



Think Loughton

News from Loughton Town Council

Spring 2020 No 88

Loughton's heritage celebrated



A CEREMONY for the latest blue plaque was held on 21 January at The Loughton Club, Station Road; an appropriate occasion, Cllr Chris Pond having just given a talk on 'Old Loughton' to members of the New Vistas group at the venue. Many of them remained for the ceremony, joined by several Town Councillors.

Deputy Town Mayor, Cllr Tessa Cochrane made the dedication and invited Cllr Chris Pond, Chair of the Environment and Heritage Committee, to elaborate.

William Dawson, the son of the vicar of East Harling, Norfolk, attended Harrow School followed by Exeter College, Oxford. In the 1850s Oxford was not noted for academic excellence, most didn't take a degree, but William got honours 1st class in Law. He might have ended

up a Judge, but his vocation was with the Church of England and he was ordained.

In 1870 he became Rector of St John, Clerkenwell, a poor parish, the church situated near to Farringdon Station. One of the troubles William wrote was "few of those that work here live here, and few of those who dwell here work here". In his 23 years there he organised the clear up of St John's burial ground and conversion to a public park (still there), and wrote the history of the parish.

He came to Loughton in about 1892 and built a house for himself, Susancroft, in Upper Park, on what had once been the yard of the Crown Inn, before it moved. He assisted, unpaid, at St Mary's Church while continuing as Warden of the Finsbury & East

London Polytechnic.

Dawson, an anti-drink campaigner, said "the men and youths of Loughton in their leisure time had nothing to do bar go to the pub". Always ready to put his money where his mouth was, he gave to Loughton a place where men and boys could gather, in a dry building, at minimal cost, for games and recreation. In 1901, he arranged for the present clubhouse to be built, and supported it for the rest of his life.

William Dawson died at Susancroft on 1 November 1927. He is commemorated by the large oil painting in the stairwell of the club. As one of Loughton's great benefactors it's entirely appropriate that this plaque to his memory has been provided by Loughton Town Council, to remind passers-by of this man and his gifts.

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Contact numbers

COUNCIL SERVICES

Loughton Town Council	020 8508 4200
City of London Corp (Epping Forest)	020 8532 1010
Epping Forest District Council	01992 564000
Waste Management Hotline	01992 564608
Essex County Council (ECC)	03457 430 430
Adult Social Care	0345 603 7630
Child Social Care	0345 603 7627
Debden Library	0333 0132654
Education & Schools	0345 603 2200
Loughton Library	0333 0132677
Registrar: Births, ceremonies & deaths	0345 603 7632
Essex Parking Partnership (enquiries)	01206 282316

ADVICE, HELP & INFORMATION

Action for Family Carers	0300 770 80 90
Affordable Counselling Epping Forest	01992 573402
Citizens Advice (from 1/4/20)	0300 330 2107
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
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Clerk's Remarks



MY FIRST FULL YEAR has now passed as Town Clerk at Loughton, full not only in terms of 12 calendar months but full in terms of the diversity and volume of work, projects, council and committee meetings and community events. There are some 'one step back, two steps forward scenarios'! However the positive successes whether big

or small make it a very rewarding and enjoyable experience. The undoubted highlight for me personally was the Town Council's strong contribution towards defending Jessel Green for Loughton.

Green space is very important, whether it be at global or local level. The recent cataclysmic bush fires and flooding in Australia make you more acutely aware of the fragility of the planet in general and the importance of your own immediate environment. Whether or not you are an exponent of climate change, the signs are not good currently and we are all gaining greater awareness of the problems causing extremities in the weather. There is no doubt that greater challenges will need to be faced and met by us all. It is becoming increasingly important that we all do our bit now and probably a lot more in the future.

Loughton is, as we all know set in the heart of Epping Forest, a unique landscape which we are all rightly proud of. Loughton Town Council continues to support and protect this 'Special Area of Conservation' or SAC (as it is sometimes referred to) against close proximity over-development and the presence of higher level pollutants and vehicle emissions.

I am really pleased that we have had such a positive response in numbers from local residents wishing to form their own volunteer group the 'Loughton Wombles'. It's great that so many people are so public spirited and volunteering to be part of a new group committed to a litter free and cleaner Loughton.

Some 'save the dates' for your diary: on 7 May 2020, Loughton residents will have the opportunity to exercise their democratic right to elect their local Town Councillors for the

next four years.

Our 11th annual Charity Fun Run is happening again on the Sunday morning of 17 May, at the Roding Valley Recreation Ground. The emphasis is on fun for all the family! Watch out for the new additions to the event. Full details will be provided on our website and Facebook pages shortly. Definitely a good healthy way to set off the day and raise money for good causes at the same time.

The inaugural 'Loughton Day' will take place on Saturday, 19 September 2020 at the Loughton Cricket Ground, along the High Street at the foot of Church Hill. This will be a real opportunity for the community to get together and enjoy a multitude of events and attractions. Further details to follow soon.

Take care

Mark Squire
Town Clerk

Get sowing and growing!

START PLANNING your crops now. Loughton Town Council will be holding its third Loughton Horticultural Show on Saturday 22 August 2020 at The Murray Hall, Borders Lane.

The show will be open to anyone who lives, works or goes to school or college in Loughton with an interest in gardening,

growing and showing. Get baking, creating and designing. Allotmenters, keen gardeners, children and novices are all welcome to have a go!

The show will be open to the public from 2pm, admission is free and refreshments will be available.

Awards will be presented

for best cakes, biscuits, jams, chutneys, flower arrangements, fruit and vegetables. The day will finish with the presentation of the Town Mayor's Best Allotment Awards.

For more information please contact Pippa Bryce 020 8508 4200 / contact@loughton-tc.gov.uk



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Town Mayor: Cllr Stella Murphy **Deputy Town Mayor:** Cllr Tessa Cochrane **Town Clerk:** Mark Squire

Councillors

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philabraham2000@gmail.com

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CllrAdamOmer@gmail.com

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carolchristmas@yahoo.com

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24 Colebrook Gardens
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k.latchford1@ntlworld.com

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

FOREST WARD

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tessacochrane69@gmail.com

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RODING WARD

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ST JOHN'S WARD

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Cllr Chris Pond 020 8508 2361
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Loughton IG10 1HP
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ST MARY'S WARD

Cllr Philip Beales 020 8508 4200
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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
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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

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

Contacting us

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

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Town Council Meetings

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

2020

Mar	2	Planning & Licensing
	4	Environment & Heritage
	11	Annual Town Meeting The Murray Hall, at 8pm
	16	Planning & Licensing
	30	Planning & Licensing
Apr	1	Resources & General Services
	15	Council (approval of accounts)
	20	Planning & Licensing
May	20	Annual Council

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

News round-up

■ **ANNUAL TOWN MEETING:** Residents are invited to this public meeting at 8pm on Wednesday 11 March at the Murray Hall in Borders Lane to hear about the town council's achievements and future plans.

Raise your concerns about the town during a public question time. Doors open at 7.30pm to allow you to view the displays mounted by local organisations. Following the meeting light refreshments will be served providing an opportunity to speak to your councillor about Loughton matters.



■ COMMEMORATIVE TREE PLANTING:

On 17 December 2019 the family of former Councillor and Mayor of Loughton Monty Juniper honoured his memory by planting a tree with commemorative plaque in the rear garden of Murray Hall. Monty received a special Lifetime Service Award from the council in 2016 for his distinguished service to the town. It is hoped that the tree will thrive in the peaceful setting at one of the town council's most celebrated landmarks.

■ **PLAY IN THE PARK:** These popular free children's sessions return during the Easter school holidays, sponsored by the town council. No need to book just turn up. Join play leaders on the Roding Valley Recreation Ground on Wednesdays 8 and 15 April from 1.30 – 3.30pm. For more details call EFDC's Community Development Team on 01992 564363.



■ CHILDREN'S SPORTS SESSIONS:

EFDC Athletics sessions (on the short track) and Tennis sessions (on the courts), every Saturday morning @ Roding Valley Recreation Ground, from 8:45am-10am. £3 per session – first session free, ages 4 – 11. Improve your athletics skills in various disciplines, including: Running, Shotput, Javelin, Discus and Hurdles, or try Street Tennis. Qualified coaches will ensure your child has fun, learning new skills and making new friends! For more information contact Will Fordham 01992 546 166 ext. 2563 wfordham@eppingforestdc.gov.uk



EPFA Awards



L-R: Lord Petre, Cllr David Wixley & Cllr John Jowers

IN OCTOBER 2019, we were delighted to receive two awards from the Essex Playing Fields Association in recognition of the high standard of maintenance at our open spaces and play areas. At the presentation in Chelmsford, Cllr David Wixley, chairman of the council's Recreation Committee, received the awards on behalf of Loughton Town Council for:

1. The Roding Valley Recreation Ground (Class 1: Playing Field serving a community with over 2,500 inhabitants); and

2. Traps Hill Playground (Play Area or Playground).

The awards were presented by Lord Petre, Patron of the EPFA, and Essex County Council Chairman, John Jowers, and recognise the hard work of the council staff throughout the year, as well its contractors and the volunteers who assist with the litter picking. We particularly thank our colleagues at Epping Forest District Council for their excellent levels of grounds maintenance at the large Roding Valley Recreation Ground.

Lopping Hall Gallery

DO YOU have memories or family stories relating to Lopping Hall and Lopping Hall Gallery?

Perhaps you recall stories from a relative about the lopping of the trees in Epping Forest, a picture of the hall/gallery being built or transformed? Do you remember sheltering from the rain, having an ice cream or visiting a show with friends?

Artist Fiona Bennett is working with Lopping Hall Gallery and would like to hear your stories. You can send them by email: fionabennett@timesechoed.com or leave at the gallery.

The artist traces the history in our town and city centres and is particularly interested in the changes to these buildings. Many stories and tales relating to places are lost and Fiona would like to trace some of them to be part of an exhibition at the end of the year.



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Festive window winners

OUR THANKS to the many Loughton businesses who decorated their windows, helping to create a festive look around the Town at Christmas.

Judging of the competition was undertaken by the Town Mayor, Cllr Stella Murphy, assisted by councillors Tessa Cochrane (Deputy Town Mayor) and Judy Jennings. Alongside the existing three classes (local/independent businesses, multiples/chain stores and charity shops) following the growth in the number of cafes and restaurants around Loughton, a new category of Eateries (including cafes, restaurants and public houses) was added to the competition this year. Each category winner received an engraved silver cup and laminated certificate, plus a £75 donation from the Council to the winner's chosen charity.

The results were as follows:

WINNERS

Independent: Elliott James, 165 High Road, IG10 4LF / Haven House Children's Hospice
Multiples: Magnet, 215 High Road, IG10 1BB / National Autistic Society

Charity: Haven House, 188 High Road, IG10 1DN / Haven House Children's Hospice

Eateries: The Olive Tree, 258 High Road, IG10 1RB / CRY (Cardiac Risk in the Young)

RUNNERS-UP

Independent: Bababoom, 255 High Road, IG10 1AD

Multiples: Ginger Pig, 165A High Road, IG10 4LF

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

Eateries: Efezade, 12-14 The Broadway, IG10 3ST and **Tom, Dick & Harry's** 153 High Road, IG10 4LF

HIGHLY COMMENDED

Independent: Lo Bella, 7 Forest Road, IG10 1DR

Multiples: Space NK, 291 High Road, IG10 1AH

Charity: Cancer Research UK, 246 High Road, IG10 1RB

Eateries: Molens, 209d High Road, IG10 1BB

The judges chose: Elliott James for its "WOW factor"; Magnet for its "artistic merit particularly all the handmade items"; Haven House Children's Hospice for its "creativity and inventive use of materials"; and The Olive Tree for its "overall impression".

Multiple /chain store class winner Magnet (L to R): Kestas and Lesley Team Members: and Lee Burgess who hand-made most of the decorations with Town Mayor, Cllr Stella Murphy



Charity shop class winner Haven House Children's Hospice (L to R) Team Member Michelle Taylor and Manager Samantha Rowse, with Town Mayor Cllr Stella Murphy



Local / independent class winner Elliott James (L to R) Rebecca Hawes, Robert Gunn, Elliott Lawlor, Town Mayor - Stella Murphy, James Lawlor and Annabel Kabel. Team Members Frankie Faulkner-Wild and Heidi Foster sadly were busy on appointments!



Eateries class winner The Olive Tree Proprietors Jackie and Manos Filaitis with Town Mayor Cllr Stella Murphy



Christmas card competition



CONGRATULATIONS to Joel Smith, a pupil at Thomas Willingale School, who was the overall and Infant category winner in our 2019 Christmas card competition. This year, siblings who attend Hereward Primary, scooped the winner and runner-up places in the Junior category; while the secondary winner attends Roding Valley High School and the adult winning entry came from Oaklands School.

Over 150 entries were received and our thanks go to the above mentioned schools along with The Mellows Care Home, for supporting this competition with their multiple entries, along with all the individuals who participated. The standard of entries received this year was particularly high, setting the judges, the Town Mayor and her Deputy a difficult task in making their selections.

A display of an assortment of entries received was exhibited at Debden and Loughton Libraries throughout December.

Prizes were presented to the winners of each category by the Town Mayor at the Council meeting in December. The winners were awarded a £25 gift card and laminated certificate, along with a splendid gift hamper for the overall winner, which had been very kindly donated by Hobbycraft. Our thanks to them for their continued sponsorship of this competition.

The results were as follows:

Infant & Overall Winner Joel Smith, Runner-up Rex Farthing;
Junior Winner Cari Jenner, Runner-up Owen Jenner;
Secondary Winner Ruby Hewitt-Harvey, Runner-up Francesca Gates;
Adult Winner Caroline Wiseman, Runner-up Sidney Fallon.

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Dates for the diary

■ **Fridays until 20 Mar 10am-12 noon** St Clare's Carers' Group support for carers / supporters of friends or relatives living with life-limiting illnesses or disabilities. FREE. 01279 773768 for bookings and telephone assessment.

■ **Fridays until 3 Apr 10.30am-12 noon** Museum Movers Fun, informal dance sessions. All abilities, seated/standing versions. Wear suitable clothing. No need to book. £2.50 (inc. refreshments), 55+ yrs. EFD Museum, 39 - 41 Sun Street, Waltham Abbey, EN9 1EL

■ **Until 2 May Mon - Fri 10am-4pm, Sat 10am-5pm (Closed Thurs)** You Wear It Well Over 1500 costume pieces spanning 500 years. EF District Museum (as before) Free. More info: www.snappingthetiletto.com

■ **3 Mar 1.45 - 4pm John Constable** - England's most popular artist talk by Jer Page. New Vistas, Loughton Club, Station Road, IG10 4NZ (See p14)

■ **5 Mar 10.15am The Kingdom of the Ice Bear - Part II** talk by Bob Johnson. Following his latest Arctic adventure - continuing the story of the Ice Bear. English-Speaking Union, Murray Hall, Borders Lane (see p14)

■ **10 Mar 7.30pm The Queen of Instruments: the lute within Old Masters Paintings** lecture by Adam Busiakiewicz MA, (follows school musical presentation). Guide lecturer at the Wallace Collection and National Gallery, including a performance on the lute. Arts Society, Bancroft's School, High Road, Woodford Green IG8 0RF. Voluntary donation. 020 8599 6281

■ **11 Mar 2.30pm The Capable Mr Brown** talk by Russell Bowes on probably our most famous gardener, Capability Brown, a treat not to be missed. Woodford and District National Trust, All Saints' Church Hall, Woodford Green. Richard Speller: 07774 164407 / email speller643@btinternet.com



■ **17 Mar 10-11am / 11am-12 noon** I had a Little Hobby Horse Nursery rhymes, stories, crafts. 2 - 4 yrs, £2 p/child. Booking essential T: 01992 716882 / email: museum@eppingforestdc.gov.uk Max two toddlers p/adult. EFD Museum (as before)

■ **17 Mar 1.45-4pm Dublin's Fair City** talk by Nick Dobson. New Vistas, Loughton Club, Station Road, IG10 4NZ (See p14)

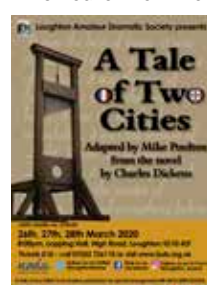
■ **19-21 Mar 8pm California Suite**

Neil Simon
Comedy - Four totally different and separate stories of guests staying at the Beverly Hills Hotel. Theydon Bois Village Hall, Coppice Row, CM16 7ER. Tickets - £10
https://www.ticketsource.co.uk/theydonboisdramasociety or 01992 919038. www.theydondrama.org

■ **20 Mar 8pm Harwich: Behind the Facades** talk by Brenda and Elphin Watkin. HEARS St Michael's Church, Roding Road, IG10 3EJ, £2.50 non-members (see P13)

■ **26 Mar 7.45pm Felt Easter Eggs** Essex Handicrafts, Church Hall, Loughton Methodist Church. Contact Karen Myles 020 8508 4581 (see p13)

■ **26 - 28 Mar 8pm A Tale of Two Cities** LADS production, adapted by Mike Poulton from Dickens' novel.



Lopping Hall. Tickets, £10 from www.lads.org.uk or 07552 736110

■ **2 Apr 10.15am The Mary Rose** talk by Edward Towne, a keen historian, on the short sea life of the Mary Rose;

its recovery from the sea bed and subsequent conservation. English-Speaking Union, Murray Hall, Borders Lane (see p14)

■ **4 Apr (normal opening hours) Easter Egg Hunt** Follow the trail around the museum to claim your chocolate prize. No need to book. Children must be accompanied. All ages, £2.20 p/child. EFD Museum (as before).

■ **4 Apr 7.30pm The Roding Players Orchestra Spring Concert** Tickets:

£8, £7 concessions, (under 11s free) available on the door (incs refreshments). St Mary's Church, 201 High Road, IG10 1BB. Contact: shirley.fuller55@gmail.com / 07713113384 www.rodingleplayers.co.uk

■ **7, 9, 14 & 16 Apr 2-4pm Tennis Sessions** Roding Valley Recreation Ground, IG10 3BS. £2.50 p/child (1 hr session) 4-11 years. Booking essential: 020 8508 4200 / contact@loughton-tc.gov.uk (More details www.loughton-tc.gov.uk or Facebook page)

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020 8508 1325

E-mail: aandjopticians@msn.com

■ **7 Apr 12 noon-3pm Easter Bunny Mask** Fun family arts and crafts. All ages (most suitable 5-11 yrs), £2.20 p/child. No need to book. Children must be accompanied. EFD Museum (as before).

■ **7 Apr 1.45-4 pm Fashion** talk by Maggie Radcliffe. New Vistas, Loughton Club, Station Road, IG10 4NZ (See p14)

■ **8 Apr 7.30pm Tenebrae** special service for Holy Week with Choral8. The Church of the Holy Innocents, Church Lane, High Beach, IG10 4BF. Contact Jane Begley 07272 111387 / 020 7421 3854 or jane.begley@irwinmitchell.com

■ **14 Apr 12 noon-3pm Easter Flower Bower** Fun family arts and crafts. All ages (most suitable 5-11 yrs), £2.20 p/child. No need to book. Children must be accompanied. EFD Museum (as before).

■ **15 Apr 2.30pm An Introduction to War Memorials** talk by Richard Speller, regional volunteer for monitoring local war memorials. A student of history, his interest in British battles over the centuries and in the origins and development of our war memorials dates back to his youth. Woodford and District National Trust, All Saints' Church Hall, Woodford Green. Contact Richard Speller: 07774 164407 / email speller643@btinternet.com

■ **21 Apr 1.45-4pm African Wildlife** talk by Peter Warne. New Vistas, Loughton Club, Station Road, IG10 4NZ (See p14)



■ **23 Apr 7.45pm Sewn Birthday Cards** Essex Handicrafts, Church Hall, Loughton Methodist Church Contact Karen Myles, 020 8508 4581 (see p13)

■ **24 Apr 8pm Adrian Gibson, MBE: His Life and Work** talk by Helen Gibson. HEARS St Michael's Church £2.50 non-members (see P13)

■ **28 Apr 10am-12 noon Music and Art** WEA Course 6 sessions Music Appreciation: Tutor Chris Green, Loughton Bowls Club Eleven Acre Rise IG10 1AN Fee £50 More information 0208 281 1536

■ **29 Apr 10am-12 noon The Natural History of Flowers** WEA Course 7 sessions Nature, Ecology: Tutor Tricia Moxey, Jack Silley Pavilion Tidys Lane Epping CM16 6SP. Fee £56. More information 0208 281 1536

■ **30 Apr - 2nd May 7.30pm (Sat matinee 3pm) Thoroughly Modern Millie** presentation by the Forest Musical Theatre Company. Kenneth More Theatre, Ilford, IG1 1BT www.visionrcl.org/kmt / 020 8708 8803

■ **3 May 2-5.30pm Jazz Band** The Church of the Holy Innocents, High Beach, (as before). Contact Jane Begley 07272 111387 / 020 7421 3854 or jane.begley@irwinmitchell.com

■ **5 May 1.45-4pm Richard III: Saint or Sinner?** talk by Joanne Larnier. New Vistas, Loughton Club, Station Road, IG10 4NZ (See p14)

■ **9 May 7pm Prom in the Forest - Celebrate 75th Anniversary of VE Day** Tickets £15 (inc light buffet) 07510 195877 or Ticketsource - https://www.ticketsource.co.uk/stephen-fellowes/t-amzejy

■ **10 May 3pm Free Concert of Classical Songs** by Liz Pearce and Hannah Davies. The Church of the Holy Innocents, (as before). Contact Jane Begley 07272 111387 / 020 7421 3854 or jane.begley@irwinmitchell.com

■ **12 May 8pm Diplomacy with Axe, Lance & Sword** lecture by Dr Tobias Capwell, Curator of Arms & Armour at the Wallace Collection & BBC4 presenter. Recalling the famous meeting 500 years ago between King Henry VIII and King Francois at the Field of the Cloth of Gold. Art's Society, Bancroft's School, High Road, Woodford Green IG8 0RF. Voluntary donation. 020 8599 6281

■ **17 May Town Mayor's Fun Run** 4km run/walk in aid of Haven House Children's Hospice. Roding Valley Recreation Ground, IG10 3BS. (See p10)

■ **19 May 1.45-4pm The Ups & Downs of Foreign Travel (+AGM)** talk by Grahame Williams. New Vistas, Loughton Club, Station Road, IG10 4NZ (See p14)

■ **22 May 8pm The Country Houses of Edwin Lutyens** talk by Charles Hind. HEARS St Michael's Church £2.50 non-members (see P13)

■ **28 May 7.45pm Tassels** Essex Handicrafts, Church Hall, Loughton Methodist Church Contact Karen Myles, 020 8508 4581 (see p13)

■ **29 May 8pm Loughton Amateur Dramatic Society (LADS) 2020/21 Season Launch.** Lopping Hall. Free. Find out which plays LADS will be performing from October, and how you can get involved.

■ **30 & 31 May 10am-4pm Roding Quilters Show** St. Mary's Church, Chigwell, IG7 6QQ. Craft stalls, workshops and quilt display. Small admission charge. For more details, find Roding Quilters on Facebook

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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25 Traps Hill, Loughton IG10 1NZ (Thursday)

Phone: 020 8537 0333

Mobile: 07956 167764

Save the date

PLEASE SAVE THE DATE for the first "Loughton Day" taking place on Saturday 19 September 2020. This community day is aimed primarily at Loughton based groups, clubs and charities to increase their membership and raise funds. It will take place at Loughton Cricket Club, High Road, The Uplands IG10 1NQ. If you would like to take part please contact Brent Smith on 020 8508 4200 or email brent.smith@loughton-tc.gov.uk to register your interest.

Further details will follow soon.

Forest creative writers



EVER FELT the urge to write something? A personal anecdote? A piece of autobiography? A heartfelt poem? A witty short story? Forest Creative Writers, a local group, could be right up your street, providing help to support a writing habit or hobby and guide it to fruition.

Members, some published authors others with no previous writing experience, meet on Thursdays in the Jazz Archive, Loughton Library at 12.45pm, with one particular aim – helping to hone their skills and fulfil their ambitions.

They are encouraged to bring along a piece of writing to be shared and discussed. Discussion focuses on supporting development and improvement of the work, and considering whether it should eventually be published as part of the Writers' annual anthology. Some are encouraged to seek other outlets – magazines, competitions, journals. Others bring parts of much more substantial work – plays, novellas, novels or autobiographies. Discussions are always supportive and helpful.

For more information contact Chair Mike Pugh: 020 8504 8953 or Secretary Midge Venables: 020 8504 1261 (see p13).

Dog fouling

FOLLOWING AN increase in unattended dog fouling on the Roding Valley Recreation Ground, posters appealing to dog walkers were placed in the five noticeboards on site. Other signage was strategically placed around the site with the central message being to "clean-up after your dog" and to place waste material in any of the many dog waste and litter bins on the site. An identical poster was also displayed in the Willingale Road Playing Field notice board.

We recognise that this serious issue does not apply to the majority of dog walkers visiting our recreation grounds, so this campaign is to appeal to the minority to take the lead from the many responsible dog walkers.

11th charity fun run



AS THE longer warmer days of spring arrive, we invite you to join us on Sunday, 17 May at the Roding Valley Recreation Ground when we will be holding the 11th Town Mayor's Annual Charity Fun Run, which is supporting the Haven House Children's Hospice this year (www.havenhouse.org.uk).

Last year we were unexpectedly blessed with a beautiful warm day, and attracted a good attendance. We are hopeful that this year's event will entice even greater numbers to show their

support for such a worthy cause.

If you're looking to compete or just brush off the winter cobwebs, why not support a great cause and join us. Bring your partners and friends, your children (including those in buggies) even your dogs! You can treat the '4km run' as a race, jog or walk – and remember to have fun! Keep an eye on our website and Facebook page for further information, or contact the office for full details and a registration form 020 8508 4200 / contact@loughton-tc.gov.uk



New telephone advice service

THE WAY you access our service is changing. From 1 April we have a new telephone number 0300 330 2107 which you can call for advice without having to visit our offices as the drop in will be stopping. If your problem cannot be resolved on the phone you will be given a specific appointment time to see an adviser face to face (bringing any relevant paperwork). Alternatively, you can have a telephone appointment where an advisor will call you back to work through the issue.

This will reduce the amount of time you have to wait to see somebody and enable us to reach more people, particularly those who are housebound or otherwise unable to visit our office during opening times.

If you need information when our advice line is not available, you can still access free advice by visiting our website www.citizensadvice.org.uk

Direct referrals from our partner agencies and the local authority will still be taken.

Step 1:

Phone 0300 330 2107
between 9.30am and
2.30pm Monday to
Friday to speak to an
advisor

Step 2: You will be
given an
appointment with
us if you need face
to face assistance

Young cricketers' county success

HAVING COACHED junior teams since the 1960s, the summer of 2019 saw South Loughton Cricket Club's youngsters achieve their greatest feat to date.

In front of a large crowd at the County Ground, Chelmsford, the under-12 team, wearing specially made caps reflecting the club's 82-year history, comfortably defeated Shenfield Cricket Club in the final of the Brian Taylor Trophy. Contested by the 30 strongest teams in this age group in the county, the winners will represent Essex in the ECB National Under-13 Championship this summer.

Having won all six matches in the group stages, scoring more than 300 runs on three occasions, with four players recording centuries, the team batted first in the final scoring 179-5 in 30 overs. Mohsin Rehman enjoyed the thrill of scoring a half-century. Shenfield in response scored 67 (all out) with six different bowlers taking wickets.

Eight of the victorious South Loughton side play representative cricket for Essex or London Schools. However, the victory was a triumph for the teamwork and collective ethic instilled by the club's coaches.

During 2019: South Loughton's junior teams



also reached four Metropolitan Essex District Cricket Board finals, reflecting both the quality and quantity of cricket played at the club. Over 100 boys and girls are involved from the age of 5 upwards, with increasing numbers making appearances in the club's adult teams – who have moved from the Herts & Essex League to the high-calibre T Rippon Mid-Essex League for their

competitive cricket this coming summer.

The club welcomes new players of all ages and backgrounds, including women who would like to play informal soft-ball cricket, and volunteers keen to lend a hand at the club's Roding Road ground on matchdays. Contact chairman Andrew Shields at cricketshields@gmail.com or visit www.southloughton.org.uk for more information.

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District Council
www.eppingforestdc.gov.uk

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0203 225 5460

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Rider House,
121 High Road, Loughton



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www.abbeyfieldriderhouse.com

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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. Karen Myles,
branch secretary, 020 8508 4581
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
affordablecounselling@gmail.com
Samaritans. Free, confidential emotional
support for the distressed & despairing
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/ 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. 020 8508 2361
/ contact@loughtonresidents.co.uk
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,
Loughton Library, Traps Hill, Thurs (term
time) 12.45-2.45 pm. Midge Venables
020 8504 1261
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 Astrokyds (6-14
yrs). Thurs 8-10pm. Brian Morton 01992
815804 www.las-astro.org.uk
Loughton Bowling Club Bridge Section,
Eleven Acre Rise. Thurs pm. 020 8502
0237
Loughton Bridge Club, Grange Farm -
Mon & Weds 7.20 pm lindajenkins34@hotmail.com
www.bridgewebs.com
Loughton Camera Club, Lopping Hall,
High Rd. Weds, 8-10pm. 07873 534
604 www.loughtoncameraclub.org.uk/
Loughton_Camera_Club@Welcome.html
Loughton Chess Club, Loughton Bowling
Club, Eleven Acre Rise. Weds, 7.30pm.
020 8508 8407 www.freewebs.com/kengroce/
Loughton & District Historical Society,
Loughton Methodist Church, 260 High
Rd. £2.50 non-mems. 2nd Thurs, 8pm
www.loughtonhistoricalsociety.org
**Loughton & Epping Forest Amateur Radio
Society**, All Saints Hse, Romford Rd,
Chigwell Row, IG7 4QD. Alt. Fri 7.45pm
020 8502 1645 www.lefars.org.uk

Yarns & Tales Loughton Library, Traps
Hill for a knit, chat & tea 2nd Sats 2-4pm
0333 0132677

HEALTH

**ADAS (W Essex Alcohol & Drugs Service
- by appt)** Rectory Lane Health Centre
01279 641347 / admin@adasuk.org.uk
www.adasuk.org
Breathe Easy (British Lung Foundation),
Tony Carr 01992 573387
Lifewalks EFDC walking for health scheme
various locations Mon, Tues, Thurs 10am
& Sat, Sun 10.30am. Karen Murray 01992
564222 / kmurray@eppingforestdc.gov.uk
**Loughton Memory Café (Alzheimer's
Society)**, Church Hall, Loughton Methodist
Church, 260 High Rd. 1st & 3rd Mons,
10am-12pm 01279 427522 www.alzheimers.org.uk
Memory Café Rotary Club of Loughton
Buckhurst Hill & Chigwell, Loughton Club,
8 Station Rd 2nd Fri 10am-12pm
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.
mldjavorsfold@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, 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 / ferrari@epppingforestdc.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.

Strength & Balance - Mon 10-11am

Beginners Yoga - Tues 10-11am (dementia friendly, free of charge for carers) - Loughton Cricket Club, The Uplands

Pilates - Weds 9.30-10.30am

Keep Fit - Fri 10-11am

Enquiries: csreception@epppingforestdc.gov.uk / 01992 564561

Epping Forest HF Walking Group regular Sunday walks in the local area. www.efhg.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, Loughton, 1st & 3rd Mons 8pm (excluding August). Anne Pratt 020 8508 3539



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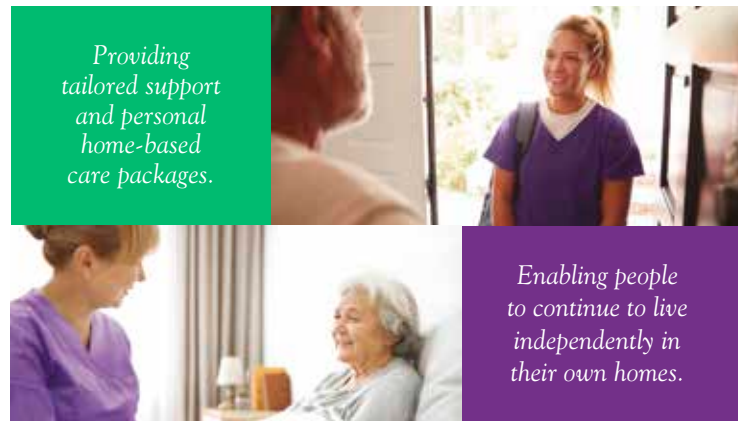
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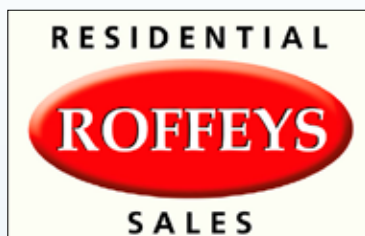
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