Town Mayor:** Cllr Tessa Cochrane **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

70 Greenfields
Loughton IG10 3HF
mick.stubbings@hotmail.com

BROADWAY WARD

Cllr Jayna Jogia 07983 713389

70 The Drive
Loughton IG10 1HG
cjlrgia@outlook.com

Cllr John Mahoney 07909 517145

Flat, Lopping Hall, 189 High Road
Loughton IG10 4LF
Johnmahoney10@gmail.com

Cllr Stella Murphy 020 8508 2794

6 High View Close
Loughton IG10 4EG
stella.murphy6@icloud.com

FAIRMEAD WARD

Cllr Carol Davies 07817 230372

13 Colebrook Gardens
Loughton IG10 2HS
carolchristmas@yahoo.com

Cllr Kevin Latchford 020 8502 4568

24 Colebrook Gardens
Loughton IG10 2HS
k.latchford1@ntlworld.com

Cllr Tom Owen 020 8508 6916

15 Lower Park Road
Loughton IG10 4NB
to4labour@hotmail.co.uk

FOREST WARD

Cllr Jill Angold-Stephens 020 8508 4200

89 Lower Park Road
Loughton IG10 4NE
jill@angold-stephens.co.uk

Cllr Tessa Cochrane 020 3643 7492

16 Shaftesbury
Loughton IG10 1HN
tessacochrane69@gmail.com

Cllr Trevor Downing 020 8508 8877

207 Smarts Lane
Loughton IG10 4BW
downingtj1@gmail.com

RODING WARD

Cllr Rose Brookes 020 8502 5981

3 Lower Park Road
Loughton IG10 4NB
vietrose02@aol.com

Cllr Mark Dalton 07719 736901

9 Highland Avenue
Loughton IG10 3AJ
dalton.m.k@btinternet.com

Cllr Stephen Murray 020 8508 7548

1 Avondale Court, Avondale Drive
Loughton IG10 3BT
stephen.w.murray@hotmail.com

Cllr David Wixley 020 8418 9284

2 Copper Beech Court, Goldings Road
Loughton IG10 2QH
david.wixley198@btinternet.com

ST JOHN'S WARD

Cllr Stephen Pewsey 020 8279 1858

59 Wroths Path
Loughton IG10 1SH
pewsey.stephen@gmail.com

Cllr Caroline Pond 020 8508 2361

Forest Villa, 7 Staples Road
Loughton IG10 1HP
caroline_pond@hotmail.com

Cllr Chris Pond 020 8508 2361

Forest Villa, 7 Staples Road
Loughton IG10 1HP
loughton_ponds@hotmail.com

ST MARY'S WARD

Cllr Philip Beales 020 8508 4200

c/o Loughton Town Council
Loughton Library & Town Hall
Traps Hill
Loughton IG10 1HD
contact@loughton-tc.gov.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
clrijennings@hotmail.co.uk

Committee membership

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

VC K Latchford

P Abraham

T Cochrane

C Davies

T Downing

S Murphy

RECREATION

C D Wixley

VC A Omer

R Brookes

B Cohen

J Jogia

S Murray

M Stubbings

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

| Edition | Copy deadline |
|--|-----------------|
| Spring 2020 | 13 January 2020 |
| Summer 2020 | 13 April 2020 |
| Next issue covers Mar to end May 2020. | |

We do not accept unattributed articles for publication.

Think Loughton is published by **Loughton Town Council** Loughton Library & Town Hall Traps Hill, Loughton IG10 1HD **T** 020 8508 4200 **F** 020 8508 4400 **E** contact@loughton-tc.gov.uk **W** www.loughton-tc.gov.uk

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

Printed by **Micropress Printers Ltd** Fountain Way, Reydon Business Park, Reydon, Suffolk IP18 6SZ **T** 01502 725800 **F** 01502 725855 **E** rob@micropress.co.uk **W** www.micropress.co.uk

Advertising sales are managed by **Total Media**, Rosemary Lane, Halstead, Essex CO9 1FD **T** 01245 790244 / 07942 800865 **E** mail@totalmediamarketing.co.uk

Town Council Meetings

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

2019 - 2020

| | | |
|------------|----|--|
| Nov | 25 | Planning & Licensing |
| | 27 | Environment & Heritage |
| Dec | 4 | Resources & General Services |
| | 9 | Planning & Licensing |
| | 11 | Council |
| Jan | 6 | Planning & Licensing |
| | 8 | Resources & General Services (Budgets 7pm), Recreation |
| | 15 | Council (Budgets) 7pm, Environment & Heritage |
| | 20 | Planning & Licensing |
| Feb | 3 | Planning & Licensing |
| | 5 | Resources & General Services |
| | 12 | Council |
| | 17 | Planning & Licensing |
| | 19 | Recreation |

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

News round-up

■ **FINANCIAL ASSISTANCE:** Loughton's local groups, organisations and charities are invited to apply to the town council for financial assistance for the period from April 2020 – March 2021. The closing date for receipt of completed applications at the Council Offices in Loughton Library, is Thursday 2 January 2020. Application forms can be downloaded from http://www.loughton-tc.gov.uk/GrantScheme_2591.aspx or contact the council offices for more information Email: contact@loughton-tc.gov.uk Tel: 020 8508 4200



■ **MEMORY CAFÉ** The Rotary Club of Loughton, Buckhurst Hill & Chigwell, hold a Memory Café on the second Friday of each



month at the Loughton Club, 8 Station Road (see P13) between 10am and 12pm. They offer refreshments, entertainment, memorabilia, informal chats,

bingo etc. For further info call Fran 07984 100379 or Pesh on 07973 166940.

■ **FILM LOUGHTON APPEAL:** Film Loughton provides a local cinema experience with films shown to a high technical standard on a monthly basis in the comfortable surroundings of Loughton Methodist Church. However, in order to continue they need people to come forward to help on a regular basis. Join them at their next screening of 'Fisherman's Friends' on Saturday 23 November at 7.30pm, where committee members will be delighted to welcome you and talk about the rewarding work they do. Further screenings include: 18 January: 'Always, Sometimes, Never', 22 February: 'Rocketman'.



■ **CHRISTMAS & NEW YEAR OPENING TIMES:** The town council offices in the Library will close on Tuesday 24 December at midday, reopening from 10am until 4pm on Friday 27 December and Monday 30



December. On Tuesday 31 December they will open from 10am until 12.45pm. Normal opening hours, 9.30am – 4.30pm, resume on Thursday 2 January 2020.

Loughton Wombles

We all detest it – it blights our wonderful town of Loughton – it does not go away!



OUR OWN Loughton Town Council (LTC) staff do a great job in controlling the litter problem on our maintained areas but the issue is endemic and we have limited resources. No amount of education and strategically placed litter bins seem to change the mind set of persistent offenders. The few spoil it for the many.

This is a concern for a large number of local residents. There are already a number of public spirited individuals who pick up litter on behalf of their local areas and community.

We would like to encourage and engage volunteer litter pickers to become 'Loughton Wombles' to unite and take on this problem.

The vision is for groups of volunteers to coordinate and operate on a regular basis. LTC could provide basic materials such as litter pickers and 'Hi Viz' jackets.

Please indicate your interest in helping. Contact Mark on 020 8508 4200 contact@loughton-tc.gov.uk

Home
There's no place like it

Home Instead
SENIOR CARE®
to us, it's personal.

Being able to live at home can be one of the most important comforts in an older person's life, and because family and friends can't always be there, Home Instead Senior Care are here to help.

From an hour a day, to full time care, our service is available 24 hours a day, seven days a week to provide:



- Companionship
- Respite support
- Light housekeeping
- Convalescence support
- Specialist dementia care and Alzheimer's care
- Shopping
- Meal preparation
- Personal care
- Local transportation and errands
- and much more

Home Instead in Epping Forest is part of a national organisation rapidly building a reputation as one of the UK's leading care companies allowing older people to continue living in their own homes.

Contact us on 01992 666777

233-235 High Street, Epping, CM16 4BP

www.homeinstead.co.uk/eppingforest

Each Home Instead Senior Care® franchise office is independently owned and operated.

NIC ANTONY
ARCHITECTS



FREE initial consultation

EXPERIENCED CREATIVE PRACTICAL

www.nicantony.com
info@nicantony.com
020 8498 0228

50 Queens Road,
Buckhurst Hill,
Essex IG9 5BY

RIBA
Chartered Practice

arb
Architects Registration Board

GRAND DESIGNS LIVE
LONDON

houzz

**WE ARE
UNDEFEATABLE**

ACTIVE ESSEX and Epping Forest District Council are supporting a new Sport England campaign which aims to inspire people across Essex who suffer with limiting long-term health conditions to become more active.

The national 'We Are Undeatable' initiative, backed by 15 leading health and social care charities, aims to reassure and support people to be more active by highlighting the personal journeys of others with chronic conditions.

According to Sport England research, those with long-term health conditions are twice as likely to be inactive, despite evidence that even small amounts of activity can significantly improve overall health and wellbeing.

If you're ready to try adding more physical activity into your week, then try some of the classes available in Loughton.

For those living with Dementia, try Dementia Friendly Yoga every Tuesday from 10–11:30am at Loughton Cricket Club, The Uplands, IG10 1NQ, £5 per participant, carers can join in for free.

Improve your mobility by attending Strength and Balance classes, every Monday from 10 – 11am at Loughton Methodist Church, Loughton High Road. This class is aimed at those who may be at risk of falls (see P14).

If you would like advice and support on becoming active then the Active Living Programme could be for you. This programme will help to set you a personal plan and find ways to fit physical activity into your day. To find out more, contact the team on 01992 564561 or visit: www.weareundeatable.co.uk

Citizenship Awards

DO YOU know someone worthy of recognition for their community work or bravery? Nominations are invited for the 2020 Loughton Citizenship Awards.

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

Any Loughton resident, employer, educational institution, group or society may submit a nomination. The closing date is 31 January 2020.

There are three categories:

Acts of courage or bravery that have resulted in the prevention of a serious crime or the rescue of individuals from danger. Voluntary Service for people aged 25 or over; and for people under 25 years of age.

Each category winner will be presented with a silver bowl, an illuminated scroll and a cheque for £250 made payable to their favourite local charity.

For more information contact the town council or download a nomination form from the website at http://www.loughton-tc.gov.uk/Documents_and_Forms_and_Policies_2583.aspx

Loughton Horticultural Show



LOUGHTON TOWN COUNCIL held its second Horticultural Show at The Murray Hall, Borders Lane, on Saturday 7 September - open to any Loughton resident with an interest in gardening, baking and flower arranging. The afternoon proved to be a delightful and most successful community event, with double the amount of entries at last year's inaugural show. Exhibits included summer themed floral arrangements, beautiful blooms, an array of assorted flavoured chutneys and jams, home baked Victoria sponge cakes and tables laid full of prize worthy vegetables and fruit!

Judging took place under strict competition conditions. Loughton Town Council is extremely grateful to the Judges and Volunteers who gave their time and expertise, making the show such a success. Special thanks also to all the exhibitors for taking part, we hope they enjoyed the event and are now eagerly planning for next year's show.

Winners of the Best in Show went to Pat and John Thompson, with their 'basket of seasonal vegetables' grown on their plot at the Roding Road Allotments and Leisure Gardens Association.

Young Samuel Hurst won the 'best decorated biscuits' category.



Top: Town Mayor, Cllr Stella Murphy & Winners of the Best in Show Pat and John Thompson
Above right: Samuel Hurst and his 'best decorated biscuits'
Above left: Winning basket of vegetables

The public were treated to a plant sale with a wonderful selection of hardy perennials, and winter bedding from Matthews Plants, and teas and coffees were served with mouth-watering homemade scones and delicious cakes. All donations received on the day were in support of the Epping Forest Foodbank.

If this has inspired you, next year's show is on 22 August 2020 – get planting!

80th anniversary for Citizens Advice Epping Forest

CITIZENS ADVICE EPPING FOREST DISTRICT marked 80 years of providing free, independent advice nationally by hosting a community event for local people with an Open Day Exhibition on 4 September 2019 entitled 80 years of Citizens Advice...A journey through the decades.

Held at Loughton library, the special Guest of Honour was the Chairman of Epping Forest District Council, The Local Town council Mayors of Loughton, Epping and Waltham Abbey, and other local councillors.

Epping Forest District Chair of Trustees of Citizens Advice Jean Wells, said: "Citizens Advice is celebrating #80years of advice with this event in the Loughton Library. For 80 years Citizens Advice is still the People's Advocate; staffed by volunteers; giving free, confidential, impartial advice on life's challenges at times of personal vulnerability. Our advice changes lives because we are constantly adapting to the challenges people face, from broadband bills to Universal Credit. Whatever



Citizens Advice mobile horsebox

the problem, our amazing staff and volunteers do all they can to help people find their way forward. We are here for everyone and we will continue to help make things better."

Founded on 4 September 1939 - the day after World War II was declared, the service since then has become a trusted household name. Last year it helped 2.7 million people across England and Wales in person, by phone, email or web chat. 80th anniversary celebrations



Citizens Advice 80th celebration

will be taking place across England and Wales throughout the year.

We have already held two events to celebrate this year with a 10K Charity Fun Run in Waltham Abbey and a fundraising concert 'Atilla the Stockbroker' in Epping.

For more information contact: Nnenna Anyanwu Chief Executive Citizens Advice Epping Forest District. 01992 561494 Email: districtmanager@efcab.cabnet.org.uk



Your local Accountant.

OUR SERVICES

- PLANNING FOR ACCOUNTS AND TAX
- PREPARATION OF REGULAR MANAGEMENT ACCOUNTS
- PAYROLL SERVICES
- COMPLETION OF VAT RETURNS
- CONSTRUCTION INDUSTRY SCHEMES (CIS RETURNS)
- PREPARING BUDGETS AND FORECASTS
- SMALL BUSINESS ACCOUNTING
- FINANCIAL ACCOUNTS
- INDIVIDUAL TAX RETURNS
- CORPORATE TAXATION (CT600)
- CAPITAL GAIN TAX (CGT)
- INHERITANCE TAX (IHT)

CALL TODAY!
020 8502 0099

VISION STATEMENT
TO ACQUIRE AND MAINTAIN EXCELLENCE IN ACCOUNTANCY SERVICES FOR OUR CLIENTS UNTIL WE SUCCEED TOGETHER

020 8502 0099 | F : 020 7183 9386
INFO@MAGACCOUNTANTS.COM
WWW.MAGACCOUNTANTS.COM
 4 YORK HOUSE | LANGSTON ROAD | LOUGHTON | IG10 3TG

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

Writing a Will and taking out a Lasting Power of Attorney will ensure your family are taken care of at their point of greatest need.

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

Call me for an appointment. I'm happy to visit you in your home, at a time that suits you best. There's no hard sell and no initial charges.
 Tel: 01992 579101
 Mobile: 07901 542838
 Email: marcoskallou@priorknowledge.co.uk
www.wantwilladvice.co.uk



PriorKnowledge

Hindsight is great...but prior knowledge is even better

Brickfield Business Centre, High Road, Thornwood, Epping, CM16 6TH



- Intruder Alarms
- CCTV • Access Control
- Fire Alarms

ACE Security and Electrical Ltd

PROTECTING LOCAL PEOPLE & PROPERTY

A LOCAL BUSINESS BUILT ON REPUTATION
TRUSTED & RECOMMENDED



Call us today for a FREE Survey and Quote

020 8532 5230



www.acesec.co.uk

32-33 Oakwood Hill Industrial Estate,
Oakwood Hill, Loughton, IG10 3TZ



Looking for a venue?

The Murray Hall

Borders Lane, Loughton



020 8508 4200



"Definitely the best" "Will use again" "Immaculate Hall" "Friendly staff"

Dates for the diary

■ **Until 17 Dec 9am-5pm** Cards for Good Causes Charity Christmas card sale Loughton Library, Traps Hill, IG10 1HD
■ **Until 21 Dec Mon - Fri 10am-4pm, Sat 10am-5pm (Closed Thurs)** Ice Age Discover the incredible creatures that roamed this area during this period. Epping Forest District Museum, 39 - 41 Sun Street, Waltham Abbey, EN9 1EL. Free.

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

■ **22 Nov 8pm** Rebuilding the City of London over the Last Thirty Years Alec Forshaw. St Michael's Church, Roding Road, IG10 3EJ. Non-members: £2-50, including refreshments. HEARS (see P13)

■ **27 Nov 1-3pm** Victorian Garland

Making Use fresh herbs and dehydrated fruit add a festive scented Victorian touch to your home this Christmas. £15 16+ yrs EFD Museum (as before)

Book at <https://eppingforestdc.bookinglive.com/> or call 01992 564226

■ **28 Nov 7.45pm** Christmas Table Gift Essex Handicrafts, Church Hall, Loughton Methodist Church, 260 High Rd, IG10 1RB Contact Karen Myles, branch secretary: 020 8508 4581 (see p13)

■ **30 Nov 12 noon - 3pm** Oakwood Hill Christmas Market Santa's grotto, festive eats, craft stalls and more. Oakwood Hill Community Centre, Longcroft Rise, IG10 3NB

■ **30 Nov 4.30pm** Light Up a Life Kings Green, in partnership with St Clare Hospice, gathering in the foyer of Loughton Methodist Church (see P1)

■ **30 Nov 5-6pm** "Hanging of the Greens" help decorate the Church for Christmas, make your own Advent wreath. Church of the Holy Innocents, Church Lane, High Beach, IG10 4BF. Queries: jane.begley@irwinmitchell.com or 07572-111387

■ **1 Dec 2pm** Advent Concert - Hannah Davies and Liz Pearce. Free concert with refreshments. Church of the Holy Innocents (see above)

■ **3 Dec 1.45 - 4pm** Hi-de-Hil! talk by Norman Jacobs. New Vistas, Loughton Club, IG10 4NZ (See p14)

■ **3 Dec 8pm** The Art of the Table: Feasts and Fantasy talk by Nicole Mezey, leading museums & National Trust lecturer. The changing significance of food and feasting. Arts Society Woodford Green, Bancroft's Prep School, High Road, Woodford Green, IG8 0RF. Voluntary donation. Enquiries: 020 8599 6281 (see p14)

■ **5 Dec 10.15am** Christmas Meeting exhibition of pictures from some of the holidays / visits enjoyed over the last six years. English Speaking Union, Murray Hall, Borders Lane (see p14)



■ **6 Dec 3.30 - 5.30pm** Countdown to Christmas on the Broadway, Santa, horse & carriage and fun fair rides, entertainment, food & craft stalls. Loughton Town Council 020 8508 4200 (see P1)

■ **7 Dec 10.30am - 4pm** Christmas Event Christmas craft, Santa's Grotto, £6 all ages. EFD Museum (as before) No need to book.

■ **8 Dec 9.30am - to 12 noon** Indoor Boot Sale Fundraiser Woodford County High School's Centenary year, High Road, Woodford Green IG8 9LA. Admission 50p, refreshments available. Pitches £14 (booking essential) www.woodford.redbridge.sch.uk/ 07400 238515 / pfwchs@yahoo.co.uk Also: 19 Jan, 16 Feb and 15 Mar 2020

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

■ **10 Dec 10am - 12 noon** Toddler Father Christmas £6 2 - 4 yrs EFD Museum (as before) Bookings: 01992 716882 / museum@eppingforestdc.gov.uk

■ **12-14 Dec 7.30pm (Saturday matinee 3pm)** A Night at the Speakeasy Forest Musical Theatre Company - a celebration of prohibition in the 1920s and 1930s. Lopping Hall, Loughton, IG10 4LF www.ticketsource.co.uk/forestmusical 01279 851897

■ **14 Dec 7pm** Christmas Concert - Epping Forest Singers with Loughton Youth Choir St John's Church, Loughton, IG10 1PD. Musical Director Fru Chilvers, Accompanist Paul Chilvers. Tickets £12 in advance / £14 on the door (under 16s free)

Contact Chris: 01992 714227 / www.eppingforestsingers.com

■ **14 Dec 7.30pm** The Roding Players Orchestra Winter Concert with Leverton Primary School Choir St Mary's Church, 201 High Road, IG10 1BB. Tickets (unavailable on the door): £8, £7 concessions, under 11s free, inc. refreshments. Contact Susan Austin 07845 929132 / <http://www.rodingleplayers.co.uk>

MERYL JAMES
opticians

An independent practitioner offering comprehensive eye examinations and a wide range of lenses and frames for children and adults.

Monday-Friday 8.30am-5.30pm

Saturday 8.30am-4.30pm

Late night opening available by enquiry

24 Forest Road, Loughton, Essex IG10 1DX

020 8508 1325

E-mail: aandjopticians@msn.com

■ **15 Dec 2pm** Free Christmas Concert – The Woodford Singers with audience participation Incs refreshments. Church of the Holy Innocents, IG10 4BF (see before)
 ■ **16 Dec 10.30am** Chingford and Loughton Railway talk by Dr Chris Pond. History of the building and changes to two local, but very different, railways. Woodford and District National Trust, the Memorial Hall, South Woodford. Enquiries: dickspeller@talktalk.net / 07774 164407

■ **19 Dec 7.45pm** High Beach Choir singing at The Owl Pub Church of the Holy Innocents, IG10 4BF (see before)
 ■ **30 Dec 10am – 12 midday** Toenail Cutting Age UK offers this service locally at Kingsley Hall. For appointments: 01245 423333 or toenails@ageukesssex.org.uk

■ **7 Jan 10am-12 noon** Magic Realism: Art in 1920s Germany Rosanna Eckersley 10 week WEA course, Loughton Bowls Club, IG10 1AN, Fee £80, Contact see p13

■ **7 Jan Midday** New Year's Lunch New Vistas, Toby Carvery, Buckhurst Hill (See p14)

■ **8 Jan 10am-12 noon** Natural History of Freshwater Habitats Tricia Moxey 10 week WEA Course, Fee £80, Jack Silley Pavilion, 1 Tidys Lane, CM16 6SP Contact see p13

■ **9 – 11 Jan 8pm** Colder Than Here by Laura Wade. Deeply moving family drama mingling raw emotion with moments of sharply observed black humour. LADS production, Lopping Hall, Loughton. Tickets £10: 07552 736110 or www.lads.org.uk



■ **9 – 11 Jan 8pm (plus Saturday Matinee)** The Wind in the Willows - Adapted by Alan Bennett Theydon Bois Village Hall, Coppice Row, Theydon Bois, CM16 7ER. Website - http://theydondrama.org

org Tickets £11 (from 4 Nov) – https://www.ticketsource.co.uk/theydonboisdramasociety or 01992 919038

■ **13 Jan 1:30-3:30pm** Footsteps through the history of our streets Lucy Rawlinson 10 week WEA course Loughton Bowls Club IG10 1AN Fee £80 Contact see p13

■ **14 Jan 8pm** Pots and Frocks - The World of Grayson Perry talk by Ian Swankie, an official guide at the Tate, on this well-known but controversial contemporary artist. Arts Society Woodford Green Voluntary donation (see p14)

■ **21 Jan 1.45 – 4 pm** Old Loughton talk by Chris Pond. New Vistas, Loughton Club, IG10 4NZ (See p14)

■ **23 Jan 7.45pm** Australian Cross Stitch Essex Handicrafts, Church Hall, Loughton Methodist Church (see p13)

■ **25 Jan – 2 May Mon – Fri 10am – 4pm, Sat 10am– 5pm (Closed Thurs)**

You Wear It Well Over 1500 costume pieces spanning 500 years. Curating and caring for costumes, some of the highlights and horrors discovered. EF District Museum (as before) Free

■ **4 Feb 1.45 – 4 pm** Life & Death in the Workhouse talk by Dr Mark Carroll. New Vistas, Loughton Club, IG10 4NZ (See p14)



■ **6 Feb 10.15am** Arctic Experiences Bob Johnson talks of his recent visit to the Arctic, illustrated by his spectacular photographs of the region and its wildlife. English Speaking Union, Murray Hall, Borders Lane (see p14)

■ **11 Feb 8pm** Blonds have more fun – talk on David Hockney by Frank Woodgate, Lecturer at the Tate. Arts Society Woodford Green Voluntary donation (see p14)

■ **18 Feb 12 noon – 3pm** Family Fun – Space Craft Art and craft activities. No need to book. All ages (most suitable 5 - 11 yrs), £2 p/child. EFD Museum (as before)

■ **18 Feb 1.45 – 4pm** The Story of a House talk by Kate Poole, New Vistas, Loughton Club, IG10 4NZ (See p14)

■ **19 Feb 10.30am – 3pm** Be a Textile Artist Take inspiration from our exhibition 'You Wear It Well', learn new skills, try different sewing techniques. EFD Museum (as before) £20, 8+ yrs. Booking essential – opens 6/1/2020 https://eppingforestdc.bookinglive.com/ 01992 564226 (Mon – Fri 10am–4pm)

■ **25 Feb 10am – 4pm** Extracts from Essex History Margaret Mills WEA Day School Loughton Bowls Club IG10 1AN Fee £25 lunch included (Contact see p13)
 ■ **27 Feb 7.45pm** Dream Catchers Essex Handicrafts, Church Hall, Loughton Methodist Church (see p13)

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

ASSOCIATED GLASS

Your Home is Personal

At Associated Glass our aim is to provide the very best in windows, doors and conservatories so that you can make your dream home a reality. A family business we hold customer service and product quality high, that is why you see us as “local providers choice” from satisfied customers.

All installations come with our 10 year backed guarantee



Call for a free quote: 020 8508 3821
 or email: info@associatedglass.co.uk
 11 Forest Road, Loughton, Essex IG10 1EB

www.associatedglass.co.uk

HASLERS

intentionally different

We want you to join our growing client family

Accountancy • Audit and assurance • Business consultancy • Business improvement
 Business planning • Business services • Cloud accounting • Corporate finance
 HR and team development • Restructuring and insolvency • Tax advisory • VAT consultancy

We are committed to providing high quality, personal bespoke services to help you and your business prosper.

Trusted, high quality, cost effective, proactive, great technical knowledge and a service that's delivered on time are all things you can expect from us and much more.

Call us on 020 8418 3333 or email advice@haslers.com for further information.



CHIROPODY & PODIATRY CLINIC

www.podiatryclinicloughton.co.uk

41a Rectory Lane, Loughton IG10 1NZ
 25 Traps Hill, Loughton IG10 1NZ (Thursday)

Phone: 020 8537 0333

Mobile: 07956 167764

Spotlight on Loughton Town Council

THE ESSEX Association of Local Councils nominated us for the 'Council Spotlight' which was awarded in July by the National Association of Local Councils in recognition of the following:

Loughton Town Council has an estimated population of over 30,000 with a precept of £665,000 and 22 elected councillors. The Council provides a range of local facilities and services to local residents which include sport and leisure activities, an outdoor gym, art centre, allotments and cemetery.

Loughton Town Council keeps the community informed and welcomes local residents to participate in local community events including the Loughton Festival and the annual Jessel Green Community Fun Day. This consists of live entertainment, refreshments, fairground rides, soft play area for younger children and kite making.

One of the Council's initiatives is the Community Tree Strategy. LTC fight to protect the existing landscape, the countryside and trees, to encourage new and appropriate planting for the future. Trees are very important to Loughton and there is a great deal of public attachment to individual trees and groups of trees; people rightly want to protect and enhance the town's open spaces and treescape. There are two well-wooded local nature reserves within the town, Home Mead and Roding Valley Meadows.



nalc

Open door friendship group

A GROUP FOR adults who suffer from mental ill health, meeting every Friday from 3.30pm and 5.30pm at St Michael and All Angels Church, Roding Road, Loughton, have just celebrated their first year! They had great fun holding a BBQ and playing Walking Rounders! The group run activities each week including pool, games, football table and usually have a theme which may include cooking, arts and crafts, line dancing or a karaoke afternoon. A day trip to Deal was enjoyed in the summer which happened to fall on the hottest day of the year. So if you feel lonely or isolated please go along, you will be made to feel welcome.



The Town Mayor with all Winners of the Best Allotment

Best Allotment 2019 – now in its 11th Year!

JUDGING TOOK place in July for the Town Mayor's Best Allotment in Loughton, now in its 11th year, with plots from the Loughton Potato Ground, Roding Road and Willingale Road Allotments. Over 200 allotments were inspected by shortlisting volunteers, from these shortlisted plots the final judgment was made on 22 July by Ray How a representative of the National Allotment Society.

The prize presentation took place at the end of the Horticultural Show on Saturday 7 September. The winner was Brian Smith from the Loughton Potato Ground. This being his fifth time of winning the award!

Brian was presented with the Horticultural Association Challenge Cup by the Town Mayor, Cllr Stella Murphy, along with a £25 garden voucher and a certificate. Ray How commented that the plot was "a traditional plot, extremely well grown with a wide range of crops, both fruit and vegetables".

The Town Mayor's Best Newcomer award was made to Gina and Alan Plenderleith from

Willingale Road Allotments who received the Newcomers Shield and a certificate as well as the Best Allotment on Site award for Willingale Road Allotments. Ray was amazed at the use of containers and the variety of plants, which was unusual for newcomers.

Also receiving an award for Best Newcomer and Best Allotment on site at the Roding Road Allotment was Duncan Ives. Best Newcomer on the Potato Ground went to Amy and Hari Singh. Highly Commended winners were awarded certificates, Sandra Geraghty, Jan Boucek, Gissi Loton, Lesley Southgate and Di Rhodes from the Potato Ground, Bill Meeson from Roding Road Allotments and Teresa Witham, Louis Sargent, Tom Egan and Sue Threadwell from Willingale Road Allotment site.

Six other allotment holders across the three allotment sites were commended for their efforts and also received certificates.

If you would like information about vacancies on local allotment sites contact the town council.

Loughton Building Design Award

AS A TOWN COUNCIL, we continually seek to protect and enhance our town so if there's a new development, commercial or residential, or a refurbished property that has caught your eye and deserves recognition, submit your nomination for this award.

Unfortunately last year's entries failed to meet the judging criteria to reward an example of good design and construction and/or sympathetic restoration. However, with the many projects

that have been undertaken in the town, we feel sure there must be a candidate worthy of such acknowledgement.

We encourage all residents, architects, developers, building contractors and owners to nominate their favourite building projects that were completed within the last year. Visit <https://tinyurl.com/yb3sk7k2> to download a form or contact the town council for more information. The closing date for nominations is Friday 31 January 2020.

Night of inspiration

as high achievers receive adulation and acknowledgement at annual awards



IT WAS a night of celebration and inspiration as New City College recognised its high achieving students at the annual student achievement awards evening on 8 October.

Held at the stylish Leonardo Royal London City Hotel, beside the iconic Tower of London, students from across all of the college's campuses were joined by their families, staff and external guests including high profile London political dignitaries.

30 awards were given out on the evening reflecting the college's varied curriculum areas and Epping Forest campus winners included (from left to right above):

Christianna Vitanova - winner of the Sports Studies Student of the Year

Charlie Poulter - winner of the IT Student of the Year

Andrea Filipcuic - winner of the SEND

Student of the Year. And many more!

The awards evening was the cherry on top of a successful year at the Epping Forest Campus after an achievement rate increase of 14% from last year.

Looking to join the success? The Epping Forest Campus has a course for you!

Find out more about 16-18 and Adult courses, visit ncclondon.ac.uk to book your place.

Your Career Starts at New City College

OPEN EVENING

WEDNESDAY

27 NOVEMBER

4.30PM - 7PM

WWW.NCCLONDON.AC.UK/OPEN
BORDERS LANE, LOUGHTON IG10 3SA

 **NEW CITY COLLEGE**





Est 1881

T.Cribb & Sons

Family owned Funeral Directors and Carriage Masters

PRIVATE CHAPELS OF REST

MEMORIALS • NATIONWIDE REPATRIATION

ROLLS ROYCE AND LATEST JAGUAR FLEET

VINTAGE AND HORSE DRAWN HEARSE

GOLDEN CHARTER PRE-PAID FUNERAL PLANS

24 HOUR EMERGENCY SERVICE

DEBDEN
73 THE BROADWAY, IG10 3SP
020 8108 3334

LOUGHTON
262 HIGH ROAD, IG10 1RB
020 8023 8629



WWW.TCRIBB.CO.UK

Places Leisure
Part of Places for People

Whatever place you're into

"My special day."

Celebrate your special day with us

Choose from our pool inflatable or bouncy castle birthday party packages.

Visit our website for full details

www.loughtonleisurecentre.org

 Epping Forest District Council
www.eppingforestdc.gov.uk

Managed by Places for People Leisure Ltd working in partnership with Epping District Council.

Loughton Leisure Centre
0203 225 5460

Abbeyfield

Abbeyfield Loughton Society Limited
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

DO YOU HAVE UNWANTED GUESTS?

We can solve your problem quickly and efficiently with minimum fuss and inconvenience.

Commercial & domestic premises catered for

Bespoke treatments

wasps • hornets • bed bugs
fleas • cockroaches • rats • mice • squirrels
moles • ants • moths • pigeons

G J B PEST MANAGEMENT



Discreet, professional and efficient service

 @gjbpest

enquiries@gjbpestmanagement.co.uk
www.gjbpestmanagement.co.uk

Phone Direct: 0787 984 1105
Enquiries: 0793 651 9727

All major credit and debit cards accepted

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/
Willingle 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 Countryside, 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/countryside

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.filmfoughton.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. 07743 376468

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 School Hall, Church Lane. 2nd Thurs, 5-10pm alternate months. David Southgate 020 8508 7530

Loughton Amateur Dramatic Society, Lopping Hall, High Rd. Martin Howarth 020 8508 8644 www.lads.org.uk See Dates for the diary.

Loughton Astronomical Society, Scout Hall, Theydon Bois. LAS Astrokysds (6-14 yrs). Thurs 8-10pm. Brian Morton 01992 815804 www.las-astro.org.uk

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

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

Loughton Camera Club, Lopping Hall, High Rd. Weds, 8-10pm. 07873 534 604 www.loughtoncameraclub.org.uk/ Loughton_Camera_Club/Welcom.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 Fran 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 Scout Group Trinity Church Hall, Mannock Drive. Friday's during term time. Beavers (6-8 yrs) 5-6.15pm, Cubs (8-10 yrs) 6.15-7.45pm & Scouts (10-14 yrs) 7.45-9.30pm. Linda Brede 020 8508 4867/lulu.brede@gmail.com
30th Loughton Scout Group, St John's Church, Church Lane. Beavers (6-8 yrs), Cubs (8-10 yrs) & Scouts (10-14 yrs) Paul Snowden GSL 020 8508 4336 / info@30thloughton.co.uk

41st Epping Forest Scout Group, Lopping Hall, 189 High Rd. Mons 5.45-9pm Thurs & Fri, 6-9pm Beavers, Cubs, Scouts & Explorers girls/boys (6-18) 020 8923 2378 / agsl41@gmail.com

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

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

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

Girlguiding in Loughton Rainbows Brownies & Guides (girls aged 5-13yrs). Leadership opportunities available for girls & women over 14yrs. 07929 487 964 girlguidinginloughton@virginmedia.com
Tots Time (0-4) Mons 9.30-11am. Forge (Y7-13) Weds 3.30-5.30pm. Shine! Toddler church (2-5) Thurs 9.45-10.45am. After Hours (Y9+) Fri 8-10pm pool & table tennis & console games etc. Shooting stars (Y1-6) St Michael's Church field, Roding Rd, Weds 4pm

Little Angels Baby & Toddler group, St Michael's Church, Roding Rd. Mons 10-11.30am (term-time) 020 8418 7944
Little Oak's Child & Family Wellbeing Service, 020 8508 0932, please see our Facebook page for programme details
Loughton Youth Centre 106 Borders Lane IG10 3SB. ECC Youth Services in partnership 07557 168088 / louisa.stirling@essex.gov.uk

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

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

Loughton Youth Project, The Space, Loughton Library, Traps Hill. 24-hour online community radio station. Free afterschool / evening café weekdays. Nick Robinson www.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 Ladies Choir Meets every Thurs 2.15-3.45pm St John's Church Hall, Church Lane IG10 1PD. New Members welcome - sopranos/altos Marilyn Cross - 01279 430105

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. mljdaworsfold@yahoo.co.uk

www.loughtonclub.blogspot.com

13 ► **Café Hope** St Mary's Church, 201 High Rd Mon-Fri 9.15am-2.45pm 020 8508 3643

Chit Chat Club, St Michael's Church, Roding Rd, 1st Thurs, 1-3pm. Social activities & games, refreshments, company. 020-8418 7944

Civil Service Retirement Fellowship, Loughton Library (Jazz Room), Traps Hill, 3rd Mon, 2pm. Mrs E Vale 020 8508 2459

Forest Probus Club, Gilwell Park, E4, 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

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 (all abilities) All classes £5 - first session free.

Loughton Bowls Club, Eleven Acre Rise, **Yoga** - Mon 10.30-11.30am

Pilates - Wednesday 9.30-10.15am

Keep Fit - Friday 10.30-11.15am

Oakwood Community Hall, Longcroft Rise, IG10 3NB

Strength and Balance - Mon 10-11am

Loughton Cricket Club, The Uplands, IG10 1NQ

Yoga (beginners)-dementia friendly - Tues 10-11am

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 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

Arts Society Woodford Green, 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. £5 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

TALK TO US

If things are getting to you

Talk to us any time you like, in your own way - about whatever's getting to you.

116 123 FREE
This number is FREE to call

jo@samaritans.org

samaritans.org/
redbridge

visit us - 8 Mildmay Rd
Ilford IG1 1DT

SAMARITANS

A registered charity

JOIN US

Volunteers are at the heart of samaritans

You can make an amazing difference at Samaritans helping to support people around the UK and Ireland when they need someone to talk to or they are going through a difficult time in their life. We welcome and value every volunteer, from all walks of life. Whatever your interests, experience or skills, we have a role for you, and we will train, mentor and support you in whatever role you choose to do.

SUPPORT US

Run, cycle or host your own event
Leave us a gift in your Will
Support us as a company
Donate on-line

samaritans.org/
redbridge



Spice up your brand

Logos, Flyers,
branding & websites
leaflets & brochures
Adverts & illustrations

Graphic design at competitive prices

mail@scottdryden.co.uk
www.scottdryden.co.uk



Home cleaning

Daily Housekeeping

One Off Clean

Carpet Cleaning

Book a cleaner online
cleanwell-london.co.uk

Tel: 020 8508 8129

We don't just clean, we care



FURNITURE REPAIRS

and

RE-UPHOLSTERY SERVICE

Repairs To Antique
& Modern Furniture

Chairs Reframed

25 Years Experience



Free Estimates

Good Range Of
Pattern Books

No Job Too Small

JOHN CHISWELL

Formerly Chiswell Bros., Forest Road, Loughton

020 8508 3997 07710 155181

EROS SHOES, KEYS & TRAVEL GOODS

SHOE REPAIRS - SECURITY PRODUCTS - KEY CUTTING
CHUBB - YALE - UNION - ERA - etc. MORTICE & CYLINDER - STOCKISTS OF SHOLLEY



56 The Broadway, Debden, Loughton IG10 3ST Tel: 020 8281 1832

DANIEL ROBINSON & SONS

Independent Family Funeral Directors & Monumental Masons

Bosworth House - 4 Church Hill—Loughton - IG10 1LA

24 hour, friendly, helpful & professional service

Tel: 020 8508 1008

www.drobinson.co.uk



PAINTING & DECORATING SERVICES

Interior & Exterior Decorating

Painting Wallpapering
Personalised Children's Room
Design

Free Quotes

Friendly Reliable Service

07340 460597

a-finishing-touch@outlook.com



- garden maintenance • garden clearances
- turfing • jet washing • weeding & planting
- commercial & domestic work • paving



Jason Skeet

M. 07950 670 555

E. evergreen_gardens@outlook.com

reliable, honest garden care

 [evergreen_gardens](https://www.facebook.com/evergreen_gardens)

**Let your everyday shopping
reduce your utility bills!**



www.savingsplusmore.co.uk

01245 790244



**to promote your business
in the next issue of Think Loughton
contact**

Elaine or Tony Dryden

on **01245 790244 / 07942 800865**

Email: mail@totalmediamarketing.co.uk

INVITATION

ROFFEYS invites you to discover your home's real value

If you're thinking of selling or letting
in the near future and would like
expert advice on current market
conditions, call us today to arrange
a free, up-to-date professional
valuation.

Or

visit our website to book your
appointment and get an instant
online valuation.

roffey.net



Residential Sales and Lettings

37-39 Highbridge Street, Waltham Abbey, Essex EN9 1BD

Sales: 01992 788088 - Lettings: 01992 787100

The Apex, Station Road, Loughton, Essex IG10 4NZ

Sales: 020 8508 0101 - Lettings: 020 8502 3500

EST. 1988

roffey.net